

CLEAVER OF TRUTH MINISTRY
2558 Clem Lowell Road
Carrollton, GA 30116
PH (770) 854-6658
truthlinks1@hotmail.com

February 2013 News Letter



Dear Family and Friends,

It is so good to be able to communicate with you again this month. God is so good and blesses us each month as we try to have something for you to feed your soul and mind upon. We do not wish to worry you with our news, which is sometimes not so good, but we would like to awaken in you a trust of our dear Saviour, Jesus Christ, who will always be there for us no matter what happens. As long as we trust in Him we should have no worries or fears!

Our message this month is: Surviving the Coming Crisis

FEBRUARY BIBLE CONTEST QUESTIONS

1. What is it that supplies us sinners with the ability to CONFESS, REPENT, BE FORGIVEN and OVERCOME our sins? Ephesians 2:8; Romans 5:20,21; John 1:16

2. The prophecies of what prophet did Jesus say should be studied and understood? Matthew 24:15

3. What does Jesus say He will give to all who will choose to follow Him? John 10:27,28

4. The Hebrew word "Messiah" (Christ in Greek) means "anointed." What was Jesus "anointed" with at His baptism? Matthew 3:16

5. What should we do to be ready for that day? Titus 2:11-14

(Remember to send your answers to us before July 1st. They will be tallied and the one with the most correct answers will get a surprise gift!)

THE TRUE STORY OF A FORMER CATHOLIC PRIEST (Who was defended by Abraham Lincoln in May, 1853 in a lawsuit.)

Charles P, Chiniquy, a Roman Catholic priest from Quebec, brought many other Catholics to Illinois in the attempt to spread that religion in the U.S.

But he taught the Bible, and rebuked the corrupt Bishop of Chicago, Bishop Anthony O'Regan for his evil deeds. So the Bishop united with a poor, debauched soul by the name of Peter Spink – to sue priest Chiniquy and take him to court on an evil charge of sexual perversion with Spink's own sister, whose name was Madame Bossey. False witnesses told lies about him until he looked really bad in the eyes of the jury. Now for his story:

He said, "Though every word of that story was a perjury, there was such a colour of truth and sincerity in my accuser, that his testimony fell upon me and my lawyers as a thunderbolt. A man who has never heard such a calumny brought against him before a jury in a court-house packed with people, will never understand what I felt in this, the darkest hour of my life. My God only knows the weight and bitterness of the waves of desolation which then passed over my soul.

After the lying testimony was given, there was a lull, and a most profound silence in the court-room. All eyes were turned upon me, and I heard many voices speaking of me, whispering, 'The villain!'

Those voices passed through my soul as poisoned arrows. Though innocent, I wished that the ground would open under my feet and bring me down to the darkest abysses, to conceal me from the eyes of my friends and the whole world.

However, Abraham Lincoln soon interrupted the silence by addressing to Mr. Lebel such cross-questions that his testimony, in the minds of many, soon lost much of its power. And he did still more destroy the

effect of the false oath, when brought my twelve witnesses, who were among the most respectable citizens, formerly the parishioners of Mr. Lebel. Those twelve gentlemen swore that Mr. Lebel was such a drunkard and vicious man, that he was so publicly my enemy on account of the many rebukes I had given to his private and public vices, that they would not believe a word of what he had said, even upon his oath.

At ten p.m. the court was adjourned, to meet again the next morning, and I went to the room of Mr. Lincoln with my two other lawyers, to confer about the morning's work. My mind was unspeakably sad. Life had never been such a burden to me as in that hour. I was tempted, like Job, to curse the hour when I was born. I could see in the face of my lawyers, though they tried to conceal it, that they were also full of anxiety.

"My dear Mr. Chiniquy," said Mr. Lincoln, "though I hope, tomorrow, to destroy the testimony of Mr. Lebel against you, I must concede that I see great dangers ahead. There is not the least doubt in my mind that every word he has said is a sworn lie; but my fear is that the jury thinks differently. I am a pretty good judge in these matters. I feel that our jurymen think that you are guilty.

There is only one way to perfectly destroy the power of a false witness; it is by another direct testimony against what he has said, or by showing from his very lips that he has perjured himself. I failed to do that last night. Can you not prove an alibi, or can you not bring witnesses who were there in the same house that day, who would directly contradict what your remorseless enemy has said against you?"

I answered him; "How can I try to do such a thing when they have been shrewd enough not to fix the very date of the alleged crime against me?"

"You are correct, you are perfectly correct, Mr. Chiniquy," answered Mr. Lincoln. "I have never seen two such skillful rogues as those two priests. There is really a diabolical skill in the plan they have concocted for your destruction. It is evident that the bishop is at the bottom of the plot. You remember how I have forced Lebel to confess that he was now on the most friendly terms with the Bishop of Chicago, since he has become the chief of your accusers. I do not like to conceal from you that I have several reasons to fear that you will be declared guilty, and condemned to a heavy penalty, or to the penitentiary, though I am sure

you are perfectly innocent. It is very probable that we will have to confront that sister of Lebel tomorrow. Her sickness is probably a feint, in order not to appear here. If she does not come, they will send some justice of the peace to get her sworn testimony, which will be more difficult to rebut than her own verbal declarations. That woman is evidently in the hands of the bishop and her brother priest, ready to swear anything they order her, and I know nothing so difficult as to refute such female testimonies, particularly when they are absent from the court. The only way to be sure of a favourable verdict tomorrow is, that God Almighty would take our part and show your innocence! Go to Him and pray, for He alone can save you." Mr. Lincoln was exceedingly solemn when he addressed those words to me, and they went very deep into my soul.

I have often been asked if Abraham Lincoln had any religion. But I never had any doubt about his profound confidence in God, since I heard those words falling from his lips in that hour of anxiety. I had not been able to conceal my deep distress. Burning tears were rolling on my cheeks when he was speaking, and there was on his face the expression of friendly sympathy which I shall never forget. Without being able to say a word. I left him to go to my little room. It was nearly eleven o'clock. I locked the door and fell on my knees to pray, but I was unable to say a single word. The horrible sworn calumnies thrown at my face by a priest of my own church were ringing in my ears with my honour and good name so cruelly and forever destroyed! More than that, the sentence of condemnation was probably to be hurled against me the next day in the presence of the whole country, whose eyes were upon me! All those things were before me, not only as horrible phantom, but as heavy mountains, under the burdens of which I could not breathe. At last the fountains of tears were opened, and it relieved me to weep; I could then speak and cry; "Oh, my God! Have mercy upon me! Thou knowest my innocence! Hast Thou not promised that those who trust in Thee cannot perish! Oh! Do not let me perish, when Thou are the only One in whom I trust! Come to my help! Save me!"

From eleven p.m. to three in the morning I cried to God, and raised my supplicating hands to His throne of mercy. But I confess, to my confusion, it seemed to

me in certain moments, that it was useless to pray and cry, for though innocent, I was doomed to perish. I was in the hands of my enemies. My God had forsaken me!

What an awful night I spent! I had no other expectation than to be forever dishonoured and sent to the penitentiary next morning! But God had not forsaken me! He had again heard my cries, and was once more to show me His infinite mercy!

At three o'clock a.m. I heard three knocks at my door, and I quickly went to open it. Who was there? It was Abraham Lincoln with a face beaming with joy! I could hardly believe my eyes! But I was not mistaken. It was my noble-hearted friend; the most honest lawyer of Illinois; one of the noblest men Heaven had ever given to earth; it was Abraham Lincoln! On seeing me bathed in tears, he exclaimed, "Cheer up, Mr. Chiniquy, I have the perjured priest in my hands! Their diabolical plot is all known, and if they do not fly away before dawn of day, they will surely be lynched. Bless the Lord, you are saved!"

The sudden passage of extreme desolation to an extreme joy came near killing me. I felt as if suffocated, and unable to utter a single word. I took his hand, pressed it to my lips, and bathed it with tears of joy. I said; "May God forever bless you, dear Mr. Lincoln. But please tell me how you can bring such glorious news!"

Here is the simple but marvelous story, as told me by that great and good man, whom God had made the messenger of His mercies towards me: "As soon as Lebel had given his perjured testimony against you yesterday," said Mr. Lincoln, "one of the agents of the Chicago press telegraphed to some of the principal papers of Chicago saying; "It is probable that Mr. Chiniquy will be condemned. And the little Irish boys began to sell their papers, filling the streets with cries; 'CHINIQUY WILL BE HUNG! CHINIQUY WILL BE HUNG!' The Roman Catholics were so glad to hear that, that ten thousand extra copies have been sold. Among those who bought those papers was a friend of yours, called Terrien, who went to his wife and told her that you were to be condemned, and when the woman heard that, she said, "It is too bad, for I know Mr. Chiniquy is not guilty."

"How do you know that?" said the husband. She answered: "I was there when the priest Lebel made the plot, and promised to give his sister two eighties of good land if she would swear a false oath and accuse him of a crime which that woman said he had not even thought of with her."

"If it be so," said Terrien, "we cannot allow Mr. Chiniquy to be condemned. Come with me to Urbana."

But that woman, being quite unwell, said to her husband, "You know well I cannot go; but Miss Philomene Moffat was with me then. She knows every particular of that wicked plot as well as I do. She is well; go and take her to Urbana. There is no doubt that her testimony will prevent the condemnation of Mr. Chiniquy."

"Narcisse Terrien started immediately: and when you were praying God to come to help, He was sending your deliverer at the full speed of the railroad cars. Miss Moffat has just given me the details of that diabolical plot. I have advised her not to show herself before the court is opened. I will, then send for her, and when she will have given, under oath, before the court, the details she has just given me, I pity Spink with his perjured priests. As I told you, I would not be surprised if they were lynched; for there is a terrible excitement in town among many people, who from the beginning suspected that the priests have perjured themselves to destroy you. Now your suit is gained, and, tomorrow, you will have the greatest triumph a man ever got over his confounded foes. But you are in need of rest, as well as myself. Good bye." After thanking God for that marvelous deliverance, I went to bed and took the needed rest.

Not long after the arrival of the trains from Chicago, the bishop came down from his room to see in the book where travelers register their names, if there were any newcomers from Chicago, and what was his dismay when he saw the first name entered was 'Philomene Moffat!' Philomene Moffat had gone to confession to him that she had heard the whole plot from his own lips, when he had promised 160 acres of land to persuade his sister to perjure herself in order to destroy me. A deadly presentiment chilled the blood in his veins!

We will continue this story next month

HEALTH NUGGET

Lemon (Citrus) is a miraculous product to kill **cancer cells**. It is **10,000 times stronger than chemotherapy**.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the **effect it produces on cysts and tumors**. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an **anti microbial** spectrum against bacterial infections and fungi, effective against **internal parasites** and **worms**, it **regulates blood pressure** which is too high and an antidepressant, It combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: **It destroys the malignant cells in 12 cancers**, including **colon, breast, prostate, lung and pancreas** .. The compounds of this tree showed 10,000 times better than the product **Adriamycin**, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

(Institute of Health Sciences, 819 N. L.L.C. Cause Street, Baltimore, MD1201)

Freeze your lemons!

How can you use the whole lemon without waste? just place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer!
(submitted by Lola Young)

FROM KATIE'S COOKBOOKS

HAYSTACKS

This is one of our favorite dishes. It is especially good when you have a large number of people to feed: It is so easy to make. You can have everything already prepared ahead and you have nothing to do but put it all on the table when your guests arrive.

INGREDIENTS:

Corn chips
Chili beans (can use plain pintos if you desire)
Chopped onion (can be either sweet onions or green onions)
Chopped tomatoes
Shredded lettuce
Sliced olives
Salsa
Sour cream (I make a vegan sour cream)
Guacamole
Cheese (I make vegan healthy melty cheese.
When it is frozen you can grate it and sprinkle on top (or use your own recipe)
Place all the ingredients on the table and each person makes their own haystacks. Umm Good!

Healthy Melty Cheese

¼ cup rinsed, raw cashews
4 oz jar pimiento, drained (or ½ sweet red pepper)
1 Tbsp lemon juice
¼ cup nutritional yeast flakes
2 Tbsp tahini (sesame butter)
1 tsp onion powder
¼ tsp garlic powder
¼ cup cornstarch
1 tsp salt
2 ½ cup water

Bring 1½ cups of the water to a boil. Blend all other ingredients, including 1 cup of the remaining water, till smooth. Pour blended mixture into the boiling water and cook till thick, stirring. Serve immediately over broccoli, pasta, baked potato, toast, or use in a casserole. (makes 3 cups) can be frozen

Remember God loves you and so do we!

Katie and Rodney

NOTABLE NEWS

THE BILL OF RIGHTS IS NOT NEGOTIABLE

(December 27, 2012 by Mike Adams Natural News)

There is a destructive, delusional meme spreading like a virus among many misguided Americans. It pushes the idea that government can pick and choose which rights codified in the Bill of Rights it wishes to recognize or discard on any given day.

This delusion is predicated on the concept that if a popular majority can be emotionally whipped into a frenzy over one particular right, then that right can simply be discarded and stricken from the Bill of Rights.

But no such power exists to discard any portion of the Bill of Rights, at least not without proper ratification by three-fourths of the fifty states. There is no such power found solely in the federal government. There is no such power placed solely in the executive branch, nor in Congress, nor in the White House.

Bill of Rights describes a set of individual rights and liberties which are not *granted* by government, but *recognized as DIVINE rights* given to us by our Creator. Because government never granted the rights in the first place, it has no authority to take them away.

"The Framers of the Bill of Rights did not purport to "create" rights. Rather, they designed the Bill of Rights to prohibit our Government from infringing rights and liberties presumed to be preexisting."
-William J Brennan Jr.

The individual liberties described in the Bill of Rights cannot be infringed, nor deleted, nor overridden by popular opinion... not even loudly screamed opinion. America is not a nation ruled by the **tyranny of the mob**. It isn't even a democracy -- it's **a republic**, where certain inalienable rights describe the protection of each individual, even if that individual is the lone voice of sanity in a majority gone mad. The Bill of Rights protects individuals from the tyranny of mob rule -- a phenomenon that routinely rears its head in any society where historical illiteracy is rampant and the masses are lulled into a state of complacency by charismatic but dishonest leaders.

It was the extended amendments attached to the Bill of Rights that outlawed slavery, guaranteeing individual freedom to those of African descent even in a time and place when the majority of voting citizens believed slavery was socially acceptable. And it was the Second Amendment that put firearms into the hands of those recently-freed slaves, ensuring that they could defend themselves against attackers of any color through the powerful expression of armed defense (aided by the laws of physics and certain materials from the table of elements, notably lead).

Another amendment beyond the Bill of Rights granted women equal voting rights in an age when the majority believed women should not be allowed to vote.

Yet today, incredibly, many African-Americans and women are actively assaulting the very document that first secured their own freedoms. They now wish to take their freedom and power and use it to enslave someone else by revoking **other people's rights** under the Bill of Rights. This is the ultimate social betrayal, and it is a powerful demonstration of the principle that those who do not respect freedom for others do not deserve it for themselves.

THE SECOND AMENDMENT IS NOT NEGOTIABLE The Right to Keep and Bear Arms -- much like the Right of Free Speech -- is not negotiable. Its protections are **not subject to the whims of majority opinion, nor the screaming demands of hyperventilating media personalities**. All the social media trolls and opinion writers in the world can comment all they want on the Second Amendment, yet the **individual right to keep and bear arms remains immutable**.

Just like the Bill of Rights, the Second Amendment is not negotiable. **No Governor, Senator or President** has any power whatsoever to banish the Second Amendment, and any who attempt to oppose it only brand themselves as criminal traitors to the United States of America. Any active effort to eradicate the Second Amendment (outside of law) -- without going through the proper process of state ratification for Constitutional amendments -- is, by definition, an **act of sedition against the United States of America and its people**.

Ironically, many who viciously attack the Second Amendment do so by invoking their free speech protections under the First Amendment. Yet they seem blind to the realization that the First Amendment itself is only made possible by the Second Amendment which balances power between the People and the government, ensuring that the individual right to bear arms serves as a check and balance against the monopoly of violence every government inherently seeks.

Disarmament of the populace **is always the first step** to depriving them of their civil rights and human rights. Without the right to bear arms, there is no right to free speech, no right to due process, no right to trial by jury and certainly no right to be secured against unreasonable search and seizure. A government with a monopoly of force is a government that respects no boundaries and honors no limits.

Grasping this point requires competent thinking, which is why so many who now flourish in America on the popularity of pop culture idiocy fail to understand it. It is intellectually lazy to blame gun rights for violence, requiring no depth of thought or reason. Only someone

of higher awareness and possessing the aptitude for multi-layered thinking can realize the critical importance of distributed firepower in **stopping government violence against the People**. As Ron Paul recently said, "Government security is just another kind of violence."

Ron Paul gets it. He understands that an imbalance of power in the hands of government inevitably leads to mass violence waged against the People. Those who are currently screaming for the population to be disarmed do not realize that in seeking to prevent one kind of violence (school shootings), they are unleashing a far more disastrous and horrifying violence by allowing the government to monopolize physical power over the citizens. This is a mistake that has been repeated throughout history, often at the cost of tens of millions of destroyed lives.

The Second Amendment was put in place precisely for the purpose of making sure that future Americans would not fall for the same mistake yet again. That's why it is the second highest amendment, right after the right of free speech, indicating its crucial priority in the enumeration of sacred rights that must be protected at all costs.

THE BILL OF RIGHTS DOES NOT REQUIRE YOUR ENDORSEMENT. The validity of the Bill of Rights does not require your endorsement. In fact, it encourages tolerance of those with whom you disagree. If you do not believe in the freedom of speech for those with whom you disagree, then you do not believe in it at all. If you do not believe in freedom of speech, then you do not believe in the Bill of Rights. And if you do not believe in the Bill of Rights, then **you are not, at heart, an American**. You are something else, something less evolved. Something archaic and outmoded.

The Bill of Rights is the single most important milestone in the history of civilized society because it lays out, with near perfection, the divine principle of **INDIVIDUAL** rights and liberties that come directly from the Creator rather than from a "King" -- also known as a dictator.

"To announce that there must be no criticism of the President, or that we are to stand by the President, right or wrong, is not only unpatriotic and servile, but is morally treasonable to the American public." - Theodore Roosevelt

Ratified in 1791, the Bill of Rights lifted human civilization out of the tar sands of tyranny and into the enlightenment of liberty. It was divinely inspired and stands eternal as the key milestone of human compassion, justice and equality. To oppose the Bill of Rights is to oppose human progress. That's why the Bill of Rights is the single most progressive document that has ever been recognized by any nation.

"If freedom of speech is taken away, then dumb and silent we may be led, like sheep to the slaughter." - George Washington

WHY THE BILL OF RIGHTS EXTENDS THROUGH ALL TIME AND INNOVATION Importantly, the rights described in the Bill of Rights extend through all time and cover all innovations and technological advances. **It was not written to cover only those things that existed in 1791**, but rather to serve as a **template of liberty** encompassing innovation, advancement and all future expressions of those rights, regardless of what devices or technologies may come into existence.

The Right to Free Speech, for example, does not merely protect speech written on scrolls or rolled out of a Gutenberg press. It covers all expressions of free speech, including speech expressed through devices that did not exist in the late 1700's: e-books, websites, blogs, television programs, bumper stickers and more. This very website, [Natural News](#) is a pure expression of the First Amendment. It would seem foolish and wrongheaded to argue that the First Amendment only applied to the printing press of the day and not to modern-day websites or e-books, yet that is exactly what many misguided people argue today when they say the Second Amendment only applies to "Muskets and bayonets."

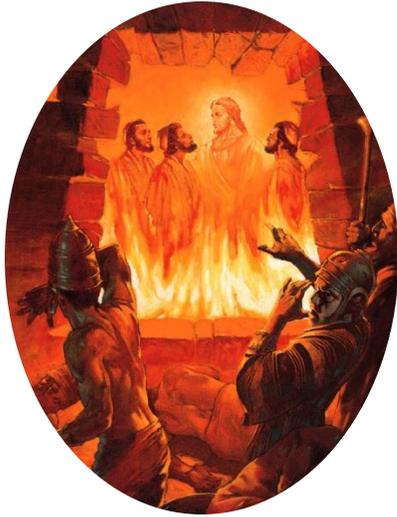
The Second Amendment guarantees your right to keep and bear the firearms of your time. What are the firearms of our time? AR-15 rifles. 308 sniper rifles. 50 caliber Barretts. 12-gauge shotguns. Handguns with night sights and high-capacity magazines. Your right to own, carry, buy, sell and transfer these items is as solidly safeguarded as your right to free speech. **The Bill of Rights is not negotiable.**

Some misguided, if not treasonous, U.S. Senators, lawmakers and public servants in the executive branch of government currently suffer under **the dangerous misconception that the Bill of Rights only exists because they allow it to**. They foolishly believe that they can selectively pick and choose which rights to nullify via new legislation or by the stroke of an executive pen. This delusion is not merely wrong-headed and arrogant, it poses a grave threat to the Republic and all its future generations.

ENEMIES OF THE BILL OF RIGHTS ARE ENEMIES OF AMERICA. Whether those enemies be found in the media, in Congress, in the Oval Office or on the streets of America, they are unworthy of being called "Americans" at all. Those who despise liberty do not deserve liberty. Those who deliberately and maliciously attack the Bill of Rights do not deserve the protections of the Bill of Rights. Those who despise the Constitution and its Bill of Rights are publicly indicating they would prefer to live as **subjects, not Citizens**.

THE BILL OF RIGHTS IS NOT NEGOTIABLE. IF YOU OPPOSE IT, YOU BETRAY NOT ONLY YOURSELF, BUT ALL AMERICANS.

SURVIVING THE COMING CRISIS (Message for February, 2013 Newsletter)



The three Hebrew worthies ; Hananiah, Azariah and Misahel (Shadrach, Meshack and Abednego) were prepared for their crisis and Jesus was in the fire with them and was their protection. (see Daniel 1:7)

He is no respecter of persons and His promise to us is “I will never leave or forsake you.” Hebrews 13:5

“But the salvation of the righteous *is* of the LORD: **he is** their strength in **the time of trouble**. And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.” Psalms 37: 39, 40

Scripture tells us about a time of trouble just before Jesus comes. Political and world events happening presently could lead us into it.

“And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book.” Daniel 12:1

Financial Crisis

For the last few years economists have been predicting a financial collapse in this country. In Europe and in many countries of the world financial collapse is now a reality.

Second amendment Crisis

Since the last election the president has stated his plans to confiscate our guns. When this happens the public will be defenseless and at the government’s mercy. Then only the government and crooks will have guns.

This has triggered a sale of guns and ammunition and from the information sent to me the NRA has gained 250,000 new members. We have heard that the government and the gun owners are both preparing for a showdown.

Food Crisis

When the crisis comes, the necessities of life will be very difficult to obtain. Inflation will cause the products we now use freely to become luxuries.

Many people are storing food and essential items in order to soften the problems when they come, but the most poor will not be able to do this. When people get hungry they will get desperate and commit acts they would not do otherwise. Break-ins and robberies will become more numerous and with no guns to protect themselves, people will be at the mercy of the thieves.

Civil Crisis

There are many people who think we might be headed for a civil war. Not a few sheriffs in many states have stated they will not let the Federal Government confiscate guns in their domain. Some states like Texas and Wyoming say they will arrest the federal agents sent to take guns in their states.

I don’t think the majority of citizens have any clue as to what is happening and when they wake up there will be panic and pandemonium.

We have had things so well in this country we can’t imagine what it will be like. It would be good if the masses could visit some of the third world countries and see how most of the people live; people in the U.S. who are on welfare, live like kings and queens, compared to those people.

Some of us older folks who were born during the great depression remember what it was like when we were children; however, the trouble coming now will make the great depression look like a “picnic”.

Physical Preparedness

To be physically prepared we need to be healthy. God has give us plain instructions in His word how to eat and live in order to be healthy. In Genesis the first chap-

ter mankind was given a list of foods we were to eat and in the 11th chapter of Deuteronomy there is a list of foods we are not to eat. There are eight health laws, which if obeyed, would make most of us strong and give us optimum health:

(1) 6 to 8 glasses of **pure water** a day; (2) at least an hour or two a day in the **sun** (3) **Proper nutrition** which consists of fresh vegetables, fruit, nuts and grains. (4) **Exercise** at least thirty minutes twice a day; so your heart rate increases. (5) Eight hours of **sleep** each night. (An hour of sleep before midnight is equal to two after midnight). (6) **abstainousness** Abstaining from all foods that are harmful. (Denatured foods; white flour, white rice and white sugar etc.). Use the good foods moderately. (7) **Fresh air** Spend as much time as you can each day outdoors in the fresh air. (8) Last but not least we need **a close relationship with our God**. Trust in God brings holier qualities of mind so that in patience we may possess our souls. "Great peace have they which love thy law: and nothing shall offend them." Psalms 119:65 Peace does away with stress.

There are over three hundred promises God has given us in His Word for our protection and welfare, if we will obey Him. "For this is the love of God, that we keep his commandments: and his commandments are not grievous." 1 John 5:3

"But the salvation of the righteous is of the LORD: he is their strength in the time of trouble. And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him." Psalms 37: 39, 40

"For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock." Psalms 27: 5

God has promised never to leave or forsake us, (See Hebrews 13:5) but His promises are based upon our living in obedience to Him and His laws. To be spiritually prepared we must be spiritually healthy. Just as there are eight rules or laws of health which must be strictly adhered to, there are ten rules or commandments which must be equally practiced or lived by. The laws of health and the Ten Commandments must be an intricate part of our being. True spiritual health will not be obtained unless we also yield our appetites to God.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31

The definition of true health is; the harmonious balance of the **physical, mental and spiritual** aspects of our lives. If any of the three are out of balance we are not in the health we should be in. (We need this harmonious balance in order to be prepared for the coming crisis.)

We need a strong immune system to face the plagues of disease which the chemically prepared and genetically modified food could cause to come upon the population.

We need clear minds in order to be able to make appropriate decisions in a crisis and we need a close connection with God in order for us to have the discernment needed to hear Him clearly when He speaks to us. "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30:21

This spiritual preparedness will only be obtained by a thorough knowledge of the God's Word and our adhering to it. It is our "road map" and we must know it as thoroughly as possible. Some of us may not be able to keep the Bibles we have or be able to obtain one. We would do well to memorize as much of it as possible because we may be forced to give a reason for what we believe in the courts of law.

The Mark of the Beast

The Mark of the Beast will be implemented and in Revelation 13:15 it tells us that those of us who will not accept the Mark of the Beast will have a death sentence pronounced upon us. Usually before people are killed by the law they are put in jail and held for trial.

There are those who would take our right to worship as we please from us and we must be prepared to stand for truth as many did in the Dark Ages of the past and (I don't believe any of us are prepared as we should be).

Let me end with a quote from my favorite author. "The World's Greatest Need.--The greatest want of the world is the want of men,--men who will not be bought or sold; men who in their inmost souls are true and honest; men who do not fear to call sin by its right name; men whose conscience is as true to duty as the needle to the pole; men who will stand for the right though the heavens fall.--Education, p. 57.

Cleaver of Truth Ministry
2558 Clem Lowell Rd
Carrollton GA 30116
770 854 6658
truthlinks1@hotmail.com

