

**9- Ten Pillars Of Christ Series**  
**The Health Message- “The Necessity Of Having Self-Control”**  
Bible Sermon Study Notes: Pastor Sean Davis

We will look today from the word of God and see that God's word is not just a spiritual book but it is indeed a Health Manual!

**How did God make man in the beginning & What diet did God place man on to sustain man?**

Genesis 2:7“And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life”

God formed man of the dust

God's Original Diet

Genesis 1:29

And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat (food).

After Sin God Added....

Genesis 3:17-18

17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;

18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

God Designed Man To Eat The Following:**Fruits, Grains, Nuts, Vegetables**

GOD HAS GIVEN TO MAN A DIETARY PLAN WITH A ROOT SYSTEM TO ABSORB THE ELEMENTS THROUGH THE ROOTS, INTO THE FOODS, AND MAN PARTAKES OF THE SAME ELEMENTS THAT HE IS MADE OF.

THE CYCLE OF MAN

1. Dust composed of ELEMENTS
2. Elements compose FOOD
3. Food builds BLOOD
4. Blood builds CELLS
5. Cells builds TISSUES
6. Tissues builds ORGANS
7. Man is comprised of SYSTEMS
8. God created MAN

**Gen. 2:7 ...and the Lord God formed man of the DUST of the ground ....**

### **What is Food?**

“Any SUBSTANCE which, when absorbed into the blood, will nourish the tissue, repair waste, and furnish force and heat to the body without causing injury to any of its parts.” Abundant Health, p. 25

### **From Food to Blood!**

“Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.” {Ministry Of Healing Pg. 29

Good health begins at the Cellular level! There are 5 basic needs of the cell: Oxygen, Water, Nutrition, Waste Elimination & Freedom From Poisons

### **WHAT SHOULD FOOD PROVIDE?**

- ENERGY
- NUTRIENTS
- PROTECTION FROM SICKNESS
- HEALING OF DISEASE

### **Plant Nutrients**

- Provide substances to slow down the wear and tear.
- Has Antioxidants and Phytochemicals to prevent and fight against disease.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Genesis 1:29, A.R.V. Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field." Genesis 3:18. {MH 295.3}

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. {MH 296.1}

### **But what about flesh meat? When did God ever allow man to eat it?**

#### **Genesis 7:21-23**

**Genesis 7:21** And all flesh died that moved upon the earth, both of fowl, and of cattle, and of beast, and of every creeping thing that creepeth upon the earth, and every man:

**Genesis 7:22** All in whose nostrils *was* the breath of life, of all that *was* in the dry *land*, died.

**Genesis 7:23** And every living substance was destroyed which was upon the face of the ground, both man, and cattle, and the creeping things, and the fowl of the heaven; and they were destroyed from the earth: and Noah only remained *alive*, and they that *were* with him in the ark.

## **Genesis 9:1-4**

### Genesis 7:2 (KJV)

“Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that *are* not clean by two, the male and his female.”

## **Deuteronomy 14:1-8**

Isaiah 66:15 For, behold, the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire.

Isaiah 66:16 For by fire and by his sword will the LORD plead with all flesh: and the slain of the LORD shall be many.

Isaiah 66:17 They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD.

Acts 21:25 As touching the Gentiles which believe, we have written and concluded that they observe no such thing, save only that they keep themselves from things offered to idols, and from blood, and from strangled, and from fornication.

## **No blood or Fat!**

Leviticus 3:17

17 It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

## **FACTS About Meat**

- Contains viruses, parasites  
at a much higher rate than vegetables
- No Carbohydrates
- No Fiber

BEFORE EATING FLESH		AFTER EATING FLESH	
NAME	AGE	AGE	NAME
Adam .....	930	600 .....	Shem
Seth .....	912	438 .....	Arphaxad
Enos .....	905	433 .....	Salah
Cainan .....	910	464 .....	Eber
Mahalaleel .....	895	239 .....	Peleg
Jared .....	962	239 .....	Reu
Enoch .....	365	230 .....	Serug
Methuselah .....	969	148 .....	Nahor
Lamech .....	777	205 .....	Terah
Noah .....	950	175 .....	Abraham

Noah, the tenth generation, lived 20 years longer than Adam; the eighth generation lived 39 years longer than Adam: Shem was brought up on a vegetarian diet and lived to a fair age; but the second generation after the Flood dropped to 438 years; and the eighth generation, instead of being the longest as before the Flood, was the shortest—only 148 years.

-No Vitamin C or E.

**What test did God give to Adam & Eve in the beginning? What was it based upon & did they pass it?**

Genesis 2:15-17

- 15 And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.
- 16 And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat:
- 17 But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

Genesis 3:1-6

- 1 Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?
- 2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:
- 3 But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.
- 4 And the serpent said unto the woman, Ye shall not surely die:
- 5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.
- 6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

“God created Adam pure and noble, but thru the indulgence of appetite he fell.” {Signs Of The Times, January 30, 1901 par. 7}

Satan used the serpent as his mascot to promote something forbidden by God. He stated that the

forbidden food would give man special abilities and make him like a god. He deceived Eve by having her think that the serpent received it's ability to talk by eating what God said not to eat, that God was keeping them from having special powers.

Revelation 12:9

9 And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.

“Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.” -Satan's lie

“The continual transgression of man for six thousand years has brought sickness, pain, and death as its fruits. And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome.” {Counsels On Diets & Foods 163.3}

Satan's lies

“Have it your way”

“Now you're eating!”

“Sometimes you've got to break the rules”.

“Finger-lickin' good”

“It's better here.”

John 10:10

“The thief cometh not, but for to steal, and to kill, and to destroy.....

**What promise does God give us in His word that if we follow His Way we will be blessed?**

Exodus 15:26

26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

The Laws Of God

1. Moral Law – 10 Commandments

Defines sin

Standard of righteousness

Conversion tool

2. Law of Nature & Science

Determines every action and reaction

Constant

Runs our universe

3. Health Law – Principles in Bible Defines how to keep your body healthy to the glory of God!

### **Deuteronomy 28:58-62**

#### **Diseases of the Egyptians**

##### Deuteronomy 28:27

The LORD will smite thee with the botch of Egypt, and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed.

**Botch(Hebrew)**- Boil, inflamed spot, inflammation, eruption, an *ulcer*

**Emerods(Hebrew)**- Tumour, hemorrhoid

**Scab(Hebrew)**-*Scurf* (from *itching*): - scab, scurvy

**Itch(Hebrew)**- Itch, an eruptive disease

##### Deuteronomy 28:35

The LORD shall smite thee in the knees, and in the legs, with a sore botch that cannot be healed, from the sole of thy foot unto the top of thy head.

**Botch(Inflammation)** in the knees- Arthritis

**Botch(Inflammation)** in the feet- Gout

**Botch(Inflammation)** in the head- Head inflammation, Cerebral lobe abscess, Encephalitis, Meningitis, Tapeworm infestation

Dr. Rosalie David of Manchester University did autopsies on Egyptians mummies. She discovered that the mummies died from heart disease, cancer, hardening of the arteries and high blood pressure.

Dr. Claude Rufeis did x-rays on 14000 mummies. He found that the mummies died from heart disease, cancer, arthritis, diabetes, obesity, high blood pressure and rheumatism.

<http://www.centurionministry.org/body/body.htm>" \t " \_blank

#### Diseases Found In Mummies

- Heart Disease

-Cancer

- Vascular Disease

-Arthritis

“Disease never comes without a cause.” **MINISTRY OF HEALING, PAGE 234**

Proverbs 26:2

2 As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.

Job 29:16

16 I was a father to the poor: and the cause which I knew not I searched out.

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” {Ministry Of Healing Pg. 127.1}

### **CAUSE OF SICKNESS**

“INTEMPERATE EATING IS OFTEN THE CAUSE OF SICKNESS.” Ministry Of Healing Pg. 235

“DISEASE...DUE TO...ERRORS IN DIET.”

Counsels On Diets & Foods Pg. 127

“...Every practice which destroys the physical, mental, or spiritual energies is sin” {The Ministry of Healing, Page 113}

### **DEATH 3/5 of what we EAT**

#### The Diet of the Egyptians

At the 2009 American Heart Association meeting in Florida, researchers presented study results showing that Egyptian mummies, some 3,500 years old, had evidence of heart disease—specifically atherosclerosis, which narrows the arteries. Pharaoh Merenptah, who died in the year 1203 BC, was plagued by atherosclerosis. Nine of 16 other mummies studied also had evidence of the disease.

How could this be possible? Researchers theorized that diet could be involved. High-status Egyptians ate a lot of fatty meats from cattle, ducks, and geese, and used a lot of salt for food preservation. Beyond that, the study brought up some interesting questions and has prompted scientists to continue their work to fully understand the condition. “The findings suggest,” said co-principal investigator on the study and clinical professor Dr. Gregory Thomas, “that we may have to look beyond modern risk factors to fully understand the disease.”

<http://www.healthline.com/health/heart-disease/history>

Meat came from domesticated animals, game and poultry. This possibly included partridge, quail, pigeon, ducks and geese. The chicken most likely arrived around the 5th to 4th century BC, though no chicken bones have actually been found dating from before the Greco-Roman period. The most

important animals were cattle, sheep, goats and pigs (previously thought to have been taboo to eat because the priests of Egypt referred pig to the evil god Seth). Beef was generally more expensive and would at most have been available once or twice a week, and then mostly for the royalty.

[http://en.wikipedia.org/wiki/Ancient\\_Egyptian\\_cuisine](http://en.wikipedia.org/wiki/Ancient_Egyptian_cuisine)

## **World Health Organization Says Processed Meat Causes Cancer**

Article date: October 26, 2015

By Stacy Simon

The International Agency for Research on Cancer (IARC) has classified processed meat as a carcinogen, something that causes cancer. And it has classified red meat as a probable carcinogen, something that probably causes cancer. IARC is the cancer agency of the World Health Organization. Processed meat includes hot dogs, ham, bacon, sausage, and some deli meats. It refers to meat that has been treated in some way to preserve or flavor it. Processes include salting, curing, fermenting, and smoking. Red meat includes beef, pork, lamb, and goat.

<http://www.cancer.org/cancer/news/news/world-health-organization-says-processed-meat-causes-cancer>

## Dairy Products

While it is not proven records we do believe that the Ancient Egyptians were familiar with all dairy products. We do find a number of paintings showing men carrying what appear to be pots of milk or cream.

<http://egyptianfood.tripod.com/>

But Cheese Can't be that bad can it?

## What is cheese and how is it made?

The word *cheese* comes from Latin *caseus*,<sup>[3]</sup> from which the modern word casein is also derived. The earliest source is from the proto-Indo-European root *\*kwat-*, which means "to ferment, become sour".

Cheese is a food derived from milk that is produced in a wide range of flavors, textures, and forms by coagulation of the milk protein casein. It comprises proteins and fat from milk, usually the milk of cows, buffalo, goats, or sheep. During production, the milk is usually acidified, and adding the enzyme rennet causes coagulation. The solids are separated and pressed into final form.<sup>[1]</sup> Some cheeses have molds on the rind or throughout. Most cheeses melt at cooking temperature.

Hundreds of types of cheese from various countries are produced. Their styles, textures and flavors depend on the origin of the milk (including the animal's diet), whether they have been pasteurized, the butterfat content, the bacteria and mold, the processing, and aging. Herbs, spices, or wood smoke may be used as flavoring agents. The yellow to red color of many cheeses, such as Red Leicester, is produced by adding annatto. Other ingredients may be added to some cheeses, such

as black peppers, garlic, chives or cranberries.

For a few cheeses, the milk is curdled by adding acids such as vinegar or lemon juice. Most cheeses are acidified to a lesser degree by bacteria, which turn milk sugars into lactic acid, then the addition of rennet completes the curdling. Vegetarian alternatives to rennet are available; most are produced by fermentation of the fungus *Mucor miehei*, but others have been extracted from various species of the *Cynara* thistle family.

<http://en.wikipedia.org/wiki/Cheese>

#### Enzyme sources for Most cheeses in US

A crucial ingredient in the production of most commercial cheeses is an enzyme that comes from the lining of the stomach of calves, called rennet. Sometimes an enzyme from pigs is also used. Obviously, this is of concern to vegetarians, since these are products obtained from slaughtered animals. According to the American Heritage Dictionary, 'rennet' is actually the lining of the fourth stomach of calves and other young ruminants, but this term is also used to refer to the enzyme that is extracted from the stomach lining for use in making cheese. 'Rennin' is another word for this enzyme, although it is less commonly used. These enzymes are important because they are the ingredients that cause milk to coagulate and eventually become cheese.

#### Consumer Service Department of Kraft General Foods, Inc.

Ellen Schwarzbach States:

"Thank you very much for asking if Kraft cheese products contain any animal derivatives. Our comments here apply only to products produced in the United States. Many cheese products produced in the United States do contain a coagulating enzyme derived from either beef or swine. The process of changing fluid milk into cheese consists of coagulating the milk by one of two commonly used methods, each resulting in cheese having distinct characteristics.

The most common method of coagulating milk is by the use of an enzyme preparation, rennet, which traditionally was made from the stomachs of veal calves. Since the consumption of calves for veal has not kept pace with the demand for rennet in the preparation of cheese, a distinct shortage of this enzyme has developed. Consequently, a few years ago it became a common practice to mix the rennet extract from calves' stomachs with a pepsin enzyme derived primarily from the stomachs of swine. These enzymes convert the fluid milk into a semi-solid mass as one of the steps in the manufacture of cheese. This mixture of calf rennet and pepsin extract is quite commonly and widely used within the United States.

[http://www.natural-connection.com/resource/tnc\\_reference\\_library/cheese.html](http://www.natural-connection.com/resource/tnc_reference_library/cheese.html)

#### **Harmful Effects of Cheese Agatha M. Thrash, M.D. Preventive Medicine**

Now cheese is under special attack, not because of infectious disease which it shares with all dairy products, but because of its basic chemistry. Cheese is made by the action of waste products from

molds and bacteria on milk. Most foods contaminated with molds and bacteria produce such an unpleasant flavor that few people care to eat them. Generally, an unpleasant flavor in food heralds danger, and apparently this principle holds true for cheese, since most children naturally reject their first taste of cheese and must be taught to accept it.

Changes that occur in cheese with the fermenting and “ripening” process include the production of a toxic alkaloid called roquefortine, a neurotoxin which can cause mice to have convulsive seizures. Probably, all blue cheese contains roquefortine. The alkaloid is produced by the mold *Penicillium roqueforti*. The alkaloids are all toxic and include such widely differing poisons as coniine, one of the major volatile alkaloids found in the poison hemlock plant from which Socrates met his Waterloo, to caffeine, the major alkaloid in coffee, tea, colas, and chocolate.

The rennet for the curdling process in cheese-making is commonly obtained from calves' stomachs. A combination of rennin and pepsin is sometimes used, or plant enzymes derived from fungus. The pepsin is obtained principally from fresh hog stomachs. Many processed cheeses have preservatives, emulsifying agents, and other chemicals added to them that can have a harmful effect on the body. The putrefactive process through which milk goes to produce cheese reduces the vitamin content. Cheese is almost completely devoid of water soluble vitamins. Losses of both vitamins and minerals occur with the loss of whey.

<http://www.ucheepines.org/harmful-effects-of-cheese/>

Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious. {Counsels On Diets & Foods Pg. 349.1}

### The Facts About Cheese

Cheese Is Number-One Source of Artery-Clogging Fat in American Diet

WASHINGTON - Cheese is giving Americans a heart attack, says the Center for Science in the Public Interest (CSPI), which is urging us to cut back.

“Many people think of calcium-rich cheese as healthful, but it’s a dangerous trap,”

“Americans are eating far too much fatty cheese,” said Margo Wootan, Nutrition Policy Director for CSPI.

CSPI Newsroom: “Dont Say Cheese.”

### Lifestyle Diseases Causes

S.A.D – Standard American Diet

B.K.A

S.A.D – Satan's Artificial Diet

Lack of Exercise

**How are many people treating disease and pain today? DRUGS!**

The United States spends almost \$1,000 per person per year on pharmaceuticals. That's around 40 percent more than the next highest spender, Canada, and more than twice as much as than countries like France and Germany spend.

<http://www.pbs.org/newshour/updates/americans-spend-much-pharmaceuticals/>

**Is this really the way to go?**

“**Drugs never cure disease;** they only change its form and location.... When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form.... The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form.... Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.”  
{Healthful Living Pg. 243.3}

Bible Examples of those who rejected God's way and chose the world's way

2 Kings 1:2-4

2 And Ahaziah fell down through a lattice in his upper chamber that was in Samaria, and was sick: and he sent messengers, and said unto them, Go, enquire of Baalzebub the god of Ekron whether I shall recover of this disease.

3 But the angel of the LORD said to Elijah the Tishbite, Arise, go up to meet the messengers of the king of Samaria, and say unto them, Is it not because there is not a God in Israel, that ye go to enquire of Baalzebub the god of Ekron?

4 Now therefore thus saith the LORD, Thou shalt not come down from that bed on which thou art gone up, but shalt surely die. And Elijah departed.

2 Chronicles 16:12-13

12 And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the LORD, but to the physicians.

13 And Asa slept with his fathers, and died in the one and fortieth year of his reign.

Hosea 5:13

13 When Ephraim saw his sickness, and Judah saw his wound, then went Ephraim to the Assyrian, and sent to king Jareb: yet could he not heal you, nor cure you of your wound.

Jeremiah 8:22

22 Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?

Jeremiah 46:11

11 Go up into Gilead, and take balm, O virgin, the daughter of Egypt: in vain shalt thou use many medicines; for thou shalt not be cured.

**When you are on a course that is going against God & His word there is no cure?(applies not only spiritually but even physically)**

Jeremiah 30:12-13

12 For thus saith the LORD, Thy bruise is incurable, and thy wound is grievous.

13 There is none to plead thy cause, that thou mayest be bound up: thou hast no healing medicines.

**“But Jesus ate fish, right?”**

Luke 24:41-43

41 And while they yet believed not for joy, and wondered, he said unto them, Have ye here any meat?

42 And they gave him a piece of a broiled fish, and of an honeycomb.

43 And he took it, and did eat before them.

**However would Jesus eat the fish or any flesh meat today & why?**

Matthew 24:7

For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places

Pestilences(GREEK)loimos

Of uncertain affinity; a *plague* (literally the *disease*, or figuratively a *pest*): - pestilence (-t).

Mad Cow Disease

Weekly column written for members of the Arkansas Game & Fish Commission:

Directors with the Arkansas Game and Fish Commission updated members recently on the impact Chronic Wasting Disease now has on our deer population.

**Chronic Wasting Disease (CWD) is a fatal neurological disease similar to mad cow disease but found only in deer, elk, moose, and caribou. It was first detected in a deer in Arkansas in March of this year.**

I don't know about the rest of you, but lately my poultry purchases at my local market have become more and more of a 'hit-and-miss' situation, with more 'misses' if I'm being honest. As I bite into my homemade chicken nuggets or Coq au Vin (when I'm feeling fancy) I can't help but feel that the chicken just tastes weird, stringy, just...funny. So a few days ago when I turned on the tube and saw the news headlines stating that the [FDA has finally confirmed that chicken meat sold in the USA contains arsenic](#), my head, and stomach, nearly hit the roof. **This cancer-causing toxic chemical, that in high doses could kill you, is actually being added to chicken feed on purpose, giving store-bought chicken the illusion of healthy coloring and plump appearance.** Shockingly, this is the case with **more than 70 percent of all U.S. chickens!** That is just awful!

Research shows seafood can protect the heart and brain—but it can also contain the heavy metal

mercury, which can be especially toxic to brain neurons. Studies trying to answer the question of whether the harm from mercury in seafood outweighs the benefits of eating the fish have had conflicting results.

“If meat eating were ever healthful, it is not safe now. Cancers, tumors, and pulmonary diseases are largely caused by meat eating.” {Counsels On Diets & Foods Pg. 404.2}

The liability to take disease is increased tenfold by meat eating. {Counsels On Diets & Foods Pg. 386.4}

### **Why do we see the pestilence in animals today?**

#### Hosea 4:1-3

1 Hear the word of the LORD, ye children of Israel: for the LORD hath a controversy with the inhabitants of the land, because there is no truth, nor mercy, nor knowledge of God in the land.

2 By swearing, and lying, and killing, and stealing, and committing adultery, they break out, and blood toucheth blood.

3 Therefore shall the land mourn, and every one that dwelleth therein shall languish, with the beasts of the field, and with the fowls of heaven; yea, the fishes of the sea also shall be taken away.

#### Hosea 4:6

6 My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

The Days Of Lot & Noah[Homosexuality[Genesis 19], Violence-Evil Imaginations [Genesis 6:5,13]

### **How did they get in this condition?**

#### Ezekiel 16:49-50

49 Behold, this was the iniquity of thy sister Sodom, pride, fulness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy.

50 And they were haughty, and committed abomination before me: therefore I took them away as I saw good.

#### Ecclesiastes 10:17

17 Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!

Proverbs 30:7 Two *things* have I required of thee; deny me *them* not before I die:

Proverbs 30:8 Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient for me:

Proverbs 30:9 Lest I be full, and deny *thee*, and say, Who *is* the LORD? or lest I be poor, and steal, and take the name of my God *in vain*.

“If the stomach is not properly cared for, the formation of an upright, moral character will be hindered.

The brain and nerves are in sympathy with the stomach. **Erroneous eating and drinking result in erroneous thinking and acting.**” {Counsels On Diets & Foods Pg. 404.3}

What would you think if I told you that young people today likely committed violent, criminal acts in part due to poor nutrition. What if they continued those violent acts in prison as the poor nutrition continued? Reserve judgment for now. This is science - let's see what the data tells us. My theory is that our relatively nutrient-poor modern diets contribute to a great deal of modern psychopathology.

Over the past decade or so, several groups of researchers have done some decent work in this area, and (for once in the nutritional-type psychiatry literature) I can look at a randomized controlled trial of good size and design that was actually replicated.

The modern era of good studies begins with Oxford nutrition and criminology researcher, Bernard Gesch. Back in 2002, he published a (full free text) study entitled "Influence of supplementary vitamins, minerals, and essential fatty acids on the antisocial behavior of young adult prisoners." In this study, 231 (young, male, adult, prisoner) volunteers agreed to receive a daily vitamin, mineral, and essential fatty acid supplementation or placebo. The average length of the supplementation was about 142 days, and a number of measures were taken before and during the active phase, including psychological testing, reports of violent acts, and reports of disciplinary action. Prisoners were randomized in part based on baseline disciplinary status and their progress in the "prison regime."

Here are the active ingredients of the multimineral, multivitamin, one of which the prisoners in the active arm received daily. The prisoners also received a fatty acid supplement with 1260 mg linoleic acid (I know - we'll talk about that later), 160 mg gamma linolenic acid, 80 mg EPA and 44 mg DHA. The placebo fatty acid pill was made from vegetable oil.

The results? The average number of "disciplinary incidents per 1000 person-days" dropped from 16 to 10.4 in the active group ( $p < 0.001$ ), which is a 35% reduction, whereas the placebo group only dropped by 6.7%. Especially violent incidents in the active group dropped by 37%, and in the placebo group only 10.1%. That's a pretty impressive finding, really.

Until recently prisoners at Victor Valley Medium Community Correctional Facility in Adelanto, California could choose vegan meals under a program called NewStart which also included Bible study, job training and anger management. According to one source, violence decreased significantly for those inmates who chose the vegan meal plan and the behavioral program.

Read more: <http://www.care2.com/greenliving/vegan-diet-helped-prisoners.html#ixzz4CkJLQFL5>

Also the recidivism rate, (rate of re-arrest) for their released inmates was only two percent, but the state average in California is over 90 percent, according to another source.

Victor Valley nutrition services coordinator Julianne Aranda has been quoted on the main reasons why they offered a plant-based menu option for inmates, saying, "what we eat not only affects us physically, but it affects our mental attitude, our aggressiveness and our ability to make good decisions." (Source: Vegetarian Spotlight)

Read more: <http://www.care2.com/greenliving/vegan-diet-helped-prisoners.html#ixzz4CkJXYvHJ>

**What does Jesus say about intemperance in eating and drinking in the last days?**

Luke 17:26-30

26 And as it was in the days of Noe, so shall it be also in the days of the Son of man.  
27 They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all.  
28 Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded;  
29 But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all.  
30 Even thus shall it be in the day when the Son of man is revealed.

**Jesus gives a warning for the last days**

Luke 21:34-36

34 And take heed to yourselves, lest at any time your hearts **be overcharged with surfeiting, and drunkenness**, and cares of this life, and **so that day come upon you unawares**.  
35 For as a snare shall it come on all them that dwell on the face of the whole earth.  
36 **Watch ye therefore, and pray always**, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Surfeiting(GREEK)kraipalē

Probably from the same as **G726**; properly a *headache* (as a *seizure* of pain) from drunkenness, that is, (by implication) a *debauch (by analogy a glut)*: - surfeiting.

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. **But those who are slaves to appetite will fail in perfecting Christian character.**” {Counsels On Diets & Foods Pg. 163.3}

**What is the bible calling us to do in regards to our lifestyle of eating & drinking?**

Matthew 18:8-9

8 Wherefore if thy hand or thy foot offend thee, cut them off, and cast them from thee: it is better for thee to enter into life halt or maimed, rather than having two hands or two feet to be cast into everlasting fire.  
9 And if thine eye offend thee, pluck it out, and cast it from thee: it is better for thee to enter into life with one eye, rather than having two eyes to be cast into hell fire.

Proverbs 23:1-2

1 When thou sittest to eat with a ruler, consider diligently what is before thee:  
2 And put a knife to thy throat, if thou be a man given to appetite.

1 Corinthians 9:24-27

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.  
25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.  
26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

**If I want to be apart of God's last day movement giving the loud cry what must I be?**

Revelation 14:12 (KJV)

“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”

**2 Peter 1:5-7**

The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. {CD 50.1}

Temperance in eating must be practiced before you can be a patient man. {CD 64.4}

**When I place my appetite and food over God who am I serving?**

Philippians 3:19 (KJV)

“Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.”)”

I messed up. I committed the sin of intemperance and eating things harmful to my body, is there hope?

Exodus 15:26 KJV

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt **give ear to his commandments**, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Jeremiah 3:22

Return, ye backsliding children, and I will heal your backslidings. Behold, we come unto thee; for thou art the LORD our God.

Jeremiah 33:6 Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

Psalms 67:1-2

1 To the chief Musician on Neginoth, A Psalm or Song. God be merciful unto us, and bless us; and cause his face to shine upon us; Selah.

2 That thy way may be known upon earth, **thy saving health among all nations.**

Psalms 103:1-5

1 A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name.

2 Bless the LORD, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

Isaiah 57:18 I have seen his ways, and will heal him: I will lead him also, and restore comforts unto him and to his mourners.

Isaiah 57:19 I create the fruit of the lips; Peace, peace to him that is far off, and to him that is near, saith the LORD; and I will heal him.

**Once I am healed by God following His plan am I at liberty to now go back to my old habits?**

John 5:13-14

13 And he that was healed wist not who it was: for Jesus had conveyed himself away, a multitude being in that place.

14 Afterward Jesus findeth him in the temple, and said unto him, **Behold, thou art made whole: sin no more, lest a worse thing come unto thee.**

1 Corinthians 6:19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

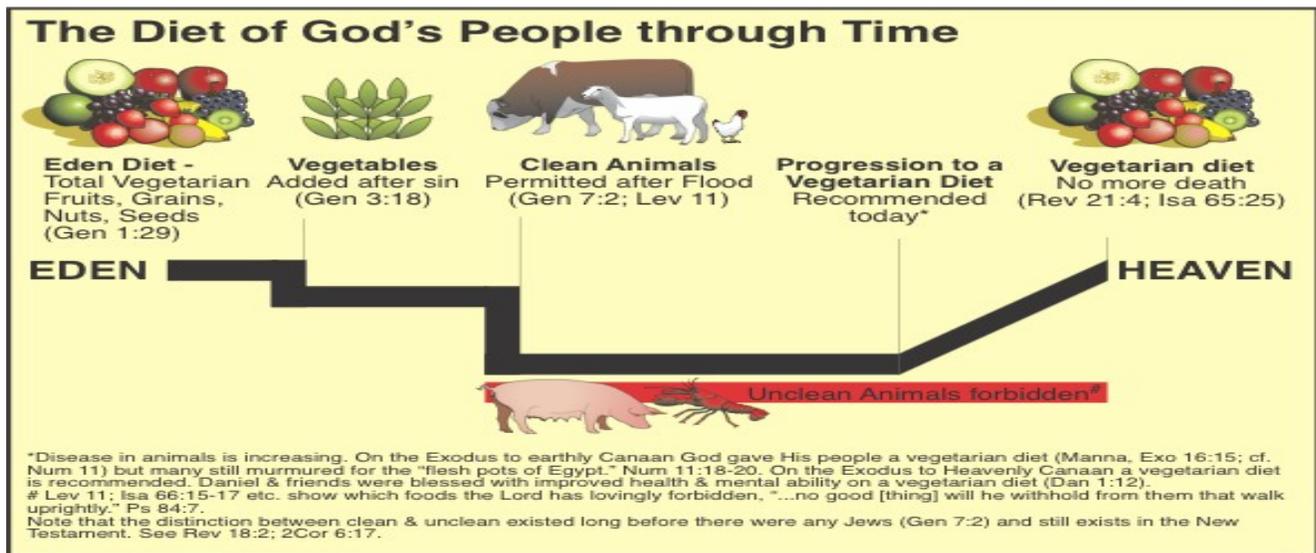
1 Corinthians 3:16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

1 Corinthians 3:17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

Proverbs 3:7 Be not wise in thine own eyes: fear the LORD, and depart from evil.

Proverbs 3:8 It shall be health to thy navel, and marrow to thy bones.

“Many persons bring disease upon themselves by their self-indulgence. They have not lived in accordance with natural law or the principles of strict purity. Others have disregarded the laws of health in their habits of eating and drinking, dressing, or working. Often some form of vice is the cause of feebleness of mind or body. Should these persons gain the blessing of health, many of them would continue to pursue the same course of heedless transgression of God's natural and spiritual laws, reasoning that if God heals them in answer to prayer, they are at liberty to continue their unhealthful practices and to indulge perverted appetite without restraint. If God were to work a miracle in restoring these persons to health, He would be encouraging sin.” {Ministry Of Healing Pg. 227.3}



Revelation 22:1-2

1 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.  
 2 In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Isaiah 65:25 The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent's meat. They shall not hurt nor destroy in all my holy mountain, saith the LORD.

**Is health reform a urgent matter?**

1 Corinthians 10:31

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1<sup>st</sup> Angel Message:

Revelation 14:6-7

6 And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people,  
 7 Saying with a loud voice, Fear God, and give glory to him; **for the hour of his judgment is come:** and worship him that made heaven, and earth, and the sea, and the fountains of waters.

**We will be judged by what and how we eat or drink**

**We have no time sitting under SDA ministers who are not practicing or believe in health reform!**

Leviticus 10:1-3

1 And Nadab and Abihu, the sons of Aaron, took either of them his censer, and put fire therein, and put incense thereon, and offered strange fire before the LORD, which he commanded them not.  
 2 And there went out fire from the LORD, and devoured them, and they died before the LORD.

3 Then Moses said unto Aaron, This is it that the LORD spake, saying, I will be sanctified in them that come nigh me, and before all the people I will be glorified. And Aaron held his peace.

Leviticus 10:8-10

8 And the LORD spake unto Aaron, saying,

9 Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute for ever throughout your generations:

10 And that ye may put difference between holy and unholy, and between unclean and clean;

Isaiah 28:7-8

7 But they also have erred through wine, and through strong drink are out of the way; the priest and the prophet have erred through strong drink, they are swallowed up of wine, they are out of the way through strong drink; they err in vision, they stumble in judgment.

8 For all tables are full of vomit and filthiness, so that there is no place clean.

Isaiah 56:10-12

10 His watchmen are blind: they are all ignorant, they are all dumb dogs, they cannot bark; sleeping, lying down, loving to slumber.

11 Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own way, every one for his gain, from his quarter.

12 Come ye, say they, I will fetch wine, and we will fill ourselves with strong drink; and to morrow shall be as this day, and much more abundant.

“Those men who after many years' experience have yet no appreciation of the medical missionary work, **should not be appointed to preside over our churches.** They are not walking in the light of present truth for this time. **Those who love the truth and appreciate the question of temperance in all its bearings should not be placed in the charge of a minister who has not heeded the light God has given upon health reform.** What help can a man be to a church if he is not walking in the light?”  
{Medical Ministry Pg. 238.3}

“The subject of health reform has been presented in the churches; but the light has not been heartily received. The selfish, health-destroying indulgences of men and women have counteracted the influence of the message that is to prepare a people for the great day of God. If the churches expect strength, they must live the truth which God has given them. If the members of our churches disregard the light on this subject, they will reap the sure result in both spiritual and physical degeneracy. And the influence of these older church members will leaven those newly come to the faith. The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted, and those who were once converted, but who have backslidden. What influence would these unconsecrated members have on new converts? Would they not make of no effect the God-given message which His people are to bear?” {CD 455.2}

**The GREAT TEST which we all must face is coming very soon! [Revelation 13:15-17]**

**Sunday enforcement Is Coming! How close are we to this crisis?**

## **Jesuit appointed head of US religious freedom commission**

The U.S. Commission on International Religious Freedom has a new chairman, and for the first time, the position will be held by a Catholic priest.

**Jesuit priest Fr. Thomas Reese was first appointed to a two-year term as a member of the commission by President Barack Obama in 2014, and re-appointed in 2016.**

**Now he will take over as the chair of the organization**, an independent, bipartisan commission that monitors and reviews religious freedom violations around the world, and makes policy recommendations to the Secretary of State, Congress and the president.

"I am honored to serve as USCIRF's Chair and work with my fellow Commissioners in support of freedom of religion or belief," said Fr. Reese in a statement.

"World events underscore the importance of this fundamental right: A key factor in many of the United States' foreign policy challenges, religious freedom is under serious and sustained attack across much of the globe," he added.

<http://www.catholicnewsagency.com/news/jesuit-appointed-as-us-religious-freedom-commission-42624/>

There was no crime too great for them to commit, no deception too base for them to practice, no disguise too difficult for them to assume. Vowed to perpetual poverty and humility, it was their studied aim to secure wealth and power, **to be devoted to the overthrow of Protestantism, and the re-establishment of the papal supremacy.** {The Great Controversy Pg. 234.2}

"[The Jesuits] are the deadly enemies of civil and religious liberty." -R. W. Thompson (Ex-Secretary, American Navy)

"It is my opinion that if the liberties of this country – the United States of America – are destroyed, it will be by the subtlety of the Roman Catholic Jesuit priests, for they are the most crafty, dangerous enemies to civil and religious liberty. They have instigated MOST of the wars of Europe."

-Marquis de LaFayette (1757-1834; French statesman and general. He served in the American Continental Army under the command of General George Washington during the American Revolutionary War.)

**EU Covenant of Mayors and Compact of Mayors launch largest global coalition of cities committed to fighting climate change**

22 June 2016 – 11:01

Global Covenant of Mayors for Climate & Energy will combine efforts and leadership to accelerate climate action at the local level worldwide.

Today, the world's two primary city-led climate change and energy initiatives, the EU

Covenant of Mayors and the Compact of Mayors, announced the formation of a new, first-of-its-kind global initiative of cities and local governments leading in the fight against climate change. This single initiative will create the largest global coalition of cities committed to climate leadership, building on the commitments of more than 7,100 cities from 119 countries and six continents, representing more than 600 million inhabitants, over 8% of the world's population. The launch of the Global Covenant of Mayors for Climate & Energy comes six months after the historic Paris climate change conference, where cities were crucial voices in shaping and advocating for a strong global agreement, and is a historic and powerful response by the world's local leaders to the urgent climate challenge.

[http://www.covenantofmayors.eu/news\\_en.html?id\\_news=752](http://www.covenantofmayors.eu/news_en.html?id_news=752)

Together 2016, “a millennial-led effort to point people to Jesus”

“In no way are we trying to minimize the large doctrinal differences of times past”, organiser Nick Hall tells Evangelical Focus. 1 million Christians from diverse Christian backgrounds are expected to participate.

See

Hundreds of thousands are expected to celebrate the Christian faith in the National Mall (Washington D.C., USA) on 16 July 2016. The aim is to “come together with as many people as possible who believe Jesus changes everything.” 1 million Christians together in “a day unified prayer, worship, and a call for catalytic change.” This is what Nick Hall, organiser behind Together 2016, hopes to see. So far, about 280,000 people and 1,000 churches have confirmed they will attend the event. The event speaks of the need of a “reset”, because “our causes are pulling us apart. Even religion doesn't unite. We believe only Jesus can bring us together.”

AN ECUMENICAL EVENT? Roman Catholics will also participate in the event, the organisation announced. Catholic worship leader Matt Maher is one of the featured singers and Pope Francis supported the gathering through a video message. In June, Nick Hall visited the Pope in a trip to Rome, as he shared on his Instagram account. The direct involvement of Catholics has raised doubts among some evangelical leaders, who fear Together 2016 may become an ecumenical effort.

Q.) Is Together 2016 an evangelical event in which Roman Catholics are invited? Or is it an event open to every Christian tradition?

A.).....We realize that uniting across varying lines is difficult for many and in no way are we trying to minimize the large doctrinal differences and tensions of times past. That said, we believe the urgency of our times demands we link arms with as many as possible around Jesus as the way, truth and life that we desperately need in our world today. We are praying for a 2 Chronicles 7:14 moment and an answer to Jesus prayer in John 17, that we might be together so that the world may see that Jesus is the Messiah.

Q.) Roman Catholic worship leader Matt Maher spoke about this event as an opportunity for unity between Roman Catholics and evangelicals. Some evangelical leaders expressed their concern because the event seems to have an ecumenical approach. Is Together 2016 an ecumenical event?

A.)....We love Matt Maher and are so excited that he is part of Together along with dozens of artists and speakers including Michael W. Smith, Ravi Zacharias, Josh McDowell and Francis Chan! We are praying for a revival and spiritual awakening because we believe we desperately need a work of the Holy Spirit in our day and we want everyone to know they are invited to be there with us... especially those who don't believe!

[http://evangelicalfocus.com/world/1739/Together\\_2016\\_a\\_millennial\\_led\\_effort\\_to\\_point\\_people\\_to\\_Jesus\\_Nick\\_Hall](http://evangelicalfocus.com/world/1739/Together_2016_a_millennial_led_effort_to_point_people_to_Jesus_Nick_Hall)

“Satan puts his interpretation upon events, and they think, as he would have them, that the calamities which fill the land are a result of Sundaybreaking. Thinking to appease the wrath of God these influential men make laws enforcing Sunday observance. **This very class put forth the claim that the fast-spreading corruption is largely attributable to the desecration of the so-called "Christian sabbath" and that the enforcement of Sunday observance would greatly improve the morals of society.** This claim is especially urged in America, where the doctrine of the true Sabbath has been most widely preached.” Last Day Events Pg. 129

“During the Christian dispensation, the great enemy of man's happiness has made the Sabbath of the fourth commandment an object of special attack. Satan says, "I will work at cross purposes with God. I will empower my followers to set aside God's memorial, the seventh-day Sabbath. Thus I will show the world that the day sanctified and blessed by God has been changed. That day shall not live in the minds of the people. I will obliterate the memory of it. I will place in its stead a day that does not bear the credentials of God, a day that cannot be a sign between God and His people. I will lead those who accept this day to place upon it the sanctity that God placed upon the seventh day.” {Prophets & Kings Pg. 183.3}

"Through my vicegerent, I will exalt myself. The first day will be extolled, and the Protestant world will receive this spurious sabbath as genuine. Through the nonobservance of the Sabbath that God instituted, I will bring His law into contempt. The words, 'A sign between Me and you throughout your generations,' I will make to serve on the side of my sabbath.” {Prophets & Kings Pg. 184.1}

"Thus the world will become mine. I will be the ruler of the earth, the prince of the world. I will so control the minds under my power that God's Sabbath shall be a special object of contempt. A sign? I will make the observance of the seventh day a sign of disloyalty to the authorities of earth. **Human laws will be made so stringent that men and women will not dare to observe the seventh-day Sabbath. For fear of wanting food and clothing,** they will join with the world in transgressing God's law. The earth will be wholly under my dominion." {Prophets & Kings Pg. 184.2}

### **Did Jesus practice temperance? Are we to follow His example?**

If you read closely about the life of Christ you will see He obey the ANEWSTARTT Plan! The laws of health!

Matthew 4:1-4

“The great end for which Christ endured that long fast in the wilderness was to teach us the necessity of self-denial and temperance. This work should commence at our tables and should be strictly carried out in all the concerns of life. The Redeemer of the world came from heaven to help man in his weakness, that, in the power which Jesus came to bring him, he might become strong to overcome appetite and passion and might be victor on every point.” {Counsels On Health Pg. 125.2}

Victory even at the cross!

Psalms 69:20-21

20 Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.

21 They gave me also gall for my meat; and in my thirst they gave me vinegar to drink.

John 19:28-30

28 After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst.

29 Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth.

30 When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.

Some will say yes see he drank it, but you must line the gospel of John with the other gospels:

Mark 15:22-23

22 And they bring him unto the place Golgotha, which is, being interpreted, The place of a skull.

23 And **they gave him to drink wine mingled with myrrh: but he received it not.**

Matthew 27:33-34

33 And when they were come unto a place called Golgotha, that is to say, a place of a skull,

**34 They gave him vinegar to drink mingled with gall: and when he had tasted thereof, he would not drink.**

“Mingled With Myrrh”(GREEK)smurnizō

From G4667; **to tincture with myrrh, that is, embitter (as a narcotic):** - mingle with myrrh.

Narcotic- any of a class of substances that blunt the senses, as opium, morphine, belladonna, and alcohol, that in large quantities produce euphoria, stupor, or coma, that when used constantly can cause habituation or addiction, and that are used in medicine to relieve pain, cause sedation, and induce sleep.

**Jesus did not drink intoxicating drink or take narcotics!**

**Proverbs 20:1**

1 Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.

“To those who suffered death by the cross, it was permitted to give a stupefying potion, to deaden the sense of pain. This was offered to Jesus; but when He had tasted it, He refused it. He would receive nothing that could becloud His mind. His faith must keep fast hold upon God. This was His only strength. To becloud His senses would give Satan an advantage.” {Desire Of Ages Pg. 746.2}

### **Christ overcame where Adam and Eve Failed**

#### 1 Peter 2:21

21 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:

#### Revelation 3:21

21 To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.

#### Self-Denial Or Self-Indulgence?

#### Romans 6:16

16 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

Christ's desire for you!

#### 3 John 1:2

2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

#### 1 Thessalonians 5:23

23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.