



SUMMER 2006

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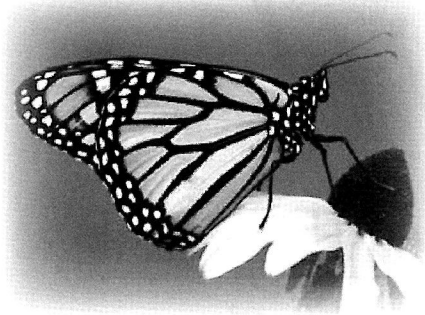
*A Journal for Those Who Dare*

Great peace have they which love thy  
law: and nothing shall  
offend them.



psalm 119:165





## WILL YOU INHERIT THE EARTH?

There it was. A Christian magazine came to my mail slot with this pondering question on the cover. "Will you inherit the earth?" The answer to the question started to haunt my mind. But the answer of the writer did not satisfy me. He expounded on the beauty of the new earth, and what wonder God will give all Christians when they enter into heaven. It was partially true. But what a pity, nothing was said how to enter in, how to inherit the earth. What is the condition to inherit the earth? I asked myself that question very seriously.

Jesus said that the *meek* will inherit the earth, but millions believe that they will go to heaven when they die. Will they? Will we?

Millions – perhaps billions – believe that the bliss of heaven is the reward of the saved. The belief is shared not only by most who call themselves Christians, but also by members of many other religions around the world. How did Jesus begin His teaching in the Sermon on the Mount? Matthew 5:7 says, "Blessed are the poor in spirit, (those who are not self-exalted, but candid, and of a humble disposition, not too proud to be taught, not vain and ambitious for the honors of the world): for theirs is the kingdom of heaven. Blessed are those who mourn, (those who are penitential, submissive, and who grieve over their failures and errors because the Spirit of God is grieved: for they shall be comforted.

Blessed are the meek, (those who are gentle and forgiving, who when reviled, will not revile again, but who manifest a teachable spirit, and do not hold themselves in high esteem): for they shall inherit the earth."

The meek...Notice carefully. Jesus said that the poor in spirit would be blessed with the Kingdom of heaven. Those who possess the qualifications here enumerated will not only be blessed of God here in this life, but will be crowned with glory, honor, and immortality in His Kingdom! He said that the meek shall inherit the earth...What is meek? The Oxford Dictionary classifies meek as "tamely submissive".

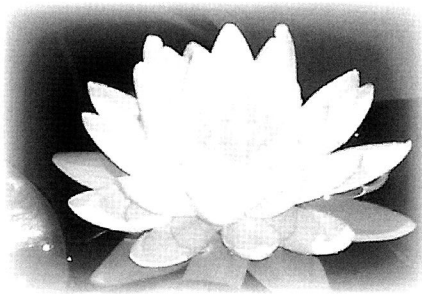
Submissive? Is this how I will inherit the earth? This question raises through my mind. What is the answer to it? Where do I find it?

Psalm 37:11 says, "But the meek shall inherit the land, and shall delight themselves in the abundance of peace." Wow, what a beautiful promise. Abundance of peace? I want this peace, over everything that I possess. This peace is worth the price of gold!

You mean I have to give up my anger when someone insults me? I cannot reply sharply, with even my tone of voice showing my displeasure? Here is what E. White says: "When unkind discouraging words are spoken, do not retaliate. Do not reply unless you can return a pleasant answer. Say to yourself, 'I will

But the meek shall inherit the land, and shall delight themselves in the abundance of peace.

Psalm 37:11



The meek will he guide in judgment: and the meek will he teach his way. psalm 25:9

not disappoint my Saviour." The Christian woman is a gentlewoman. On her lips is ever the law of kindness. She utters no hasty words. To speak gentle words when you are irritated will bring sunshine into your hearts and make your path more smooth. A schoolgirl, when asked for a definition of meekness, said, "Meek people are those who give soft answers to rough questions." Christ says, "Blessed are the meek: for they shall inherit the earth." They will be fit subjects for the kingdom of heaven, for they are willing to be taught." – Review and Herald, April 7, 1904.

O, do I ever want to be a subject for the kingdom of heaven! Am I willing though to be taught? No unkind words are ever to be spoken if I feel attacked and misused. Is this the way to inherit the earth? Look at what EW said in YI 1902, 10.2:

"Do not say, 'It is impossible for me to overcome.' Do not say, 'It is my nature to do thus and so, and I can not do otherwise. I have inherited weaknesses that make me powerless before temptation.' In your own strength you can not overcome, but help has been laid upon One that is mighty. Breathe the prayer, 'Show me thy ways, O Lord; teach me thy paths.' Then believe the promise, 'The meek will he guide in judgment: and the meek will he teach his way.' Psalm 25:9 Yes, the Lord says, 'I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.'"

The apostle Paul appealed to the Corinthians: "by the *meekness* and gentleness of Christ, 1 Cor.10:1,

and Christ Himself said, "Take my yoke upon you and learn of me, for I am meek and lowly in heart and ye shall find rest unto your souls." Matt 11:29. "It is the love of self that destroys our peace. While self is all alive we stand ready continually to guard it from mortification and insult, but when we are dead, and our life is hid with Christ in God, we shall not take neglects or slights to heart. We shall be deaf to reproach and blind to scorn and insult..."

Meek people are those who give soft answers to rough questions.

The meekness of Christ manifested in the home, will make the inmates happy, it provokes no quarrels, gives back no angry answers, but soothes the irritated temper and diffuses a gentleness that is felt by all within its charmed circle. Wherever cherished it makes the families on earth a part of the one great family above." MoB, p.16, 17

No angry answers, gentleness felt within my circle! This is how I inherit the earth. It is a must! God compels me to be fully obedient. No partial obedience is safe – for obedience deferred – is disobedience! Let me start today! May our Lord help us not to replace obedience with convenience.

Consider the following statement: "I present before you the life of self-denial, humility and sacrifice of our divine Lord. The Majesty of heaven, the King of glory, left His riches, His splendor, His honor and glory, and in order to save sinful man, condescended to a life of a humility, poverty and shame, "who for the joy that was set before Him endured the cross, despising the shame." Oh, why are we so sensitive to trial and reproach, to shame and suffering, when our Lord has given us such an example? Who would wish to enter into the joy of their Lord while they were unwilling to partake of His sufferings." Test. Vol 2, pp 490-491 What! The servant unwilling to bear the humility and shame and reproach which the Master bore unselfishly for him! The servant shrinking from a life of humility and sacrifice which is for his own eternal happiness, by which he may finally obtain an exceedingly great and eternal reward! The language of my heart is: Let me be a partaker with Christ of His sufferings, that I may finally share with Him the glory.

Let me think of Jesus who has suffered for me and was silent. He was not complaining, spoke no word of murmuring, even when falsely accused. He rendered no evil for evil, or railing for railing, but had a strength of character to be a blessing even to those who betrayed him. I think I found the answer.

Will you inherit the earth?

Dagmar Goubej



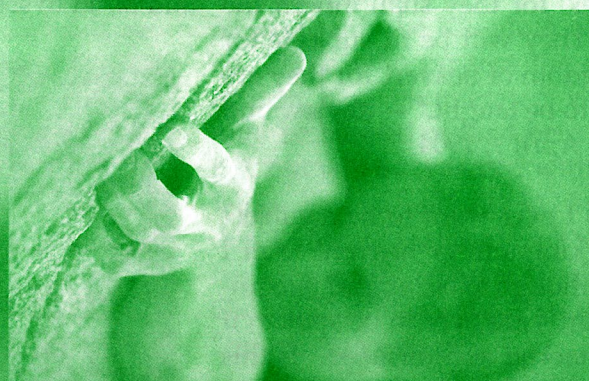
# AMAZING DISCOVERIES

604-572-9457

EVENT: JULY 7-8, 2006  
WESTMINSTER SDA CHURCH  
7925 10TH AVE.  
BURNABY, BC V3N 2S3

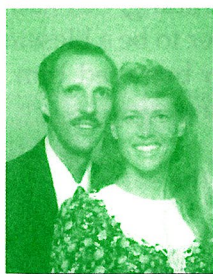
*Risking it all!*

COME AND BE INSPIRED TO A DEEPER,  
LIVING FAITH IN JESUS CHRIST,  
BY SPEAKER DAVID GATES.



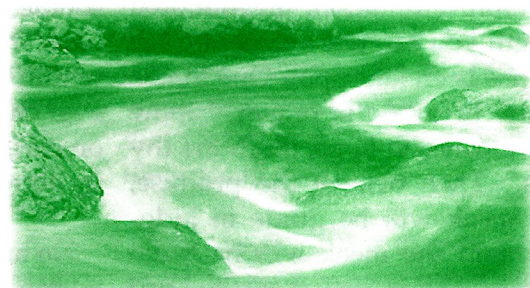
**Friday, July 7, 2006:**  
**7:00 pm - "Risking It All"**

**Saturday, July 8, 2006:**  
**11:00am (Divine Service) - "When God Asks The Impossible"**  
**2:15pm - "Walking With Angels"**  
**4:00pm - "It Is Time To Cross The Jordan"**  
**7:00pm - "God's Special Forces"**



## About the Speaker:

David Gates along with his wife Suzy, and their 5 children, are a missionary family in Brazil. David is the founder and current president for Gospel Ministry International, which operates 11 medical mission aircrafts, two television networks (Spanish, Portuguese), four secondary schools, and two schools of evangelism. As one can tell, David has a passion for leveraging the use of technology to reach as many people as possible with God's love as well as creating opportunities on the front lines for volunteers to use their skills to advance His work.



# The Curse of Doubt

PART TWO



BY WALTER VEITH

## FAITH IN KNOWLEDGE

*"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord." James 1:5*

...let him ask in faith,  
nothing wavering.  
For he that wavereth  
is like a wave of the  
sea driven with the  
wind and tossed.

James 1:6

We need faith in God and in His word. The world is rapidly filling its cup, and the indignation of God will not much longer be held in check. In a world of skepticism and uncertainty, we need to show what it means to have a *living* and *intelligent* faith. This faith is developed through careful study of God's Word, which gives us the knowledge to understand His promises, and the conditions upon which these promises are fulfilled. When we understand the true will of God, and fulfill the conditions of His promises, then we will have the confidence to come before His throne with an unwavering faith, doubting nothing.

E. White writes, "God is behind every promise, and we cannot dishonor Him more than by questioning and hesitating, by asking and not believing, and then by talking doubt. If you do not immediately receive what you have asked for, will you go on in sullenness and unbelief? Believe; believe that God will do just what He has promised. Keep your prayers ascending, and *watch, work, and wait*. Fight the good fight of faith. Say to your heart, "God has

invited me to come. He has heard my prayer. He has pledged His word that He will receive me, and He will fulfill His promise. I can trust God; for He so loved me that He gave His only-begotten Son to die for me. The Son of God is my Redeemer." {FE 299.2}

We are told in Heb. 11:6: "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Without first obtaining the faith of the gospel, we cannot come to a knowledge of God and His Word. Without the knowledge of God, we cannot fully comprehend His will, thus we will not live according to His precepts and our faith is powerless. We cannot serve God, without an unwavering belief in every word that proceeds from His mouth. Knowledge of truth will expel all doubt in the soul, and will produce living and intelligent faith.

"From God, the fountain of wisdom, proceeds all the knowledge that is of value to man, all that the intellect can grasp or retain. The fruit of the tree representing good and evil is not to be eagerly plucked, because it is recommended by one who was once a bright angel in glory. He has said that if men eat thereof, they shall know good and evil. But let it alone. The true knowledge comes not from infidels or wicked men. The word of God is light and truth. The true light shines from Jesus Christ, who "lighteth every man that cometh into the world." From



the Holy Spirit proceeds divine knowledge. He knows what humanity needs to promote peace, happiness, and restfulness here in this world, and secure eternal rest in the kingdom of God." {FE 437.1}

This is the knowledge and wisdom which is to be sought after, for it leads to light and life eternal. When Christ came to earth, only those who were sincerely desiring truth and light from heaven, received Him with gladness. This class of people is represented by the merchantman in the parable of the pearl of great price. "In the parable the pearl is not represented as a gift. The merchantman **bought it at the price of all that he had.** Many question the meaning of this, since Christ is represented in the Scriptures as a gift. He is a gift, but only to those who give themselves, soul, body, and spirit, to Him without reserve. We are to give ourselves to Christ, to live a life of willing obedience to all His requirements. All that we are, all the talents and capabilities we possess, are the Lord's, to be consecrated to His service. When we thus give ourselves wholly to Him, Christ, with all the treasures of heaven, gives Himself to us. We obtain the pearl of great price." {COL 116.2}

Jesus said, "This is life eternal," "that they might know Thee the only true God, and Jesus Christ, whom Thou hast sent." John 17:3 And the prophet Jeremiah declared: "Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: but let him that glorieth glory in this, that he understandeth and knoweth Me, that I am the Lord which exercise loving-kindness, judgment, and righteousness, in the earth: for in these things I delight, saith the Lord." Jer. 9:23,24

"Scarcely can the human mind comprehend the breadth and depth and height of the spiritual attainments of him who gains this knowledge." {AA 531.1}

#### FAITH IN SANCTIFICATION

In the second letter addressed by Peter to those who had obtained "like precious faith" with himself, the apostle sets forth the divine plan for the development of Christian character. He writes... "*Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, according as His divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of Him that hath called us to glory and virtue: whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.*" 2 Peter 1:2 "*And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity..*" {AA 529.1}

"These words are full of instruction, and strike the keynote of victory. The apostle presents before the believers the ladder of Christian progress, every step of which represents advancement in the knowledge of God, and in the climbing of which there is to be no standstill. Faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness, and charity are the rounds of the ladder. We are saved by climbing round after round, mounting step after step, to the height of Christ's ideal for us. Thus He is

made unto us wisdom, and righteousness, and sanctification, and redemption." {AA 530.1}

If we truly wish to obtain victory over sin, we must stop doubting what God can do for us. Lack of faith is what causes weakness in Christianity, and failure to live victoriously for Christ. He sets the standard. It is only by our lack of faith that we fail to reach that standard.

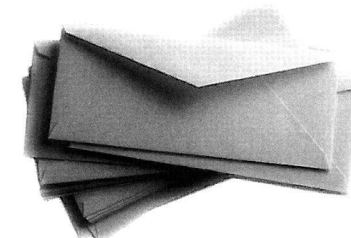
E. White writes, "God expects us to build characters in accordance with the pattern set before us. We are to lay brick by brick, adding grace to grace, finding our weak points and correcting them in accordance with the directions given. When a crack is seen in the walls of a mansion, we know that something about the building is wrong. In our character building, cracks are often seen. Unless these defects are remedied, the house will fall when the tempest of trial beats upon it. God gives us strength, reasoning power, time, in order that we may build characters on which He can place His stamp of approval. He desires each child of His to build a noble character, by the doing of pure, noble deeds, that in the end he may present a symmetrical structure, a fair temple, honored by man and God. In our character building we must build on Christ. He is the sure foundation--a foundation which can never be moved. The tempest of temptation and trial cannot move the building which is riveted to the Eternal Rock." CG 165-166

May we obtain a living and unshakable faith, that we may experience the wondrous things God has in store for us!

TO BE CONTINUED  
IN NEXT NEWSLETTER



## From the Mailbox...



We welcome your comments and opinions. If something in our newsletter or material has impacted you, we'd like to hear from you. We can be contacted by fax, mail, or email. Please see the last page for this information.

Dear AD,

Thanks for your wonderful, insightful and scholarly material. It's a great reference for combating the onslaught of deceit emerging in the world on a mass scale, designed to mislead the masses.

D.F.

Dear AD,

I just want to let you guys know you are doing an amazing job. Keep praying, and keep up the good work. I know God has angels watching over you.

D.W.

Dear Dr. Veith,

I've discovered a televised color code used by movie makers, that shows the fullness of Satan that corresponds with the colors of the Catholic Church's paintings. Area 51, route 66, mind reading, masonry, gangs, judges, lawyers, police, doctors, etc. are all tied into it.

Since my discovery I'm being harassed, my rights denied, and my name slandered. I've been assaulted and threatened daily. My entire family, I found out, are mind readers. I haven't found anyone that's not.

I know based on scriptures that there will be Saints that will overcome them, I just need to find them. Are you one of them?

J.R.

Dear AD,

I am a teacher at a Christian Seventh Day Adventist Highschool in the United States. I had the opportunity to watch "Total Onslaught, the UN and the Occult Agenda". The material covered in the DVD was fascinating. I am always looking for new media material to use in some of my history and Bible classes.

D.J

Dear Dr. Veith,

I have recently purchased your DVD set entitled "Total Onslaught". You have opened my eyes to so many things. They are a wonderful blessing and a fantastic witnessing tool. They make it SO EASY to share end-time events with friends and family. I have never had such a response with any other methods I have been using!!! Absolutely fantastic!

L.V.

Dear AD,

Thank you for your work. It has changed our life. This is what we have been looking for. Is there any valid info on the manipulation of the atmosphere?

R.N.

Dear AD,

I must write to say the money I spent for the series "Total Onslaught", was well spent!

I praise God for His ministers of the gospel, at such a time as this. I am praying for Dr. Veith's continued strength, safety, and faithfulness to his calling.

J.B.

Dear Dr. Veith,

Thank you for your willingness to stand up and proclaim the Gospel of Christ with such clarity and courage!

About two years ago a group of my friends and I went through your Total Onslaught Series, which changed and impacted our lives beyond our imaginations. We are all involved in mission work now.

We each purchased a Total Onslaught series to share with friends, and I now have seven families going through the series, most of which are purchasing their own sets.

Only God knows how many precious souls will thank you in Heaven, for being willing to stand up and proclaim the good news of salvation!

R.F.

Dear AD,

The Bible says give double honor to the man of God. I would like to thank Dr. Walter J. Veith and the crew for sharing the Total Onslaught series. Very nice and well done.

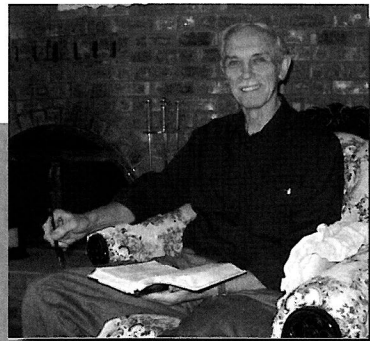
J.D.

Dear Dr. Veith,

I have really been enlightened by your many presentations which I hold in my DVD library. I have recently heard about the Ten Commandments Commission in the USA. After reviewing their list of supporters, and the fact that their celebration day is Sunday May 7th, and not the Sabbath, I feel it is something that SDA's cannot and should not support. With everything that you have said and expounded (from the word of God), in terms of unity of religions, I would say it is a resounding NO, and further evidence of the imminency of our Lord and Saviour, Jesus Christ.

L.P.





BY VICTOR GILL

*Does our gift of love for Jesus expose us?*

## The Greatest Sinner

If I were to ask you who is the greatest sinner, I would probably get a variety of answers. Maybe someone would say Osama Bin Laden. Maybe you would say someone else. We are not here to point the finger at anyone, but we as Seventh day Adventists are quick to come up with 1 John 3:4, "Sin is the transgression of God's law", when asked for a definition of sin. This is a familiar text to all of us and we know it is true. So in light of this text, would you not agree with me that the greatest sin, would be the violation or the breaking of the greatest command?

In Matt. 22, we have the experience of the rich young ruler, who came to Jesus. A young, energetic soul, he was probably quite proud of himself, and his education, and probably feeling quite boastful. He poses a question to Jesus to try to trick Him. *"Then one of them, which was a lawyer, asked him a question, tempting him, and saying, Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment."* Matt. 22:35-38

Does anyone feel guilty about violating that commandment? Can we all say that we have always loved the Lord with all our heart, with all our mind, and with all our soul? Have we always put God first in everything? I think we have to admit we have been guilty of violating that commandment. We as Seventh-day

Adventists place great emphasis on the Sabbath, but we must remember why we keep the Sabbath; out of love for Christ, and because we wish to honor our Creator. The Pharisees crucified the Savior, because their obedience did not stem from love for God and His truth. So often when we think of sin, we think of the horrible sins out there in the world. But we forget that unless we love God with all our heart and soul and mind, above anything else, we could be classified as the greatest sinner. Wouldn't it be wonderful if we all loved Jesus the way that commandment suggests that we love Him?

There is an interesting story in the Bible about a man who did not know apparently, that this was the greatest commandment. It is a very important story, but you have to piece the story together in order to get the impact of what is being said. We all know that we have the synoptic gospels. These synoptic gospels are those gospels which speak about the same thing. We are going to look at Matthew, Luke, and John, and piece this story together. In Luke 7:36, we read of a very wealthy Pharisee who threw a large party and invited many guests to his home. One of his invited guests was Jesus, which was very unusual, considering that the Pharisees were always trying to find fault with Him. They constantly tried to ridicule Him, or straighten Him out. But here the scripture says that a Pharisee desired Jesus to come and eat with Him.

...Have you ever gone some place where you were not invited?

*"And he went into the Pharisees house and sat down to meat."* Why is this man having a banquet, and why is he inviting Jesus? What is causing this man to do such a thing? *"And while Jesus was in Bethany in the home of Simon the Leper."* Here we find out that the reason is, because he wants to pay Jesus tribute because Jesus healed him from leprosy. He is grateful that now he is free. He is whole again. So he desires to honor Jesus.

Now we go to John 12 and find another guest that was present there. In John 12: 1, 2 it says, *"Then Jesus six days before the passover came to Bethany, where Lazarus was which had been dead, whom He raised from the dead. There they made Him a supper; and Martha served: but Lazarus was one of them that sat at the table with Him."*

Here's the picture. A large table where a special banquet is to take place. Jesus is seated in the middle. Simon whom Jesus cleansed from leprosy is seated on the one hand, maybe on His right, and Lazarus whom Jesus raised from the dead is seated on the left. Simon is having this feast because he wants to give honor to Jesus. After all, he being a leper has been healed from living death. You know how lepers were treated in those days. They were sent into isolation. People would have to carry food and lay it out somewhere, and then leave because they didn't want to get contaminated by the leprosy. So here's Simon on the one side whom Jesus healed from living death, and Lazarus on the other side whom Jesus raised from literal death.

There is somebody else at this party that we must discover here. Let's go to Luke 7:37 where it speaks about somebody else who was at this banquet. *"And, behold, a woman in the city, which was a sinner, when she knew that Jesus sat at meat in the Pharisee's house, brought an alabaster box of ointment..."* This is really something. You can be sure that this woman was not invited to this party. She was a sinner. Could you ever conceive of a Pharisee inviting a sinner to his home? No way! They would not contaminate themselves with sinners. Her brother was there also. Her sister was there too, but not Mary. She was not invited. It says in verse 38, that she sat at Jesus feet. So how did she get there if she was not invited? We are told that when she heard that Jesus was going to be in this home, she wasn't going to let anything stop her from getting in. Praise God! But how did she get there? I will tell you how. She snuck in. She hoped that she would not be noticed or recognized in the crowd.

Have you ever gone some place where you were not invited? I'm sure we all have snuck into a place where we were not invited. So here is Mary; a sinner, uninvited, and with all these honored guests. If she had not openly expressed her love for Jesus, she may not have been recognized in the crowd. But it was when she opened the alabaster box - the perfume, the smell, the fragrance - it just went everywhere, and she was recognized. All she wanted was to sneak in and humbly sit at the feet of Jesus. This woman was going to bathe Jesus feet with her ointment, but before she could get the box

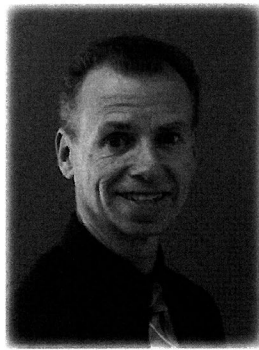
open, her heart of love burst forth with tears, because she was so thankful for what Jesus had done for her. She began to weep, and she washed His feet with her tears. Can you imagine? She had never expressed her love like this before. It was a gift of love that exposed her. I ask you, does our gift of love for Jesus expose us?

I read a beautiful statement in the Bible Commentary vol. 5 pg 1137: - "Pure, sanctified love expressed by Christ's life work is as sacred perfume. Like an open box of perfume, it fills the whole house with fragrance, eloquence... Outward devotion mingled with sacred humble love will become as fragrant as the open box of ointment but gifts alone, endowments alone cannot take the place of love."

We can have all the head knowledge we want, but unless it is accompanied with Christ's love in our hearts for sinners, there is something missing. This woman loved much and the fragrance of her love permeated the whole house. Praise God! She threw a monkey wrench into the whole thing. She disrupted the whole party because of her love for Jesus. Look at John 12:3-6 - *"...the house was filled with the odor of the ointment. Then saith one of His disciples, Judas Iscariot, Simon's son, the son of whom Jesus healed, which should betray Him, Why was not this ointment sold for three hundred pence and given to the poor?"* What is this woman doing wasting this ointment on Jesus feet? Can you see the attitude here? Here is one man that is offended because of the love of this woman for Jesus.

continued on page 14





## SPIRITUAL LESSONS FROM THE PHYSICAL BODY

# You've Changed!

BY DR. RUDY DAVIS,  
N.D., MT.

Perfect health  
is dependent on  
perfect  
circulation.



Our physical body is one of the greatest universities of spiritual learning that we have. In it are contained so many principles of righteousness that the earnest student would be kept busy for eternity to try and unravel all that there is in this profound lesson house.

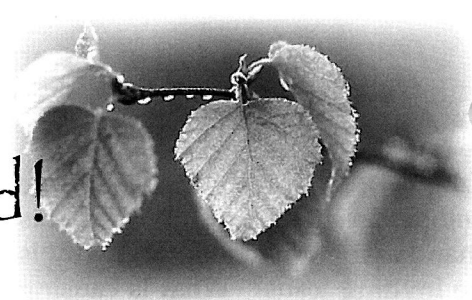
I know from years of clinical experience that perfect health is dependent upon perfect circulation. Why? Every tissue in the body depends upon the blood to bring it nutrients for building and repairing and also to remove the toxic buildup from regular daily activities. When the tissues do not receive this life giving service they become stressed as toxic wastes accumulate in areas which good, healthy tissue is supposed to occupy. As the tissues become more toxic, due to poor blood supply, even the tissue's best reproductive attempts can only create new but inferior tissue which, over the years, will result in disease.

The culprit behind the poor circulation; the chief offender in this physical disaster, is usually too much fat in the diet. In most of the tissues in our body, the blood vessels are so small that the red blood cells can only fit through them single file. Fat causes these cells to stick together and thus block entrance through the narrow blood vessels. Fried foods and in fact any heated oils have this effect on the red blood cells. Any animal flesh which has been baked, broiled, stewed, steamed or heated

enters the body as a blood cell aggregator thus causing poor circulation due to the cells sticking together. This would include milk, butter, eggs, cheese of any kind. If you subscribe to any of the vegetarian fake meats, you are getting even more tissue damaging products than just the fats.

The way out of this dilemma is to be very careful about what you put into your body because "you are what you chews!" Select cold pressed oils for your salads and other oil needs, but do not heat these oils, or what was designed to be a blessing will become a curse.

You cannot clean your own blood from the fats which may have accumulated. It may sound like a nightmare, but there is really nothing that you can physically do to correct the problem. Can the problem be helped? Yes, but you must get out of the way and do nothing intelligently. What I am saying is that only the body heals the body (with God's guidance of course). Man can fix anything he has made or replace it with a new something but man never made our bodies....God did, therefore man cannot fix what he does not know how to make. All that God asks is to give the body the tools it needs to repair itself, (that is, submit your body to the laws created for our health) and then all we have to do is watch it go to work. It is the only machine which can repair itself.



## ...the blood will become clean and free flowing...

Apply the right diet and lifestyle and the blood will become clean and free flowing to all of the tissues, and it will have an abundance of nutrients with which to furnish every organ with all that it requires for health and longevity.

There is another area which can become diseased through poor circulation and that is the spiritual side of man. In the Bible, in Psalm 37:20, it tells us that the enemies of the Lord are as the fat of rams. So we see that fat represents wickedness or sinfulness. When we think upon things that lead us away from God, whatever they might be, from thoughts of anger, revenge or hatred, to thoughts of a sexually impure nature, and even other lusts of the flesh such as desire for earthly gain, power, or the all engrossing indulgence of a depraved appetite, these thoughts surround the thoughts which are of a holy nature with diseased, spiritual fat and prevent them from flowing freely into the mind to ennoble and elevate the character. They stifle Christian growth and repair.

What can be done? Once again, you must realize that you can do nothing; you are powerless to change your sickened corrupt mind. But do not lose hope, for just as the body only needs you to put in the foods which it needs to clean house, so it is with the mind. It is healthful, raw foods which give the body what it needs to create clean blood, and it is putting the pure, raw, Word of God into the mind that enables Christ to clean and repair the things which are wrong or spiritually diseased.

Just as good clean blood flowing freely through the body enables it to heal and become healthy, so it is with the mind. The spiritual side of man needs the perfect blood of Jesus Christ to flow to every thought and purpose to clean the spiritual tissues, and bring in vital eternal truths which will empower the mind to work and live for higher and holier purposes; producing a healthier marriage, family life, attitude and overall usefulness to the body of Christ which is His church. The body is only as healthy as its organs, and it is our responsibility to make sure that our bodies are fit and ready for use as God desires.

It takes approximately six weeks to see a difference in the physical repair of the body, although some may experience more rapid healing. Even if you do not see immediate results on the outside, there is definitely some healing taking place when you are putting in the right foods, and sooner or later you will see results. So it is with the spiritual side; you may not see any immediate results but there is still a work being done which is usually unseen and unperceived by the human agent, until one day someone may say to you, "You've changed,...you're different somehow".

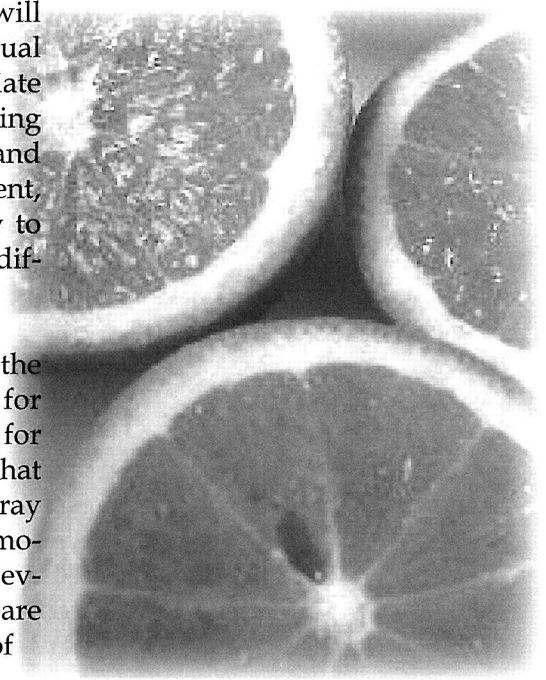
For the next six weeks, put the Word of God into your mind for breakfast, lunch and supper, and for your snacks. It is the only food that I prescribe before going to bed! Pray to Him, think on Him, and memorize small portions of Scripture every moment that you can. If you are driving to work, get recordings of

the Scriptures being read or sung and listen to these things only,... you are to put in no junk food for the next six weeks,... you are spiritually fasting.

My dear brother or sister, my counsel, as a Christian physician, is to put in only that which is good and call me in the morning, that is the "resurrection morning", when you will be able to say to me personally, "Hey Doc...it worked"!



...you are to put  
in no junk food  
for the next  
six weeks...







## Let's Cut The Fat



"If a man so lives as to impair his health, he deprives God of service that he owes Him. Too many give their best years to the world, and when they are old and sick they turn to God. God will accept such, but the fact remains that they have deprived God and humanity of service they could and should have rendered, had they early in life dedicated themselves to Him. There are but few as yet who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in this world, and their eternal destiny." CDF 51

Cholesterol is found only in animal products.

It is a well known health principle that breakfast should most nearly constitute the heartiest meal of the day. Lunch should follow at least 5 hours later, so as to give the stomach a proper period of work and rest. What's for lunch? If you were following the SAD (Standard American Diet), you might have a cheeseburger, fries, milkshake and an apple fritter. This food fare is loaded with fat - a villain at work - linking to many life threatening diseases. Some of these major diseases include coronary artery (heart) disease commonly called atherosclerosis, strokes, cancers of the colon, breast and prostate, plus Type 2 Adult Onset Diabetes.

A good alternative lunch might be a hearty vegetarian soup, whole-wheat pitas stuffed with avocado, lettuce, sprouts, cucumbers, tomatoes, etc. and fresh fruit such as papaya, pear or mango.

This lunch would be devoid of cholesterol and animal fats, not to mention excess salt and sugar. No empty calories! In addition, it would be high in fiber, as well as phytochemicals and antioxidants which lower the risk of cancer.

A little common sense tells us that we need to reduce and even eliminate the unhealthy fats in our diets. Excess fat in foods is probably the most damaging component of the SAD diet. Cholesterol is found only in animal products - a plant based diet contains absolutely no cholesterol! It is interesting to note that, while God did allow man to eat 'clean' flesh foods for a short time after the flood, He strictly forbade the use of eating the animal fat and the blood in these foods. God said "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." Lev 3:17 "Moreover, ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings." Lev 7:26.

God is trying to lead us back, step by step, to His original diet of subsisting on the natural products of the earth. Fruits, grains, nuts and vegetables should compose our eating fare. All the elements of nutrition are contained in these foods. How much better to get all of them first hand, rather than second hand, loaded with fat and cholesterol.

The purpose of teaching, learning, and living health principles, is to secure the highest development of

The laws of nature, being the laws of God, are designed for our good....

body and mind and soul. The laws of nature, being the laws of God, are designed for our good and obedience to them promotes happiness in this life, and helps in the preparation for the life to come.

"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? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:19,20



### DELICIOUS KALE SALAD

Place the following in a bowl:

- 1/4 cup black olives, sliced
- 3 cups finely chopped kale
- 2 green onions, chopped
- 2 1/2 tbsp. sunflower seeds, raw (toasted in dry frying pan for a few minutes)
- 3 radishes, sliced
- 1 roma tomato, diced
- 1/2 red pepper, diced

Pour the following dressing over the kale mixture and mix thoroughly:

Dressing:

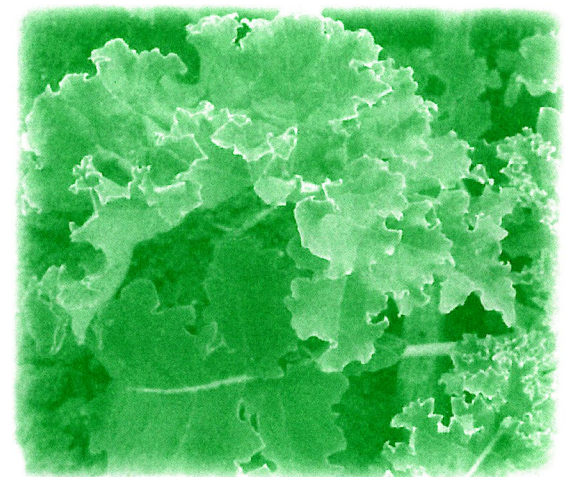
- 2 1/2 tbsp. lemon juice
- 2 tbsp. Braggs Liquid Aminos
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder (or 1 clove fresh garlic minced)
- 2 1/2 tbsp. water
- 1 1/2 tsp. olive or Essential Balance Oil

(RECIPE BY BRENDA DAVIS R.D.)

### DID YOU KNOW

Did you know that kale is ranked as one of the world's healthiest foods? This powerful cancer fighting agent is a member of the cabbage family, and loaded with phytonutrients. But the health benefits don't stop there! Kale is often called the "king of calcium", and is loaded with vitamins A, and C. It is also a good source of B vitamins, manganese, dietary fibre, iron, and many other nutrients. It helps to prevent cataracts, by protecting the eyes from the sun's damaging rays. Kale's combination of vitamins, minerals and phytonutrients, make this vegetable a health superstar!

Look for kale with firm, deeply colored leaves. Smaller-sized leaves will be more tender and have a milder flavor, than larger leaves. Kale is best when eaten within one or two days after purchase.





Guess what happened? In Matt. 26:8 we pick up the story again. "But when His disciples saw it they had indignation, saying, to what purpose is this waste?" This is very interesting. This pride and selfishness began with Judas, and then spread to all the others. This woman is being criticized for her love for Jesus. What a pity.

In Luke 7:39 it says, "Now when the Pharisee which had bidden him saw it, he spake within himself saying, This man, if He were a prophet would have known who and what manner of woman this is that toucheth Him; for she is a sinner." Can you imagine? Here is the man that was healed of leprosy, criticizing Jesus, who was the one that had healed him. Now he is questioning if Jesus really is the Messiah or not. Apparently he had forgotten the reason he had invited Jesus to this banquet in the first place. He had forgotten what it feels like to be considered unclean, an outcast. He had forgotten that Jesus had made him whole. This goes to show the power of persuasion, and how easy it is for us to forget what Jesus has done for us.

Notice what Jesus says in reply to Simon. "Simon, I have somewhat to say unto thee. And he saith, Master, say on. There was a certain creditor which had two debtors: the one owed five hundred pence, and the other fifty. And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most? Simon answered and said, I suppose that he, to whom he forgave most. And he said unto him, thou has rightly judged.

And he turned to the woman, and said unto Simon, Seest thou this woman? I entered into thine house, thou gavest me no water for my feet: but she hath washed my feet with her tears, and wiped them with the hairs of her head. Thou gavest me no kiss: but this woman since the time I came in hath not ceased to kiss my feet. My head with oil thou didst not anoint: but this woman hath anointed my feet with ointment. Wherefore I say unto thee, her sins, which are many, are forgiven; for she loved much." Luke 7:40-47

It is powerful when Jesus speaks. The gospel comes through loud and clear, doesn't it? I ask you, who is the greatest sinner? Is it Mary, or is it Simon? It is Simon, isn't it? Who thought that they were the greatest sinner? Mary thought she was. But there was something good in her heart that Simon did not have. This is a beautiful commentary on the subject: "One day when all the publicans and sinners drew near to Jesus, she drew up to the outside of the crowd just to listen to Him a little bit and she heard Him with the rest as she listened. She looked on His face, and it dawned upon her that there was something in this world of which she had never dreamed. She had often seen good people or those who were counted such, men and women who drew in their robes as they passed her that they might not be defiled by her touch. But here was One who's goodness was unmistakable, who was pure and holy through and through and yet He did not repel such a one as her. He received sinners and He ate with them. Often she had mourned her

...it is powerful when Jesus speaks.

lost innocence but never until now had she believed in the possibility of restoration. Now she did believe in a holy One who receives sinners, who is inexorable to sin but infinitely gracious to the sinful and incarnate. He is a pledge, reconciling and restoring love that sweeps away every sense of human wrong. And as she looked upon Jesus, her heart dissolved in penitence and love unutterable and she was born again." Praise God!

So when Mary hears that Jesus is at the Pharisees house, what can she do but hasten there and endure the scornful looks of the respected ones there, to get near to the One who has loosed her bonds. She finds no difficulty in making her way to the table. Silently she kneels behind Him with a cruise of ointment in her hands. She means to pour it on His feet, but before she can open the box her heart opens and tears of thankfulness and sweet penitence rain down abundantly, to wet His feet, inflicting an indignity that she had never meant. She has nothing at hand to repair the fault. Loosening her hair, which is shameful for her to let down in public, she humbly makes her hair into a towel.

Forgiveness comes first to those who have nothing, to the humble, and to the meek, and it unlocks the floodgates of the heart as nothing else will. Who is the greatest sinner? I want to say with Paul, "of whom I am chief." May Christ's love break our hearts today and cause us to walk in His steps.



Yesterday...



A typical day, crowded full of things,  
Household chores and a phone that rings.  
The children rushing in at three-  
Shouting with laughter and full of glee.

She tried to be helpful, saying, "Here, I'll pour  
And milk is spilled on the freshly waxed floor.  
"Shame on you, see what you have done."  
(Was that my voice?) "You naughty one!"

"I'm sorry, mommy" - "Sorry won't do-  
You go to your room 'til I call you."  
The hours slipped by- supper is past.  
The children are bathed and in bed at last,

When out of the darkness a question from Sue,  
"When you're naughty Mommy, who punishes you?"  
The house is quiet, my day is through,  
And so I turn Dear God, to You-

To You who gives me each new day,  
Another chance to go my way.  
Another chance- all sins forgiven,  
A gift of love from God in heaven.

And suddenly the teardrops start,  
For I have failed to do my part,  
To teach my children the kind of love,  
Given to us from God above.

I, whose sins are so much more,  
Than a glass of milk spilled on the floor,  
Forget how much I count on Thee,  
Accepting, "I'm sorry" each day from me.

Forgive me, Father, forgive me, Sue,  
And help me remember my whole life through,  
"When you are naughty, Mommy, who punishes you?"

- Marian Palmer



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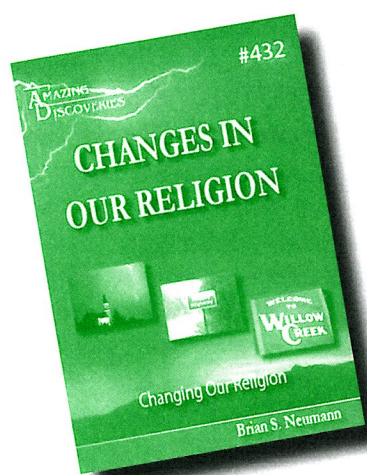
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