



## The Law Of The Lord Is Perfect

An advance patrol of American troops liberating the island of Okinawa were approaching a particular village when they were confronted by two old men carrying a Bible. Suspicious of a trap, they called for the chaplain, who said he felt they could go on. Entering the village, they found it spotless, the fields tilled and fertile, and everything a model of neatness and cleanliness—totally unlike the other run-down villages they had seen. They soon discovered the reason for this amazing contrast. Thirty years earlier an American missionary on his way to Japan had called at Shimabuku and stayed long enough to leave behind two men who had come to believe in God. He also left a Japanese Bible, which he urged them to study and live by. Without any other outside human help the community had gradually been transformed. There was no jail, no brothel, no drunkenness, no divorce, a high standard of health and a remarkable spirit of social unity and happiness. The war correspondent who wrote the story quoted the words of his dumbfounded driver: ‘So this is what comes out of a Bible. Maybe we are using the wrong weapons to change the world!’”

Is your life in harmony with the principles found in the Word of God?

### Non-Dairy Pumpkin Pie (Makes 2 pies)

- 2 (9-inch) unbaked pastry shells
- 1 (15 oz.) can pumpkin
- 1 (23.5 oz.) can coconut milk
- 1 1/3 cup organic sugar
- 2 Tbsp agar powder
- 1 tsp salt
- 2 tsp cinnamon

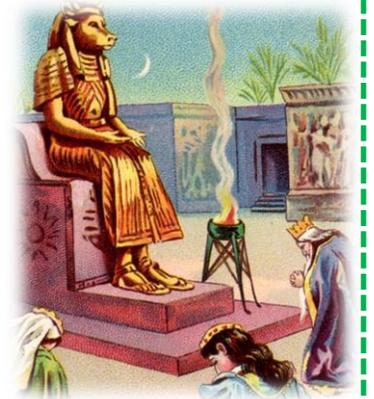


Preheat oven to 425F. Combine all ingredients. Pour into shells. Bake 15 minutes. Reduce oven to 350°F. Bake 35-40 min. longer or until knife 1" from the edge comes out clean. This will need to cool awhile to really set well. Best made the day before serving. Serve with tofu or coconut topping

### QUOTABLE QUOTES

*“The best religion, the most fervent devotion without Christ is plain idolatry. ... Every religion which worships God in ignorance or neglect of His Word and will is idolatry.”—Martin Luther*

*“Anything that separates our affections from God and lessens our interest in eternal things is an idol.”—E. G. White*



## Acceptable Sin?

Straining to see from the back seat, I wondered what the holdup could be. We had been sitting at this traffic light in Quebec, Canada for an extremely long time. Was there a traffic accident? Upon further investigation we learned that the actual cause was that no one had stopped at the intersection. The intersection was blocked. The drivers had disregarded the traffic laws and all tried to go at once. Now everything was total confusion, because the four cars were stuck in the intersection with cars behind them so they couldn't reverse and yet no one could go forward either. It took quite some time for the lines of cars to back up



enough so that someone could eventually get through and go forward. I remember thinking "If only they had obeyed the law we wouldn't have this problem." God's law is even more important than traffic laws, yet today many disregard God's law thinking somehow that they will get ahead, but later many end up backtracking, trying to reverse the damage done.

Commandment number nine plainly states, "*Thou shalt not bear false witness against thy neighbour.*" Exodus 20:16) Yet today, I think, if one sin above all is considered acceptable, even by Christians, it is lying. On the contrary, according to the Bible it is one of the most repulsive sins to God. "*Lying lips are abomination to the Lord: but they that deal truly are his delight.*" (Proverbs 12:22). I regret to say, I can remember sitting on a church committee meeting once where a member had lied under oath in a court of law. When church discipline was suggested for this action someone spoke up in defense saying, "You're not really going to discipline for lying are you, I mean everybody has lied at some time." Lying seems to be a way of life for many people. One shocking poll showed that 91 percent of those surveyed lie routinely about matters they consider trivial, and 36 percent lie about important matters; 86 percent lie regularly to parents, 75 percent to friends, 73 percent to siblings, and 69 percent to spouses. You have to wonder if they would think so lightly of lying after reading Revelation 21:8. "*But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars shall have their part in the lake which burneth with fire and brimstone: which is the second death.*"

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My earthly father taught me strict honesty, even when it meant telling a potential buyer what was wrong with the car you were selling. My Heavenly Father, I believe, holds to the same opinion. Have you ever noticed in Proverbs 6:16-18 where God lists the seven abominations, the things he hates, that He lists lying twice? "*These six things doth the LORD hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood, An heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren.*"

Recently, it also struck me that when God lists what we are to think about, He again reiterates the necessity of truth and honesty by listing it twice. "*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" Philippians

I think this contrast is important to note. One man boldly stated, "*When men are deliberate liars, they prove their kinship to the devil, for Jesus said: 'The devil ... he is a liar, and the father of it'*" (John 8:44). Jesus, on the other hand, declared that he was "*the way, the truth, and the life...*" (John 14:6). God's character is truth. God's people in the last days will fully reflect Him. They will "*keep the commandments of God*" (Rev. 14:12) including the 9<sup>th</sup>. But, in addition, the Bible states of the 144,000 "*which were redeemed from the earth*" (Rev 14:3) that "*in their mouth was found no guile...*" (Rev 14:5) May we all strive to be in that number "when the saints go marching in..."

## Overcoming a Diabetes Epidemic- Part 2 Hope for Type 1 Diabetics

Type 1 diabetes is typically seen as harder to reverse completely than type 2 diabetes since it is associated with the destruction of the beta cells in the pancreas. The pancreas then produces little or no insulin. This can happen due to autoimmune issues, bacterial or viral infections, incompatible foods in the diet, heavy metals and chemical exposures (or a combination of any of these factors), to name but a few major triggers. But there is reason for hope, as one study shows that the body can improvise, even in the case of a malfunctioning pancreas. Headlines on the website for the Juvenile Diabetes Research Foundation state that, *"Diabetes Researchers Show Some Cells in Pancreas Can Spontaneously Change into Insulin-Producing Cells"* <http://jdrf.org/press-releases/diabetes-researchers-show-some-cells-in-pancreas-can-spontaneously-change-into-insulin-producing-cells/>

Upon further investigation, we find that *"A study, conducted at the University of Geneva ... has found that alpha cells in the pancreas, the cells which secrete the hormone glucagon, can regenerate themselves into insulin-producing beta cells after normal beta cells have been destroyed. The study is the first to show that this change of alpha cell into beta cell can happen naturally and spontaneously. The researchers, led by Dr. Pedro L. Herrera, discovered that when they destroyed beta cells in mice to induce an artificial form of type 1 diabetes, the alpha cells in the pancreas then changed into insulin-producers. They found that when nearly all of the beta cells had been destroyed, if mice were given insulin therapy to keep them alive, the alpha cells spontaneously changed into functioning beta cells. After enough alpha cells converted into beta cells, insulin therapy was no longer needed."* <http://asweetlife.org/feature/the-regeneration-of-beta-cells/>

Simple foods like flaxseed, red clover, turmeric, and cornsilk have been shown to encourage regeneration of beta cells while some studies suggest that other simple substances like green beans, dandelion root, and blueberry leaves contain compounds that may mimic insulin. Natural foods are very important for healing a worn down system, and form the foundation for the healing process also of type 1 diabetes. You may be able to jumpstart your healing process by eating raw foods and eliminating meat and dairy. An article in the August 1999 issue of Diabetologia and published on PubMed stated that there was a *"pronounced ... relation between beta-casein (A1+B) [which is milk protein] consumption and [type 1] diabetes (r = +0.982)." PMID: 10096780* In other words, eating milk protein significantly increases the risk of developing type 1 diabetes.



Furthermore, *"According to Dr. Kirt Tyson, a naturopathic doctor who practices in Arizona, eating a diet that primarily consists of raw foods can dramatically reduce blood sugar levels in type 1 diabetics, perhaps even stopping their insulin dependency.....Dr. Tyson ...revealed that, prior to starting a raw food diet, his blood sugar level was extremely high (diabetic ketoacidosis) at around 300 mg/dL. Anything above 240 mg/dL is cause for concern. However, within 2-3 weeks of eating raw foods - nuts, seeds and vegetables with no dairy, meat or fruits - he checked his blood sugar again. The*

*unbelievable result? His blood sugar level dropped to an acceptable, safe range: 76 mg/dL. Today, he says he only needs insulin if he becomes sick (which causes blood sugar levels to rise)."*

[http://www.naturalnews.com/042441\\_type\\_1\\_diabetes\\_raw\\_food\\_diet\\_natural\\_treatment.html](http://www.naturalnews.com/042441_type_1_diabetes_raw_food_diet_natural_treatment.html)

Dr. Tyson continues to eat 80-90% raw foods, while the remaining portion consists of 10-20% cooked vegan food.

<http://foodforthesoul.opare.net/black-vegetarian-dr-kirt-tyson/>

The healing process for type 1 diabetes also needs to include finding the source of the autoimmune problem so that the body will not kill off the newly formed beta cells. Cases must be treated individually to find the cause of the autoimmune condition. We highly recommend, *"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."* (James 1:5)

But one answer to preventing autoimmune disorders could be just outside your window—Vitamin D—the sunshine vitamin. The Bible says, *“Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun:”* (Eccl. 11:7) Scientific evidence indicates that vitamin D plays a vital role in the normal functioning of the immune system and vitamin D deficiency can lead to the malfunctioning of the immune system, causing autoimmune disorders like Type 1 diabetes. A study from Harvard School of Public Health, published online Feb. 3, 2013, provides a simple answer to preventing [and potentially reversing] Type 1 diabetes. The study found that *“having adequate levels of vitamin D during young adulthood may reduce the risk of adult-onset type 1 diabetes by as much as 50%.”* Cassandra Munger, a research associate in the Dept. of Nutrition at HSPH, commented, *“It is surprising that a serious disease such as type 1 diabetes could perhaps be prevented by a simple and safe intervention.”*  
[www.hsph.harvard.edu/news/press-release/low-vitamin-d-levels-may-increase-risk-of-type-1-diabetes/](http://www.hsph.harvard.edu/news/press-release/low-vitamin-d-levels-may-increase-risk-of-type-1-diabetes/)



Yet this is not the first study to demonstrate this concept. Another study, from Finland, published in the Lancet in 2001, began in 1966 when a total of 10,821 children born in Northern Finland were enrolled in the study. Frequency of vitamin D supplementation was recorded during the first year of life. These children were then followed for 31 years for the development of Type 1 diabetes. *“Researchers made the amazing discovery that those children who received the daily recommended dose of 2000 I.U. of vitamin D during the first year of their life, had an almost 80% reduction in the risk for the development of Type 1 diabetes, compared to those children who received less vitamin D.”*

[www.Diabetesspecialist.com/vitamin-D-and-Diabetes-connection.html](http://www.Diabetesspecialist.com/vitamin-D-and-Diabetes-connection.html) Imagine the results, if the children had continued to receive adequate sunshine and vitamin D!

#### So to review, here are 7 Simple Steps to Overcoming Diabetes

1. **Eat whole grains**- brown rice, whole wheat or rice pasta, whole grain bread
2. **Exercise Daily** -Walk for at least 40 minutes in a day to manage your diabetes effectively.
3. **Eat a plant-based diet** –eliminate meat and dairy products
4. **Daily Sunshine**- Learn to read, eat, work and play in the sunshine as much as possible. Don't burn yourself, but keep in mind that sunscreen blocks vitamin D production.
5. **Eat plenty of raw vegetables and fruits**- Leafy greens contain calcium which is needed for Vitamin D absorption.
6. **Eliminate heavy metals, chemicals and other substances that may be causing an autoimmune response in your body.**
7. **Continue following the 8 doctors** (fresh air, exercise, water, rest, temperance, nutrition, sunshine and trust in God), supplementing the diet with herbs temporarily if needed

God's plan for overcoming the diabetes epidemic could be as easy as a whole foods, plant-based diet, temperance/detoxing to rid the body of excess chemical triggers, daily exercise and daily sunshine. We hope you'll try God's Plan today.

**\*\*\*Disclaimer:** The information presented herein is not to be used as medical advice or to diagnose or to treat disease. Therefore, the use or misuse of any information contained herein is at the sole risk and discretion of the user. For diagnosis, treatment or any other procedure including allopathic medical advice, see your medical doctor. For healing, see the Great Physician. (Exodus 15:26)

#### LITTLE RUNNER'S HEALTH TIP

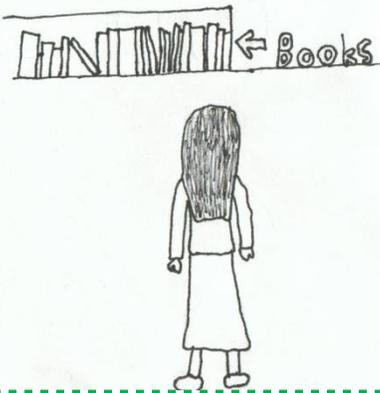


*Allie the Alligator likes to lie out in the sun. Sunshine is good for boys and girls too!*

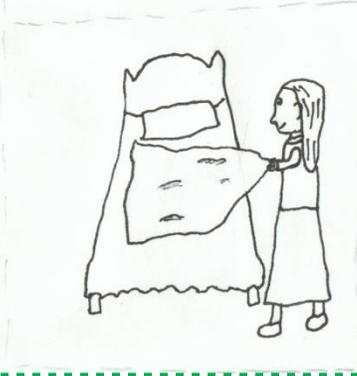
#### PROFITABLE TRADITIONS—Cultivate Love for God's Law

As I've mentioned before, one of my favorite childhood memories is Friday night sundown worship and singing to welcome in the Sabbath. This is also how I memorized the Ten Commandments, because each week we would repeat them together as a family. As I raised my own family, sometimes I have used felts to represent each commandment or homemade cards with a picture for each commandment to keep the attention of small children. Speaking of these commandments God said, (Deut. 6:7) *“And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.”*

Patience really wanted a book at the store. Her friend told her to steal it, but she did not want to make Jesus sad. She saved her money and bought it instead. She was very happy she'd obeyed Jesus.



Passion wanted her brother's favorite blanket. She took it without asking. When her family found out, Passion was punished and her brother would not let her come in his room again. Passion was sad. She wished she had not taken her brother's blanket.



## GOD'S AMAZING CREATURES

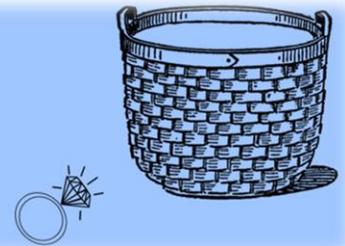


Eagles live throughout the entire world. An eagle is a carnivore, which means that it eats meat. Like most baby birds, baby eagles can't fly at first. When they are about 10-13 weeks old, the mother eagle teaches the baby eagle how to fly. It takes practice for the baby to fly. Sometimes the baby eagle starts to fall to the ground, but the mother eagle flies under the baby and catches it. This reminds me of what Jesus did for us. Like the little eagle, we were falling because we have all sinned and broken God's law. But Jesus came and died to save us from our sins so that we can go to heaven. (Exodus 19:4)

## Royal Command

*"By this we know that we love the children of God, when we love God, and keep his commandments. For this is the love of God, that we keep his commandments: and his commandments are not grievous." 1 John 5:2, 3*

A Persian legend tells of a certain king who needed a faithful servant, and two men were candidates for the office. He took both at fixed wages, and his first order was to fill a basket with water from a neighboring well, saying that he would come in the evening and see their work. After putting in one or two bucketfuls, one man said, "What is the good of doing this useless work? As soon as we put the water in one side it runs out the other." The other answered, "But we have our wages, haven't we? The use is the master's business, not ours." "I am not going to do such fool's work," replied the other. Throwing down his bucket, he went away. The other man continued until he had exhausted the well; looking down into it he saw something shining—a diamond ring. "Now I see the use of pouring water into a basket," he cried. "If the bucket had brought up the ring before the well was emptied, it would have been found in the basket. Our work was not useless."



Just then the king came. The man showed him the ring he had drawn up. The king smiled and said, "It is yours." And the man, who was faithful in a little job, became the king's right-hand servant.

We too have been given orders from our King. Each one has a purpose behind it even if we do not understand it at that point. Do you follow all of God's laws? Why not consider that thought today.

## Study to Shew Thyself Approved— Acceptable Words

1. Following his description of God's law, David writes in Psalm 19:14 *"Let the \_\_\_\_\_ of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."*
2. Exodus 20:7 says, *"Thou shalt not take the name of the LORD thy God \_\_\_\_\_; for the LORD will not hold him guiltless that taketh his name in vain."*
3. Jesus further explains in Matthew 5:34-37 *"But I say unto you, Swear not at all; neither by heaven; for it is God's throne: Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of \_\_\_\_\_."* Another author expounds, *"Burning words of passion should never be spoken, for in the sight of God and holy angels they are as a species of swearing."* {SD 58.3}
4. Leviticus 19:12 reiterates, *"And ye shall not swear by my name falsely, neither shalt thou \_\_\_\_\_ the name of thy God: I am the LORD."*

The definition of **PROFANE** is **"To violate any thing sacred, or treat it with abuse, irreverence ... or contempt..."** So this commandment not only prohibits false oaths and common swearing, but it forbids us to

use the name of God in a light or careless manner, without regard to its holy significance.

For example: Webster's 1994 Dictionary reveals two commonly used words that take God's name in vain.

**Gosh-[Euphemism for God]** (1757) –used as a mild oath or to express surprise

**Gee-[Euphemism for Jesus]** (1895) - used as an introductory expletive or to express surprise or enthusiasm

5. By the thoughtless mention of God in common conversation and by the frequent and thoughtless repetition of His name, we dishonor Him. Matt. 6:7 states, *"But when ye \_\_\_\_\_, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking."* (An example of vain repetition is in I Kings 18:26.)
6. Another application of this commandment is that we should not use words that refer to God to refer to mere men. Psalm 111:9 says, *"He sent redemption unto his people: he hath commanded his covenant for ever: **holy and reverend is \_\_\_\_\_.**"* A few names that God claims for himself include: Holy, Father (Matt. 23:9), Reverend (see above Psalm 111:9), Master (Matt. 23:8, John 1:38), Good (Luke 18:18,19). If we follow this principle out, expressions like "holy cow" and even "my goodness" are actually taking God's name in vain.
7. This is a solemn topic that demands much prayer, for Jesus said in Matt. 12:36, 37 *"But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy \_\_\_\_\_ thou shalt be condemned."*



Answers: 1. words 2. in vain 3. evil 4. profane 5. pray 6. his name 7. words



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