

DARE TO BE A HEALTHY CHRISTIAN

Because the Bible says so
and it just makes good sense

•EAT•DRINK•WALK•PRAY•SERVE•

A heart at peace
gives life to the body

Proverbs 14:30



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Dare To Be A Healthy Christian

Acts 20:7-10

On the first day of the week, when we met to break bread, Paul was holding a discussion with them; since he intended to leave the next day, he continued speaking until midnight. There were many lamps in the room upstairs where we were meeting. A young man named Eutychus, who was sitting in the window, began to sink off into a deep sleep while Paul talked still longer. Overcome by sleep, he fell to the ground three floors below and was picked up dead. But Paul went down, and bending over him took him in his arms, and said, "Do not be alarmed, for his life is in him."

The Christian Church has been lulled to sleep by the current American culture of self destructive health behaviors. Christians are dying a self induced death of obesity, diabetes, stroke, and heart disease. But, just as Eutychus, there is still life present. Christians have an Almighty God who can overcome any human weakness, the Holy Spirit as the guiding force in their lives, and the power of prayer which can keep them connected to God. Only by utilizing these Christian principles can the current plague of poor health be overcome. Christ – the resurrected Lord – lives on within the heart and life of the true believer. We have a strong stewardship responsibility to take care of our body – God’s Temple. As Christians we must realize that if anything is to be done on Earth for Jesus it must be done by us. We think in Spiritual terms, but while on Earth we act through our physical bodies. Whether we are spreading the Good News, ministering to the poor and sick, or helping our fellow Christians, we need our physical bodies. So if we are to be effective Christians we must do everything in our power and control to care for our bodies.

Dare To Be A Healthy Christian is a church based health program focusing on 4 proven Health Principles:

1. Do Not Smoke.
2. Maintain a Body Mass Index (BMI) < 30.
3. Exercise 150 minutes/week. (30 minutes 5 days a week of some form of aerobic exercise)
4. Eat 5 servings of fruits or vegetables daily.

Currently it is estimated that only 8% of Americans practice all 4 of these health habits which offer a reduction in overall mortality, heart disease, diabetes, hypertension, stroke, congestive heart failure, and cancer. The overall goal is to advance these principles within each church and within 1 year have over 50% of individual church members practicing all 4 habits, thereby dramatically improving the overall health of the South Eastern United States. Also, by linking these health habits to the Christian beliefs in

1. An All-powerful God,
2. The power of rebirth,
3. The guiding force of the Holy Spirit,
4. The power of prayer,

the informed, inspired, and supported Christian Church will be able to sustain these health changes where the rest of society has failed.

The Health Of The Church

Look at your church's prayer list. Think about what prayer concerns are listed. In most churches the major prayer concerns relate to health issues – cancer, surgery, heart attacks, strokes – the list is endless. Health (poor health) is on everyone's mind and as Christian physicians we see firsthand the suffering that health problems cause for individuals and for the Church as a whole. Some of the problems that we see are unavoidable – the woman with breast cancer, the man with pneumonia, the elderly person with dementia. But, what is concerning is that the majority of problems we see are largely avoidable. The majority of health problems we see are brought about by choices people make; choices about how they treat their bodies; choices to be careless with their health or to be good stewards of their God given physical bodies.

According to an analysis released July 28, 2008, by the Agency for Healthcare Research and Quality, the quality and future of American life is under the weight of a populace wasted on a massive scale. Through footprints on the move to tables groaning with food, millions of religious folks are digging early graves with spoons and forks.

According to three prior reports, major Christian denominations are leading the nation down this self-destructive path. First, Ken Ferraro, professor of sociology at Perdue University, reported in the Scientific Study of Religion for June 2006, his results of a longitudinal study extending over eight years. He found obesity to be more prevalent in evangelical denominations than in the general population, with Baptists in the lead.

Second, in 2005 a survey conducted during the Southern Baptist Convention found that among the messengers 75.6 percent were overweight or obese, 39 percent were sedentary, and 39 percent had elevated cholesterols.

Third, in 2006, a study from Duke Divinity School found that 76 percent of clergy were overweight or obese, a higher percentage than the nation as a whole.

If one envisions the evangelical church as a living organism of over one hundred million members one must, from the data, conclude that the organism is sick. Thus, this institution, of such immense value in creating a hospitable environment for children and their parents to become creative, innovative, and versatile citizens, finds its foundations giving way to dry rot.

The Modern Plaque

What health problems are currently killing and disabling Americans?

A study in JAMA 2004 looked at the Actual Causes of Death in the United States and found that tobacco abuse and obesity from poor diet and physical inactivity lead the list with 835,000 (435,000 due to tobacco abuse; 400,000 from obesity) Americans dying each year from these causes. That is 35% of all US deaths. In comparison, alcohol use, unsafe sexual behavior, and illicit drug use combined account for only 5% of US deaths. And with the increasing trend of obesity in the US it is expected that poor diet and physical inactivity will overtake tobacco abuse as the number one killer in the US. Many physicians currently consider the health problems of tobacco abuse, obesity, physical inactivity, and poor diet as The Modern Plaque.

Tobacco Abuse

Twenty-one percent of all US adults currently smoke and an additional 21% have smoked in the past. Smoking rates tend to be lower in people who attend Church, but smoking is more common and accepted in the South Eastern United States – the Bible belt. Viewed medically smoking is unacceptable. There is no known benefit to smoking, while the destructive effects on health are overwhelming. Eighteen percent of all US deaths in 2004 were directly linked to tobacco use. More deaths are caused each year by tobacco use than by all deaths from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

Smoking is highly addictive. After smoking only 1 pack of cigarettes the structure of the brain actually changes to cause a further “craving” of nicotine. Only 10% of people who start smoking ever quit and it takes on average 10 attempts to stop before success.

How does smoking harm the body?

Here are some facts from the Centers for Disease Control and Prevention.

- On average, smokers die 13 to 14 years earlier than nonsmokers.
- For every person who dies of a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.
- Smoking causes about 90% of lung cancer deaths in men and almost 80% of lung cancer deaths in women. The risk of dying from lung cancer is more than 23 times higher among men who smoke cigarettes, and about 13 times higher among women who smoke cigarettes compared with persons who have never smoked.
- Cigarette smokers are 2–4 times more likely to have a heart attack than nonsmokers.
- Cigarette smoking approximately doubles a person's risk for stroke.
- Cigarette smoking is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease (emphysema). About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.
- Children whose parents smoke are more likely to start smoking as teenagers.
- Secondhand smoke exposure causes respiratory symptoms in children and slows their lung growth.
- Secondhand smoke causes sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.
- Each year in the United States, secondhand smoke exposure is responsible for 300,000 new cases of bronchitis and pneumonia in children aged less than 18 months. This results in 15,000 hospitalizations, annually.

Obesity

Centers for Disease Control and Prevention 2004 data:

70% of all Americans are overweight or obese (up from 47% in 1980).

30% are Obese – BMI of 30 or greater (up from 15% in 1980).

The main medical measure of a person’s weight is his or her Body Mass Index (BMI). BMI is a measure of “body fatness” that looks at a person’s weight in relation to his or her height. For

example, a person 5 feet tall who weighs 200 pounds will have more body fat than a person 6 feet tall who weighs the same weight; therefore, the 5 foot person will have a greater BMI indicating more body fat.

BMI < 25 is considered a healthy weight

Between 25-29 is Overweight

30 or greater is Obese

40 or greater is Extreme Obesity

What does this mean for your health?

Overweight – If you are overweight your risk for developing health problems increases (diabetes, health disease, arthritis, stroke, high cholesterol, etc.), but you are not at a greater risk of dying.

Obese – This is associated with a higher overall death rate. Obese individuals are at greater risk for:

- Diabetes, hypertension, high cholesterol, heart disease and heart failure, strokes
- Gallstones, acid reflux, erosive esophagitis and esophageal adenocarcinoma
- Blood clots, dementia, arthritis, sleep apnea, kidney disease, depression
- Cancers - obesity in the U.S. could account for 14 percent of all cancer deaths in men, and 20 percent of those in women. The following cancers are seen more with obesity - Esophagus, Colon and rectum, Liver, Gallbladder, Pancreas, Kidney, Non-Hodgkin's lymphoma, Multiple myeloma, Prostate, Stomach, Breast, Uterine, Cervical.
- Death - Among 3457 subjects in the Framingham Study, those who were obese at age 40 lived six to seven years less than those who were not; and those who were both obese and smoked lived 13 to 14 years less than normal-weight nonsmokers.

Not only is obesity killing Americans, but, it is causing increased rates of disability with severely obese individuals having a 300% increase in the chance of being disabled. The skyrocketing increase in diabetes cases can be attributed to obesity with 80% of all cases of diabetes coming from obesity. Also, US health care spending for obesity is now estimated at over 100 billion dollars each year (compared to just 150 MILLION for childhood cancer research). It is expected that as the amount that the US spends each year on obesity increases the amount of money spent on other medical problems will decline.

Most concerning is the dramatic increase in childhood obesity from a low of 4% in 1960 to 18% today. This increase in childhood obesity over time has mirrored the increase in adult obesity rates. Not surprisingly, children are following the example of their parents. Adult's poor health choices are having severe effects on the next generation of Christians. The consequence of this dramatic increase in childhood obesity is that our children today have more chronic health conditions (high blood pressure, high cholesterol, diabetes), conditions previously seen only in adults. A study in the Journal of the American Academy of Pediatrics November 3rd, 2008, found that between 2002 and 2005 the number of children ages 5-19 taking medications for high cholesterol and diabetes doubled (especially among girls). Children who are overweight today will suffer more health problems as they get older. 80% of children who are overweight at ages

10-15 will be obese when they turn 25 and will suffer all of the health problems that come with obesity.

Obesity is not just an isolated personal problem. A New England Journal of Medicine study in July, 2007, showed that obesity is like a virus that spreads among friends and family. This study looked at how the relationships we have influence our health choices, and how we influence other people. The researchers found that a person's chances of becoming obese increased if he or she had a friend, sibling, or spouse who became obese.

Physical Inactivity

The overall health benefits of regular aerobic exercise are overwhelming:

Reduces the risk of dying prematurely, dying from heart disease, stroke, high blood pressure, colon cancer, depression.

Reduces the risk of developing diabetes and diabetics who exercise have less heart disease.

Helps reduce blood pressure in people who already have high blood pressure.

Helps control weight.

Helps build and maintain healthy bones, muscles, and joints.

Helps older adults become stronger and better able to move about without falling.

Promotes psychological well-being.

While we tend to focus on weight (BMI), medical studies have shown that how much you weigh is not the only factor that determines how healthy you are. Exercise is important no matter how old you are, or, what your weight might be. This was proven by a study in 2007 published in the Journal of the American Medical Association. This study looked at individuals over age 60 who were healthy weight (BMI <25), overweight (BMI 25-29), obese (BMI 30-34), and extremely obese (BMI >35). They found that no matter what people's weight was, if they were physically fit - walked briskly 30 minutes every day - they had a lower chance of dying. So, if you are overweight or obese and you exercise your health will improve, even if you do not lose a single pound. No matter what happens to your weight you WILL be healthier, more alive, and live longer. Also, just being thin is not enough. A person who is thin, but sits on the couch eating chips and smoking cannot expect any better health than a morbidly obese person.

Poor Diet

The typical American diet is rich in high fat fried foods, an abundance of sweets, and limited amounts of fiber, fruits, and vegetables. While there are many theories on what a healthy diet includes the one proven fact is that a diet high in fruits and vegetables consistently leads to better health.

What are the benefits?

Reduces heart disease and stroke.

Possible reduction in cancer risk.

Protects against the development of diabetes.

Filling up on fat free fruits and vegetables decreases the amount of high fat foods you will eat, aiding in weight loss.

A recent study in the journal *Circulation* (Oct 21,2008) found that while the typical American diet of fried foods, salty snacks, eggs, and meat led to a 30% increase in heart attacks, a diet high in fruits and vegetables led to a 35% reduction in heart attacks.

The Failed Solutions

Recognition of these poor health habits as the cause of poor health is not a new observation. The medical profession and the private sector (alternative medicine, supplements, diet plans, etc) have brought in billions of dollars researching and treating the consequences of these health habits for decades. However, these efforts have failed to turn the tide of declining health. Let's look at what has not worked.

Weight Loss Plans (Weight Watchers) – The only study that has looked at the long term success of weight loss plans looked at the Weight Watchers program and found only 3.2 % weight loss at 2 years. (approximately 7 pounds lost).

Prescription Medications – In 2007 Americans spent 12.5 billion dollars on oral diabetic medications (remember, only 150 million was spent on childhood cancer research). Many medications designed to treat obesity and diabetes are consistently linked to heart problems.

Alternative medications, tonics, miracle juices – Americans spend billions each year on these quick fixes, most of which have absolutely no evidence showing benefit and when studies are performed they often show only harm (such as with Vitamin E which was once sold as a cure for heart disease, but, in randomized studies actually causes heart failure and an increased risk of cancer).

Personal responsibility – Despite public knowledge of the adverse consequences of tobacco abuse, obesity, poor diet, and physical inactivity Americans continue to live a destructive lifestyle leading to skyrocketing rates of health problems and out of control spending on health care. Clearly, the strategy of focusing on personal responsibility alone is failing.

The 4 Principles of Healthy Living

In order for individuals, families, the church community, and the nation to improve overall health we must get back to the basics of good health. We need to know more about our bodies than we do about our cars. We need to quit worrying about the rare diseases and learn the basics of good health. We need to quit looking for easy answers to improve our health – tonics, miracle juices, vitamins, supplements – unproven quick fixes - and focus on the proven basics known to improve health. We need to quit relying on the health care system to fix our self induced health problems. It is estimated that the health care system (doctors, hospitals, medications) only affects American health by 15-20%. The other 80% is dependent upon the choices people make about caring for their own bodies. So, what can you do today to improve your health?

Multiple medical studies have shown conclusively that by taking on four simple health habits you can have a reduction in overall mortality, heart disease, diabetes, hypertension, stroke, congestive heart failure, and cancer. This means that without taking any pills, vitamins, tonics, etc. – without spending a single penny – you can live a longer, healthier, more productive life in service to Christ.

The 4 Principles of Healthy Living

1. Do Not Smoke.
2. Maintain a BMI<30.
3. Exercise 150 minutes/week. (30 minutes 5 days a week of some form of aerobic exercise)
4. Eat 5 servings of fruits or vegetables daily.

The Reality

While committing to the Principles of Healthy Living may appear simple on paper, practical application in the real world is difficult. With over 50 combined years of caring for patients we can honestly say that very few people ever make sustained improvements in their health habits and the health care system has a poor record of empowering people to change. While the health care system is made up of well intentioned individuals, it is obvious that health care is ineffective in overcoming the self destructive tendency of this world. Studies show that even when people are told the health benefits of the Healthy Principles and encouraged to adopt them only 8% of people will do so.

Why? What is it that gives us such a self-destructive nature?

Ignorance? – NO. Even the best educated (teachers, lawyers, doctors) have poor health habits.
Lack of resources? – NO. We are the wealthiest nation in the world, yet have some of the worst health.

Time? – NO. Often when people retire their health gets worse.

It is primarily an issue of the mind and spirit. AN ISSUE OF WILL.

Jesus himself can't make you change unless you are willing to let Him, through faith, get you in shape. It is going to take a joint effort between the health care system and the Christian Community to change the current downward course of our society's health.

The Secret of Christian Power

What if the world's best-kept secret was given to you? Would you allow yourself to embrace the secret, to study its use, to understand it and then to turn it to your dreams, your goals and your needs and let it guide you to a life of destiny?

Legendary Christians such as Dwight A. Moody, Carey of India, Livingston of Africa, Lottie Moon of China, Martin Luther, John Wesley, Billy Graham, Bill Bright and thousands of others discovered and embraced the secret and became what God had in mind for them. The Great Commission was emblazoned on their hearts leading them to consider the world as their theater of operations. The secret burned within, creating enthusiasm, vitality and energy.

The secret?

The personal power of the Holy Spirit.

The mysterious comforter Jesus left behind is the giver of the Abundant Life Jesus promised. Life is abundant when your muscles surge with energy as you face whatever mountains you want to move. Life is abundant when your mind crackles with imagination and determination. Life is abundant when your heart beats with force and your days are met with purpose.

The secret promises these and more!

Your body can easily go 80 years or more with minimal maintenance when you treat it as the temple for the Spirit. Set a goal right now to outlive your doctor. Avoid doctor visits. Refuse to let stress rule your life. Avoid hospitals. Rev up your immune and endocrine systems. Avoid sicknesses that require potent, expensive medicines that have undesirable side effects. Don't be passive about your health. It is a valuable jewel.

The power of the Spirit gives you the keys to the kingdom. Open the doors before you. The doors are in your mind. The keys change the way you think. As you believe in the power of the Spirit, the power becomes a creative force within you and, whatever you conceive, you can achieve.

The power of the Spirit opens the windows of your mind so that what your eyes behold and your ears hear is interpreted as it really is, not as someone else wishes you to believe. Thus, you have the power of discernment. The power of discernment is used to crack open the lies and deceit of the culture we live in. Society will blind you and seduce you and capture your attention, robbing you of the destiny the Spirit promises.

The secret contains the meaning of important laws such as the Law of Sowing and Reaping. The secret will teach you how to pray effectively and many other valuable skills. The secret will rid you of robber emotions such as worry, fear, denial, anger and procrastination, which result in lives of regret, not destiny.

The secret gave birth to science as the Spirit was in power in the minds and hearts of men and women who believed what Jesus said and vowed to follow him. Their discoveries launched the power of knowledge which is now ours to use because all science is connected to Heaven. The power of knowledge teaches us how to eat, how to exercise, how to lose weight, how to shop for food, how to cook, how to avoid fat, how to calculate the number of calories you need and gives us thousands of other useful habits of information.

The secret has the power to search your heart, to weed out harmful habits. Habits that harm are those that sabotage your journey, that make you settle for less than a truly remarkable journey. No other group of humans has been given the Great Commission to carry out. It is ours and ours alone. The journey is worthy of our full attention and all our energies.

You may be called to be in business or to become a professional. Or, it may be that your journey will be to care for the sick in a hospital or a nursing home or it may be that you will help children of despair cross the threshold of hope. Whatever it is, we have been given the power and the commandment to love our neighbors because God has called us to be special.

We are free from bondage to systems of law or thought that arise from the minds of little persons who seek to ensnare us. We are free to find our own horizons. We can rise to the challenge and become one of the exceptional Christians, now that we know where the power is.

In every era God has raised up men and women of destiny to address the mess of the moment. He unfetters their minds, expands their imaginations, and makes history come alive. Try to imagine the unthinkable - a world without people of the Spirit, without people of power. In the final analysis all that matters is that we choose to accept the power and that we accept it fully. Then, look forward to an unbelievable journey.

If as a Christian you truly believe in the power of the Holy Spirit and look at all of the miraculous wonders done by the Spirit of God throughout time, you will quickly realize that taking on 4 simple health habits is an easily attainable goal. The issue for the Christian is not changing their health habits from those of destruction to regeneration, it is believing that the Holy Spirit - the Spirit of Almighty God - has the power to change and sustain your physical life.

4 Weeks To A Healthier Christian

Dare To Be A Healthy Christian is a one month program consisting of 4 one week lessons focusing each week on one of the 4 Principles of Healthy Living. Each week will start with a Hope and Healing Healthnote (to be read on each Sunday) detailing practical medical advice about how to incorporate each principle into your daily life. The weekly program includes daily devotional readings featuring all of the New Testament scripture verses which reference the Holy Spirit. You will find much inspiration in simply reading and pausing to reflect on what the Bible teaches about the Holy Spirit. These writings will challenge you to trust in and use the power of the Holy Spirit to do what the rest of the world cannot do – change your health habits from those of destruction to regeneration, from death to life, from darkness to Light, from a life conformed by this world to a life transformed by Jesus.

Romans 12:1-2

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect.

Each person will have a different emphasis so pick the order of the lessons depending on your need. Even if you are not having a problem with one of the Health Principles (ex. you do not smoke or are not obese) make sure you spend a week studying each of them. The weekly spiritual study focusing on the Holy Spirit will help to sustain you through your individual challenges. Also, you can share the information with someone you know who might need help (such as a friend or family member who smokes).

Consider forming a church based support group for the month long study. Come together as a group to talk about your challenges, setbacks, and victories. Also, talk together as fellow Christians about the work of the Holy Spirit in your daily lives. Consider starting a church based exercise program as an outreach opportunity to bring people from your local community into the church. Start with a short Bible study focusing on the powerful work of the Holy Spirit in the life of the believer.

Use this program as an example to the rest of the world that the Spirit filled Christian can overcome the self-destructive nature of this world. After all, if Christians cannot overcome the common sins of self-destructive eating, gluttony, and sloth, how can we expect the rest of the world to overcome drug addiction, sexual immorality, and greed?

We must be the example.

We must be the witness

We must be Light.

Hope & Healing

Smoking How to Quit

A heart at peace gives life to the body — Proverbs 14:30

Introduction

Smoking causes more damage to human health than any other habit. This fact has been well studied and is well publicized. There is simply no room for arguing otherwise.

Nearly half of all Americans who ever smoked have been convicted to give up the habit. About 1.3 million American smokers become ex-smokers each year. But, each day about 3,000 young people take up the habit.

The Three Poisons in Smoke

Gases, tars, and nicotine acting together cause most of the early deaths in smokers. Carbon monoxide is the most dangerous gas of all the gases in cigarette smoke. It attaches to red blood cells and blocks the transport of oxygen, causing shortness of breath, and poor hearing and vision.

The tars in cigarettes stick to lung cells and block the passage of oxygen into the blood stream. They are the actual cause of cancer.

Nicotine stimulates the brain to improve your mood, memory, concentration, and performance and relieves stress. This is the reason the cigarette habit is so hard to break. Smokers are asked to give up something they enjoy. The ones who quit, are the ones who value their physical health.

How Cigarettes Damage Health

- **Cancer** — A pack a day smoker is 14 times more likely to die

from cancer of the lungs, throat, and mouth than a non-smoker. Cancer of the bladder and esophagus are also higher in smokers.

- **Heart Disease** — A pack a day smoker is twice as likely to have a heart attack as a non-smoker, and is four times more likely to die from the heart attack within an hour.
- **Lung Problems** — Smokers cough more because the smoke damages the tiny hairs that clear the mucus from their bronchial tubes. They also have more colds, bronchitis, pneumonia, and emphysema, (the chronic lung disease caused by damaged air sacs).

The Benefits of Quitting

Even if you've been a smoker for many years your heart will forgive you if you quit. After two years much of the risk of a heart attack caused by smoking will have disappeared. In 5 to 10 years your risks of heart disease will be no greater than a non-smoker. The risks of lung cancer will go away after about 10 years of non-smoking. Your breathing will improve almost at once.

Nothing you do for your health — not even a low-fat diet, or an effective exercise program, will pay off like quitting smoking.

Why it is Hard to Quit

The power of nicotine is easy to underestimate. With your first

cigarette of the day the inhaled nicotine gives you a sense of being on top of everything. Throughout the day your mind causes you to try to recreate that feeling again and again. So, after awhile you light up again. You may think you have control of your smoking, but your smoking has control of you. Your mind paces your use of cigarettes to recreate the effects of that first cigarette of the day.

But, it's not all just nicotine. When we're young we smoke to model ourselves after someone who's cool or one of the crowd, and that's the way we want to be. Or, we may smoke out of curiosity.

Smoking is enjoyable. The associations are enjoyable: playing cards, the end of work or of a class, or after a meal.

Most people who smoke want to quit. But, the habit is strong enough that nine out of ten of those still smoking have tried once to quit and failed. On the other hand, about 43 million people have succeeded — a sure sign that you can choose not to smoke.

The Keys to Quitting

Quitting is like learning to ride a bike. It may take more than one try. And, there are many methods. Nearly every method has worked for someone. Here are several suggestions:

1. You can go it alone or join a group. Most people do it on their own, but groups do help some people — and you may be one of them. Locate a group by calling

the local chapter of the American Cancer Society.

Caution: There is no scientific evidence that hypnosis, acupuncture, or “Total Immersion” systems work.

Whichever method you choose, ask in advance what it costs, what the dropout rate is, what percentage of people stay quit for a year, and if there is follow-up.

2. You can get help from your doctor with nicotine patches or gum. Eventually you have to kick the gum or patch habit, but some studies show a 30% success rate when a nicotine patch or gum and a support program are combined.
3. You can find a substitute for cigarettes: exercise, a hobby, social activities, deep breathing, or relaxation techniques.
4. Enlist your spouse or a friend to join you in quitting.

A Plan for Quitting on Your Own

You may want to try “cold turkey.” But wait. Let’s prepare. Begin a walking program. Walk for half an hour daily for a week. Set a date to quit about two weeks after you start your walks. Continue to walk. Switch to a brand that you don’t like, and reduce the number you smoke by half. For the final day:

- Choose a weekend when you are under very little stress, and have time to devote to yourself. Write the date that you are going to quit down here: _____
- Throw out all cigarettes, matches, lighters, and ashtrays the evening before you quit.
- Visit the dentist and have the tobacco stains removed from your teeth.

- Steer clear of family members and friends who smoke.
- Plan lots of activity for you and your spouse or friend for the day you quit: go to stores, ride public transportation, visit a museum, theater, or restaurant where smoking is not permitted. Swim, jog. Walk, ride a bike, play tennis. Avoid any activity associated with smoking.

Withdrawal _____

The first week is hell because of headaches, constipation, drowsiness, sore mouth, inability to concentrate, mood swings, a desire to snack, and depression. But, you will not die.

After a week or two the worst is over. But you will still crave a cigarette. Brush your teeth, chew gum, use a lifesaver, chew more gum, do stretching, breathe deeply.

How to Quit Permanently _____

- If the thought of never smoking again is overwhelming, tell yourself that it is just for today.
- The first three months are dangerous. Avoid smokers. Avoid associations you used to have with smoking.
- Learn a relaxation technique. When the urge to smoke hits, relax.
- Be prepared for tough times by confiding in a friend how you feel. Tell yourself how proud you are for what you’ve done so far.
- If you fall off the wagon, don’t be ashamed. Quit again.

Summary _____

Newly created non-smokers are always pleased with the sense of mastery they have over having conquered a powerful habit. Just think, your sense of smell and taste are a keen source of pleasure. Your breathing is easier. And, most important, you have accomplished something that will add years to your life.

The Coming of the Holy Spirit

Acts 1:1-15

When Jesus had been crucified and had risen again, the sum total of the Church was 120 persons. There was scarcely a man of wealth or influence among them. They were poor and they were simple. To this little company of people there was given an incredible task: ‘Ye shall be witnesses unto me to the ends of the Earth’. The message they were to bring was the story of a Galilean prophet, crucified as a criminal. They were to preach purity to a world which was steeped in immorality. On the face of it, it looked a task which was completely impossible. It would not have been in the least surprising from the human point of view, if those who were confronted with it had simply recognized its impossibility, and had not even begun to attempt it. But before they began the task they were bidden to wait. To wait for what, or for whom? They were bidden to wait for the coming of the Holy Spirit upon them. And when the Holy Spirit came, the task which seemed impossible somehow became possible. Within thirty years the message of the gospel had reached Rome and far beyond, the members of the Church measured in the hundred thousand, and into the world there had come a new life and a new purity which not even those most hostile to Christianity could deny. What made this possible? The New Testament leaves us in not the slightest doubt that the power behind this miracle was the **Coming of the Holy Spirit.**

William Barclay
The Promise of the Spirit

Monday

Matthew

Mt 1:18-20 - Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy **Spirit**. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy **Spirit**."

Mt 3:11 - "I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy **Spirit** and fire."

Mt 3:16 - And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the **Spirit** of God descending like a dove and alighting on him.

Mt 4:1 - Then Jesus was led up by the **Spirit** into the wilderness to be tempted by the devil.

Mt 10:20 - for it is not you who speak, but the **Spirit** of your Father speaking through you.

Mt 12:18 - "Here is my servant, whom I have chosen, my beloved, with whom my soul is well pleased. I will put my **Spirit** upon him, and he will proclaim justice to the Gentiles."

Mt 12:28 - But if it is by the **Spirit** of God that I cast out demons, then the kingdom of God has come to you.

Mt 12:31 - Therefore I tell you, people will be forgiven for every sin and blasphemy, but blasphemy against the **Spirit** will not be forgiven.

Mt 12:32 - Whoever speaks a word against the Son of Man will be forgiven, but whoever speaks against the Holy **Spirit** will not be forgiven, either in this age or in the age to come.

Mt 22:43-44 - He said to them, "How is it then that David by the **Spirit** calls him Lord, saying, "The Lord said to my Lord, "Sit at my right hand, until I put your enemies under your feet" "?

Mt 28:19 - Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy **Spirit**,

Tuesday

Mark

Mark 1:8-12 - I have baptized you with water; but he will baptize you with the Holy **Spirit**." In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the **Spirit** descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the **Spirit** immediately drove him out into the wilderness.

Mark 3:28-29 - "Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; but whoever blasphemes against the Holy **Spirit** can never have forgiveness, but is guilty of an eternal sin."

Mark 12:36 - David himself, by the Holy **Spirit**, declared, "The Lord said to my Lord, "Sit at my right hand, until I put your enemies under your feet." "

Mark 13:11 - When they bring you to trial and hand you over, do not worry beforehand about what you are to say; but say whatever is given you at that time, for it is not you who speak, but the Holy **Spirit**.

Wednesday

Luke

Luke 1:15 - for he will be great in the sight of the Lord. He must never drink wine or strong drink; even before his birth he will be filled with the Holy **Spirit**.

Luke 1:35 - The angel said to her, "The Holy **Spirit** will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God.

Luke 1:41 - When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy **Spirit**

Luke 1:67-79 - Then his father Zechariah was filled with the Holy **Spirit** and spoke this prophecy: "Blessed be the Lord God of Israel, for he has looked favorably on his people and redeemed them. He has raised up a mighty savior for us in the house of his servant David, as he spoke through the mouth of his holy prophets from of old, that we would be saved from our enemies and from the hand of all who hate us. Thus he has shown the mercy promised to our ancestors, and has remembered his holy covenant, the oath that he swore to our ancestor Abraham, to grant us that we, being rescued from the hands of our enemies, might serve him without fear, in holiness and righteousness before him all our days. And you, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways, to give knowledge of salvation to his people by the forgiveness of their sins. By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace."

Luke 2:25-32 - Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy **Spirit** rested on him. It had been revealed to him by the Holy **Spirit** that he would not see death before he had seen the Lord's Messiah. Guided by the **Spirit**, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying, "Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel."

Luke 3:16 - John answered all of them by saying, "I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals. He will baptize you with the Holy **Spirit** and fire.

Luke 3:22 - and the Holy **Spirit** descended upon him in bodily form like a dove. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

Thursday

Luke

Luke 4:1 - Jesus, full of the Holy **Spirit**, returned from the Jordan and was led by the **Spirit** in the wilderness,

Luke 4:14 - Then Jesus, filled with the power of the **Spirit**, returned to Galilee, and a report about him spread through all the surrounding country.

Luke 4:18 - "The **Spirit** of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor."

Luke 10:21 - At that same hour Jesus rejoiced in the Holy **Spirit** and said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will."

Luke 11:13 - "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy **Spirit** to those who ask him!"

Luke 12:10-12 - "And everyone who speaks a word against the Son of Man will be forgiven; but whoever blasphemes against the Holy **Spirit** will not be forgiven. When they bring you before the synagogues, the rulers, and the authorities, do not worry about how you are to defend yourselves or what you are to say; for the Holy **Spirit** will teach you at that very hour what you ought to say."

Friday

John

John 1:32-33 - And John testified, "I saw the **Spirit** descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, "He on whom you see the **Spirit** descend and remain is the one who baptizes with the Holy **Spirit**."

John 3:5-8 - Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and **Spirit**. What is born of the flesh is flesh, and what is born of the **Spirit** is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the **Spirit**."

John 3:34 - He whom God has sent speaks the words of God, for he gives the **Spirit** without measure.

John 4:23-24 - "But the hour is coming, and is now here, when the true worshipers will worship the Father in **spirit** and truth, for the Father seeks such as these to worship him. God is **spirit**, and those who worship him must worship in **spirit** and truth."

John 6:63 - It is the **spirit** that gives life; the flesh is useless. The words that I have spoken to you are **spirit** and life.

John 7:39 - Now he said this about the **Spirit**, which believers in him were to receive; for as yet there was no **Spirit**, because Jesus was not yet glorified.

John 14:16-17 - And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the **Spirit** of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

John 14:26 - But the Advocate, the Holy **Spirit**, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.

John 15:26 - "When the Advocate comes, whom I will send to you from the Father, the **Spirit** of truth who comes from the Father, he will testify on my behalf.

John 16:7 - Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the **Advocate** will not come to you; but if I go, I will send him to you.

John 16:13 - When the **Spirit** of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come.

John 20:22 - When he had said this, he breathed on them and said to them, "Receive the Holy **Spirit**."

Hope & Healing

Obesity How To Approach The Overweight State

A heart at peace gives life to the body — Proverbs 14:30

Introduction

For most Americans the words “overweight” and “obese” trigger anxiety and frustration. What we weight and how we look in our clothes are essential parts of our personal image and when the pounds add up, we become distressed.

There’s so much food in our country, that we think about eating most of the time. Food advertisements, fast food restaurants, convenience stores, and vending machines are everywhere. Ironically, at the same time, we constantly worry about our weight. The result of recent studies suggests that it is reasonable to encourage the loss of small amounts of weight over long periods of time.

How Much Should You Weight

Researchers believe that if you are 20% over your ideal body weight your health can be seriously in danger. The trouble is, no one is sure how to best measure your ideal weight. Charts like the Metropolitan Life Insurance Weight Tables don’t take into account family history, age, or race.

A better measurement is that of body fat, but this is not easy to do. Now, doctors are encouraged to use the body-mass index, which is also flawed.

The Body-Mass Index

The main medical measure of a person’s weight is their Body Mass Index (BMI). BMI is a measure of

“body fatness” that looks at a person’s weight in relation to their height. For example, a person 5 feet tall who weighs 200 pounds will have more body fat than a person 6 feet tall who weighs the same weight; therefore, the 5 foot person will have a greater BMI indicating more body fat.

Look at the BMI chart included. If you are 5 ft 10 inches tall and weight 167 pounds your BMI is 24, but, if you weigh 209 pounds at the same height your BMI increases to 30.

How does your BMI measure up:
< 25 - a healthy weight
Between 25-29 is Overweight
30 or greater is Obese
40 or greater is Extreme Obesity.

Body Shape

Where your body stores its excess fat makes a lot of difference when it comes to your risk of developing heart disease. The body of some men is said to be “apple shaped” because of the fat stored around their belt line.

Women typically store fat lower on the body and become “pear shaped.”

You can determine the risk of developing heart trouble by measurement of the waist-to-hip ratio. Follow these steps:

1. Measure your waist at the navel with a tape measure.
2. Measure around your hips and buttocks at the largest part.
3. Divide your waist measurement

by your hip size. This is your waist to hip ratio. Men should be less than 1.0, women less than 0.8.

If your ratio is higher than normal you have a greater than normal chance of developing heart trouble and should move to get the fat off.

What Can Hurt You When You Try to Lose Weight

Drugs. Pills have no place in a weight-loss plan.

Fad Diets. Bouncing from one diet to another like a yo-yo makes losing weight more difficult next time.

What Works

- **Self-help Groups** when combined with a balanced diet and an exercise program can be a big help.
- **Changes in behavior.** Treat overeating like an addiction. Develop a serious, sensible plan of getting weight off and keeping it off. If you slip, figure out what went wrong. Begin again. Anticipate temptations. 75% of your slipping into old habits will come during the following danger periods:
 - When you are bored, tense, angry, or frustrated.
 - When you’ve had an argument at home or at work.
 - While attending a party, business lunch, a reunion, a church social, any event where

large amounts of food are served.

- **Why an Exercise Program works.** Our bodies are programmed to resist weight loss. One theory is the “set-point” theory. Studies show that the brain has a kind of thermostat setting to keep your weight where it is. We inherit this tendency to keep a certain set point and overriding it is possible, but not easy. It can be done in two ways: first, through exercise, and second by reducing the caloric and sugar content in our diets.

A Reasonable Approach _____

No one has all the answers. Study these steps until they become your plan. Do your own thinking about the best way to get it done for you personally. We all have different ways of life, different circumstances, different schedules. Make these steps fit your lifestyle. You will need:

- A changed and sensible way of eating.
- A change in behavior.
- Help from others.
- An exercise program.
- You will need to consider how your plan will affect your family, job, leisure activities.
- You will need to make your future health a major priority.

Steps To Success _____

- In a small notebook, keep a food diary for one week. Write down what you ate, when, how many calories it contained and how you were feeling. Focus on getting rid of the parts of your diet that are killing you.
- Work with your doctor. Ask your doctor to help you develop

an exercise plan. Agree upon a target weight with your doctor.

- Get your kitchen ready. Get rid of packaged food and all desserts except fruits.
- Always eat breakfast.
- Join a self-help group, or form one of your own.
- Put it on your calendar to weigh in at your doctor’s office once a month.
- Become familiar with your exercise program. Buy exercise clothes. Lay them out the evening before you plan to exercise. Go to your appointed exercise place every time you’re scheduled, whether you feel like it or not.

Summary _____

____Start simply. Congratulate yourself with each step accomplished. Decide for yourself that this is the most important step in your life. Don’t let anyone’s negative words create doubts that you can do it. Be gentle with yourself when you slip. Put exercise, and a no fat way of eating above everything else so that down the road when you have reached your goal, there’ll be a lot more life to enjoy.

The Message of the Holy Spirit

One of the most famous novels of its generation was A.S.M. Hutchinson’s *If Winter Comes*, written in 1921. In it there is the picture of that tortured idealist, Mark Sabre. Mark’s one desire is for light. He talks to his friend Hapgood: “Man cannot live by bread alone, the churches tell him; but he says, ‘I am living on bread alone, and doing well on it.’ But I tell you Hapgood, that plumb down in the crypt and abyss of every man’s soul is a hunger, a craving for other than this earthly stuff. And the Churches know it; and instead of reaching down to him what he wants - light, light - instead of that, they invite him to dancing and picture-shows, and you’re a jolly good fellow, and religion’s a jolly fine thing and no spoilsport, and all that sort of latter-day tendency. Why, man, he can get all that outside the churches and get it better. Light, light! He wants light, Hapgood. And the padres come down and drink beer with him, and watch boxing matches with him, and dance Jazz with him, and call it making religion a Living Thing in the Lives of the People. Lift the hearts of the people to God, they say, by showing them that religion is not incompatible with having a jolly fine time. And there’s no God there that a man can understand for him to be lifted to. A man wouldn’t care what he had to give up if he knew he was making for something inestimably precious. But he doesn’t know. Light, Light - that’s what he wants; and the longer it’s withheld the lower he’ll sink. Light! Light!”.

William Barclay
The Promise of the Spirit

BMI Chart

Height	HEALTHY		OVERWEIGHT						OBESE							
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'	118	123	128	133	138	143	148	153	158	164	169	174	179	184	189	194
5' 1"	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201
5' 2"	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207
5' 3"	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214
5' 4"	134	140	145	151	157	163	168	174	180	186	192	198	204	209	215	221
5' 5"	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228
5' 6"	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235
5' 7"	146	153	159	166	172	178	185	191	198	204	210	217	223	229	236	242
5' 8"	151	158	164	171	177	184	190	197	203	210	217	223	230	236	243	249
5' 9"	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257
5' 10"	160	167	174	181	188	195	202	209	216	223	230	236	243	250	257	264
5' 11"	165	172	179	186	193	200	208	215	222	229	236	243	250	258	265	272
6'	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	280
6' 1"	174	182	189	197	204	212	219	227	234	242	250	257	265	272	280	287
6' 2"	179	186	194	202	210	218	225	233	241	249	256	264	272	280	288	295
6' 3"	184	192	200	208	216	224	232	240	247	255	263	271	279	287	295	303
6' 4"	189	197	205	213	221	230	238	246	254	262	271	279	287	295	303	312
6' 5"	193	203	210	218	227	236	244	252	260	268	278	286	294	302	310	320
6' 6"	198	209	216	224	232	242	250	258	266	274	284	293	301	310	318	327
6' 7"	203	214	221	229	238	248	257	265	273	281	290	300	309	317	325	335
6' 8"	208	219	226	235	244	254	263	271	279	288	297	307	317	324	333	343

BMI < 25 is considered a healthy weight
 Between 25-29 is Overweight
 30 or greater is Obese
 40 or greater is Extreme or Morbid Obesity

What does this mean for your health?

Overweight – If you are overweight your risk for developing health problems increases (diabetes, health disease, arthritis, stroke, high cholesterol, etc.), but you are not at a greater risk of dying.

Obese – This is associated with a higher overall death rate and a greater risk for: Diabetes, hypertension, high cholesterol, heart disease and heart failure, strokes, gallstones, acid reflux, erosive esophagitis and esophageal cancer, blood clots, dementia, arthritis, sleep apnea, cancers, kidney disease, depression.

Monday

Acts

Acts 1:1-8 - In the first book, Theophilus, I wrote about all that Jesus did and taught from the beginning until the day when he was taken up to heaven, after giving instructions through the Holy **Spirit** to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. "This," he said, "is what you have heard from me; for John baptized with water, but you will be baptized with the Holy **Spirit** not many days from now." So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy **Spirit** has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth."

Acts 1:16 - "Friends, the scripture had to be fulfilled, which the Holy **Spirit** through David foretold concerning Judas, who became a guide for those who arrested Jesus."

Acts 2:4 - All of them were filled with the Holy **Spirit** and began to speak in other languages, as the **Spirit** gave them ability.

Acts 2:17-18 - "In the last days it will be, God declares, that I will pour out my **Spirit** upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. Even upon my slaves, both men and women, in those days I will pour out my **Spirit**; and they shall prophesy.

Acts 2:33 - Being therefore exalted at the right hand of God, and having received from the Father the promise of the Holy **Spirit**, he has poured out this that you both see and hear.

Acts 2:38 - Peter said to them, "Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy **Spirit**."

Acts 4:8 - Then Peter, filled with the Holy **Spirit**, said to them, "Rulers of the people and elders,..."

Acts 4:25 - it is you who said by the Holy **Spirit** through our ancestor David, your servant: "Why did the Gentiles rage, and the peoples imagine vain things?"

Tuesday

Acts

Acts 4:31 - When they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy **Spirit** and spoke the word of God with boldness.

Acts 5:3 - "Ananias," Peter asked, "why has Satan filled your heart to lie to the Holy **Spirit** and to keep back part of the proceeds of the land?"

Acts 5:9 - Then Peter said to her, "How is it that you have agreed together to put the **Spirit** of the Lord to the test? Look, the feet of those who have buried your husband are at the door, and they will carry you out."

Acts 5:32 - "And we are witnesses to these things, and so is the Holy **Spirit** whom God has given to those who obey him."

Acts 6:3-5 - "Therefore, friends, select from among yourselves seven men of good standing, full of the **Spirit** and of wisdom, whom we may appoint to this task, while we, for our part, will devote ourselves to prayer and to serving the word." What they said pleased the whole community, and they chose Stephen, a man full of faith and the Holy **Spirit**, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus, a proselyte of Antioch.

Acts 6:10 - But they could not withstand the wisdom and the **Spirit** with which he spoke.

Acts 7:51-55 - "You stiff-necked people, uncircumcised in heart and ears, you are forever opposing the Holy **Spirit**, just as your ancestors used to do. Which of the prophets did your ancestors not persecute? They killed those who foretold the coming of the Righteous One, and now you have become his betrayers and murderers. You are the ones that received the law as ordained by angels, and yet you have not kept it." When they heard these things, they became enraged and ground their teeth at Stephen. But filled with the Holy **Spirit**, he gazed into heaven and saw the glory of God and Jesus standing at the right hand of God.

Acts 8:15-19 - The two went down and prayed for them that they might receive the Holy **Spirit** (for as yet the **Spirit** had not come upon any of them; they had only been baptized in the name of the Lord Jesus). Then Peter and John laid their hands on them, and they received the Holy **Spirit**. Now when Simon saw that the **Spirit** was given through the laying on of the apostles' hands, he offered them money, saying, "Give me also this power so that anyone on whom I lay my hands may receive the Holy **Spirit**."

Wednesday

Acts

Acts 8:39 - When they came up out of the water, the **Spirit** of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing.

Acts 9:17 - So Ananias went and entered the house. He laid his hands on Saul and said, "Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy **Spirit**."

Acts 9:31 - Meanwhile the church throughout Judea, Galilee, and Samaria had peace and was built up. Living in the fear of the Lord and in the comfort of the Holy **Spirit**, it increased in numbers.

Acts 10:19 - While Peter was still thinking about the vision, the **Spirit** said to him, "Look, three men are searching for you."

Acts 10:34-48 - Then Peter began to speak to them: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy **Spirit** and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name." While Peter was still speaking, the Holy **Spirit** fell upon all who heard the word. The circumcised believers who had come with Peter were astounded that the gift of the Holy **Spirit** had been poured out even on the Gentiles, for they heard them speaking in tongues and extolling God. Then Peter said, "Can anyone withhold the water for baptizing these people who have received the Holy **Spirit** just as we have?" So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

Acts 11:12-16 - The **Spirit** told me to go with them and not to make a distinction between them and us. These six brothers also accompanied me, and we entered the man's house. He told us how he had seen the angel standing in his house and saying, "Send to Joppa and bring Simon, who is called Peter; he will give you a message by which you and your entire household will be saved.' And as I began to speak, the Holy **Spirit** fell upon them just as it had upon us at the beginning. And I remembered the word of the Lord, how he had said, "John baptized with water, but you will be baptized with the Holy **Spirit**."

Thursday

Acts

Acts 11:24 - for he was a good man, full of the Holy **Spirit** and of faith. And a great many people were brought to the Lord.

Acts 11:28 - One of them named Agabus stood up and predicted by the **Spirit** that there would be a severe famine over all the world; and this took place during the reign of Claudius.

Acts 13:2-4 - While they were worshiping the Lord and fasting, the Holy **Spirit** said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off. So, being sent out by the Holy **Spirit**, they went down to Seleucia; and from there they sailed to Cyprus.

Acts 13:9 - But Saul, also known as Paul, filled with the Holy **Spirit**, looked intently at him

Acts 13:52 - And the disciples were filled with joy and with the Holy **Spirit**.

Acts 15:8-9 - And God, who knows the human heart, testified to them by giving them the Holy **Spirit**, just as he did to us; and in cleansing their hearts by faith he has made no distinction between them and us.

Acts 15:28-29 - For it has seemed good to the Holy **Spirit** and to us to impose on you no further burden than these essentials: that you abstain from what has been sacrificed to idols and from blood and from what is strangled and from fornication. If you keep yourselves from these, you will do well. Farewell."

Acts 16:6-7 - They went through the region of Phrygia and Galatia, having been forbidden by the Holy **Spirit** to speak the word in Asia. When they had come opposite Mysia, they attempted to go into Bithynia, but the **Spirit** of Jesus did not allow them.

Acts 19:2 - He said to them, "Did you receive the Holy **Spirit** when you became believers?" They replied, "No, we have not even heard that there is a Holy **Spirit**."

Acts 19:6 - When Paul had laid his hands on them, the Holy **Spirit** came upon them, and they spoke in tongues and prophesied.

Acts 19:21 - Now after these things had been accomplished, Paul resolved in the **Spirit** to go through Macedonia and Achaia, and then to go on to Jerusalem. He said, "After I have gone there, I must also see Rome."

Friday

Acts

Acts 20:22-23 - And now, as a captive to the **Spirit**, I am on my way to Jerusalem, not knowing what will happen to me there, except that the Holy **Spirit** testifies to me in every city that imprisonment and persecutions are waiting for me.

Acts 20:28 - Keep watch over yourselves and over all the flock, of which the Holy **Spirit** has made you overseers, to shepherd the church of God that he obtained with the blood of his own Son.

Acts 21:4 - We looked up the disciples and stayed there for seven days. Through the **Spirit** they told Paul not to go on to Jerusalem.

Acts 21:11 - He came to us and took Paul's belt, bound his own feet and hands with it, and said, "Thus says the Holy **Spirit**, 'This is the way the Jews in Jerusalem will bind the man who owns this belt and will hand him over to the Gentiles.' "

Acts 28:25-28 - So they disagreed with each other; and as they were leaving, Paul made one further statement: "The Holy **Spirit** was right in saying to your ancestors through the prophet Isaiah, "Go to this people and say, You will indeed listen, but never understand, and you will indeed look, but never perceive. For this people's heart has grown dull, and their ears are hard of hearing, and they have shut their eyes; so that they might not look with their eyes, and listen with their ears, and understand with their heart and turn—and I would heal them.' Let it be known to you then that this salvation of God has been sent to the Gentiles; they will listen."

Hope & Healing

Exercise Beginning an Exercise Program

A heart at peace gives life to the body — Proverbs 14:30

Introduction

Exercise is the only thing that will give you more personal energy. With more energy, you will have a greater ability to handle stresses at home and on the job. Exercise will help you develop a more attractive and streamlined body. Stronger muscles will give power to your hips and legs and spring to your step. You will feel in charge of your life. Exercise lowers cholesterol, blood pressure, and weight and it prevents heart trouble.

This exercise program is very safe. A treadmill stress test is not required. It is a good idea, however, to check with your doctor if there are special risks that require attention before you begin.

Four Decisions to Make About Exercise

- Decide what kind of exercises to do. All exercise is not the same. There is the fast paced moving kind such as walking and jogging. Then, there is the kind where you lift weights. Fast walking and the like are aerobic exercises. Weight lifting is an isometric exercise. Stretching is also a form of isometric exercise.
- Decide how often to exercise. We recommend a minimum of three days a week and maximum of six.
- Decide how long to exercise. We recommend 20 minutes for each session as you begin and a gradual increase to 40 minutes each session over a period of 12

weeks.

- Decide how hard to exercise as you proceed. Many plans measure the pulse as an indicator of how hard you're exercising. We recommend the three-stop method that follows.
- Make exercise a part of your daily routine.
- Keep at your program for 100 days, until it becomes a habit.

A Three-Step Method to Keep Your Exercise Effort Within Safe Limits

- Watch your breathing. You shouldn't be so winded that you can't talk. Nor should you be so out of breath that you have to stop to get your breath.
- Notice whether you're sweating. Toward the end, you should have a light sweat.
- Be aware of whether you're comfortable. Do not continue to exercise if you develop chest pain or shortness of breath or muscle aches or pains.

Safe Stretching to Warm Up

The importance of stretching is twofold:

1. It helps prevent the loss of flexibility that comes with aging.
 2. It builds muscles to protect your joints from injury. For safe stretching here are four guides:
- Stretch until you feel tension, not

pain.

- Hold your stretch for 10 to 30 seconds. Relax. Then repeat.
- Don't bounce into a stretch, slow and easy is the rule.
- Start stretching only after you've warmed up with a five minute walk.

The Stretching Routine

Step One

Lying flat on your back, raise one of your knees up toward your chest, holding it tight into the chest for a count of five.

Step Two

Straighten your leg and repeat the exercise with the other leg.

Step Three

Pull both knees to the chest, hold tight for a count of five. Straighten both legs and relax.

Step Four

Lying flat, push your lower back into the floor, thereby eliminating the back's normal curvature. Again, hold for a count of at least five.

Repeat these exercises for 3-4 minutes. With each exercise keep your head flat on the floor.

Muscle Building Without Weights

The rule of muscle is, "use it or lose it." These muscle builders can be done anywhere. They are excellent when you travel. They require no equipment; they use the weight of the body to build muscle.

Lower Body

Half-knee bends. Stand with your feet apart and your hands on your hips. Keep your back straight and your feet flat on the floor. Half-bend at the knees. Hold for a second or two. Straighten up. Repeat 10 times for a set.

Side-leg lifts. Lie on your right side. Stretch your right arm out straight. Balance yourself by placing your left hand flat on the floor. Raise your left leg about a foot from the floor. Hold for a second or two. Slowly let your leg down. Repeat 10 times. Reverse sides and repeat.

Middle Body

Crunches. Lie on your back. Clasp your hands behind your head. Bend your knees. Lift your head and shoulders off the floor. Ease back to the floor. Repeat 10 times.

Upper Body

Modified Pushups. Lie on your stomach. Place your hands on the floor at shoulder level. Straighten your arms. Push yourself up. Raise your head, shoulders, chest, belly, and hips off the floor, but not your knees. Hold for 12 seconds. Ease down. Repeat 10 times.

A 12-Week Program of Walking and Muscle Building

Walking has many advantages as an exercise program. You can find a place to walk almost anywhere.

Weeks One through Three

1. Walk for 20 minutes on a flat surface in a traffic-free area three days a week. Walk slow for five minutes at the start, then do brisk walking for 10 minutes. Finally, cool down with a slow walk for five minutes.
2. Do one set of each of the muscle builders every other day. Do

stretching after the five minutes of slow walking and during the muscle building sessions after you have warmed up.

Weeks Four and Five

Fast walk for 15 minutes each time. Don't change anything else.

Weeks Six through Ten

Fast walk 25 minutes each session. Increase your walking to four days a week. Increase your muscle building to two sets each session. Continue everything else unchanged.

Week Eleven

Fast walk for 28 minutes each session. Leave everything else the same.

Week Twelve

Fast walk for 30 minutes five days a week. Do muscle building two days a week. Do three sets each session. Keep the rest of your exercise the same.

Summary

The point is, you should get started now and as Winston Churchill said, "Don't give up. Never, never give up." If you faithfully continue for 12 weeks your routines will be ingrained into your schedule so that they're automatic. Then, exercise becomes a way of life for you. And, the benefits are yours.

The Power of the Holy Spirit

It is one of the significant features of the present time that the word and the experience of conversion have been rediscovered in the Church. With that rediscovery there has come the very real danger that the experience of conversion may come to be looked upon as the end of the road, and that the person who has undergone the experience of conversion may regard himself as a complete and perfected Christian. The invitation so often is to decide for Jesus Christ, and thereupon to find rest and peace and joy. But there is more to it than that. It is perfectly true that in the moment of conversion a new relationship is discovered between God and man, and in that discovery there is a piercing and a radiant joy. But it is also true that, once a man has decided for Jesus Christ, then his troubles begin. Did not Jesus Himself warn men that following Him involved daily saying NO to oneself, and daily taking up a cross? Once a man decides for Jesus a new set of standards and values enter into his life. A goodness and purity which he never regarded as relevant for him become obligatory on him. A new sensitiveness to, and awareness of, sin enter into his life. And unless he realizes that there is such a person as the Holy Spirit, unless he lays hold upon the Power of the Holy Spirit, unless the Holy Spirit daily lives more in him and he in the Holy Spirit, then the experience of conversion will necessarily lead to disappointment.

William Barclay
The Promise of the Spirit

Motion

The benefits of exercise are undeniable, but, only a small fraction of people exercise on a regular basis. The difficulty seems to be getting started. Just remember, the type of exercise you do is not as important as just doing it. Find something you enjoy that is simple to do.

Your goal should be 150 minutes per week. This is usually broken down into 30 minutes 5 days a week.

Here are some ideas to get you started:

At Home:

- 1) Walking (A good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)
- 6) Exercise bands (available at most sports stores they will provide on-the-go strengthening)
- 7) Health Bouncer - buy a small in-home trampoline and run on it in your living room for 20 minutes a day. You can do this while watching the kids or listening to the news.

At Work:

- 1) Use the stairs (never take the elevator)
- 2) Wear ankle weights (will help you burn more calories)
- 3) Walk with a purpose. Instead of walking sluggishly, always try to walk with a quick, light step. This will help to burn more calories.
- 4) Take a walk over lunch. Take 5 or 10 minutes before or after lunch and take a brisk walk.

Monday

Romans

Ro 5:5 - and hope does not disappoint us, because God's love has been poured into our hearts through the Holy **Spirit** that has been given to us.

Ro 7:6 - But now we are discharged from the law, dead to that which held us captive, so that we are slaves not under the old written code but in the new life of the **Spirit**.

Ro 8:1-17 - There is therefore now no condemnation for those who are in Christ Jesus. For the law of the **Spirit** of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the **Spirit**. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the **Spirit** set their minds on the things of the **Spirit**. To set the mind on the flesh is death, but to set the mind on the **Spirit** is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the **Spirit**, since the **Spirit** of God dwells in you. Anyone who does not have the **Spirit** of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the **Spirit** is life because of righteousness. If the **Spirit** of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his **Spirit** that dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—for if you live according to the flesh, you will die; but if by the **Spirit** you put to death the deeds of the body, you will live. For all who are led by the **Spirit** of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very **Spirit** bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

Ro 8:22-27 - We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the **Spirit**, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. Likewise the **Spirit** helps us in our weakness; for we do not know how to pray as we ought, but that very **Spirit** intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the **Spirit**, because the **Spirit** intercedes for the saints according to the will of God.

Tuesday

Romans

Ro 9:1 - I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy **Spirit**...

Ro 14:17 - For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy **Spirit**.

Ro 15:13-21 - May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy **Spirit**. I myself feel confident about you, my brothers and sisters, that you yourselves are full of goodness, filled with all knowledge, and able to instruct one another. Nevertheless on some points I have written to you rather boldly by way of reminder, because of the grace given me by God to be a minister of Christ Jesus to the Gentiles in the priestly service of the gospel of God, so that the offering of the Gentiles may be acceptable, sanctified by the Holy **Spirit**. In Christ Jesus, then, I have reason to boast of my work for God. For I will not venture to speak of anything except what Christ has accomplished through me to win obedience from the Gentiles, by word and deed, by the power of signs and wonders, by the power of the **Spirit** of God, so that from Jerusalem and as far around as Illyricum I have fully proclaimed the good news of Christ. Thus I make it my ambition to proclaim the good news, not where Christ has already been named, so that I do not build on someone else's foundation, but as it is written, "Those who have never been told of him shall see, and those who have never heard of him shall understand."

Ro 15:30 - I appeal to you, brothers and sisters, by our Lord Jesus Christ and by the love of the **Spirit**, to join me in earnest prayer to God on my behalf,

Wednesday

Corinthians

1Co 2:4-5 - My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the **Spirit** and of power, so that your faith might rest not on human wisdom but on the power of God.

1Co 2:9-16 - But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him"— these things God has revealed to us through the **Spirit**; for the **Spirit** searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the **Spirit** of God. Now we have received not the spirit of the world, but the **Spirit** that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the **Spirit**, interpreting spiritual things to those who are spiritual. Those who are unspiritual do not receive the gifts of God's **Spirit**, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. "For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

1Co 3:16 - Do you not know that you are God's temple and that God's **Spirit** dwells in you?

1Co 6:11 - And this is what some of you used to be. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the **Spirit** of our God.

1Co 6:19-20 - Or do you not know that your body is a temple of the Holy **Spirit** within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

1Co 7:40 - But in my judgment she is more blessed if she remains as she is. And I think that I too have the **Spirit** of God.

Thursday

Corinthians

1Co 12:1-13 - Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the **Spirit** of God ever says "Let Jesus be cursed!" and no one can say "Jesus is Lord" except by the Holy **Spirit**. Now there are varieties of gifts, but the same **Spirit**; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the **Spirit** for the common good. To one is given through the **Spirit** the utterance of wisdom, and to another the utterance of knowledge according to the same **Spirit**, to another faith by the same **Spirit**, to another gifts of healing by the one **Spirit**, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same **Spirit**, who allots to each one individually just as the **Spirit** chooses. For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one **Spirit** we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one **Spirit**.

1Co 14:2 - For those who speak in a tongue do not speak to other people but to God; for nobody understands them, since they are speaking mysteries in the **Spirit**.

2Co 1:22 - by putting his seal on us and giving us his **Spirit** in our hearts as a first installment.

2Co 3:3-8 - and you show that you are a letter of Christ, prepared by us, written not with ink but with the **Spirit** of the living God, not on tablets of stone but on tablets of human hearts. Such is the confidence that we have through Christ toward God. Not that we are competent of ourselves to claim anything as coming from us; our competence is from God, who has made us competent to be ministers of a new covenant, not of letter but of spirit; for the letter kills, but the **Spirit** gives life. Now if the ministry of death, chiseled in letters on stone tablets, came in glory so that the people of Israel could not gaze at Moses' face because of the glory of his face, a glory now set aside, how much more will the ministry of the **Spirit** come in glory?

2Co 3:17-18 - Now the Lord is the **Spirit**, and where the **Spirit** of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the **Spirit**.

2Co 5:5 - He who has prepared us for this very thing is God, who has given us the **Spirit** as a guarantee.

2Co 13:13 - The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy **Spirit** be with all of you.

Friday

Galatians

Ga 3:2-5 - The only thing I want to learn from you is this: Did you receive the **Spirit** by doing the works of the law or by believing what you heard? Are you so foolish? Having started with the **Spirit**, are you now ending with the flesh? Did you experience so much for nothing?—if it really was for nothing. Well then, does God supply you with the **Spirit** and work miracles among you by your doing the works of the law, or by your believing what you heard?

Ga 3:13-14 - Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, "Cursed is everyone who hangs on a tree"—in order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promise of the **Spirit** through faith.

Ga 4:6 - And because you are children, God has sent the **Spirit** of his Son into our hearts, crying, "Abba! Father!"

Ga 4:29 - But just as at that time the child who was born according to the flesh persecuted the child who was born according to the **Spirit**, so it is now also.

Ga 5:5 - For through the **Spirit**, by faith, we eagerly wait for the hope of righteousness.

Ga 5:16-26 - Live by the **Spirit**, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the **Spirit**, and what the **Spirit** desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the **Spirit**, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. By contrast, the fruit of the **Spirit** is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the **Spirit**, let us also be guided by the **Spirit**. Let us not become conceited, competing against one another, envying one another.

Ga 6:1 - My friends, if anyone is detected in a transgression, you who have received the **Spirit** should restore such a one in a **spirit** of gentleness. Take care that you yourselves are not tempted.

Ga 6:8 - If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the **Spirit**, you will reap eternal life from the **Spirit**.

Hope & Healing

Healthy Eating 5 Servings of Fruits or Vegetables Daily

A heart at peace gives life to the body — Proverbs 14:30

Introduction

We have a marvelous list of foods we can choose from daily, but confusion about how much and what to eat has been around for a long time. In 1894, W. O. Atwater of the U.S. Department of Agriculture warned Americans about their habits of eating fatty and sugary foods. He said, "How much harm is done to health by our one-sided and excessive diet none can say. Physicians tell us that it is very great." Today, a century later, we still need to hear his message.

Studies now show that fatty foods create a great many health problems. On the other hand, good-fat, good carbohydrate diets can help prevent 6 of the 10 leading death-causing diseases: heart disease, cancer, stroke, diabetes, atherosclerosis, and chronic liver disease.

The American Diet

The typical American diet is rich in high fat fried foods, an abundance of sweets, and limited amounts of fiber, fruits, and vegetables.

A recent study in the journal *Circulation* (Oct 21, 2008) found that while the typical American diet of fried foods, salty snacks, eggs, and meat led to a 30% increase in heart attacks, a diet high in fruits and vegetables led to a 35% reduction in heart attacks.

The Prudent Diet

While there are many theories on what a healthy diet includes the one proven fact is that a diet high in

fruits and vegetables consistently leads to better health.

Multiple research studies confirm that eating 5 servings of fruits or vegetables daily leads to better overall health.

A serving size is:

- One medium-size fruit
- 1/2 cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables
- 3/4 cup (6 oz.) 100% fruit or vegetable juice
- 1 cup raw, leafy vegetables
- 1/4 cup dried fruit

While this sounds easy enough actually getting this much fruits and vegetables takes some work and planning. You will need to experiment with different types of fruits and vegetables to find ones you and your family can eat every day. Some simple tips include:

- Add fruit to your cereal each morning.
- Eat 1 apple each day routinely.
- Eat a salad each day for lunch. The typical bowl of salad counts for 2 servings of vegetables.
- Have some fruits and vegetables at every meal. Use canned or frozen products if needed.
- Eat fruits and vegetables for snacks, especially for the kids.
- Replace the side of fries or chips

with a cup of fruit, an apple, or a bowl of celery.

- Replace processed deserts such as cakes and cookies with fruit.

Over the next week try getting 5 servings of fruits or vegetables each day. Soon it will become a routine part of your diet. Once you have mastered this eating habit you can further improve your diet by learning some nutrition basics. Here are some simple tips to get you started.

Nutrition Basics

In order for you to take your health seriously you must have some basic understanding of what you are putting into your body. A simple place to start is by reviewing the basic food groups (carbohydrates, proteins, and fats).

Carbohydrates – otherwise known as “sugars”.

Good Effects – supply energy to the cells of the body.

Bad Effects – causes insulin release which leads to weight gain and diabetes.

Types of Carbohydrates

1) Complex Carbs – Natural carbohydrates found in breads, pasta, rice, cereals, and vegetables. These tend to cause less insulin release and therefore less weight gain and diabetes. Vegetables are the preferred source for carbs because they also contain fiber.

2) Simple Carbs

Natural - honey, fruits – these cause a large amount of insulin release, but, are better than processed carbs.

Fruit also contains fiber which is good.

Processed – Man made sugar which is added to foods – candies, soft drinks, icing, cakes, cookies, pies. These cause extreme insulin release which greatly increases diabetes and weight gain.

3) Fiber - nondigested carbohydrates found in fruits and vegetables. Since they are not digested the body cannot use them for energy. Their good effects come through improving bowel function and by reducing the amount of insulin released when you eat, which decreases diabetes and weight gain. Since fiber is found in large amounts in fruits and vegetables these are the best overall sources of energy.

Proteins – Build and repair the body tissues, supply energy.

These are found in meats (beef, pork, chicken), fish, eggs, dairy products, beans, nuts. Since most of the foods with high protein content have large amounts of fat, a high protein diet usually has a high fat content.

Fats - Fatty Acids

Good Effects - supplies energy to the body, carries vitamins, helps to build cell walls.

Bad Effects - are stored in the body as fat cells (adipose tissue) which accumulate around the organs. In large amounts they will clog up the blood vessels (clogged arteries).

Types of Fats:

1) Transfat - partially hydrogenated fatty acids - Found in cooking oils used to fry foods (French fries, chicken nuggets, chips, etc.) and in processed foods like commercially baked goods such as cookies, cakes, pies, donuts, fast foods, margarine, vegetable shortening). This type of fat is the most likely to raise the bad cholesterol and lead to heart attacks and strokes.

2) Saturated Fatty Acids - mainly come from animal products (dairy products such as milk and cheese or

meats such as beef, pork, or chicken). Raises the bad cholesterol, increasing the risk of heart disease.

3) Monounsaturated Fatty Acids - Found in olive oil and canola oil used for cooking. May improve cholesterol slightly.

4) Polyunsaturated Fatty Acids - Found in sunflower oil and corn oil used for cooking, and nuts eaten for snacks. May improve cholesterol by lowering the bad cholesterol and raising the good.

5) Fish Oils (Omega 3 Fatty Acids) Found in all fish. Herring, mackerel, salmon, trout, and tuna have the highest amounts. Have good overall health benefits by lowering cholesterol and reducing heart disease risk.

Recommendations:

- Eat carbs that are high in fiber so there is not as great an insulin release. This will decrease the risk of diabetes and weight gain. - Limit processed carbs - candies, soft drinks, icing, cakes, cookies, pies. Instead eat fruits/vegetables for snacks.

- Increase fiber intake by increasing fruits and vegetables.

- Try to replace protein from meat (especially red meat) with protein from fish, beans, and nuts which have less fat.

- Eliminate Trans Fats - NO fried foods or commercially processed baked goods (cookies, cakes, chips, donuts, pies)

- Limit Saturated Fats - Limit red meat to once a week. Limit cheese and use only skim milk.

- Monounsaturated/Polyunsaturated Fats are ok in moderation. Use olive and canola oil for cooking. Eat nuts for snacks.

- Increase Fish Oils (Omega 3 Fatty Acids). Eat fish as much as possible (not fried).

The Work of the Holy Spirit

In the fourth Gospel, John has his own distinctive title for the Spirit. He calls the Spirit the *parakletos*. This word has often been translated as *Comforter*, which is unfortunate for it tends to limit the work of the Holy Spirit to comfort and consolation in the time of trouble and distress. The meaning of *parakletos* in the time of John was much richer and more powerful. It meant:

- Advocate, helper, counselor, and friend.

- In early translations it was associated with the idea of power, strength, and bravery.
- It was used to describe someone who defended a man on trial (the prisoner's friend), and for encouraging a man who is going into battle.

Comforter did not mean simply one who tenderly and sympathetically consoles in sorrow; it meant one who puts courage into us, one who enables us to be brave, and one who empowers us to cope with the chances and the changes and the struggles and the battles of this life. To call the Holy Spirit *parakletos* is to say that the Holy Spirit is the person who enables a man to meet the sorrows, the struggles, the burden of this world, the person who nerves the feeble for the battle and who makes the coward brave, the person who gives us wise counsel in the difficult decisions of life, the person who is for us the prisoner's friend when we face the judgement of God. When we think of all that, we can do no other than pray: 'God, send Thy Holy Spirit upon me.'

William Barclay
The Promise of the Spirit

Monday

Ephesians Philippians Colossians

Eph 1:13 - In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy **Spirit**;

Eph 2:18 - for through him both of us have access in one **Spirit** to the Father.

Eph 3:5 - In former generations this mystery was not made known to humankind, as it has now been revealed to his holy apostles and prophets by the **Spirit**:

Eph 3:16 - I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his **Spirit**,

Eph 4:3-4 - making every effort to maintain the unity of the **Spirit** in the bond of peace. There is one body and one **Spirit**, just as you were called to the one hope of your calling,

Eph 4:30 - And do not grieve the Holy **Spirit** of God, with which you were marked with a seal for the day of redemption.

Eph 5:18 - Do not get drunk with wine, for that is debauchery; but be filled with the **Spirit**,

Eph 6:17-18 - Take the helmet of salvation, and the sword of the **Spirit**, which is the word of God. Pray in the **Spirit** at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

Php 1:19 - for I know that through your prayers and the help of the **Spirit** of Jesus Christ this will turn out for my deliverance.

Php 2:1-2 - If then there is any encouragement in Christ, any consolation from love, any sharing in the **Spirit**, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind.

Php 3:3 - For it is we who are the circumcision, who worship in the **Spirit** of God and boast in Christ Jesus and have no confidence in the flesh—

Col 1:8 - and he has made known to us your love in the **Spirit**.

Tuesday

Thessalonians Timothy Titus

1Th 1:5-6 - because our message of the gospel came to you not in word only, but also in power and in the Holy **Spirit** and with full conviction; just as you know what kind of persons we proved to be among you for your sake. And you became imitators of us and of the Lord, for in spite of persecution you received the word with joy inspired by the Holy **Spirit**,

1Th 4:8 - Therefore whoever rejects this rejects not human authority but God, who also gives his Holy **Spirit** to you.

1Th 5:19 - Do not quench the **Spirit**.

2Th 2:13 - But we must always give thanks to God for you, brothers and sisters beloved by the Lord, because God chose you as the first fruits for salvation through sanctification by the **Spirit** and through belief in the truth.

1Ti 3:16 - Without any doubt, the mystery of our religion is great: He was revealed in flesh, vindicated in **spirit**, seen by angels, proclaimed among Gentiles, believed in throughout the world, taken up in glory.

1Ti 4:1 - Now the **Spirit** expressly says that in later times some will renounce the faith by paying attention to deceitful **spirits** and teachings of demons,

2Ti 1:14 - Guard the good treasure entrusted to you, with the help of the Holy **Spirit** living in us.

Titus 3:5-6 - he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy **Spirit**. This **Spirit** he poured out on us richly through Jesus Christ our Savior,

Wednesday

Hebrews

Heb 2:1-4 -Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him, while God added his testimony by signs and wonders and various miracles, and by gifts of the Holy **Spirit**, distributed according to his will.

Heb 3:7 - Therefore, as the Holy **Spirit** says, "Today, if you hear his voice..."

Heb 6:4-6 - For it is impossible to restore again to repentance those who have once been enlightened, and have tasted the heavenly gift, and have shared in the Holy **Spirit**, and have tasted the goodness of the word of God and the powers of the age to come, and then have fallen away, since on their own they are crucifying again the Son of God and are holding him up to contempt.

Heb 9:8 - By this the Holy **Spirit** indicates that the way into the sanctuary has not yet been disclosed as long as the first tent is still standing.

Heb 9:13-14 - For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal **Spirit** offered himself without blemish to God, purify our conscience from dead works to worship the living God!

Heb 10:15-17 - And the Holy **Spirit** also testifies to us, for after saying, "This is the covenant that I will make with them after those days, says the Lord: I will put my laws in their hearts, and I will write them on their minds," he also adds, "I will remember their sins and their lawless deeds no more."

Heb 10:29 - How much worse punishment do you think will be deserved by those who have spurned the Son of God, profaned the blood of the covenant by which they were sanctified, and outraged the **Spirit** of grace?

Thursday

Peter
1 John
Jude

1Pe 1:2 - who have been chosen and destined by God the Father and sanctified by the **Spirit** to be obedient to Jesus Christ and to be sprinkled with his blood: May grace and peace be yours in abundance.

1Pe 1:10-12 - Concerning this salvation, the prophets who prophesied of the grace that was to be yours made careful search and inquiry, inquiring about the person or time that the **Spirit** of Christ within them indicated when it testified in advance to the sufferings destined for Christ and the subsequent glory. It was revealed to them that they were serving not themselves but you, in regard to the things that have now been announced to you through those who brought you good news by the Holy **Spirit** sent from heaven— things into which angels long to look!

1Pe 4:14 - If you are reviled for the name of Christ, you are blessed, because the **spirit** of glory, which is the **Spirit** of God, is resting on you.

2Pe 1:21 - because no prophecy ever came by human will, but men and women moved by the Holy **Spirit** spoke from God.

1John 3:24 - All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the **Spirit** that he has given us.

1John 4:2 - By this you know the **Spirit** of God: every **spirit** that confesses that Jesus Christ has come in the flesh is from God,

1John 4:13 - By this we know that we abide in him and he in us, because he has given us of his **Spirit**.

1John 5:6-7 - This is the one who came by water and blood, Jesus Christ, not with the water only but with the water and the blood. And the **Spirit** is the one that testifies, for the **Spirit** is the truth. There are three that testify: the **Spirit** and the water and the blood, and these three agree.

Jude 1:19-20 - It is these worldly people, devoid of the **Spirit**, who are causing divisions. But you, beloved, build yourselves up on your most holy faith; pray in the Holy **Spirit**;

Friday

Revelation

Re 2:7 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches. To everyone who conquers, I will give permission to eat from the tree of life that is in the paradise of God.

Re 2:11 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches. Whoever conquers will not be harmed by the second death.

Re 2:17 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches. To everyone who conquers I will give some of the hidden manna, and I will give a white stone, and on the white stone is written a new name that no one knows except the one who receives it.

Re 2:29 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches.

Re 3:6 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches.

Re 3:13 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches.

Re 3:22 - Let anyone who has an ear listen to what the **Spirit** is saying to the churches.

Re 14:13 - And I heard a voice from heaven saying, "Write this: Blessed are the dead who from now on die in the Lord." "Yes," says the **Spirit**, "they will rest from their labors, for their deeds follow them."

Re 22:17 - The **Spirit** and the bride say, "Come." And let everyone who hears say, "Come." And let everyone who is thirsty come. Let anyone who wishes take the water of life as a gift.