

A Living Connection with the Living God

For we are labourers together with God: ye are God's husbandry, ye are God's building.

1 Corinthians 3:9. {UL 62.1}

We must have a living dependence upon a living God. **And when there is a living connection with a living God, Christ abides in the heart by living faith, and the human agent works after Christ's life.** He is going to change our life and character, speaking the words that Christ speaks, revealing the character that Christ reveals. **And if trials come to us, we will not manifest a rebellious spirit.** The opportunities will present themselves to every one of us, because we see oppression and unkindness, and because we see burdens that would be thrown upon us and let self-come in and exhibit itself. {UL 62.2}

We let self-arise. We want to put the trials in their right place, and where is it? Christ says to everyone that is weary and heavy laden, "Come unto me." And what? "Learn of me, for I am meek and lowly in heart." And notwithstanding the crush of conflict that we shall have to pass through if we accept the truth of heavenly origin, there is meekness and lowliness in every move. **Hide in Jesus Christ.** Our life and character is hid with Christ in God, so we cannot afford to let any impulse of passion control our words or control our actions, **but we must keep the Saviour's example ever before us, and we must do just as Jesus would have done under similar circumstances.** **We are not to be revengeful.** {UL 62.3}

Now the work that is before us we want clearly to understand. It is a work of mercy, a work of love, a work just in Christ's lines. Just as Christ worked. He says that the nobleman went a long journey, and to every man he gave his work. **The human agent is to cooperate with the divine.** To everyone his work, and this is Christ's work. It is not the man's work. He is not to feel that all he has to do is to attend to his own individual self. No, there is a broader field. He is to occupy "till I come," and what is it to occupy? To be laborers together with God. **Therefore, it is of the greatest consequence that we understand in clear lines what it is to be laborers together with God.** {UL 62.4}

We must be imbued with the Spirit of Christ. **We cannot labor with God merely from our intellect or our education.** **We cannot buy the grace of God with money; we cannot buy it with eloquence; we cannot buy it with the power of our intellect.** **It is God's to begin with....** We are to occupy to the best knowledge that we have, and sense our responsibility, and let our light shine through us to those that are around us, and in doing that we are doing the work of God.—**Manuscript 11, February 17, 1894, "Isaiah 58."** {UL 62.5}

SONG :

Be Still My Soul

Be still my soul the Lord is on thy side
Bear patiently the cross of grief or pain
Leave to thy God to order and provide
In every change He faithful will remain
Be still my soul thy best, thy heavenly friend
Through thorny ways leads to a joyful end

Be still my soul when dearest friends depart
And all is darkened in the vale of tears
Then shalt thou better know His love His heart
Who comes to soothe thy sorrow and thy fears
Be still my soul the waves and winds shall know
His voice who ruled them while He dwelt below

Be still my soul the hour is hastening on
When we shall be forever with the Lord
When disappointment grief and fear are gone
Sorrow forgot love's purest joys restored
Be still my soul when change and tears are past
All safe and blessed we shall meet at last

OPENING PRAYER: Heavenly Father we humbly come before you to give you praise and thanksgiving. We thank you for another day of life to be in your service. And for the breath you breathe in us. We come before you with praises of joy, for you alone are worthy. As we begin our day, we ask for forgiveness of our sin, that we may be cleansed. May we do what is right in your sight, in your ways, on the path you have us on. We love you and we thank you. In Jesus precious name, Amen

Clinically proven natural remedies



Echinacea harbors immune modulatory, antiviral, and anti-inflammatory effects, and is most effective during bouts of acute illness.

Peppermint

Dating back to ancient Greece, peppermint has long been used as an herbal remedy to treat gastrointestinal ailments. Nowadays, peppermint oil and leaves are commonly used to treat irritable bowel syndrome (IBS). Symptom relief is likely owed to the menthol found in peppermint, which has an antispasmodic effect on the intestinal smooth muscle. Menthol is also used in various over-the-counter topical products targeting respiratory congestion, headache, and muscle pain.

Chamomile tea

Poor sleep quality is often associated with postpartum women, but chamomile tea may be able to help. According to the results of a [Chinese trial](#), postnatal women who drank chamomile tea for 2 weeks experienced better sleep quality and greater alleviation of symptoms of depression than did controls.

Echinacea

Echinacea is derived from the roots of coneflowers. For some time, experts have been interested in the immune effects of this natural supplement. In a meta-analysis published in [Advances in Medicine](#), echinacea extract was found to decrease the risk of recurrent respiratory infections and complications, such as pneumonia, ear infection, and tonsillitis. Experts hypothesize that echinacea harbors immune modulatory, antiviral, and anti-inflammatory effects that appear strongest in susceptible individuals. Notably, it seems that echinacea is most effective during bouts of acute illness.

5 REASONS TO AVOID DIET SODAS AT ALL COSTS

Aspartame mechanism of action

Aspartame is one of the most popular and widely used artificial sweeteners on the market. It is a second-generation artificial sweetener and is about 200 times sweeter than sucrose (table sugar). Aspartame is metabolized into aspartic acid, methanol, and phenylalanine. Aspartic acid is an excitatory neurotransmitter, and phenylalanine plays a role in neurotransmitter regulation, with resultant alterations in neurotransmitter levels yielding neurobehavioral disturbances.

A jump in phenylalanine and aspartic acid levels has been linked to decreased serotonin and dopamine production, further exacerbating neurological side effects. Moreover, high levels of aspartame increase the permeability of the blood-brain barrier, and change levels of dopamine and other catecholamines.

Cognitive effects

In some small studies involving participants who drank either sucrose-sweetened beverages or aspartame-sweetened beverages, immediate measures of spatial

memory, word recall, and reaction times were better in those who consumed sucrose-sweetened beverages. Of note, however, these studies only investigated cognitive effects following one-time consumption.

In a more robust (albeit low-power) trial published in [*Research in Nursing & Health*](#), researchers randomized participants to either a high-aspartame (25 mg/kg body weight/day) or low-aspartame diet (10 mg/kg body weight/day) for 8 days, with a 2-week washout between diet crossover. They found that those who consumed a high-aspartame diet performed worse on spatial orientation tests. However, the researchers observed no differences in working memory between both groups.

Mental health effects

Per the research, the effects of aspartame on mood are mixed but nonetheless concerning. In one early crossover [trial](#), investigators randomized 40 patients with unipolar depression to receive either aspartame 30 mg/kg/day or placebo for 7 days. Only 13 patients completed the study, with the study truncated by the Institutional Review Board due to the severity of depression in those taking aspartame.

“Despite the small [sample size], there was a significant difference between aspartame and placebo in number and severity of symptoms for patients with a history of depression, whereas for individuals without such a history there was not. We conclude that individuals with mood disorders are particularly sensitive to this artificial sweetener and its use in this population should be discouraged,” wrote the authors.

The authors of the *Research in Nursing & Health* publication offered one explanation for the mixed results of previous studies investigating the link between aspartame intake and mood, stating that:

“The conflicting reports of the neurobehavioral effects (cognition, mood, depression, and headaches) of aspartame consumption may be due to study design issues including use of single doses of aspartame, placebo, or a sugar-based treatment, followed by a one-time assessment, without calculating dosages according to body weight or participant energy requirements, or only estimating dose by retrospective dietary recall. No reports were found of indirect calorimetry to determine individual energy needs and portion sizes.”

These authors attempted to reconcile such limitations in their own study, and found that when participants were their own controls, irritability and depression more commonly occurred with high-aspartame intake compared with low-aspartame intake.

Neurological effects

From a physiologic perspective, it would make sense that aspartame exacerbates headache. After all, diet can mediate catecholamine and neuronal pathways. But guess what? As with so many other counterintuitive medical phenomena, realities are less clear-cut.

In those who experience migraines, large amounts of aspartame (900-3,000 mg/kg body weight/day) have been found to induce headaches or make headaches worse. Alternatively, formaldehyde, which is a byproduct of aspartame, could do the same.

Researchers of one randomized, controlled [study](#)—in what probably amounts to the best among low-powered studies on the topic—reported the following:

“There was no significant treatment difference in the length or intensity of headaches or in the occurrence of side effects associated with the headaches. This experiment provides evidence that, among individuals with self-reported headaches after ingestion of aspartame, a subset of this group report more headaches when tested under controlled conditions. It appears that some people are particularly susceptible to headaches caused by aspartame and may want to limit their consumption.”

In the trial, 18 participants were randomized to receive aspartame (~30 mg/kg/d) and placebo in a 2-treatment, 4-period crossover design. Upon aspartame exposure, participants reported headaches on 33% of treatment days, compared with only 24% with placebo ($P = 0.04$). Notably, patients who were “very sure” before beginning the study that aspartame led to headaches were more likely to experience treatment differences. Interestingly, this trial was cut short by participant attrition, with seven patients finding the headaches unbearable.

CLOSING THOUGHTS:

We must be imbued with the Spirit of Christ. We cannot labor with God merely from our intellect or our education. We cannot buy the grace of God with money; we cannot buy it with eloquence; we cannot buy it with the power of our intellect. It is God's to begin with....We are to occupy to the best knowledge that we have, and sense our responsibility, and let our light shine through us to those that are around us, and in doing that we are doing the work of God.

CLOSING PRAYER: Heavenly Father, let your will be done in our lives. Let us not lean on to our own understanding but acknowledge you in everything; in everything we say, do and act. We are yours and You are ours. Whatever you must do for the salvation of our souls, let us embrace it with all gladness and joy, with no complain only praise. We love you. In Jesus name we pray, Amen