

## *All May Win*

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. **1 Corinthians 9:24.** {UL 173.1}

Heaven's resources are limitless, and they are all at our command. Why then, I ask, is the progress of the Lord's work in our world so slow? Why is Christ so sadly misrepresented? Why are not the Lord's followers increasing in knowledge and purity, holiness, and power? {UL 173.2}

Are there not presented before Christ's followers the highest virtues to be cultivated, the greatest honors to be gained? **God calls upon them to enter upon a race in which everyone may win. He calls upon them to enlist in a warfare in which everyone may be a conqueror. A robe of righteousness and a crown of everlasting life—this is the reward held out before the overcomer....** {UL 173.3}

When the Christian takes his baptismal vow, divine help is pledged to him. The Father, the Son, and the Holy Spirit stand ready to work in his behalf. God places at his command the resources of heaven, that he may be an overcomer. His own power is small, but God is omnipotent, and God is his helper. Daily he is to make known his wants at the throne of grace. By faith and trust, by availing himself of the resources provided, he will come off more than conqueror. Why, then, should not those who are fighting against the powers of darkness, move forward with faith and courage? **God and Christ and the Holy Spirit are on their side....** {UL 173.4}

When we remember that no one knows when his probation may close, how dare we live unprepared—unready to meet our Lord? How dare we remain sinful and defiled? Why are we not afraid? Why are we not troubled? Why do we not realize our peril? ... The Lord would work mightily for His people if they would put off the works of darkness and be clothed with His righteousness.... {UL 173.5}

God calls upon those who claim to have a knowledge of the truth to show by unquestioning obedience that they are faithful soldiers of the cross. Let not those who stand under the bloodstained banner of Prince Emmanuel do anything that will dishonor the cause for which they are fighting. Christ expects His soldiers to be brave and loyal and true. {UL 173.6}

**The work that Christ did on this earth His followers are to do. With the power and efficiency brought by the Holy Spirit they are to carry forward His plan for the restoration of the divine image in humanity.** The Lord will do great things for them when they work under the Holy Spirit's guidance. But they must place their entire dependence on God.—**Manuscript 13, June 8, 1902, "God's People to Be Light Bearers."** {UL 173.7}

## Under His Wings

My way was filled with danger  
And I felt so alone  
The enemy had singled me  
Out to do wrong  
And when he drew near  
My heart filled with fear  
Then I heard someone dear  
Calling me to His side

And I ran under His wings  
There He covered me, and now I can see  
The enemy still looks for me  
But what he can't see  
Is that I'm under my Lord's wings  
Under His wings

The thunder rolled  
Dark clouds hung low  
I was out in a storm  
I was shivering in the coldest night  
No safe retreat from harm  
And there blew strong winds  
Would this be my end?  
And then I heard my Friend  
Callin' me to His side

And I ran under His wings  
There He covered me  
And now I can see  
The storm still rages  
Oh, but in the Rock of Ages  
We're resting warmly here  
Under our Lord's wings

Under His wings, Under His wings  
Who from His love can sever?  
Under His wings My soul shall abide  
Safely abide forever

## OPENING PRAYER

The work that Christ did on this earth His followers are to do. With the power and efficiency brought by the Holy Spirit they are to carry forward His plan for the restoration of the divine image in humanity. The Lord will do great things for them when they work under the Holy Spirit's guidance. But they must place their entire dependence on God. Lord let this be our prayer. In Jesus precious name. Amen.

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# ARTHRITIS

## What is arthritis?

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA).

The symptoms of arthritis usually develop over time, but they may also appear suddenly. Arthritis is most commonly seen in adults over the age of 65, but it can also develop in children, teens, and younger adults. Arthritis is more common in women than men and in people who are overweight.

## What are the symptoms of arthritis?

Joint pain, stiffness, and swelling are the most common symptoms of arthritis. Your range of motion may also decrease, and you may experience redness of the skin around the joint. Many people with arthritis notice their symptoms are worse in the morning.

In the case of RA, you may feel **tired** or experience a **loss of appetite** due to the inflammation the immune system's activity causes. You may also become **anemic** — meaning your **red blood cell count** decreases — or have a slight **fever**. Severe RA can cause joint deformity if left untreated.

## What causes arthritis?

**Cartilage** is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move and put stress on them. A reduction in the normal amount of this cartilage tissue cause some forms of arthritis.

Normal wear and tear causes **OA**, one of the most common forms of arthritis. An infection or injury to the joints can exacerbate this natural breakdown of cartilage tissue. Your risk of developing OA may be higher if you have a family history of the disease.

Another common form of arthritis, **RA**, is an **autoimmune disorder**. It occurs when your body's immune system attacks the tissues of the body. These attacks affect the synovium, a soft tissue in your joints that produces a **fluid** that nourishes the cartilage and lubricates the joints.

RA is a disease of the synovium that will invade and destroy a joint. It can eventually lead to the destruction of both bone and cartilage inside the joint.

The exact cause of the immune system's attacks is unknown. But scientists have discovered **genetic markers** that increase your risk of developing RA fivefold.

## How is arthritis diagnosed?

Seeing your primary care physician is a good first step if you're unsure who to see for an arthritis diagnosis. They will perform a **physical exam** to check for fluid around the joints, **warm** or red joints, and limited range of motion in the joints. Your doctor can refer you to a specialist if needed.

If you're experiencing severe symptoms, you may choose to schedule an appointment with a **rheumatologist** first. This may lead to a faster diagnosis and treatment.

Extracting and analyzing inflammation levels in your blood and joint fluids can help your doctor determine what kind of arthritis you have. Blood tests that check for specific types of antibodies like anti-CCP (anti-cyclic citrullinated peptide), **RF (rheumatoid factor)**, and **ANA (antinuclear antibody)** are also common diagnostic tests.

Doctors commonly use imaging scans such as **X-ray**, **MRI**, and **CT scans** to produce an image of your bones and cartilage. This is so they can rule out other causes of your symptoms, such as **bone spurs**.

## How is arthritis treated?

The main goal of treatment is to reduce the amount of pain you're experiencing and prevent additional damage to the joints. You'll learn what works best for you in terms of controlling pain. Some people find **heating pads and ice packs** to be soothing. Others use mobility assistance devices, like canes or walkers, to help take pressure off sore joints.

Improving your joint function is also important. Your doctor may prescribe you a combination of treatment methods to achieve the best results.

## Medication

A number of different types of medication treat arthritis:

- **Analgesics**, such as hydrocodone (Vicodin) or **acetaminophen** (Tylenol), are effective for pain management, but don't help decrease inflammation.
- **Nonsteroidal anti-inflammatory drugs (NSAIDs)**, such as **ibuprofen** (Advil) and salicylates, help control pain and inflammation. Salicylates can thin the blood, so they should be used very cautiously with additional blood thinning medications.
- **Menthol or capsaicin creams** block the transmission of pain signals from your joints.
- **Immunosuppressants** like **prednisone** or **cortisone** help reduce inflammation.

If you have RA, your doctor may put you on corticosteroids or **disease-modifying antirheumatic drugs (DMARDs)**, which suppress your immune system.

If your arthritis is most severe in your **fingers** or **wrists**, your doctor may perform a joint fusion. In this procedure, the ends of your bones are locked together until they heal and become one.

## Physical therapy

Physical therapy involving exercises that help strengthen the muscles around the affected joint is a core component of arthritis treatment.

## What lifestyle changes can help people with arthritis?

**Weight loss** and maintaining a healthy weight reduce the risk of developing OA and can reduce symptoms if you already have it.

Eating a **healthy diet** is important for weight loss. Choosing a diet with lots of **antioxidants**, such as fresh fruits, vegetables, and herbs, can help reduce inflammation. Other **inflammation-reducing foods** include fish and nuts.

Foods to minimize or **avoid** if you have arthritis include fried foods, processed foods, dairy products, and high intakes of meat.

Some **research** also suggests that gluten antibodies may be present in people with RA. A gluten-free diet may improve symptoms and disease progression. A **2015 study** also recommends a gluten-free diet for all people who receive a diagnosis of undifferentiated connective tissue disease.

**Regular exercise** will keep your joints flexible. **Swimming** is often a good form of exercise for people with arthritis because it doesn't put pressure on your joints the way running, and walking do. Staying active is important, but you should also be sure to rest when you need to and avoid **overexerting** yourself.

At-home exercises you can try including:

- the head tilt, neck rotation, and other exercises to relieve **pain in your neck**
- finger bends and thumb bends to ease **pain in your hands**
- leg raises, **hamstring stretches**, and other **easy exercises for knee arthritis**

## What is the long-term outlook for people with arthritis?

While there is no cure for arthritis, the right treatment can greatly reduce your symptoms.

In addition to the treatments your doctor recommends, you can make several lifestyle changes that may help you manage your arthritis.

Devotional Book: *The Upward Look*

Written by Ellen G. White

Wednesday, September 2, 2020

### CLOSING THOUGHTS

When the Christian takes his baptismal vow, divine help is pledged to him. The Father, the Son, and the Holy Spirit stand ready to work in his behalf. God places at his command the resources of heaven, that he may be an overcomer. His own power is small, but God is omnipotent, and God is his helper. Daily he is to make known his wants at the throne of grace. By faith and trust, by availing himself of the resources provided, he will come off more than conqueror. Why, then, should not those who are fighting against the powers of darkness, move forward with faith and courage? God and Christ and the Holy Spirit are on their side.... Father thank you for all you have given and all that you have done. In Jesus precious name we pray. Amen.