

# *Christ Intercedes for You*

We have such an high priest, who is set on the right hand of the throne of the Majesty in the heavens; a minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man.

Hebrews 8:1, 2. {UL 155.1}

The natural eye can never behold the comeliness and beauty of Christ. **The inward illumination of the Holy Spirit, revealing to the soul its true hopeless, helpless condition without the mercy and pardon of the Sin-bearer—the all-sufficiency of Christ—can alone enable man to discern His infinite mercy, His immeasurable love, benevolence, and glory.** {UL 155.2}

No one ever came to our world on such an errand of grace, infinite compassion, and unspeakable love, as our Saviour; and none ever received such treatment at the hands of fallen man. “Ye are not your own; ye are bought with a price” (see 1 Corinthians 6:19, 20). We are Christ’s by creation, His by redemption. He is the only sinless Being who endured suffering, shameful humiliation, and rejection in our behalf... {UL 155.3}

Then, how should those who become new creatures in Christ Jesus, saved by His merits, conduct themselves before the universe of heaven? Shall they complain? Shall they accuse one another? Would not a meek and submissive spirit be more becoming? “Learn of me,” said the great Teacher, “for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” Shall we reveal this spirit in our characters? Shall we wear His yoke, and lift His burdens? ... {UL 155.4}

**Could all see Christ before the throne, waiting for their prayers, waiting for them to surrender their will, to cease their rebellion and come back to their allegiance to God, in deep penitence they would pray the Father to forgive their transgression of His law, and forgive them for the influence they have exercised in causing others to disregard the law of Jehovah.** The confederacies of the enemy’s army are triumphing in their delay. Will they longer remain under the condemnation of the law? Or, will they stand on the side of Christ, and with their influence help the betrayed, rebellious race by their own experimental knowledge? Will they now become co-workers with Jesus Christ, who is making personal intercession for them before the Father? **Angels are keeping back the destroying agencies, for they have an intense interest for these rebellious sons, and they want to help them to return to the fold in safety and peace, that they may finally be overcomers, and be saved, eternally saved with the family of God in heaven.**—Manuscript 29, May 21, 1900, “Faithful Stewardship.” {UL 155.5}

## HIGHER GROUND

People keep on learnin'  
Soldiers keep on warrin'  
World keep on turnin'  
Cause it won't be too long

Powers keep on lyin'  
While your people keep on dyin'  
World keep on turnin'  
Cause it won't be too long

I'm so darn glad he let me try it again  
Cause my last time on earth I lived a whole world of sin  
I'm so glad that I know more than I knew then  
Gonna keep on tryin'  
Till I reach my highest ground

Teachers keep on teachin'  
Preachers keep on preachin'  
World keep on turnin'  
Cause it won't be too long  
Oh no

Lovers keep on lovin'  
Believers keep on believin'  
Sleepers just stop sleepin'  
Cause it won't be too long  
Oh no

I'm so glad that he let me try it again  
Cause my last time on earth I lived a whole world of sin  
I'm so glad that I know more than I knew then  
Gonna keep on tryin'  
Till I reach my highest ground... Whew!

Till I reach my highest ground  
No one's gonna bring me down  
Oh no  
Till I reach my highest ground  
Don't let nobody bring you down (they'll sho 'nuff try)  
God is gonna show you higher ground  
He's the only friend you have around

## OPENING PRAYER:

Father, we are Christ's by creation, His by redemption. He is the only sinless Being who endured suffering, shameful humiliation, and rejection in our behalf....Lord let us grow in the likeness of you, let this be our prayer. In Jesus name we pray, Amen.

## **5 Ways Sun Impacts Your Mental and Physical Health**



We often hear about the [risks of getting too much sun](#). While it is true that sunburns and skin cancer are very real threats and that SPF is essential, there are also positive effects of sun exposure. The sun is much more than its potential pitfalls and can do plenty of good things for your body — soaking up some sunlight can do wonders for your mind, bones, and more.

When you give your skin access to a healthy dose of the sun's rays, you are likely to experience some tangible benefits immediately.

Here are five ways the sun can affect your mental and physical health.

### 1. Increased Vitamin D

Vitamin D has some [important functions](#) in the body. It promotes reduced inflammation and modulates cell growth. It is also extremely hard to get enough from food sources alone. **The sun is the best natural source of Vitamin D**, and it only takes **5-15 minutes** of sunlight a few times a week to notice a difference. Get outside and expose yourself to direct sun on your arms and face to soak up this necessary vitamin. Just remember to use sunscreen if you will be outside for more than 15 minutes.

### 2. Improved Mood

It turns out “[sunny disposition](#)” is more than just an expression: [Researchers at BYU](#) found more mental health distress in people during seasons with little sun exposure. On the contrary, days with plenty of sunshine were associated with better mental health — in fact, the availability of sunshine has more impact on mood than rainfall, temperature, or any other environmental factor.

Getting some sun increases your [serotonin](#) and helps you stave off Seasonal Affective Disorder (**SAD**) and sun exposure can also help people with anxiety and depression, especially in combination with other treatments.

### 3. Higher Quality Sleep

That [serotonin](#) you soak up from the sun’s rays does more than boost your mood – it might also help you get more restful sleep at night. Working in tandem with serotonin is melatonin, a chemical in your brain that lulls you into slumber and one that sun also helps your body produce. Suffering from insomnia? Try to stick to traditionally light and dark cycles, getting sunlight during the day so you can catch some zzz’s at night.

#### 4. Stronger Bones

Remember how we mentioned Vitamin D does some important stuff for your body? **Low Vitamin D** has been linked to diseases like osteoporosis and rickets, and one of the most specific benefits of **Vitamin D** is earning stronger bones and teeth. Move over, calcium!

How much **Vitamin D** do you need? For adults, a daily intake of **4,000** international units (or IUs) is **recommended**. While calcium intake is also crucial for bone health, getting enough sun helps your body absorb the calcium.

#### 5. Lower Blood Pressure

When sunlight hits your skin, your body releases something called **nitric oxide** into your blood. This compound brings down blood pressure and improves heart health. Maintaining healthy blood pressure can reduce your risks of cardiac disease and stroke. Feelings of relaxation may also naturally bring down blood pressure, so boosting your happiness by soaking up rays also aids in keeping your pressure down.

The sun can be your body's best friend. It not only boosts your mood and can be an effective part of treatment for depression and **SAD**, but its rays have tangible benefits for our physical well-being. Stuck under cloudy conditions for a week or more? Consider a light therapy lamp, which can be installed in any room and provide a temporary alternative to the sun.

As always, use proper precautions and make sure to visit your doctor for regular skin examinations to be sure you are not at risk for skin cancer.

### **CLOSING THOUGHT:**

Shall they complain? Shall they accuse one another? Would not a meek and submissive spirit be more becoming? “Learn of me,” said the great Teacher, “for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” Shall we reveal this spirit in our characters? Shall we wear His yoke, and lift His burdens?

### **CLOSING PRAYER:**

Angels are keeping back the destroying agencies, for they have an intense interest for these rebellious sons, and they want to help them to return to the fold in safety and peace, that they may finally be overcomers, and be saved, eternally saved with the family of God in heaven. Father we want this to be our prayer that we do all that is required of us to do. In Jesus name we pray, Amen.