

Every Man is Given His Work

When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him.

Isaiah 59:19. {UL 179.1}

Professing Christians who live cold-hearted, selfish lives are nauseating to Christ. Let us not be lukewarm Christians, heartless in our treatment of others. Let us surround ourselves with an atmosphere of courage and hope. Let us speak pleasant, encouraging words to those around us.... {UL 179.2}

Let us cherish the truth of God. Unless we are successful in obtaining eternal life, it were better for us that we had never been born. Let us not refuse to avail ourselves of the privileges that are ours through the sacrifice of Christ. Although equal with God, He came to this world to give His life for us. On the cross of Calvary, He died a death of shame, that He might make an atonement for the sins of those who receive Him as their Saviour. To those who receive Him, and believe on Him, He promises to give power to become the sons of God. {UL 179.3}

Jesus loves you. He has purchased you with His blood. Had He not loved you, He would not have died for you. His heart of love is grieved when you work contrary to Him, because you are thwarting His plan for your salvation. **God cannot bless those who oppose Him, those who refuse to accept the words of comfort and peace that would bring light and love to their souls.** {UL 179.4}

To every man is given his work. Those who are connected with God will reveal their connection by working with Him. They are co-partners with God and with Christ. They are joint-heirs with Christ to an immortal inheritance. {UL 179.5}

If in this world we do our best, following our divine Example, overcoming in the strength that He gives, we shall be granted an abundant entrance into the courts above. There Christ will lead us by rivers of living water and teach us the meaning of the providences that in this world we did not understand. Then we shall be able to discern the love of God in what now seem to us adversities. **We shall see that trials were permitted to come to us to remove our un-Christlike traits of character, and to strengthen our weak points.** {UL 179.6}

God is calling upon you to surrender to Him. Will you not come? Will you not give Him your heart's best and holiest affections? Will you not **receive from Him gold tried in the fire**, that you may be **rich, and white raiment** that you may be clothed? Will you not allow Him to **anoint your eyes with His heavenly eyesalve**, that you may see clearly? —**Manuscript 114, June 14, 1903**, "Duties and Privileges of a Christian," a talk given at Calistoga, California. {UL 179.7}

SONG SERVICE

To God Be the Glory

To God be the glory
Great things He has done
So loved He the world that He gave us His Son
Who yielded His life an atonement for sin
And opened the life-gate that all may go in

Praise the Lord, praise the Lord
Let the earth hear His voice
Praise the Lord, praise the Lord
Let the people rejoice
Come to the Father
Through Jesus the Son
Give Him the glory
Great things He has done
Oh yes

O perfect redemption, the purchase of blood
To every believer the promise of God
The vilest offender who truly believes
That moment from Jesus a pardon receives

Praise the Lord, praise the Lord
Let the earth hear His voice
Praise the Lord, praise the Lord
Let the people rejoice
Come to the Father
Through Jesus the Son, yeah, yes
Give Him the glory
Great things He has done
O yes...

Great things He has taught us, great things He has done
And great our rejoicing through Jesus the Son
But purer, and higher, and greater will be
Our wonder, our worship, when Jesus we see

Praise the Lord, praise the Lord
Let the earth hear His voice
Praise the Lord, praise the Lord
Let the people rejoice

Praise the Lord, praise the Lord
Let the earth hear His voice
Praise the Lord, praise the Lord
Let the people rejoice
Come to the Father
Through Jesus the Son (give Him the glory)
Give Him the glory
Great things He has done.

10 Health Benefits of Watermelon That Make It The Perfect Summer Fruit

Few things instantly evoke such powerful memories of summer and can put a smile on your face quite as quick as the thought of capping off a backyard barbecue with a big tray of freshly sliced, ripe and juicy watermelon. I mean, seriously, just think about it for a moment... you can almost taste it, can't you? It is safe to say that most people love this flavorful fruit, but few realize that watermelons are actually jam-packed with tons of health benefits, making them a truly perfect summertime snack.



1. Good for your Heart

Watermelons owe their gorgeous red color to the powerful antioxidant lycopene, just like tomatoes. In recent years, lycopene has been recognized by the scientific community as an especially important nutrient for cardiovascular health. The consumption of lycopene-rich foods, like watermelon, have been connected to an improvement in blood flow by acting as a vasodilator and have shown some ability to potentially lower LDL, aka bad cholesterol, making lycopene doubly good for your heart.

2. Good for your Bones

Another benefit of lycopene-rich foods is that they improve bone health by reducing oxidative stress, which can lead to bone problems, among other health issues. Recent studies have shown that lycopene may provide an alternative natural treatment for the prevention and management of osteoporosis, especially in post-menopausal women.

3. Improves Athletic Performance

Watermelon is also a great source of citrulline, a nonessential alpha-amino acid that has been shown to enhance the utilization of essential amino acids during exercise and increase blood flow. Consider

including watermelon in your pre and post workout routines as it can reduce recovery time after exercise and help further increase growth hormone levels after resistance training.

4. Reduces Body Fat

Your body naturally converts the citrulline found in watermelon into arginine in the kidneys. There is some preliminary evidence from animal studies that shows that the conversion of citrulline into arginine may help prevent excess accumulation of fat in fat cells, which is always a good thing.

5. Keeps you Hydrated

As its name would suggest, watermelon is full of water... shocking! But in addition to that water, this fruit is also a good source of electrolytes which help you to stay hydrated and replace the minerals that are lost when you sweat.

6. A Natural Diuretic

Watermelon is a natural diuretic which helps increase the flow of urine, but does not put undue strain on your body, unlike coffee or alcohol. Regular consumption of watermelon helps to ease strain on the kidneys while your body eliminates excess fluids.

7. Reduces Inflammation

Watermelons contain several phenolic compounds that are beneficial in reducing inflammation in the body and have been proposed as an alternative natural approach to prevent or treat chronic inflammatory diseases.

8. Reduces Brain Fog

Watermelon is a good source of potassium, which is absolutely essential for our bodies to function properly. Among other things, low potassium levels can lead to mental fogginess and confusion because, without adequate levels of this extremely important mineral, the electrical signals that drive the brain are interrupted.

9. Improves Immunity

Watermelon is also a delicious way to get your daily dose of vitamin C, with one serving containing about 16% of your day's requirement. Vitamin C is regarded as one of the safest and most effective nutrients around and has been shown to improve immunity and overall health.

10. It Gets Better as It Ripens

As the flesh of a watermelon ripens and turns from white to pink to red, it doesn't just get more sweet and delicious but also more nutritious as the density of its antioxidants gradually increases, so be sure to wait until your watermelon is fully ripe before you enjoy your perfect anytime treat.

CLOSINGS THOUGHTS

God is calling upon you to surrender to Him. Will you not come? Will you not give Him your heart's best and holiest affections? Will you not receive from Him gold tried in the fire, that you may be rich, and white raiment that you may be clothed? Will you not allow Him to anoint your eyes with His heavenly eyesalve, that you may see clearly?

CLOSING PRAYER

If in this world we do our best, following our divine Example, overcoming in the strength that He gives, we shall be granted an abundant entrance into the courts above. There Christ will lead us by rivers of living water and teach us the meaning of the providences that in this world we did not understand. Then we shall be able to discern the love of God in what now seem to us adversities. We shall see that trials were permitted to come to us to remove our un-Christlike traits of character, and to strengthen our weak points. Father forgive us for our doubts and indifferences. We pray, by beholding we will become changed into the likeness of your Image. In Jesus precious name we pray. Amen

Devotional Book: *The Upward Look*

Written by Ellen G. White

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