

# *God Has His Chosen People*

**But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light. 1 Peter 2:9. {UL 131.1}**

God gives men the light, but many are filled with a self-sufficient, masterly spirit; and they strive by carrying out their own ideas to reach a height where they will be as God. They place their mind first, as if God must serve with them. Herein lies the danger in this: Unless God shall in some way make these men understand that He is God, and that they are to serve Him, human inventions will be brought in that will lead away from Bible truth, notwithstanding all the cautions that have been given. {UL 131.2}

The Lord Jesus will always have a chosen people to serve Him. When the Jewish people rejected Christ, the Prince of life, He took from them the kingdom of God and gave it unto the Gentiles. **God will continue to work on this principle with every branch of His work. When a church proves unfaithful to the word of the Lord, whatever their position may be, however high and sacred their calling, the Lord can no longer work with them.** Others are then chosen to bear important responsibilities. **But, if these in turn do not purify their lives from every wrong action, if they do not establish pure and holy principles in all their borders, then the Lord will grievously afflict and humble them and, unless they repent, will remove them from their place and make them a reproach....** {UL 131.3}

God is not "worshipped with men's hands, as though he needed any thing" (Acts 17:25). No magnificence of outward display can please God when the heart is serving idols and the hands are polluted with iniquity. **The Holy Spirit will unite with those in the church who, with contrition of heart, will walk humbly with God. To all who look to Him and walk in the footsteps of Christ, He gives sanctification, comfort, and victory over the world.** The people of God, His chosen kingdom, are not as a stagnant pool. They are as a river, constantly flowing, and as it advances becoming deeper and wider, until its life-giving waters are spread over all the earth. Whenever **the gospel of God is received, its grace heals the maladies that sin has produced.** The Sun of Righteousness arises with healing in His beams. Light, strength, and refreshing come from the Lord, and the good fruit borne bears witness to a work of righteousness.—Manuscript 33, April 27, 1903, "God's Purpose for His Church." {UL 131.4}

## My Jesus I Love Thee (I Love You Jesus)

My Jesus I love Thee, I know Thou art mine  
For Thee all the follies of sin I resign  
My gracious Redeemer, my Saviour art Thou  
If ever I loved Thee my Jesus 'tis now

I love Thee because Thou has first loved me  
And purchased my pardon on Calvary's tree  
I love Thee for wearing the thorns on Thy brow  
If ever I loved Thee my Jesus 'tis now

I'll love Thee in life and I will love Thee in death  
And praise Thee as long as Thou lendest me breath  
And say when the death dew lies cold on my brow  
If ever I loved Thee my Jesus 'tis now

I love You Jesus  
I'll always love You  
Now and forever  
I belong to You

In mansions of glory and endless delight  
I'll ever adore Thee in heaven so bright  
I'll sing with the glittering crown on my brow  
If ever I loved Thee my Jesus 'tis now

I love You Jesus  
I'll always love You  
Now and forever  
I belong to You

I love You Jesus  
I'll always love You  
Now and forever  
I belong to You  
I belong to You  
I belong to You

Lift Jesus higher  
Lift Jesus higher

### OPENING PRAYER

But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light, Lord let this be our prayer. In Jesus precious name, Amen.

## How to Make Healthy Smoothies

Making healthy smoothies is a much simpler process than you would imagine, and this post will show you how to make 8 different kinds of healthy smoothies that you are going to love!

To make genuinely healthy smoothies, you must be careful with the ingredients you use. This post will educate you on how to choose the highest-quality ingredients to ensure that you are getting the nutritional benefits you *should* be getting with fruit-filled smoothies.

If you stock your freezer with frozen fruit and keep a few handy base ingredients on hand in the fridge each week, smoothie making is super easy and nutritious.

### Smoothie Add-Ins

Now that you know to focus on healthy, whole food ingredients for smoothies.

Healthy smoothies usually consist of the ingredients you use to flavor your smoothies, such as the fruit itself, and from there you will add in your base ingredients. Typically, some kind of milk, water or juice is necessary to provide a smooth consistency, especially if you are using frozen fruit. I will usually use almond milk or coconut milk, though you can use regular dairy milk, soy milk or any other type of nut milk.

You can also use no-sugar added juices, but I typically don't recommend this since you are already getting all your nutrients from the fruit and most juices are so over-processed and filled with sugar that it's hard to separate the good from the bad.

If you do not want to add milk, you can certainly add water to thin out your smoothie instead – I promise it won't water down the flavor and you're minimizing calories as well. Coconut water is another great option, just be sure to read the label and make sure there are no added sugars.

## Protein in Smoothies

After you have added your fruit and liquid, you will want to add in some protein, especially if you are looking to enjoy it as a full-on breakfast. Even if you are just looking to drink a smoothie as a healthy snack, you should still be adding a protein source to ensure that it satiates you and keeps you feeling full for a little while.

Protein sources can range from Greek yogurt (the highest protein yogurt out there) to seeds such as flax, hemp hearts and chia seeds – these seeds also help to add omega-3s to your smoothies. You can also add in an all-natural protein powder such as [Kaizen Naturals](#), which has 30g of protein and just 130 calories per scoop (you can also cut the scoop in half, which will still add a significant amount of protein).

Not all protein powders are made equal so be sure you do your research before buying. You can choose from a variety of different protein powders such as whey, rice, pea, soy and more so you will also want to assess which type is right for you. [The Cleveland Clinic has a great article](#) to help you choose.

### **To summarize, you will be looking at adding the following to your healthy smoothies:**

- Fruit and vegetables of choice, preferably frozen
- Some sort of healthier liquid (dairy or non-dairy milks, coconut water, juices, water)
- A protein source such as Greek yogurt, protein powder and/or flax seeds

## How Many Ingredients Should I Use?

The biggest piece of advice for ingredients is to keep it simple!

Listed is a ton of possibilities, but try to figure out what works best for you and limit what you're adding so that you can make healthy smoothies on a more consistent basis. If you are trying to eat healthier, the best thing you

can do is make it easy for yourself to eat healthy and change your diet for the long-term.

Pick 1-3 fruits to add, maybe a leafy green such as spinach and then your liquid and protein source.

## **What NOT to Add to Healthy Smoothies**

There really are not too many things you shouldn't be adding to smoothies, but I can say with confidence that sugar and ice are the biggest no-no's.

First up, ice will totally water down your smoothies if you don't drink them right away and you need a super high-powered blender to get a smoother consistency. Frozen fruit will still provide you with that thick, frozen texture but fruit is less difficult to blend and will not water down your smoothie. Plus, you can enjoy frozen-fruit blended smoothies up to 3 days after you make them if you keep them in a sealed container such as a mason jar in the fridge.

Sugar is a big enemy to healthy smoothies too. In order to make your smoothies a lot healthier, you should avoid all processed sugar.

## **How to Make Healthy Smoothies Sweeter**

Now, you are probably wondering how the heck you make your smoothies sweeter than! I find a banana along with the fruit is usually more than enough to make healthy smoothies sweet enough, but you may like to add a bit of extra sweetness in there if you're still getting used to eating less processed sugar.

As mentioned, bananas are great natural sweeteners and they are often more than enough when you are making a smoothie. Here are some other sweetener ideas below:

Applesauce (recommend this in place of bananas), dates, honey, real maple syrup (not cheap table syrup), stevia and molasses.

## CLOSING THOUGHTS

God is not “worshipped with men’s hands, as though he needed any thing” (Acts 17:25). No magnificence of outward display can please God when the heart is serving idols and the hands are polluted with iniquity. **The Holy Spirit will unite with those in the church who, with contrition of heart, will walk humbly with God. To all who look to Him and walk in the footsteps of Christ, He gives sanctification, comfort, and victory over the world.** The people of God, His chosen kingdom, are not as a stagnant pool. They are as a river, constantly flowing, and as it advances becoming deeper and wider, until its life-giving waters are spread over all the earth. Whenever **the gospel of God is received, its grace heals the maladies that sin has produced.** The Sun of Righteousness arises with healing in His beams. Light, strength, and refreshing come from the Lord, and the good fruit borne bears witness to a work of righteousness