

God's Plans Are Simple

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. [John 1:12](#). {UL 195.1}

Christ, the Majesty of heaven, came to this earth in human flesh, expressing divine benevolence, sympathy, and love for the fallen race as He stood at the head of the human family. He came to redeem sinners and clothe them with His righteousness. As the Saviour of the world, He was subject to temptations. **The enemy assailed Him on every point. Constantly he came to Him with the suggestion that by compromising with the world, He might win the world.** Christ is our example.... **[Although] He was in the world, He was not of the world. He was not to conform to worldly practices in order to reach the object of His life. He was not to please Himself. The highest standard must be maintained. Deviation from strict moral rectitude would mar His whole lifework.** {UL 195.2}

In order to save humanity, Christ came down to the level of humanity, as far as worldly advantages were concerned. He came to this earth to be tempted in all points like as human beings are tempted. **In the wilderness Satan came to Him and assailed Him on the great points on which he assails man, but the Saviour did not yield to the enemy. Not in a single particular was He overcome.** And the temptations were just as real to Him as they are to us today. {UL 195.3}

Constantly the Pharisees tried to lead Christ away from the principles of God's government. Making a great profession of piety, they sought to lead Him to swerve from His allegiance. Satan has persuaded many men to deviate from principle by telling them that the end will justify the means. Reasoning from a human standpoint, they excuse themselves for wrongdoing by saying that the cause of God would be the gainer in their unfaithful dealing. This deviation from the holy principles of heaven has placed them in the ranks of the great deceiver.... {UL 195.4}

Christ came to this earth in human form to inaugurate a spiritual reform. **He came to show man how to discard all ostentation and show; how to live upon the pure, vital principles of reform. He came to institute a plan whereby human character might be made pure. By His grace He desires to place men and women close beside the throne of God.** {UL 195.5}

The laws of Christ's kingdom are so simple, so compact, and yet so complete, that any man-made additions will create confusion. And the more simple our plans or work in God's service, the more we shall accomplish. **By studying how they can adopt the plans of worldly policy in their work for God, men disarrange God's plans of humility and simplicity, which He desires shall be followed in advancing His kingdom.**—[Manuscript 53, June 30, 1901](#), untitled manuscript. {UL 195.6}

Devotional Book: *The Upward Look*

Written by Ellen G. White

Wednesday, November 11, 2020

LIVE OUT MY LIFE WITHIN ME * FOUNTIANVIEW ACADAMY

Live out Thy life within me, O Jesus, King of kings
Be Thou Thyself the answer to all my questionings
Live out Thy life within me, in all things have Thy way
I, the transparent medium, Thy glory to display

Abide with me; fast falls the eventide;
The darkness deepens; Lord, with me abide;
When other helpers fail and comforts flee,
Help of the helpless, oh, abide with me.

I need thee every hour Most gracious Lord
No tender voice like thine Can peace afford

I need thee oh I need thee Every hour I need thee
Oh bless me now my savior I come to thee

Live Out Thy Life Within Me continued(in lyrics only):
The temple has been yielded, and purified of sin
Let Thy Shekinah glory now shine forth from within
And all the earth keep silence, the body henceforth be
Thy silent, gentle servant, moved only as by Thee

Its members every moment held subject to Thy call
Ready to have Thee use them, or not be used at all
Held without restless longing, or strain, or stress, or fret
Or chafings at Thy dealings, or thoughts of vain regret

But restful, calm and pliant, from bend and bias free
Awaiting Thy decision, when Thou hast need of me
Live out Thy life within me, O Jesus, King of kings
Be Thou the glorious answer to all my questionings

10 Reasons Why Good Sleep Is Important



Written by [Joe Leech, MS](#) on February 24, 2020 — Medically reviewed by [Atli Arnarson BSc, PhD](#)

A good night's sleep is incredibly important for your health.

In fact, it's just as important as eating healthy and exercising. Unfortunately, there's a lot that can interfere with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Here are 10 reasons why good sleep is important.

1. Poor sleep is linked to higher body weight



Poor sleep is strongly linked to weight gain.

People with short sleep duration tend to weigh significantly more than those who get adequate sleep.

In fact, short sleep duration is one of the strongest risk factors for obesity.

In one extensive review study, children and adults with short sleep duration were 89% and 55% more likely to develop obesity, respectively.

The effect of sleep on weight gain is believed to be mediated by **numerous factors**, including hormones and motivation to exercise.

If you're trying to lose weight, getting quality sleep is absolutely crucial.

2. Good sleepers tend to eat fewer calories

Studies show that sleep-deprived individuals have a bigger appetite and tend to eat more calories.

Sleep deprivation disrupts the daily fluctuations in appetite hormones and is believed to cause poor appetite regulations.

This includes higher levels of ghrelin, the hormone that stimulates appetite, and reduced levels of **leptin**, the hormone that suppresses appetite.

3. Good sleep can improve concentration and productivity

Sleep is important for various aspects of brain function.

This includes cognition, concentration, productivity, and performance.

All of these are negatively affected by sleep deprivation.

A study on medical interns provides a good example.

Interns on a traditional schedule with extended work hours of more than 24 hours made 36% more serious medical errors than interns on a schedule that allowed more sleep.

Another study found that short sleep can negatively impact some aspects of brain function to a similar degree as alcohol intoxication.

On the other hand, good sleep has been shown to improve problem-solving skills and enhance memory performance of both children and adults.

SUMMARY

Good sleep can maximize problem-solving skills and enhance memory. Poor sleep has been shown to impair brain function.

4. Good sleep can maximize athletic performance

Sleep has been shown to enhance athletic performance.

In a study on basketball players, longer sleep was shown to significantly improve speed, accuracy, reaction times, and mental well-being.

Less sleep duration has also been associated with poor exercise performance and functional limitation in older women.

A study in over 2,800 women found that poor sleep was linked to slower walking, lower grip strength, and greater difficulty performing independent activities.

SUMMARY

Longer sleep has been shown to improve many aspects of athletic and physical performance.

5. Poor sleepers have a greater risk of heart disease and stroke

Sleep quality and **duration** can have a major effect on many health risk factors.

These are the factors believed to drive chronic diseases, including **heart disease**.

A review of 15 studies found that people who don't get enough sleep are at far greater risk of heart disease or stroke than those who sleep 7–8 hours per night.

SUMMARY

Sleeping less than 7–8 hours per night is linked to an increased risk of heart disease and stroke.

6. Sleep affects glucose metabolism and type 2 diabetes risk

Experimental sleep restriction affects blood sugar and reduces insulin sensitivity.

In a study in healthy young men, restricting sleep to 4 hours per night for 6 nights in a row caused symptoms of **prediabetes**.

These symptoms resolved after one week of increased sleep duration.

Poor sleep habits are also strongly linked to adverse effects on blood sugar in the general population.

Those sleeping less than 6 hours per night have repeatedly been shown to be at an increased risk of type 2 diabetes.

SUMMARY

Sleep deprivation can cause prediabetes in healthy adults in as little as 6 days. Many studies show a strong link between short sleep duration and type 2 diabetes.

7. Poor sleep is linked to depression

Mental health issues, such as **depression**, are strongly linked to poor sleep quality and sleeping disorders.

It's been estimated that 90% of people with depression complain about sleep quality.

Poor sleep is even associated with an increased risk of death by suicide.

Those with **sleeping disorders** like insomnia or obstructive sleep apnea also report significantly higher rates of depression than those without.

SUMMARY

Poor sleeping patterns are strongly linked to depression, particularly for those with a sleeping disorder.

8. Sleep improves your immune function

Even a small loss of sleep has been shown to impair immune function.

One large 2-week study monitored the development of the common cold after giving people nasal drops with the cold virus.

They found that those who slept less than 7 hours were almost 3 times more likely to develop a cold than those who slept 8 hours or more.

If you often get colds, ensuring that you get at least 8 hours of sleep per night could be very helpful. Eating **more garlic** can help as well.

SUMMARY

Getting at least 8 hours of sleep can improve your immune function and help fight the common cold.

9. Poor sleep is linked to increased inflammation

Sleep can have a major effect on **inflammation** in your body.

In fact, sleep loss is known to activate undesirable markers of inflammation and cell damage.

Poor sleep has been strongly linked to long-term inflammation of the digestive tract, in disorders known as **inflammatory bowel disease**.

One study observed that sleep-deprived people with Crohn's disease were twice as likely to relapse as patients who slept well.

Researchers are even recommending sleep evaluation to help predict outcomes in individuals with long-term inflammatory issues.

SUMMARY

Sleep affects your body's inflammatory responses. Poor sleep is linked to inflammatory bowel diseases and can increase your risk of disease recurrence.

10. Sleep affects emotions and social interactions

Sleep loss reduces your ability to interact socially.

Several studies confirmed this using emotional facial recognition tests.

One study found that people who hadn't slept had a reduced ability to recognize expressions of anger and happiness.

Researchers believe that poor sleep affects your ability to recognize important social cues and process emotional information.

SUMMARY

Sleep deprivation may reduce your social skills and ability to recognize people's emotional expressions.

CLOSING THOUGHTS

Christ, the Majesty of heaven, came to this earth in human flesh, expressing divine benevolence, sympathy, and love for the fallen race as He stood at the head of the human family. He came to redeem sinners and clothe them with His righteousness. As the Saviour of the world, He was subject to temptations. The enemy assailed Him on every point. Constantly he came to Him with the suggestion that by compromising with the world, He might win the world. Christ is our example.... [Although] He was in the world, He was not of the world. He was not to conform to worldly practices in order to reach the object of His life. He was not to please Himself. The highest standard must be maintained. Deviation from strict moral rectitude would mar His whole lifework.

CLOSING PRAYER

Constantly the Pharisees tried to lead Christ away from the principles of God's government. Making a great profession of piety, they sought to lead Him to swerve from His allegiance. Satan has persuaded many men to deviate from principle by telling them that the end will justify the means. Reasoning from a human standpoint, they excuse themselves for wrongdoing by saying that the cause of God would be the gainer in their unfaithful dealing. This deviation from the holy principles of heaven has placed them in the ranks of the great deceiver....Father let us not enter into temptations with the deceiver, but through the power of Your Holy Spirit keep us from all evil. This I pray in Jesus precious name. Amen.