

DEVOTIONAL OCTOBER 9, 2019

SONG:

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

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

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

OPENING PRAYER:

Precious Father,

With love and thanksgiving, we come before you; to give praises for all the wonderful thing you have done in our lives. We thank you for the blessing of the power of the Your Holy Spirit. You have allowed us to see ourselves as we are. And to realize without you we are and can do nothing.

Father, forgive us our sins, cleanse us from all unrighteousness and guide us to walk in all your ways, on the path you have chosen; with love and absolute faith.

Thank you, Father, for loving us even when our faces were deep in the miry, when we were in total darkness. Father we are humbled and, in your dept.

In Jesus name we pray, Amen

Infallible Assurance

And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever. Daniel 12:3. {UL 37.1}

Many, very many, will be terribly surprised when the Lord shall come suddenly as a thief in the night. **Let us watch and pray, lest coming suddenly He find us sleeping. My soul is deeply stirred as I consider how much we ought to do for perishing souls.** The prediction of Daniel, “Many shall run to and fro, and knowledge shall be increased” (Daniel 12:4), is to be fulfilled in our giving of the warning message; many are to be enlightened regarding the sure word of prophecy.... {UL 37.2}

The salvation of souls should be our first consideration. I am troubled when I see many rejoicing in temporal prosperity, for those who possess worldly treasure seldom seek earnestly to secure the heavenly. They are in danger of falling into temptation and a snare, and into many foolish and hurtful lusts, which drown man in destruction.... {UL 37.3}

We need a more firm reliance upon a “Thus saith the Lord.” If we have this, we shall not trust to feeling, and be ruled by feeling. God asks us to rest in His love. **It is our privilege to know the Word of God as a sure and tried guide, an infallible assurance.** Let us work on the faith side of the question. **Let us believe and trust, and talk faith and hope and courage. Let the praise of God be in our hearts and on our lips oftener than it is.** “Whoso offereth praise glorifieth me” (Psalm 50:23). **Keep the mind stayed upon God, and know the love of Christ as the Word of God reveals it.** This Word is life. Talk of Christ; call others to behold Him as your Redeemer. {UL 37.4}

It is our privilege to rest in an active, living faith in Christ as the Life-giver. It is our privilege to comprehend with all saints, what is the length and depth and height, and to know the love of God which passeth knowledge, and be filled with all the fullness of God. Let us contemplate Christ as the One in whom all fullness dwells. **Beholding Him as our personal Saviour, we shall appreciate the value of His saving grace.** We should think about Jesus more than we do. We should let His praise be in our hearts. We should speak of the love that has been so abundantly expressed for us. **We certainly have every reason to praise God with heart and soul and voice, saying, I will praise the Lord for His great love wherewith He hath loved me....** {UL 37.5}

Lift Him up, the Christ of Calvary; lift Him up, that the world may behold Him. Talk of His goodness

Our Long-suffering God

Sometimes the quest for [happiness](#) can be as confounding as Indiana Jones looking for lost treasure. Just when you think you have a clue, some giant boulder comes rolling toward you. Here are some tips to help you find some joy.

1. Reach out to others. You may have good people in your life but have been out of touch. Picking up the phone and giving old friends a call can brighten both of your days and perhaps your lives as well.
2. Remember that happiness is an inside job. That means that no one but you can really make you happy, even though it may not feel that way. When I see a smile on the face of someone I care about, it makes me happy, especially if I helped put it there. Maybe it is an inside job after all.
3. Don't put all your eggs in one basket. If you are relying on one set of circumstances or person to make you happy, it probably won't happen. You need to broaden your scope of friends and activities. Also, know that engaging in new adventures creates brain chemicals that add to your happiness.
4. Trust your gut. When we go against our instincts, and it backfires, we usually feel sad. Follow your [intuition](#) and let it guide you toward people and things that will make your life just a tiny bit better. Day by day, your happiness will grow.
5. Is meditation for you? Most books on happiness say that meditation is key, but most people don't know even how to get started. There are classes all over the place, CDs, downloads, and websites—and you can also try just being nature. The idea is to allow you to calm yourself, so you can feel the good things that your [fear](#) and sadness are pushing away.
6. Organize your thoughts. Many people push away happiness when they are overwhelmed. When you keep everything in your head, it can be difficult to get the perspective you need. Try making lists of the things that seem too big to manage on your own. You may find that you can do most of these things on your own and that the list isn't as long as you thought, but if you need help, ask for it.

7. Stay away from people who bring you down. This may sound simple, but if you are living with those people, it can be very complicated. In that case, a [family therapy](#) session could be very helpful. Many people don't recognize that they are making life difficult for others, and in a group setting with a trained professional, they can learn to behave differently without feeling attacked.
8. Look at the big picture. Most of the things that prevent us from feeling happy are day-to-day life issues. Once in a while, you go through something that makes the little things seem inconsequential, and this is when you need to remember that life is still going on, and whatever the issue is, it will end. Look at your life as a whole—not just the bad parts.
9. Value your values. We all have a value system, a way we have decided to go through life, which makes us feel like a good person. When you know what works and what doesn't, it can make your life a whole lot easier. The important thing to remember is to not lose sight of your values when life becomes a roller coaster. Keeping your values strong will help create happiness.
10. Play more. Sometimes we get so involved in doing our lives and problem solving that we forget to take time to have some fun. You may have to block out a day for fun in your calendar. But the important thing is to have a little joy every day to keep you going and growing.

Happiness can be hard to feel at times, so don't think there is something wrong with you if you don't feel it. We all go through phases, and some people are just naturally happier than others, so try to avoid comparing yourself with others. The truth is that happiness is here for you, and using the techniques above will allow you to feel more of it.

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11 FACTS ABOUT HEALTHY LIVING



Welcome to [DoSomething.org](https://www.dosomething.org), a global movement of millions of young people making positive change, online and off! The 11 facts you want are below, and the sources for the facts are at the very bottom of the page. After you learn something, Do Something! Find out how to [take action here](#).

1. More than 1/3 of adults and over 12.5 million children and teens in the US are obese. In the last 30 years, obesity in children and teens has nearly tripled.[\[1\]](#)

2. One can of soda contains 10 teaspoons of sugar and the average American adult drinks 500 cans of soda every year, estimating about 52 pounds of sugar consumed in soft drinks alone.[\[2\]](#)
3. In a survey of 9th through 12th graders in 2011, 13.1% of the teens admitted to skipping breakfast in the past 7 days, while 11.3% had drunk 3+ servings of soda per day in the same time frame.[\[3\]](#)
4. Excess meat consumption is bad for the planet, for our health, and for the well-being of animals. Ask your school to host meatless Mondays in your cafeteria to keep meat consumption down. Sign up for [Meatless Mondays](#).[\[4\]](#)
5. In 2011, more than 15% of the students were overweight, and more than 12% admitted to starving themselves for 24 hours or more in the last month in an attempt to lose weight.[\[5\]](#)
6. Breakfast is the most important meal of the day because it feeds your body and mind with the necessary nutrients and energy to function throughout the day. Eating breakfast regularly will also help keep weight off because it gets your metabolism going.[\[6\]](#)
7. Teens need 9+ hours of sleep per night for their bodies to function properly. Less than 1/3 of high school students in 2011 reported getting 8 or more hours of sleep per night.[\[7\]](#)
8. Physical activity like aerobic exercise (walking, running), muscle-strengthening (weight-lifting), bone-strengthening (jumping rope), and balance and stretching activities (yoga, pilates, dancing) are especially beneficial to a healthy body.[\[8\]](#)
9. Foods that don't expire contain unnatural preservatives, additives, and chemicals that deteriorate your body. Focus instead on fruits, vegetables, lean meats, whole grains, low-fat dairies, and above all, moderation in whatever you eat.[\[9\]](#)
10. The rate at which your body burns calories when you are resting is called your "resting metabolic rate." If you cut calories below what's needed for RMR, your body will go into survival mode because it doesn't have the energy to perform basic functions.[\[10\]](#)
11. For teens, the recommended caloric intake is 2,100 calories, but it is important to base your diet on your level of physical activity. Depending on how active you are, you can determine how many daily calories are healthy for your weight and lifestyle.[\[11\]](#)

We know we do not eat meat:

These notes are good to share with family, friends and co-workers, etc. The health message is the right hand of the gospel. We all need a healthy mind, heart, and body, physically, and spiritually; for we are not our own. We were bought with the precious blood of the Lamb. In His mercy His blood is shedding still.

CLOSING THOUGHTS:

Yielding to Satan's suggestions, our first parents opened the floodgates of evil upon the world. The questionable principles of the father and the mother of the human race influenced some of those with whom they associated. **The evil that began in Paradise has extended down through the ages.** Although Adam and Eve related with sorrow to their children the sad story of the Fall, their family became a divided family. Cain chose to serve Satan, Abel to serve God. Cain killed his brother Abel, because he would not follow his example. {UL 41.5}

We need to have already chosen whom we serve. Do we love God supreme; with our whole heart? Or do we doubt and allow Satan's whispers to take us away from what we know is truth, because of our lack of unbelief?

Choose ye this day what is good and acceptable and the perfect will of God.

CLOSING PRAYER:

Righteous Father,
Thank you, Lord God, for your presence and grace, your long-suffering and mercies. We are so unworthy, yet you love us unconditionally, we are in awe. Father we know our redemption draws nigh, prepare us. Thank you, Father. for you Holy Spirit, your angels, your teachings and the unity in this camp. In Jesus precious name we pray, Amen.