

## Meeting and Mastering Difficulties

**Thou art my servant; I have chosen thee, and not cast thee away. Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. *Isaiah 41:9, 10.* {UL 116.1}**

Some workers who are depreciated by human wisdom are by God highly exalted. God will raise up men to do a certain work, and as they advance step by step, they will learn of the great I AM. As His work unfolds, they still move forward, under His leadership, performing that which He has placed in their hands. {UL 116.2}

Another man, with supposed superior abilities, may come in, **and looking upon the work of these men, may think that they should be replaced by wiser men.** To his imagination, their work may look all tangled and spoiled, when the Lord is leading step by step. He would advocate that a change be made. He would try to make the workers see that they are making a great mistake in trying to carry on their work. But God sees not as man sees. {UL 116.3}

**The workers whom He is leading may at times be in great perplexity. It is His plan that many difficulties shall be met and mastered. He inspires the workers with the determination to make every apparent failure prove a success.** They are determined to walk in the light that is shining on their pathway, and although they encounter many obstacles, yet they declare, **“I will not fail or be discouraged.”** {UL 116.4}

**Often men pray and weep because of the perplexities and obstacles that confront them. But it is God’s purpose for them to meet perplexities and obstacles, and if they will hold the beginning of their confidence steadfast unto the end, determined to carry forward the work of the Lord, He will make their way clear. Success will come to them as they perseveringly struggle against apparently insurmountable difficulties; and with success will come the greatest joy.** {UL 116.5}

God is preparing humble, contrite men to be valuable workers. He is giving them an experience that human wisdom cannot explain. **He works upon minds by His own wisdom. Supposed mistakes are permitted to appear, that in unexpected ways (which human wisdom cannot comprehend) great glory may come to God. He is accomplishing His work in His own way. He consults His own purposes, not man’s theories.** The power with which He works through any man is proportionate to the man’s earnestness and sincerity. In all that He does, He seeks the highest good of those who are laborers together with Him. —[Letter 162, April 12, 1903](#), to a conference executive. {UL 116.6}

**SONG SERVICE:            THIS WORLD IS NOT MY HOME**

**1** This world is not my home, I'm just a passing through  
My treasures are laid up somewhere beyond the blue;  
The angels beckon me from heaven's open door,  
And I can't feel at home in this world anymore.

**Chorus:**

O Lord, you know I have no friend like you,  
If heaven's not my home, then Lord what will I do?  
The angels beckon me from heaven's open door,  
And I can't feel at home in this world anymore.

**2** They're all expecting me, and that's one thing I know,  
My Savior pardoned me and now I onward go;  
I know He'll take me thro' tho' I am weak and poor,  
And I can't feel at home in this world anymore. [Chorus]

**3** I have a loving Savior up in glory-land,  
I don't expect to stop until I with Him stand,  
He's waiting now for me in heaven's open door,  
And I can't feel at home in this world anymore. [Chorus]

**4** Just up in glory-land we'll live eternally,  
The saints on every hand are shouting victory,  
Their songs of sweetest praise drift back from heaven's shore,  
And I can't feel at home in this world anymore. [Chorus]

Source: Hymns of Faith #311

**OPENING PRAYER:**

Heavenly Father we come before you, your servants, without you in our hearts, we can do nothing that is good. My prayer Father is that you allow each of us to see ourselves as we really are. That we may see the good and the bad, and that we will do all we can in your power, to turn away all that keeps us from you. Father forgive us for idleness and idle words, we ask for the indwelling of your Holy Spirit, which will give us such a conviction, we would rather die than be without you. We ask in Jesus precious name Amen

## **HEALTH MESSAGE:**

### **According to Nutritionists, These Are the 7 Ingredients Your Multivitamin Should Have**



With so many vitamin and mineral combos, how do we know exactly what to look for when shopping for a multivitamin? Luckily, you don't need an advanced degree in nutrition to figure out which multi is worth taking with your morning OJ. We asked four experts to tell us which seven ingredients your multivitamin should have, no matter what brand you choose.

#### **1. Vitamin D**

Vitamin D helps our bodies absorb calcium, which is important for bone health.

Not getting enough of this vitamin can increase:

- your likelihood of getting sick
- your chances of bone and back pain
- bone and hair loss

While you technically should be able to get your daily vitamin D by being in the sunlight for **15 minutes**, the reality is that over 40 percent of people in the United States don't. Living in wintery locations with little sunlight, working an office 9 to 5 life, and applying sunscreen (which blocks vitamin D synthesis) makes getting vitamin D

hard. This vitamin is also hard to come by in food, which is why to look for this ingredient in your multi.

**Pro-tip:** The National Institutes of Health (NIH) [recommends](#) that children **1-13** years of age and adults **19-70**, including pregnant and breastfeeding women, get **600 IU** of vitamin D per day. Older adults should get **800 IU**.

## 2. Magnesium

Magnesium is an essential nutrient, which means that we must get it from food or supplements. Magnesium is best known for being important to our bone health and energy production. However, magnesium may have more benefits than that. This mineral can also:

- calm our nervous system and reduce stress
- ease sleep problems
- regulate muscle and nerve function
- balance blood sugar levels
- make protein, bone, and even DNA

But a lot of people are magnesium deficient because they aren't eating the right foods, not because they need supplements. Try eating more pumpkin, spinach, artichoke, soybeans, beans, tofu, brown rice, or nuts (especially Brazil nuts) before jumping to supplements for solutions.

**Pro-tip:** Looking for a supplement with **300-320 mg** of magnesium. Recommending no more than a **350-mg** supplement for adults. The best forms are aspartate, citrate, lactate, and chloride which the body absorbs more completely.

## 3. Calcium

Over 40 percent of the population doesn't get enough calcium from their diet. This means those people aren't getting the mineral they need for strong bones and teeth.

Women in particular start losing bone density earlier and getting enough calcium from the start is the best nutritional defense against this loss.

**Pro-tip:** The recommended amount of calcium per day is **1,000 mg** for most adults, and while you probably don't need to get all of your calcium needs from a multivitamin, you do want there to be some. You can get calcium in the form of calcium citrate. This form optimizes bioavailability, causing less symptoms in people who have absorption issues.

### 3. Zinc

"Zinc tends to be low in older people and anyone under a lot of stress," which is basically everyone. And it makes sense. Zinc supports our immune system and helps our body use carbohydrates, protein, and fat for energy. It also aids in wound healing.

The average American diet isn't rich in foods that offer zinc, and the body can't store zinc, which is why your daily supplements highlight this ingredient.

**Pro-tip:** Finding a multivitamin that has **5-10 mg** of **zinc**. You get approximately **8-11 mg** of **zinc** daily, so the amount you want your multivitamin to have depends on your diet.

### 4. Iron

"Iron should be in your multivitamin, but not everyone needs the same amount of iron," some of the benefits of iron include:

- increased energy
- better brain function
- healthy red blood cells

Those who eat red meats typically get enough iron, but certain circumstances like having your menstrual cycle, going through puberty, and being pregnant may increase the amount of iron you need. This is because iron is essential during times of rapid growth and development. **Vegetarians and vegans** may also want to make sure their multivitamin has **iron**, especially if they're not supplementing meat with other iron-rich foods.

**Pro-tip:** "Look for a multi with around **18 mg** of iron in the form of ferrous sulfate, ferrous gluconate, ferric citrate, or ferric sulfate," any more than that you may feel nauseous.

## 5. Folate

Folate (or folic acid) is best known for aiding in fetus development and preventing birth defects. But if you're growing out your nails, fighting depression, or looking to combat inflammation, this ingredient is important, too.

### **Foods with folate:**

dark leafy greens

avocado

beans

citrus

**Pro-tip:** You should aim to get around 400 mcg of folate, or **600 mcg** if you're pregnant. "When choosing a multi, look for methyl folate on the label. It's a more active form which generally indicates a more wholesome product. When you take folate with food, **85** percent of it is absorbed, but when taken on an empty stomach, you'll absorb **100** percent of it.

## 7. Vitamin B-12

The **B-vitamin complex** is like a factory made up of eight diligent workers who band together to create and sustain our body's energy supply by breaking down the micronutrients we consume (fats, proteins, carbs).

But each has a specialized role, too, **vitamin B-12** works to keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. **Vegan or vegetarians** are prone to **vitamin B-12 deficiency** because most food sources are animal-based like meat, poultry, fish, and eggs.

**Pro-tip:** The **recommended amount** of **B-12** is less than **3 mcg**, So, look for a vitamin with **1 to 2 mcg** per serving because your body gets rid of any **extra B-12** when you pee. B-12 also has many forms, so look for a multi that carries **B-12** as **methyl cobalamin** (or **methyl-B12**), which is easiest for our bodies to absorb.

### **CLOSING THOUGHTS:**

Often men pray and weep because of the perplexities and obstacles that confront them. But it is God's purpose for them to meet perplexities and obstacles, and if they will hold the beginning of their confidence steadfast unto the end, determined to carry forward the work of the Lord, He will make their way clear. **Success will come to them as they perseveringly struggle against apparently insurmountable difficulties; and with success will come the greatest joy.**