

## *Never Go Back on Your Commitment*

**Let us not be weary in well doing for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith. Galatians 6:9, 10. {UL 92.1}**

Let not those who have made pledges to carry on the work of God repent of their vows and withhold that which they have given. Those who have taken upon themselves the responsibility of annulling a pledge that has been made to God are assuming to do that for which they will not care to account in the day of final reckoning. The counsel of men who would at this time advise that means be withheld from the cause of God and invested in other enterprises should be rejected, for the Lord says to you, **“Lay up your treasure in heaven.” “Invest your means to advance My work, to open new fields, that the light of present truth may shine to all parts of the world.” {UL 92.2}**

How munificent was the Gift that God gave to the human race? He “so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life” (John 3:16). The Lord Jesus gave His life for the world, that man might have a perfect example. Laying off His royal robe and kingly crown, He came to earth as a man. **He was tempted in all points as man is tempted, but not once did He fail to follow the path He had chosen. He was kept by the power of God, upheld by the One who will be the helper of all who love Him and keep His commandments. {UL 92.3}**

**Christ lived the simple life of a poor man’s son, and thus became acquainted with the childhood life of the poor.** And when, during His ministry, children were brought to Him that He might bless them, He thought of the mother who gave Him birth, and honored the mothers of these children, blessing them and their children also. **Christ gave Himself to a life of humiliation and poverty, that He might be able, from childhood to manhood, to leave to all an example of what life should mean to every member of the human family. {UL 92.4}**

**All who have become children of God are to do all in their power to seek and to save the lost sheep. They are to make use of every possible means to give sinners the word of life and the saving grace of Christ. **Believers in the truth are ever to remember the sacrifice that Christ made in order that He might, in taking humanity, be an example to all human beings.—Letter 104, March 19, 1907, to “Those Making Large Gifts to the Cause of Present Truth.” {UL 92.5}****

## **O Come, O Come, Emmanuel ♪**

O come, O come, Emmanuel  
And ransom captive Israel  
That mourns in lonely exile here  
Until the Son of God appear

Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.

O come, Thou Dayspring, come and cheer  
Our spirits by Thine advent here  
Disperse the gloomy clouds of night  
And death's dark shadows put to flight.

Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.

O come, O come, Thou Lord of might,  
Who to Thy tribes, on Sinai's height,  
In ancient times did'st give the Law,  
In cloud, and majesty and awe.

Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.

Rejoice! Rejoice!  
Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel.  
Shall come to thee, O Israel

### **OPENING PRAYER:**

Heavenly Father, we thank you for this day which we are about to receive. Thank you for being in our midst. Without you Father we would dead in trespasses and sin. We are forever in your debt. Thank you for your mercies and patients. In Jesus name we pray, AMEN

## **Health and Nutrition Tips That Are Actually Evidence-Based**

It's easy to get confused when it comes to health and nutrition. Even qualified experts often seem to hold opposing opinions. Yet, despite all the disagreements, a number of wellness tips are well supported by research. Here are some health and nutrition tips that are actually based on good science....

### **Don't drink sugar calories**

Sugary drinks are among the most fattening items you can put into your body. This is because your brain doesn't measure calories from liquid sugar the same way it does for solid food. Therefore, when you drink soda, you end up eating more total calories.

**Sugary drinks** are strongly associated with obesity, type 2 diabetes, heart disease, and many other health problems. Keep in mind that certain **fruit juices** may be almost as bad as soda in this regard, as they sometimes contain just as much sugar. Their small amounts of antioxidants do not negate the sugar's harmful effects.

### **Eat nuts**

Despite being **high in fat**, nuts are incredibly nutritious and healthy. They're loaded with magnesium, vitamin E, fiber, and various other nutrients. Studies demonstrate that nuts can help you lose weight and may help fight type 2 diabetes and heart disease. Additionally, your body doesn't absorb 10–15% of the calories in nuts. Some evidence also suggests that this food can boost metabolism. In one study, **almonds** were shown to increase weight loss by 62%, compared with complex carbs.

## **Avoid processed junk food (eat real food instead)**

Processed junk food is incredibly unhealthy. These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating — even promoting food **addiction** in some people. They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like added sugar and **refined grains**. Thus, they provide mostly empty calories.

## **Get enough sleep**

The importance of getting enough **quality sleep** cannot be overstated. Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. What's more, poor sleep is one of the strongest individual risk factors for **weight gain** and obesity. One study linked insufficient sleep to an 89% and 55% increased risk of obesity in children and adults, respectively.

## **Take care of your gut health with probiotics and fiber**

The bacteria in your gut, collectively called the **gut microbiota**, are incredibly important for overall health. A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, taking **probiotic supplements**, and eating plenty of fiber. Notably, fiber functions as fuel for your gut bacteria.

## **Drink some water, especially before meals**

Drinking enough water can have **numerous benefits**. Surprisingly, it can boost the number of calories you burn. Two studies note that it can increase

metabolism by 24–30% over 1–1.5 hours. This can amount to 96 additional calories burned if you drink 8.4 cups (2 liters).

The optimal time to drink it is before meals. One study showed that downing 2.1 cups (500 ml) of water 30 minutes before each meal increased weight loss by 44%.

## **Avoid bright lights before sleep**

When you're exposed to bright lights in the evening, it may disrupt your production of the sleep hormone melatonin. One strategy is to use a pair of amber-tinted glasses that **block blue light** from entering your eyes in the evening. This allows **melatonin** to be produced as if it were completely dark, helping you sleep better.

## **Take vitamin D3 if you don't get much sun exposure**

Sunlight is a great source of vitamin D. Yet, most people don't get enough **sun exposure**. In fact, about 41.6% of the U.S. population is deficient in this critical vitamin. If you're unable to get adequate sun exposure, vitamin D supplements are a good alternative. Their benefits include improved bone health, increased strength, reduced symptoms of depression, and a lower risk of cancer. **Vitamin D** may also help you live longer.

## **Eat vegetables and fruits**

Vegetables and **fruits** are loaded with prebiotic fiber, vitamins, minerals, and many antioxidants, some of which have potent biological effects. Studies show that people who eat the most **vegetables** and fruits live longer and have a lower risk of heart disease, type 2 diabetes, obesity, and other illnesses .

## Make sure to eat enough protein

Eating **enough protein** is vital for optimal health. What's more, this nutrient is particularly important for weight loss. High protein intake can boost metabolism significantly while making you feel full enough to automatically eat fewer calories. It can also reduce **cravings** and your desire to snack late at night. Sufficient protein intake has also been shown to lower blood sugar and blood pressure levels.

## Do some cardio

Doing aerobic exercise, also called **cardio**, is one of the best things you can do for your mental and physical health. It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. **Reduced belly fat** should lead to major improvements in metabolic health.

## Minimize your sugar intake

**Added sugar** is one of the worst ingredients in the modern diet, as large amounts can harm your metabolic health. High sugar intake is linked to numerous ailments, including obesity, type 2 diabetes, heart disease, and many forms of **cancer**.

## Don't eat a lot of refined carbs

Not all **carbs** are created equal. Refined carbs have been highly processed to remove their **fiber**. They're relatively low in nutrients and can harm your health when eaten in excess. Studies show that refined carbs are linked to overeating and numerous metabolic diseases.

## Lift heavy things

Lifting weights is one of the best things you can do to strengthen your muscles and improve your **body composition**. It also leads to massive improvements in metabolic health, including improved. The best approach is to lift weights but doing bodyweight exercises can be just as effective.

## Avoid artificial trans fats

Artificial **trans fats** are harmful, man-made fats that are strongly linked to inflammation). While trans fats have been largely banned in the United States and elsewhere, the U.S. ban hasn't gone fully into effect — and **some foods** still contain them.

## Use plenty of herbs and spices

Many incredibly healthy **herbs and spices** exist. For example, **ginger** and **turmeric** both have potent anti-inflammatory and antioxidant effects, leading to various health benefits. Due to their powerful benefits, you should try to include as many herbs and spices as possible in your diet.

## Take care of your relationships

Social relationships are incredibly important not only for your mental well-being but also your physical health. Studies show that people who have close friends and family are healthier and **live much longer than those who do not**.

## If you have excess belly fat, get rid of it

Belly fat is particularly harmful. It accumulates around your organs and is strongly linked to metabolic disease. For this reason, your **waist size** may be a much stronger marker of your health than your weight. **Cutting carbs** and eating more protein and fiber are all excellent ways to get rid of belly fat.

## Don't go on a diet

Diets are **notoriously ineffective** and rarely work well in the long term. In fact, dieting is one of the strongest predictors for future weight gain. Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it. **Weight loss** should follow as you transition to whole, nutritious food.

## The Bottom Line

A few simple steps can go a long way toward improving your **diet** and wellness. Still, if you're trying to live a healthier life, don't just focus on the foods you eat. Exercise, sleep, and social relationships are also important. With the tips above, it's easy to get your body feeling great every day.

### CLOSING THOUGHTS:

**All who have become children of God are to do all in their power to seek and to save the lost sheep.** They are to make use of every possible means to give sinners the word of life and the saving grace of Christ. **Believers in the truth are ever to remember the sacrifice that Christ made in order that He might, in taking humanity, be an example to all human beings**