

Only One Light to Illuminate the Way

But the path of the just is as the shining light, that shineth more and more unto the perfect day. **Proverbs 4:18.** {UL 233.1}

Christ's love in the heart, revealing through the life its wondrous power—this is the greatest miracle that can be performed before a fallen, quarreling world. Let us try to work this miracle, not in our own power, but in the name of the Lord Jesus Christ, whose we are and whom we serve. Let us put on Christ, and the miracle-working power of His grace will be so plainly revealed in the transformation of character that the world will be convinced that **God has sent His Son into the world to make men as angels in character and life.** {UL 233.2}

Those who truly believe in Christ sit together with Him in heavenly places. Let us accept the badge of Christianity. This is not an outward sign, not the wearing of a cross or a crown, but it is something that reveals the union of man with God. **Let us "put off the old man with his deeds; and ... put on the new man, which is renewed in knowledge after the image of him that created him"** (Colossians 3:9, 10). **The beauty of holiness is revealed as Christians draw near together, blending in Christlike love.** {UL 233.3}

"Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, by a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; and having an high priest over the house of God; let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) **and let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some is, but exhorting one another: and so much the more, as ye see the day approaching"** (Hebrews 10:19-25). {UL 233.4}

There is only one true religion, only one way to heaven; only one light to illuminate the way as the pilgrims press on. As we follow on to know the Lord, we shall acknowledge at every step that Christ is the Light of the world, that He is the Way, the Truth, and the Life; and we shall find that the path that He bids us follow is "as the shining light, that shineth more and more unto the perfect day" (Proverbs 4:18). {UL 233.5}

The Lord is good and greatly to be praised.... How blest, how doubly blest, is the home in which father, mother, and children are consecrated to the service of Christ.—[Letter 126, August 7, 1902](#), to an evangelist in New York City. {UL 233.6}

O LOVE THAT WILT NOT LET ME GO

1) O Love that will not let me go,
I rest my 1weary soul in thee.
I give thee back the life I owe,
that in thine ocean depths its flow
may richer, fuller be.

2) O Light that follows all my way,
I yield my flick'ring torch to thee.
My heart restores its borrowed ray,
that in thy sunshine's blaze its day
may brighter, fairer be.

3) O Joy that seekest me through pain,
I cannot close my heart to thee.
I trace the rainbow through the rain,
and feel the promise is not vain,
that morn shall tearless be.

4) O Cross that liftest up my head,
I dare not ask to fly from thee.
I lay in dust, life's glory dead,
and from the ground there blossoms red,
life that shall endless be.

OPENING PRAYER

There is only one true religion, only one way to heaven; only one light to illuminate the way as the pilgrims press on. As we follow on to know the Lord, we shall acknowledge at every step that Christ is the Light of the world, that He is the Way, the Truth, and the Life; and we shall find that the path that He bids us follow is "as the shining light, that shineth more and more unto the perfect day". Father let this be our prayer.

Want to Naturally Cleanse and Heal Your Body? Eat These Whole Foods

Cleanse, detox – you’ve heard it all, right? Green juice this, and blend or pulverize that. We know it gets old after a while. You can only hear about so many cleanse and detox diets before getting a little bored. Truthfully, whole foods can cleanse your body the same way many detox diets do, but without all the negative side effects many of them can bring. You know – headaches, hunger pains, and irritability. Your body does not have to take in food 24/7, but it does need some wholesome foods to work properly. That being said, if you’re still feeling sluggish and need a healthy reboot, you’ll want to focus on foods that contain no added sugars, no oils, no dairy, are free from added sodium, and that are **100 percent** whole-food based as much as possible.

Try these incredible whole foods that will cleanse your body the way nature intended:

1. Root Vegetables

Sweet potatoes, carrots, beets (especially beets!), onions, and turnips are all excellent digestion boosters, and are extremely detoxifying and nourishing. Carrots and sweet potatoes are full of Vitamin C, a natural body cleanser, beets build the blood and cleanse the liver and digestive tract, and onions (and even garlic) provide highly cleansing and immune-building benefits. Turnips even contain a large amount of Vitamin C and can help pull excess mucous from the body. Root vegetables are also easier to digest compared to many grains, beans, and legumes that you might be avoiding if you’re feeling sluggish. Root vegetables can easily be roasted or steamed and make excellent pairings to any meal. Have them at night (or even at lunch) to ensure regular digestion around the clock.

2. Leeks

Don’t turn your nose at leeks if you haven’t had them just yet. We’ll admit they’re not the most attractive veggies, or the easiest to figure out what to do with. But they’re fantastic for you and actually very simple to use in your meals as well.

Leeks are in the same family as onions, so they come with big cleansing and nourishing benefits. Leeks banish water weight, they flush out the system, and also provide key vitamins, minerals, and electrolytes the body needs to stay well-nourished. Similar in taste to onions and scallions, leeks can easily be broken apart, cut, sliced, or stripped to use in soups, stews, or vegetable broths of any kind.

3. Cranberries

While not as popular as blueberries, when in season, [whole or frozen cranberries are excellent body detoxifiers](#). They cleanse the blood, liver, prevent bacterial infections in the stomach, and cleanse the kidneys. All major organs should be cared for as much as possible, so when one food can help you do that, why not take advantage of it? Though not very sweet, cranberries add a sweet-like, tart and refreshing flavor wherever you find use for them. Try adding them either in fresh or frozen form to [oatmeal](#), smoothies, or even soups and stews if you're feeling creative. They also make great snacks, and for times when you can't find them fresh, buy dried unsweetened cranberries to add to morning porridge, homemade trail mix, or [to bake and cook with](#).

4. Asparagus

A forgotten veggie after summer, asparagus is a triumphant veggie for cleansing and healing the body. It's a powerful source of the [B vitamin folate](#), along with a powerhouse of protein for such a small, dainty veggie. Asparagus is an excellent veggie to eat if you're bloated and suffering irregularity. It flushes water wastes from the body, contains a good amount of potassium to prevent dehydration, and is filled with easy to digest fiber to keep you going strong! Asparagus also has a nice, sweet flavor, which makes it a delicious vegetable to enjoy for health benefits. Try grilling it, steaming it, roasting it, or just toss some frozen asparagus pieces into your next batch of soup. Try [Vegan Mushroom and Asparagus Risotto](#), [Raw Asparagus Soup](#) (if you really want to take things up a notch), or [Skillet Asparagus and Tomato Medley](#).

5. Dandelion Green

Hear us out, we're not talking the weeds you see in your backyard, but fresh dandelion greens from your produce market. Use these in place of kale, collards, or spinach in any of your dishes [or even in a smoothie](#). If you blend them in a smoothie, add some berries and pineapple for more cleansing benefits and a tasty flavor. Dandelion greens have a pleasantly smooth, almost sweet earthy flavor that make the delicious to enjoy during a time you are healing your body. [Dandelion greens cleanse the liver](#) and build the blood, lower inflammation, and contain a [nice dose of magnesium](#). They also flush out the digestive system in a gentle way, are a powerhouse of Vitamin C, help prevent high blood pressure, and they [even lower blood sugar](#). Try [them in a cleansing salad](#), or even a [salad dressing](#).

CLOSING THOUGHTS

“Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, by a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; and having an high priest over the house of God; let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) and let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some is, but exhorting one another: and so much the more, as ye see the day approaching.”

CLOSING PRAYER

Christ's love in the heart, revealing through the life its wondrous power—this is the greatest miracle that can be performed before a fallen, quarreling world. Let us try to work this miracle, not in our own power, but in the name of the Lord Jesus Christ, whose we are and whom we serve. Let us put on Christ, and the miracle-working power of His grace will be so plainly revealed in the transformation of character that the world will be convinced that God has sent His Son into the

Devotional Book: *The Upward Look*

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world to make men as angels in character and life. Father we thank thee for Your constant watch care over us and for the love and strength you provide us. Again thank You. In Jesus name we pray. Amen