

Pray for the Holy Spirit

If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him? **Luke 11:13.** {UL 143.1}

Those who place their names on the church book should do so with a full and intelligent understanding of what this action involves. **It means that you have solemnly pledged yourself to serve God. It means that you have made a full surrender of self to Him, in order that Christ may reign where self once reigned. It means that you have given up your pet ideas and policies, and have yielded your mind to the mind of Christ. It means that your fixed purpose is to be one with God, one with His people; that you will exercise self-denial and self-sacrifice to advance the interests of His kingdom; that you will strive to overcome everything that hinders growth in grace.** {UL 143.2}

The Lord leaves in darkness no man who has an ear to hear and a heart to understand. Let everyone keep the eye single to God's glory. Be not led astray by the snares of the wicked one. "Let him that thinketh he standeth take heed lest he fall" (1 Corinthians 10:12). Let the warnings that God has given in His Word be voiced by the watchmen on the walls of Zion and heeded by every soul in the Master's service. {UL 143.3}

Every case will be tried; every soul will be proved. Let each one ask, "Am I an evil servant? Do I by precept and practice lead other souls in false paths?" Remember that your influence is affecting others for good or for evil. {UL 143.4}

I beseech the members of every church to seek now for the greatest blessing Heaven can bestow—the Holy Spirit. **If in faith you seek for a greater measure of God's Spirit, you will be constantly taking it in and breathing it out. Daily you will receive a fresh supply. Your everyday experience will be enriched by the rich current of God's love. Before you lie vast fields of truth, vast sources of power.** Let the daily prayer be, "Take from us what Thou dost choose to take, but withhold not Thy Holy Spirit from us." We must have the gift of the Holy Spirit. {UL 143.5}

The truth of God is for us. The religion of Jesus Christ never degrades the receiver, but makes him pure, that he may see God. It gives him an intensity of desire to be like Jesus Christ, the One altogether lovely, the Chiefest among ten thousand.... Why should we not love Him and give Him our undivided service? {UL 143.6}

As were God's people anciently, so should we be prepared to advance when the cloud rises and moves forward, and to halt when the cloud hovers over a certain place. None can stand still, making no advancement. —Manuscript 56, May 9, 1902, "Written for Our Admonition." {UL 143.7}

Stand Up, Stand Up for Jesus

Stand up, stand up for Jesus,
Ye soldiers of the cross;
Lift high his royal banner,
It must not suffer loss.
From victory unto victory
His army shall he lead,
Till every foe is vanquished,
And Christ is Lord indeed.

Stand up, stand up for Jesus,
Stand in his strength alone;
The arm of flesh will fail you,
Ye dare not trust your own.
Put on the gospel armor,

Each piece put on with prayer;
Where duty calls or danger,
Be never wanting there.

Stand up, stand up for Jesus,
The strife will not be long;
This day the noise of battle,
The next the victor's song.
To those who vanquish evil
A crown of life shall be;
They with the King of Glory
Shall reign eternally.

OPENING PRAYER

Let the daily prayer be, "Take from us what Thou dost choose to take but withhold not Thy Holy Spirit from us." We must have the gift of the Holy Spirit. Righteous Father let this be our prayer. In Jesus precious name, Amen

Foods Linked to Better Brainpower

Just as there is no magic pill to prevent cognitive decline, no single almighty brain food can ensure a sharp brain as you age. Nutritionists emphasize that the most important strategy is to follow a healthy dietary pattern that includes a lot of **fruits, vegetables, legumes, and whole grains**. Try to get **protein** from plant sources rather than saturated fats.

B vitamins, and **antioxidants**, which are known to support brain health and often referred to as foods. Incorporating many of these foods into a healthy diet on a regular basis can improve the health of your brain, which could translate into better mental function.

Research shows that the best brain foods are the same ones that protect your heart and blood vessels, including the following:

- **Green, leafy vegetables.** Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.
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- **Fatty fish.** If you are not a fan of fish, ask your doctor about taking an omega-3 supplement, or choose terrestrial omega-3 sources such as flaxseeds, avocados, and walnuts.
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- **Berries.** Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows. Women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.
- **Walnuts.** Nuts are excellent sources of protein and healthy fats, and one type of nut might also improve memory. A 2015 study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower blood pressure and protects arteries. That is good for both the heart and brain.
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What Vitamin Helps Fight Fatigue?

Vitamin B1 (Thiamine) supports mental wellbeing and mood, **Vitamin B2** (Riboflavin) **helps** reduce oxidative stress (and therefore **tiredness**), **Vitamin B3** (Niacin) has been shown to be effective in supporting brain functions and **Vitamin B5** (Pantothenic Acid) **helps** support important neurotransmitters (brain chemicals).

1. Eat a balanced diet

One reason to follow a healthy, balanced diet is that you will boost energy levels.

Ensure you are getting enough nutrients by eating whole, fresh foods from a variety of food groups. Pair unrefined carbs with protein for sustained energy levels. Include plenty of fiber and **anti-inflammatory foods**.

Following a balanced diet also promotes healthy digestion, which helps to clear and cleanse your body. In fact, **research** has linked irritable bowel syndrome (IBS) to chronic fatigue. Certain foods might even help to prevent and manage **IBS**, which could be zapping your energy.

2. Get regular exercise

The benefits of regular exercise are widely recognized. Exercise releases endorphins that naturally boosting your energy levels. It can also lead to more high-quality sleep.

Regular exercise can reduce symptoms of fatigue. In the study, 36 sedentary young adults did either low-intensity or moderate-intensity exercise over a period of six weeks. Both groups saw improvements in energy levels. Do at least two hours of **moderate-intensity** exercise each week.

3. Drink more water

Stay properly hydrated to keep your body running at optimum levels.

Dehydration can lead to low energy levels. It can also have a negative impact on your sleep by drying out your mouth and nasal passages, and can lead to snoring, hoarseness, and leg cramps. Plus, it can make you less alert and mentally clear the next day.

Increasing water intake in people who don't usually drink enough water was found to have beneficial effects on energy. People who decreased their water intake had fewer feelings of calmness, satisfaction, and positive emotions.

5. Get your sleep on

Proper rest is essential if you want to maintain energy levels throughout the day. Relax before going to bed, possibly doing some gentle stretches. Improve your sleep area by keeping it clean and maintaining an appropriate temperature.

Other tips for better sleep include:

- Practice relaxation to help you drift off to sleep.
- Buy a comfortable mattress, pillow, and blanket.
- Wear loose, natural fabrics.
- Journal before bed to clear your mind.
- Go to sleep and wake up at the same time each day.
- Use earplugs and an eye mask.

7. Address your allergies

The chemicals released by your body to combat allergic reactions can cause you to feel tired. They can bring on inflammation of your sinuses, airways, or digestive system. Accompanying head and nose congestion can cause you to sleep poorly.

These factors can contribute to brain fog, making it difficult to concentrate and complete your daily activities.

Avoid known allergens as much as possible. Keep a diary and try an elimination diet to help identify triggers.

8. Reduce stress

Stress can zap you of the mental and physical energy needed to carry out your day with ease. Stress hormones can have a negative effect on your sleep patterns, bodily systems, and overall health.

Reduce stress in whatever way your heart so desires. Go to the spa, get a massage, or curl up on the couch with your favorite book, whatever you can find relaxing.

9. Do a mental health check

Check in with yourself to establish what mental patterns may be causing low energy levels. Anxiety symptoms include feeling worried, irritable, and nervous. Symptoms of depression include feeling sad, restless, and hopeless. Both conditions can lead to unhealthy sleep patterns and cause tiredness.

10. Sit less

Get up, get moving, and get your energy flowing. This is especially important if you spend a lot of time sitting.

Include short bursts of activity throughout the day, especially when you are feeling pressed for time. Get into the habit of exercising regularly. Making simple changes such as parking your car a little bit farther away, taking the stairs, or walking to do errands are easy ways to sneak in a bit of exercise.

11. Prioritize iron-rich foods

Anemia is an iron deficiency that can lead to tiredness. This is due to low hemoglobin levels, which make it more difficult for oxygen to be carried to your tissues and muscles. It also weakens your immune system, making you more likely to develop illness and infection.

Anemia is more common in women than in men. Sometimes it occurs due to pregnancy or heavy menstruation. It can be treated through diet or medication.

Here are some iron-rich foods to include in your diet:

- leafy green vegetables
- beans, peas, and lentils
- nuts
- whole grains

12 Take the time to completely unwind and relax

Deep breathing techniques, gentle stretching, and meditation are excellent ways to unwind.

Finding peace in nature is another way to nourish your soul, or you can simply enjoy the beauty of doing nothing.

13. Talk to your doctor

Feeling low in energy could be the result of an underlying health condition, and it is best to check out this possibility.

Conditions that can cause fatigue include:

- **rheumatoid arthritis**
- **chronic fatigue syndrome**
- **fibromyalgia**
- **thyroid conditions**
- **obesity**
- **sleep apnea**
- **heart disease**
- **food allergies**
- **diabetes**
- **liver or kidney conditions**
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The bottom line

Make lifestyle changes to your routine to increase your vitality. Start with what is most appealing to you and go from there. You will likely start to improve your energy levels so you can feel your best daily.

Above all, honor your body and how you are feeling. Take a break and allow yourself time to rest when you need to. Avoid pushing yourself beyond your limits and commit to a healthy plan of action.

CLOSING THOUGHTS

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CLOSING PRAYER

Every case will be tried; every soul will be proved. Let each one asks "Am I an evil servant? Do I by precept and practice lead other souls in false paths?" Remember that your influence is affecting others for good or for evil. Lord, help us to be the servants you raised us up to be, wash us that we may be clean, let us do thy will o Lord, for we ask in Jesus precious name, Amen