

Read the Book of Daniel

As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams. **Daniel 1:17. {UL 161.1}**

The light that Daniel received direct from God was given especially for these last days. The visions he saw by the banks of the Ulai and the Hiddekel, the great rivers of Shinar, are now in process of fulfillment, and all the events foretold will soon come to pass. {UL 161.2}

Consider the circumstances of the Jewish nation when the prophecies of Daniel were given. The Israelites were in captivity, the Temple had been destroyed, their Temple service suspended. Their religion had centered in the ceremonies of the sacrificial system. They had made the outward form all-important, while they had lost the spirit of true worship. Their services were corrupted with traditions and practices of heathenism, and in the performance of the sacrificial rites they did not look beyond the shadow of the substance. They did not discern Christ, the True Offering for the sins of man. The Lord wrought to bring the people into captivity, and to suspend the services in the Temple, in order that the outward ceremonies might not become the total of their religion. The principles and practices must be purged of heathenism, the ritual service ceased, in order that the heart might be revived. **The outward glory was removed, that the spiritual might be revealed. {UL 161.3}**

In the land of their captivity, as the people returned unto the Lord with repentance, He manifested Himself unto them. They lacked the outward representation of His presence, but bright beams of the Sun of Righteousness shone into their minds and hearts. When they called unto God in their humiliation and distress, visions were given to the prophets which unfolded the events of the future—the overthrow of the oppressors of God's people, the coming of the Redeemer, and the establishment of the everlasting kingdom.... **{UL 161.4}**

Daniel had companions, and they had a special work to do. Although greatly honored in this work, they did not become in any way exalted. They were scholars, being skilled in secular as well as religious knowledge; but they had studied science without being corrupted. They were well-balanced because they had yielded themselves to the control of the Holy Spirit. These youth gave to God all the glory of their secular, scientific, and religious endowments. Their learning did not come by chance; they obtained knowledge by the faithful use of their powers; and God gave them skill and understanding. —Letter 134, May 27, 1898, to J. H. Kellogg. {UL 161.5}

SONG SERVICE:

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 Rod of Jesse, free
Thine own from Satan's tyranny;
From depths of hell Thy people save,
And give them victory o'er the grave.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Dayspring, from on high,
And cheer us by Thy drawing nigh;
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, Thou Key of David, come
And open wide our heav'nly home;
Make safe the way that leads on high,
And close the path to misery.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Adonai, Lord of might,
Who to Thy tribes, on Sinai's height,
In ancient times didst give the law
In cloud and majesty and awe.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

OPENING PRAYER:

Lord, Daniel had companions, and they had a special work to do. Although greatly honored in this work, they did not become in any way exalted. They were scholars, being skilled in secular as well as religious knowledge; but they had studied science without being corrupted. They were well-balanced because they had yielded themselves to the control of the Holy Spirit. Father let this be our prayer. In Jesus precious name. Amen.

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Four most dangerous toxins to the brain

A healthy mind is a terrible thing to lose, but due to man-made chemicals, the threat of brain function destruction is always present. These are potentially the most offensive perpetrators to the mind, but the good news is that there are easy ways to avoid them.

Fluoride

The decision to add fluoride to most public drinking water systems as a way to fight tooth decay has perhaps had the most insidious and widespread effect on the brains of people across North America.

The Fluoride Action Network (FAN) has reported on a study which found that fluoride is linked to lower IQ, even at the ranges added to U.S. water supplies. In all, FAN said that 34 studies now link fluoride to lower IQ levels in humans, while many other studies link fluoride to learning and memory impairment, fetal brain damage and altered neurobehavioral function.

Removing fluoride from your water supply is often as simple as installing a high-quality water filter.

Heavy metals

Heavy metals are especially sinister toxins that are not easily removed but are commonplace in the bodies and brains of millions thanks to vaccines, dental procedures, agricultural chemicals, industrial pollution, fish, chicken and more.

Those most susceptible to traumatic **brain** damage due to mercury are newborn babies who have yet to properly develop their blood-brain barrier and are generally subjected to an intense vaccination schedule that injects mercury directly into their body. In babies with a genetic susceptibility, such as a defect in enzymes responsible for detoxifying **heavy metals**, prenatal and early postnatal exposure to mercury leads to neurological damage resulting in autistic symptoms.

The toxic effects of mercury can cause a broad spectrum of brain-related diseases including autism, Alzheimer's, amyotrophic lateral sclerosis, multiple sclerosis, Parkinson's disease and neurodevelopmental diseases.

To ensure that you don't endure any future heavy metal poisoning, avoid mercury fillings and chemicals, and take safety precautions when consuming seafood.

Artificial sweeteners

The desire for zero-calorie sweeteners produced the advent of artificial sweeteners, and the negative effects on the brain have been well documented. They are found in sodas, yogurt, chewing gum, cooking sauces, tabletop sweeteners, flavored water, cereals and sugar-free products.

Aspartame is a combination of **chemicals**, namely aspartic acid (an amino acid with excitatory effects on brain cells), methanol and

phenylalanine, and scientists are placing it at the higher end of the range of what is considered toxic. When **aspartame** breaks down, it produces a compound that is a powerful **brain-tumor-causing chemical**.

Ninety different symptoms have been documented as a result of **aspartame** consumption, including **anxiety attacks, slurred speech, depression** and **migraines**.

Avoid artificial sweeteners by reading ingredients and avoiding the products above. The **FDA** also recently approved of calling **aspartame AminoSweet**, so beware of that ingredient as well.

Monosodium glutamate (MSG)

MSG is a form of concentrated salt added to foods to enhance flavor. It was first used in military rations to give them a better taste, but it was soon adopted by the entire food industry.

Dr. Blaylock, a noted neurosurgeon and authority on excitotoxins such as MSG, discovered that there was silent damage to the brain, and over time he saw destruction of major portions of the brain that could cause **Alzheimer's disease, Parkinson's** and other brain ailments.

The best way to avoid it is to **stop eating processed food**, or look for it in the ingredients, mainly as **monosodium glutamate** or **yeast extract**.

CLOSING THOUGHTS:

The light that Daniel received direct from God was given especially for these last days. The visions he saw by the banks of the Ulai and the Hiddekel, the great rivers of Shinar, are now in process of fulfillment, and all the events foretold will soon come to pass

