

Remove the Rubbish of Criticism

I determined not to know any thing among you, save Jesus Christ, and him crucified.

1 Corinthians 2:2. {UL 239.1}

Do not criticize others. The spirit of criticism is eating away the very vitals of the people of God. We cannot afford to pile up rubbish. **Heaven sees the work that is going on of piling up the rubbish of words.** Suppose we decided not to add anything to this pile of heedless, vain, and foolish words? We have a most sacred, solemn work to do.... {UL 239.2}

The piles of rubbish that have been accumulating need to be removed. How? Let us “cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God” (2 Corinthians 7:1). Cultivate personal piety. God would have us inquire, “Who hath known the mind of the Lord?” that He may instruct us, and that we may be able to say, “We have the mind of Christ.” Then all the rubbish of evil words will be removed. May the Lord imbue us with His Spirit, and touch our lips with a burning coal from the altar. Earnestly, vigilantly watching and waiting and working, we are to be “not slothful in business; fervent in spirit; serving the Lord” (Romans 12:11). {UL 239.3}

The church is the one object of Christ’s intense interest in this world, and for which He has unceasing care. This church is engaged in securing the knowledge of God and Jesus Christ, which is eternal life to all who receive it. **In every soul God looks for stable principles revealed in word and action.** Then they will bring from the treasure house words weighted with the principles of eternal truth. {UL 239.4}

We have no time to praise the devil, no time nor voice to criticize. We are to show that the grace of Christ is abiding in our hearts. Its influence will be revealed, whatever company we are in, by words of deepest importance, involving consequences as enduring as eternity. {UL 239.5}

At this period of the earth’s history we cannot afford to weaken one another’s influence. The Christian warfare is close and severe. We have to meet and battle with unseen foes, and we must be in harmony with the heavenly agencies, who are seeking to cleanse us from the inclination to criticize our brethren, to pass judgment on them. The Lord desires us to stand under the yoke of Christ.... {UL 239.6}

We are to believe and love the truth for Christ’s sake. We must rise higher and higher in purity [and] knowledge. We are Christ’s witnesses. Then let us not talk of difficulties or ponder over our trials, but come close to the Lord Jesus Christ, who is the Author and Finisher of our faith. By beholding Him, studying and talking of Him, we become transformed into His image.—[Letter 119, August 13, 1899](#), to a husband-and-wife team working in the Southern States. {UL 239.7}

O Love That Will Not Let Me Go

1) O Love that will not let me go,
I rest my weary 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

We have no time to praise the devil, no time nor voice to criticize. We are to show that the grace of Christ is abiding in our hearts. Its influence will be revealed, whatever company we are in, by words of deepest importance, involving consequences as enduring as eternity. Father there have been times where we have failed you, we are sorry and ask forgiveness. We praise you Lord for your message, God is Love, beginning at creation to the end of this world and continuing in heaven let our hearts be knit together in love and unity for all mankind. In Jesus name, Amen.

Want to Naturally Cleanse and Heal Your Body?

Eat These Whole Foods

Cleanse, detox – you have 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 have the ability to 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 are 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 are 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 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. We enjoy them in [Sweet Potato, Carrot and Leek Soup](#) and they are easy to add to [homemade vegan veggie stock](#).

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 also 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 are 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 GREENS

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're 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. See more liver cleansing foods to pair with dandelion greens for even more benefits.

CLOSING THOUGHTS

The piles of rubbish that have been accumulating need to be removed. How? Let us "cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God" (2 Corinthians 7:1). Cultivate personal piety. God would have us inquire, "Who hath known the mind of the Lord?" that He may instruct us, and that we may be able to say, "We have the mind of Christ." Then all the rubbish of evil words will be removed. May the Lord imbue us with His Spirit and touch our lips with a burning coal from the altar. Earnestly, vigilantly watching and waiting and working, we are to be "not slothful in business; fervent in spirit; serving the Lord" (Romans 12:11).

CLOSING PRAYER

We are to believe and love the truth for Christ's sake. We must rise higher and higher in purity [and] knowledge. We are Christ's witnesses. Then let us not talk of difficulties or ponder over our trials, but come close to the Lord Jesus Christ, who is the Author and Finisher of our faith. By beholding Him, studying, and talking of Him, we become transformed into His image. Righteous Father let this be our prayer nothing wavering. In Jesus name we pray. Amen.