

Seek Divine, Not Human, Counsel

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. **James 1:5.** {UL 107.1}

There are so many who, when they are in trouble, ... forget the invitations God has abundantly given, and begin to look and plan for human help. They go to human beings for aid, and this is the way in which their experience becomes feeble and confused. **In all our trials we are directed to seek the Lord most earnestly, remembering that we are His property, His children by adoption. No human being can understand our necessities as Christ [can]. We shall receive help, if we ask Him in faith.** We are His by creation; we are His by redemption. By the cords of divine love we are bound to the Source of all power and strength. If we will only make God our dependence, asking Him for what we want, as a little child asks his father for what he wants, we shall obtain a rich experience. We shall learn that God is the source of all strength and power.... {UL 107.2}

God has been greatly dishonored by His people leaning upon human beings. He has not told us to do this. He has told us that He will teach us, He will guide us. **We may come to Him and receive help....** {UL 107.3}

What did Christ promise His disciples if they would believe in Him as their personal Savior? "Lo, I am with you alway," He said, "even unto the end of the world" (Matthew 28:20). Again, He says, "I am at thy right hand to help thee" (see Psalm 16:8). Think of how many promises He has given us, which we may grasp by the hand of faith. When we go to the Source of power, we know that we shall receive that intelligence and wisdom which comes from a pure source, which is not mixed with anything of humanity. **As we pray, it is our privilege to know that God wants us to pray, to ask Him for help. "Ask, and ye shall receive"** (John 16:24). **It is for you to believe that you will receive. He wants us to become acquainted with Him, to speak to Him, to tell Him of our difficulties, and obtain an experience in asking of One who never misjudges and never makes a mistake....** {UL 107.4}

We dishonor God by striving to get someone who we think understands our case to help us. Has He not given us His only begotten Son? Is not Christ close beside us, and will He not give us the help we need? ... {UL 107.5}

We forget that the threshold of heaven is flooded with the glory proceeding from the throne of God, that the light may fall directly on those who are seeking the help that Christ alone can give.—
Manuscript 144, April 3, 1901, "Early Morning Meeting." {UL 107.6}

NEARER MY GOD TO THEE

Nearer, my God, to Thee,
Nearer to Thee;
E'en though it be a cross
That raiseth me,
Still all my song shall be
Nearer, my God, to Thee,
Nearer, my God, to Thee,
Nearer to Thee.

Though, like a wanderer,
The sun gone down,
Darkness comes over me,
My rest a stone;
Yet in my dreams I'd be
Nearer, my God, to Thee,
Nearer, my God, to Thee,
Nearer to Thee.

There let me see the sight,
An open heaven;
All that Thou sendest me,
In mercy given;
Angels to beckon me
Nearer, my God, to Thee,
Nearer, my God, to Thee,
Nearer to Thee.

Then, with my waking thoughts
Bright with Thy praise,
Out of my stony griefs
Bethel I'll raise,
So by my woes to be
Nearer, my God, to Thee,
Nearer, my God, to Thee,
Nearer to Thee.

OPENING PRAYER:

Heavenly Father let this be our prayer, that we believe your every spoken word,

In all our trials we are directed to seek the Lord most earnestly, remembering that we are His property, His children by adoption. No human being can understand our necessities as Christ [can]. **We shall receive help, if we ask Him in faith.** We are His by creation; we are His by redemption. By the cords of divine love, we are bound to the Source of all power and strength. If we will only make God our dependence, asking Him for what we want, as a little child asks his father for what he wants, we shall obtain a rich experience. We shall learn that God is the source of all strength and power....In Jesus name we pray, Amen.

UNHEALTHY HABITS:

7 Brain Damaging Habits You Should Stop Doing Right Now

Have you ever noticed that the only organ in our body that thinks is often the one less thought about? Everyone around is worried about their health, the way they look, the food they eat, etc., but are you paying attention to the most vital organ who controls your body? Keeping your brain fit & healthy is just as important as keeping your heart or other organs healthy.

Brain is the most vital organ in our body and when it gets damaged, it can affect you severely, including your thoughts, memory, sensation, etc. Scientists suggest that a few changes in your lifestyle can enhance your knowledge, imagination power, and mental resilience.

Here are 10 brain-damaging activities that you must stop doing for better functioning of your brain:

1. Too much of sugar consumption

Excessive intake of sugar for a long period disturbs our body's capacity to absorb proteins and nutrients. This might result in a condition called malnutrition, which deters brain's growth. So, why this happens? It happens because our body lacks adequate nutrients in the blood, and hence, it does not deliver enough nutrients to our brain, which in turn, deters its development.

Belly-busting sweets can harm your memory and thinking ability, so choosing antioxidant-rich sweets such as raspberries and dark chocolate will be a wise choice for both your brain as well as waistline.

2. Not getting enough sleep

Sleep deprivation can lead to several issues such as extreme daytime drowsiness, depression, and impaired memory. The part of the brain that suffers due to lack of sleep is the 'hippocampus'. Even a single night of improper sleep can affect your brain's ability to memorize new information.

Several researches have also revealed that the brain purifies itself of toxins only during the deep sleep cycle. Lack of sleep can cause the death of brain cells, which can lead to impaired memory and reduced abilities.

3. Playing loud music with earphones or headphones

Listening to music at a very high volume with your earphones or headphones might damage your hearing abilities permanently. It can result in some brain problems such as loss of memory and damage to your brain tissue in the coming future. This is because brain is the one, which takes efforts to comprehend what is being said around you. If you apply excess pressure on your brain, it's sure to get damaged.

4. Missing breakfast and inadequate water intake

Maybe for a diet or to save time, many people opt to skip their breakfast. A very few people might be aware of this fact that not having breakfast can damage your brain. Every morning after a good sleep your body needs nutrients. Skipping breakfast

deprives the brain of these essential nutrients. Several researches state that children who have breakfast regularly perform much better at school. Skipping breakfast results in low blood glucose levels, which adversely affects brain's functioning.

Almost, 80% of the brain is water. Brain needs enough water to think faster and focus better. So, it's very important that you stay hydrated all the time. Drinking plenty of water will benefit both your body and brain to function better.

5. Smoking

We are all aware that smoking causes cancer, but do you know that the addictive nicotine in the cigarettes also shrinks your brain? In fact, brain shrinkage for a prolonged period can lead to Alzheimer's disease.

6. Too much food

Overeating makes us gain weight, feel bloated, and increase the chances of life-threatening diseases. But you might be unaware that it also damages your brain beyond your imagination. It hardens the brain arteries, hence, damaging our mental abilities.

Several studies have revealed that high caloric intake for a prolonged period can, in fact, increase a person's chances of developing memory loss, or mild cognitive impairment (MCI), in the future.

7. Sleeping by covering your head

You may feel it warm & comforting but sleeping with a blanket covered over your head might increase the consumption of carbon dioxide and reduce the consumption of oxygen. Oxygen is very essential for proper functioning of your brain, and not having enough of it can harm your brain cells.

By now, you must be wondering these are very common things that you often do daily. So, now it's time to nurture your brains and give the attention it deserves. To be the most productive of ourselves, that's exactly what we need to stop doing. Your brain will definitely thank you.

CLOSING THOUGHTS:

As we pray, it is our privilege to know that God wants us to pray, to ask Him for help. “Ask, and ye shall receive” (John 16:24). It is for you to believe that you will receive. He wants us to become acquainted with Him, to speak to Him, to tell Him of our difficulties, and obtain an experience in asking of One who never misjudges and never makes a mistake....

CLOSING PRAYER:

Heavenly Father let us hear and not forbear,

God has been greatly dishonored by His people leaning upon human beings. He has not told us to do this. He has told us that He will teach us, He will guide us. **We may come to Him and receive help.... In Jesus Precious name, Amen**