

The Plan of Battle Revealed

We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Ephesians 6:12. {UL 82.1}

Our heavenly Father is presented to us in the character of Christ. In Him the veil is drawn aside which conceals the glory of God from our eyes. The Bible shows us God in His high and holy place, not in a state of inactivity, not in silence and solitude, but surrounded by ten thousand times ten thousand, and thousands of thousands of holy intelligences, every one waiting to do His bidding, and taking cognizance of every wrong action against those who are the property of God.... {UL 82.2}

Let those who manifest so little unselfish interest in the purchase of the blood of Christ remember that the Lord will treat them as indifferently as they have treated their fellow men in their trouble. Every act of injustice and robbery and oppression is written in the books. Everyone who takes advantage of human beings formed in God's image is cooperating with the great enemy of God and man and he shall receive at the hand of God double for all these works. The work of Satan is continually driven on with terrible vindictiveness, and men participate with evil angels in wounding and bruising the souls of God's people. **The Lord sees; the Lord hears the cries of His children.** {UL 82.3}

The Lord has not concealed from His followers the plan of the battle. He has presented before His people the great conflict, and He has given them words of encouragement. **He charges them not to enter into the battle without counting the cost, while He assures them that they do not fight alone, but that supernatural agencies will enable the weak, if they trust in Him, to become strong against the vast confederacy of evil arrayed against them.** He points them to the universe of heaven, and assures them that holy beings are wrestling against principalities and powers and the rulers of the darkness of this world, and against spiritual wickedness in high places. {UL 82.4}

The children of God are cooperating with all the invisible host of light. And more than angels are in their ranks; the Holy Spirit, the representative of the Captain of the Lord's host, comes down to direct the battle. **Our infirmities may be many, our mistakes and sins numerous, but forgiveness is for all who, with contrition of heart, will confess and forsake their sins.** **Angels of light are sent to render them all the help that is required.**—Letter 102a, March 9, 1896, to O. A. Tait, at the time circulation manager of the Review and Herald. {UL 82.5}

SONG SERVICE:

To God Be the Glory

To God be the glory great things He has done
So loved He the world that He gave us His son
Who yielded His life an atonement for sin
And opened the life gate that all may go in

Praise the Lord, praise the Lord let the earth hear His voice
Praise the Lord, praise the Lord let the people rejoice
Come to the Father through Jesus the Son
Give Him the glory great things He has done

O perfect redemption the purchase of blood
To every believer the promise of God
The vilest offender who truly believes
That moment from Jesus a pardon receives

Great things He has taught us great things He has done
And great our rejoicing through Jesus the Son
But purer and higher and greater will be
Our wonder our worship when Jesus we see

OPENING PRAYER:

Heavenly Father help us to continue to be guided by your Holy Spirit. By your strength in us, let us continue the old paths that we may teach others the way in which you want us to go. Let us not be afraid or shy away from the tests and trials before us, but let us embrace each one, for they are a lamp under our feet that we may see clearly. Forgive us Father, bless us; and whatever needs to be done that we do not lose sight of you, earnestly do it! We love you; we praise you; we are in awe of you.

Bless us now we pray in Jesus His name, Amen.

A Guide to Common Medicinal Herbs

Here's a look at some of the more common medicinal herbs. Most herbs have not been completely tested to see how well they work or to see if they interact with other herbs, supplements, medicines, or foods. Products added to herbal preparations may also cause interactions. Be aware that "natural" does not mean "safe." It's important to tell your healthcare providers about any herb or dietary supplement you are using.

Chamomile (Flower)

Considered by some to be a cure-all, chamomile is commonly used in the U.S. as an anxiolytic and sedative for anxiety and relaxation. It is used in Europe for wound healing and to reduce inflammation or swelling. Few studies have looked at how well it works for any condition. Chamomile is used as a tea or applied as a compress. It is considered safe by the FDA. It may increase drowsiness caused by medicines or other herbs or supplements. Chamomile may interfere with the way the body uses some medicines, causing too high a level of the medicine in some people. As with any medicinal herb, talk with your healthcare provider before taking it.

Echinacea (Leaf, stalk, root)

Echinacea is commonly used to treat or prevent colds, flu, and infections, and for wound healing. More than 25 published studies looked at how well Echinacea worked to prevent or shorten the course of a cold, but none were conclusive. A 2014 study compared Echinacea with a placebo for treating colds. Results found that Echinacea did not have any effect on a cold. Other studies have also shown that long-term use can affect the body's immune system. It should not be used with medicines that can cause liver problems. People allergic to plants in the daisy family may be more likely to have an allergic reaction to Echinacea. The daisy family includes ragweed, chrysanthemums, marigolds, and daisies.

Feverfew (Leaf)

Feverfew was traditionally used to treat fevers. It is now commonly used to prevent migraines and treat arthritis. Some research has shown that certain feverfew preparations can prevent migraines. Side effects include mouth ulcers and digestive irritation. People who suddenly stop taking feverfew for migraines may have their headaches return. Feverfew should not be used with nonsteroidal anti-inflammatory medicines because these medicines may change how well feverfew works. It should not be used with warfarin or other anticoagulant medicine.

Garlic (Cloves, root)

Garlic is used for lowering cholesterol and blood pressure. It has antimicrobial effects. Reports from small, short-term, and poorly described studies show that it may cause small reductions in total and LDL cholesterol. But German research results on garlic's cholesterol-lowering effect have been distorted for a positive effect, the FDA says. Researchers are currently exploring garlic's possible role in preventing cancer. The FDA considers garlic safe. It should not be used with warfarin, because large amounts of garlic may affect clotting. For the same reason, large amounts should not be taken before dental procedures or surgery.

Ginger (Root)

Ginger is used to ease nausea and motion sickness. Research suggests that ginger can relieve nausea caused by pregnancy or chemotherapy. Other areas under investigation are in surgery and for nausea caused by motion. Reported side effects include bloating, gas, heartburn, and nausea.

Ginkgo (Leaf)

Ginkgo leaf extract has been used to treat a variety of conditions such as asthma, bronchitis, fatigue, and tinnitus. It is also used to improve memory and to prevent dementia and other brain disorders. Some studies have supported its slight effectiveness. But exactly how ginkgo works isn't understood. Only extract from leaves should be used. Seeds contain ginkgo toxin. This toxin can cause seizures and, in large amounts, death. Because some information suggests that ginkgo can increase the risk of bleeding, it should not be used with nonsteroidal anti-inflammatory medicines, anticoagulants, anticonvulsant medicines, or tricyclic antidepressants.

Ginseng (Root)

Ginseng is used as a tonic and aphrodisiac, even as a cure-all. Research is uncertain how well it works, partly because of the difficulty in defining "vitality" and "quality of life." There is a large variation in the quality of ginseng sold. Side effects are high blood pressure and tachycardia. It's considered safe by the FDA, but shouldn't be used with warfarin, heparin, nonsteroidal anti-inflammatory medicines, estrogens, corticosteroids, or digoxin. People with diabetes should not use ginseng.

Milk thistle (Fruit)

Milk thistle is used to treat liver conditions and high cholesterol, and to reduce the growth of cancer cells. Milk thistle is a plant that originated in the Mediterranean region. It has been used for many different illnesses over the last several thousand years, especially liver problems. Although study results are uncertain, some promising information exists.

Saint John's wort (Flower, leaf)

Saint John's wort is used as an antidepressant. Recent studies have not confirmed that there is more than a slight effect on depression. More research is needed to determine the best dose. A side effect is sensitivity to light, but this is only noted in people taking large doses of the herb. St. John's work can cause a dangerous interaction with other commonly used medicines. Always talk with your healthcare provider before using this herb.

Valerian (Root)

Valerian is used to treat sleeplessness and to reduce anxiety. Research suggests that valerian may be a helpful sleep aid, but there are no well-designed studies to confirm the results. In the U.S., valerian is used as a flavoring for root beer and other foods. As with any medicinal herb, talk with your healthcare provider before taking it.

CLOSING THOUGHTS:

Christians are to be light bearers in the world, shining amid the darkness of sin and crime. In the kingdom of this world, the principalities and powers that take Satan as their leader must constantly be met. Following Christ's example of cross bearing and self-denial makes those who receive Christ children of God. "As many as received him, to them gave the power to become the sons of God, even to them that believe on his name" (John 1:12).

They are victors in the battle of life; for they have put on the new man, "which is renewed in knowledge after the image of him that created him".

The true Christian seeks constantly for the grace that changes the objectionable features of the natural character.

CLOSING PRAYER:

Heavenly Father thank you for who you are, for what you do, always helping, guiding, teaching, and protecting us. We are in your service. Wash us clean Lord, deliver us from such things that inch us away from you, and fill us with your Holy Spirit. We pray nothing more then to be with you. In Jesus name we pray, Amen

