

The Word of God Your Guide

Thy word is a lamp unto my feet, and a light unto my path.

Psalm 119:105. {UL 125.1}

If we would work wisely and intelligently, our human passions, our hereditary and cultivated tendencies, must be brought under the control of a higher and more commanding generalship than human ability... {UL 125.2}

“Cease to do evil; learn to do well.” This is the lesson everyone should learn day by day. The training due to one’s self comes first. The influence exerted by a life of strict integrity will be a continual education to others. Those who are restrained and guided by the moral and religious principles plainly laid down in God’s Word walk in accordance with the mind and will of God, who is too wise to err and too good to do us harm. {UL 125.3}

If you would walk wisely, walk in the way of God’s commandments. The Word of God you have in your keeping, right at hand. **This Word is so plain that none need go astray unless they allow themselves to be led by their hereditary and cultivated tendencies to wrong.** Your Redeemer met Satan’s treacherous advances with the words, “It is written,” and with the imperative command, “Get thee behind me, Satan.” I counsel you to receive with meekness the engrafted Word, which is able to save your soul. The Word of God is your haven. It is a tower of strength, into which you may run and be safe.... {UL 125.4}

The earnest, sincere searcher for truth will not mistake truth for error. The Word of God is the bread of life, of which all may partake and obtain eternal life. **Error is falsehood and deception. Those who partake of it must suffer in consequence, as did Adam and Eve in Eden. It is the privilege of all to search with prayerful, eager interest for the truth. Truth is the tree of life, the leaves of which the human family are to eat and live.** {UL 125.5}

Those who try to interpret the Word according to their own ideas, who read it in accordance with their opinions, will never see the truth, and will die in their sins. Those who eat of the forbidden tree accept Satan’s fallacies in the place of “Thus saith the Lord,” and unless they repent, they will never gain that life which measures with the life of God. As did Adam and Eve, they exclude themselves from the tree of life, the fruit of which perpetuates immortality.... {UL 125.6}

We are living amid the solemnities of the judgment. Our souls should be filled with awe, for we are in God’s presence continually. **Each one must decide for himself whether he will obey and live or disobey and perish.** {UL 125.7}

To those who obey, the Word of God is the tree of life. It is the word of salvation, received unto eternal life.—[Letter 60, April 21, 1900](#), to a church member in Rochester, New York. {UL 125.8}

SONG SERVICE

Just as I Am

Just as I am, without one plea
But that Thy blood was shed for me
And that Thou bid'st me come to Thee
O Lamb of God, I come! I come

Just as I am, though tossed about
With many a conflict, many a doubt
Fighting and fears within without
O Lamb of God, I come, I come

Just as I am, and waiting not
to rid my soul of one dark blot
to thee whose blood can cleanse each spot
O Lamb of God, I come, I come

Just as I am, poor, wretched, blind
Sight, riches, healing of the mind
Yea, all I need, in Thee to find
O Lamb of God, I come, I come!

Just as I am, Thou wilt receive
Wilt welcome, pardon, cleanse, relieve
Because Thy promise I believe
O Lamb of God, I come, I come

Because Thy promise I believe
O Lamb of God, I come, I come

OPENING PRAYER

We are living amid the solemnities of the judgment. Our souls should be filled with awe, for we are in God's presence continually. **Each one must decide for himself whether he will obey and live or disobey and perish.** Father help us to trust and obey. In the precious name of Jesus, we pray, Amen.

HEALTH MESSAGE

Why Stretching is Extremely Important



Stretching is an extremely important practice to add to your daily routine to be on your way to better health. Even if you are not planning on exercising vigorously, it is still important to stretch in order to receive multiple benefits for your body and your mind.

Benefits of Stretching

Stretching has multiple benefits for both your body and your mind. Incorporating stretching into your daily routine allows muscles to be well circulated and ultimately healthier.

Benefits of Stretching for the Body

Flexibility

Stretching improves flexibility. The more you stretch, the more you move your muscles, and the more flexible you become. Over time, stretching will become easier for your body which results in improved flexibility.

Posture

Stretching is also beneficial to improve your posture. Poor posture—a common and increasing problem—can easily be reversed and healed with daily stretching. Because stretching strengthens your muscles and encourages proper alignment, your body posture will be less slouched and more vertical.

Injury Prevention

The more you prepare your muscles for any exercising movement, the more your likelihood of injury is decreased. When your muscles are warm and stretched, movement becomes easier and more fluid-like which helps with injury prevention

Increased Nutrients and Reduced Soreness

Most people know that stretching increases blood supply, but they do not realize that it also increases nutrient supply to muscles. Because stretching allows blood to flow through your body, the nutrients in the blood are being carried and spread out all throughout your body as well. An increased blood and nutrient supply also help to reduce soreness.

Benefits of Stretching for the Mind

Calmed Mind

Stretching provides your mind with a mental break. It allows you to recharge and refresh the blood flow throughout your body, resulting in a calmer and more peaceful mindset.

Release Tension

Many individuals carry stress in their muscles. When feeling overwhelmed, muscles tighten acting as a defensive strategy. The more you stretch, the less tense muscles will be. Stretching is an amazingly effective form of stress management.

Increase Energy

Because stretching allows for an increased blood and nutrient flow throughout the body, not only will you feel refreshed, but also your energy levels will be increased resulting in an improved sense of invigoration.

Stretching Tips

There are quite a few myths out there regarding when it is best to stretch and how long you should stretch for. Here are some tips to keep in mind when stretching in order to receive the most benefits.

Stretching is not a warmup activity

There is much disbelief out there stating that stretching should be done before a workout is started. However, this is not necessarily true. Stretching with cold muscles may result in injury. Stretching is most effective when muscles are warm. It is best to stretch after a small bout of physical activity. If you would like to stretch before a vigorous workout, try taking a short walk or jog to warm up your muscles first, next you may start stretching, and then you may begin your workout.

Focus on muscles that are tight

Tight muscles are a result of soreness and stress. When muscles become tight, it is important to pay attention to these muscles first so that blood flow increases, and tension is reduced. Once these previously tense muscles are stretched, movement becomes more fluid-like, and soreness is reduced.

Reduce Bouncing

Bouncing while stretching may slightly tear muscles which may lead to scar tissue which further tighten the muscle leading to a decreased flexibility and increased soreness. Stretches should be held for about **15-60 seconds and repeated three or four times**. The amount of time spent holding stretches depends on how sore you are, and which muscles you want to focus on specifically.

Stretch at least 2-3 days per week for at least 10 minutes a day

Stretching does not need to be time consuming. If you take 10 minutes out of your day to stretch and try to do so at least 2-3 days a week you will achieve the most benefits. If you stretch on an irregular schedule, your body will not be able to maintain a consistent range of motion. Because stretching increases your range of motion, it is important to get in the habit of stretching often in order to increase flexibility.

Essentials of Stretching

It is important to understand proper technique. Make sure that you are stretching correctly in order to prevent injury. Incorrect stretching can be harmful to your muscles. If you are injured and already have a tense muscle do not overwork it. If you are stretching and you feel pain, it is crucial for you to ease up on the tense muscle in order to prevent damaging the muscle even more. Also try to focus on major muscle tendon. **These include neck, shoulders, upper back,**

lower back, pelvis, hips, and legs. When you stretch the major muscles in your body you will receive the most benefits to improve your flexibility throughout your whole body. Finally, remember to keep up with your stretching routine. The more you stretch, the more benefits your body and your mind will receive. **Stretching is a great way to take a break from your busy day to recharge and strengthen your body and your mind.**

CLOSING THOUGHTS

__Those who try to interpret the Word according to their own ideas, who read it in accordance with their opinions, will never see the truth, and will die in their sins. Those who eat of the forbidden tree accept Satan's fallacies in the place of "Thus saith the Lord," and unless they repent, they will never gain that life which measures with the life of God. As did Adam and Eve, they exclude themselves from the tree of life, the fruit of which perpetuates immortality.... {UL 125.6}