

## *To Whom Shall I Confess?*

I acknowledged my sin unto thee and mine iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin.

Psalm 32:5. {UL 176.1}

My Dear Sister: There are some things that are to be confessed to God alone. If you have wronged a brother or a sister, you have the light given you in the Word: "If thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift" (Matthew 5:23, 24).... {UL 176.2}

If your sin is between you and God, you need not give publicity to it, but confess it to God. Often poor, weak mortals act very unadvisedly in the matter of confessing their sins to human beings.... {UL 176.3}

I advise you to take your case to the Lord Jesus in prayer. Believe that He hears you, and that when you confess your sins and repent, and walk humbly with God, you will find pardon. Act like one whom the Lord has corrected in order to purify and save you.... {UL 176.4}

Never give up your faith and hope in God. Cling to the promises. Do not trust in your feelings, but in the naked Word of God. Believe the assurances of the Lord. Take your stand upon the plain "Thus saith the Lord," and rest there, feeling or no feeling. Faith is not always followed by feelings of ecstasy, but "hope thou in God." Trust fully in Him.... {UL 176.5}

My sister, trust in the Lord as a little child trusts its earthly parent. Cling to the Saviour. Let nothing separate your soul from God. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16). Look for mercies; expect mercies. Look continually for blessings. See them, acknowledge them, and do not complain, do not fret. Do not cast blame upon God, but say, "O Lord, I do believe, though I am a sinner and because I am a sinner. I believe in Thee with all my heart. Thou art the Truth, and Thy Word I believe." {UL 176.6}

What is religion? It is the conformity of the whole being to the will of God. "If any man will come after me," Christ said, "let him deny himself, and take up his cross daily, and follow me" (Luke 9:23). {UL 176.7}

You need an intelligent belief in the Word of God. This Word is our rule of action. You are not to stand long, saying, "What must I do?" The first question with you is, "What must I believe?" Right believing means right doing. Christ gave His life to make it possible for you to be a partaker of the divine nature.... Remember that the Lord will bless all who put their trust in Him. Your sister, Ellen G. White. — [Letter 159, June 11, 1905](#), to a "discouraged church member." {UL 176.8}

## Take the World, but Give Me Jesus

Take the world, but give me Jesus,  
All its joys are but a name;  
But His love abideth ever,  
Through eternal years the same

Take the world, but give me Jesus,  
Sweetest comfort of my soul;  
With my Savior watching over me,  
I can sing though billows roll

Take the world, but give me Jesus,  
Let me view His constant smile;  
Then throughout this life's long journey  
He will lead me all the while

Take the world but give me Jesus.  
In His cross my trust shall be,  
Till, with clearer, brighter vision,  
Face to face my Lord I see!

So, take the world, but give me Jesus  
Take the world, but give me Jesus  
Take the world, but give me Jesus  
Take the world, but give me Jesus

Oh, the height and depth of mercy!  
Oh, the length and breadth of love!  
Oh, the fullness of redemption,  
Pledge of endless life above!

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So, take the world, but give me Jesus  
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Take the world, but give me Jesus  
Take the world, but give me Jesus

## 6 powerful anti-wrinkle foods to eat



Powerful anti-wrinkle treatment plan

It is true that you are what you eat: Food is the most natural anti-wrinkle treatment. It has the power to defend your complexion against aging, improving your skin tone and texture, and reduce dryness and wrinkling. Granted, other lifestyle factors, like sun protection and your skincare regimen, are also key, but the foods you eat can improve the look of your skin from the inside out. Of course, the reverse is true, too. Too many foods with added sugars and refined grains (think: white pasta or rice) can accelerate skin aging. For anyone who wants to look and feel their best, it is a good idea to eat anti-wrinkle foods regularly and limit how often you eat these skin wreckers. This advice will not only lead to more radiant, youthful skin, but also a healthier body and mind.

Here are 6 powerful foods that should be part of your natural anti-wrinkle treatment arsenal!

### Broccoli

Broccoli is a surprising and notable source of vitamin C, an anti-wrinkle antioxidant. As we age, we start to produce less collagen, which is your skin's support system. This is why your skin begins to wrinkle and sag. But our diets can also impact this process. Your body needs vitamin C to stimulate collagen syntheses and taking in enough may help slow down this process. Be sure to eat plenty of vitamin C-rich foods and pay close attention to this nutrient if you are under stress or participate tough workouts since both may lead to higher-than-average vitamin C needs. Roast a batch of fresh broccoli to serve as a

simple side dish, add frozen, heated broccoli to canned veggie soups, or serve broccoli as part of a veggie-centric stir-fry.

## Almonds

Nuts vary widely in the amounts of vitamins, minerals, and antioxidants they supply. Almonds happen to be especially rich in vitamin E, another antioxidant that's part of your skin's natural defense system. Vitamin E-rich foods are part of a natural anti-wrinkle treatment plan because these foods may help calm the internal inflammatory process that can play a role in skin damage and getting insufficient vitamin E has been linked to skin dryness. In addition to snacking on almonds, try adding slivered, toasted almonds to yogurt or oatmeal, use them as an alternative to croutons in salads, or stir them into soups for a little crunch.

## Sweet Potatoes

Orange-hued foods, like sweet potatoes, are rich in beta-carotene, an anti-wrinkling carotenoid that is a derivative of vitamin A. In food, beta-carotene can help boost your skin's natural sun protection and defend it from sun-induced damage that can cause age-related changes to your skin. On top of that, eating sweet potatoes and other foods rich in this nutrient can also give you a lovely glow that is rated in research as more attractive than a tan. Talk about a natural anti-aging treatment! Sweet potatoes can be cut lengthwise and roasted, and then swapped for toast as a vehicle for anything from avocados to nut butters.

## Tomato sauce

The key carotenoid in tomatoes, lycopene, can mount an internal defense against sun damage. Certainly, nothing replaces your sunscreen routine, but enjoying cooked tomatoes, like canned tomatoes and lower-sugar tomato sauces, may offer some protection against skin cancer.

## Greek yogurt

Your microbiome (the term for the trillions of good bacteria that live in your gut) is not only host to your immune system, but a healthy microbiome helps manage your body's inflammatory response. Nourishing the bacteria in your gut may help improve skin

conditions, like acne and eczema, promoting more healthier-looking skin. Plus, Greek yogurt is rich in protein—the nutrient that supplies the raw materials your body needs to produce collagen. That makes it another winning food in the fight against wrinkles.

## Dark Chocolate

Your favorite health food contains polyphenols known as cocoa flavanols, which are potent antioxidants that nourish your skin and offset damage. In theory, these compounds may protect your skin in a couple of ways: by enhancing blood flow, which helps nourish your skin and has been shown to improve skin moisture, as well as buffering some of the damage caused by the sun. In one study among women over 40, those who consumed a beverage rich in these cocoa compounds experienced reductions in wrinkling and improvements in elasticity, compared to those whose beverage did not contain these nutrients.

I hate to be a buzz kill, but dark chocolate is also a source of added sugar, and as noted, added sugars can damage your skin. It is a great treat, but make sure to indulge in only a little bit each day (up to 1.5 oz) and vary your sources of polyphenols to get the range of protection they offer. Other polyphenol-rich foods include green tea, grapes, cherries, and culinary herbs and spices, such as turmeric and cinnamon.

Adding these six powerful foods to your anti-wrinkle treatment plan can help you rejuvenate your skin, body, and mind by supplying the nutrients you need to optimize your health and thrive!

## CLOSING THOUGHTS

I advise you to take your case to the Lord Jesus in prayer. Believe that He hears you, and that when you confess your sins and repent, and walk humbly with God, you will find pardon. Act like one whom the Lord has corrected in order to purify and save you....

## CLOSING PRAYER

Never give up your faith and hope in God. Cling to the promises. Do not trust in your feelings, but in the naked Word of God. Believe the assurances of the Lord. Take your stand upon the plain "Thus saith the Lord," and rest there, feeling or no feeling. Faith is not always followed by feelings of ecstasy, but "hope thou in God." Trust fully in Him. Father let this be our prayer. In Jesus precious name. Amen.