

Turn to God While There is Time

Today if ye will hear his voice, harden not your hearts. **Hebrews 3:7, 8.** {UL 119.1}

A man for whom the Lord has done so much should honor Him in every word and act. All his transactions should be pure, considerate, and just. He should not do or say anything that he will be loath to meet when he stands before the Judge of all the earth.... {UL 119.2}

Throughout every department of His work God will vindicate His honor, His righteousness. Will you not stop right where you are, and consider diligently your ways? The Lord cannot endorse your spirit or your course of action. His hand is on the lever. Your plans are not His plans.... Now is your time to repent. Lose not the opportunity.... {UL 119.3}

My brother, do not feel that it is below your dignity to make a decided change. **You must place yourself at the feet of Christ as a learner, else you will surely fail of obtaining the overcomer's reward.** **Lay off your commanding, kingly authority, and become one of God's little children.** Until you are willing to study and obey God's will, you will be overcome by temptations and led to do strange things, which will disqualify you for filling a position of influence. {UL 119.4}

Will you not repent and be converted? Will you not act every moment with the realization that you are under the divine scrutiny? Will you not make God your companion in all your work? His holiness, His justice, His truth, should purify your words and actions. {UL 119.5}

You need to stop and consider that there is a God. He has spoken good in your behalf, and He will be much displeased if you deal unjustly with His heritage. **He calls upon you to turn to Him with full purpose of heart.** Pray, for your soul's sake, pray; for you have been so many times self-deceived and led by deceptive influences that you are tempted to regard with favor those who will flatter and extol you, and with disfavor those who would point out your errors and dangers. {UL 119.6}

Many times you have almost gone over to the wrong side, but before the throne has stood your Saviour, the prints of the nails in His hands, interceding in your behalf. **Pray for yourself, in the name of Christ. Pray earnestly, fervently, sincerely.** I hope that your life may be spared, and that you may give yourself wholly to repentance. Come to the Lord, and surrender all to Him. You must, or you will be taken captive by the enemy. {UL 119.7}

I can ... but write these words, for One [who is] of the highest authority has made this appeal to you.—**Letter 55, April 15, 1903,** to Dr. J. H. Kellogg, who was in danger of going off into pantheism. {UL 119.8}

Song service

Here I Am, Lord

I the lord of sea and sky
I have heard my people cry
All who dwell in dark and sin
My hand will save
I have made the stars of night
I will make their darkness bright
Who will bear my light to them?
Whom shall i send?

Here I am Lord
Is it I Lord?
I have heard You calling in the night
I will go Lord
If You lead me

I will hold Your people in my heart

I the lord of wind and flame
I will tend the poor and lame
I will set a feast for them
My hand will save
Finest bread i will provide
Till their hearts be satisfied
I will give my life to them
Whom shall I send?

OPENING PRAYER

Heavenly Father without you we can do nothing. But, in your strength, nothing is always possible. We ask for guidance, direction and wisdom. Our world and way of life has changed drastically. We see this pandemic as a test, with two classes of people, those who love thy neighbor more than themselves and those who care only for themselves. Troublous times are before us, darkness and confusion are all around, we claim your promise Lord, that you will not leave us nor forsake us.

In Jesus precious name we pray, Amen.

A 10-Minute Upper-Body Strength Workout That Will Make You Want to Flex

This arms and shoulders routine is quick but tough.



This 10-minute upper-body strength workout; the moves work not only your arms and shoulders, but also your chest, core, and back. The higher your intensity and the more muscles you work at once, the more bang for your buck you're going to get.

Make sure to include back exercises in as many upper-body workouts as possible as it helps improve posture. Plus, the back is a big muscle group that, when worked, will help you burn more calories during your quick workouts. They also tend to target your arms. (your biceps in particular).

Here's How to Do This Work out:

- Do each exercise for **20** seconds
- Rest for **10** seconds
- Repeat **4x**
- Then, move on to the next move

Equipment Needed: A set of medium-resistance dumbbells

This workout, which involves exercising with intense effort for 20 seconds then recovering for 10 seconds and repeating that for eight rounds. The key here is to keep up your intensity. It is especially important during the 20 seconds of work that you do not rest. Regress or modify the movement as needed to keep moving. Feel free to drop to your knees during the push-ups, or slow down your plank ups. Whatever you need to do without stopping entirely.

1. **Push-Ups** — 20 seconds on, 10 seconds off



- Start in high plank with your hands about shoulder-width apart.
- Bend your arms and lower your chest as close to the floor as you can.
- Push back up to a plank.
- Continue for **20 seconds, then rest for 10 seconds.**
- Repeat 4x.

2. **Bent-Over Rows** — 20 seconds on, 10 seconds off



- Stand with your feet hip-width apart, holding dumbbells at your sides.
- Bend your knees slightly and tilt forward at your hips. Keep your back flat, arms straight, and let your hands hang directly under your shoulders.
- Bend your elbows and lift weights toward your chest, keeping your arms close to your body.
- Extend your arms back out.
- Continue for **20 seconds, then rest for 10 seconds.**
- Repeat 4x

3. **Plank Ups** — 20 seconds on, 10 seconds off



- Start in high plank. Bend one arm to bring your elbow and forearm to the floor.
- Bring the other arm down so you are in a forearm plank.
- Push back up to the start position, placing each hand where your elbows were.
- Repeat this movement, alternating which side you lower first with each rep.
- Continue for **20 seconds, then rest for 10 seconds.**
- **Repeat 4x.**

4. **Renegade Rows** — 20 seconds on, 10 seconds off



- Start in high plank, each hand holding on to a dumbbell that is resting on the floor.
- Pull your right elbow back, raising dumbbell toward your chest and keeping your right elbow close to torso, abs tight, and hips facing down.
- Lower the weight and repeat on the opposite side.
- Continue for **20 seconds, then rest for 10 seconds.**
- **Repeat 4x.**

5. Down Dog to Plank — 20 seconds on, 10 seconds off



- Start in high plank with your hands and wrists stacked directly under your shoulders, your body in one straight line.
- Keep both hands and feet on the ground, shift back into downward dog so your butt is in the air and your heels are closer to the floor.
- Shift forward into high plank.
- Continue for **20 seconds, then rest for 10 seconds.**
- **Repeat 4x.**

While exercises that work your butt and abs tend to get a lot of lovin' in fitness classes and regular gym routines, focusing on your upper body can make you feel strong, powerful, like you could lift a suitcase into the overhead bin no problem.

CLOSING THOUGHTS

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