

## ***Why God Permits Unsettling Experiences***

All his life long, Moab has lain undisturbed like wine settled on its lees, not emptied from vessel to vessel; he has not gone into exile. Therefore the taste of him is unaltered, and the flavour stays unchanged. **Jeremiah 48:11, N.E.B. {UL 170.1}**

Moab did not know anything of the process of unsettling, and the people made but little moral and spiritual progress. "His taste remained in him, and his scent is not changed" (Jeremiah 48:11). **{UL 170.2}**

**A life of monotony is not the most conducive to spiritual growth. Some can reach the highest standard of spirituality only through the breaking up of the regular order of things... {UL 170.3}**

**God desires human beings to be more closely associated with Him. Therefore He takes them away from their friends and acquaintances. When God was preparing Elijah for translation, He moved him from place to place, that he might leave behind the methods and customs he had previously followed, that he might not settle down on his lees, and thus fail of obtaining moral greatness and spiritual soundness. It was God's design that Elijah's influence should be a power to help many souls to a more perfect experience. {UL 170.4}**

**Let those who are not permitted to rest in quietude, who must be constantly on the move, pitching their tent tonight in one place and tomorrow night in another place, remember that the Lord is leading them, and that this is His way of helping them to form perfect characters. In all the changes we are required to make, God is to be recognized as our Companion, our Guide, our Stronghold, and our Dependence. We are to ever be moving, advancing in knowledge, and thus it will be [that] they follow on to know the Lord. The light of His leading He will prepare as the morning. {UL 170.5}**

The Lord has various ways of testing and proving His people. Again and again He has brought about changes to see whether His human agents will keep His commandments. **When in His providence He sees that changes are essential for character building, He breaks up the smooth current of the life. He orders that changes shall be made, so that His worker shall not stagnate by following the regular order. {UL 170.6}**

We are living in a time which calls for decided, sanctified action. Everything that can be done by the followers of Christ should be done, for the enemy will work with all his power to deter souls from receiving the truth.... But nevertheless, God's work is to go forward. We are to sow beside all waters, even though we know that many will seek to extinguish the light of truth.—**Letter 59, June 5, 1901**, to A. G. Daniells. **{UL 170.7}**

## SONG SERVICE

### 279 – Only Trust Him

1

Come, every soul by sin oppressed,  
There's mercy with the Lord,  
And He will surely give you rest,  
By trusting in His word.

#### Refrain

Only trust Him, only trust Him,  
Only trust Him now;  
He will save you; He will save you,  
He will save you now.

2

For Jesus shed his precious blood  
Rich blessings to bestow;  
Plunge now into the crimson flood  
That washes white as snow.

3

Yes, Jesus is the truth, the way,  
That leads you into rest;  
Believe in Him without delay,  
And you are fully blest.

4

Come, then, and join this holy band,  
And on to glory go,  
To dwell in that celestial land,  
Where joys immortal flow.

## OPEN PRAYER

We are living in a time which calls for decided, sanctified action. Everything that can be done by the followers of Christ should be done, for the enemy will work with all his power to deter souls from receiving the truth.... But nevertheless, God's work is to go forward. We are to sow beside all waters, even though we know that many will seek to extinguish the light of truth. Father we pray for Your mighty strength. We ask this prayer in Jesus precious name. Amen.

# IMPROVE THE HEALTH OF YOUR LIVER NATURALLY

The liver is one of the most important of all our vital organs. The liver is responsible for filtering and detoxifying environmental toxins and pathogenic organisms. Unlike many organs a failing liver is unable to be surgically fixed or replaced.

The liver is a vital digestive organ that converts nutrients from the food we eat into essential blood components. It helps to store vitamins and minerals and produces key proteins and enzymes that maintain hormonal balance in the body. The liver helps the immune system fight infections and removes microorganisms from the blood stream. It also produces bile which is essential for digesting fats in our diet.

## What harms the liver?

The most harmful things for liver health include environmental toxins, infectious organisms, alcohol, and poor diet. Exposure to environmental toxins and chemicals can backlog the liver as it tries to neutralize and deactivate these poisonous molecules. These chemicals include xylene, benzene, disinfectant byproducts, heavy metals, pesticides, and cigarette smoke.

Infectious organisms are a major cause of liver stress and inflammation. The most well-known organisms are the hepatitis viruses with the hepatitis B and C viruses being the most dangerous. Any sort of chronic infection in the body such as Lyme, influenza, aflatoxin, and other mycotoxins, etc., can have the ability to inflame and damage the liver as well.

## Poor diet damages the liver

Alcohol and poor diet damage the liver as well. Alcohol must go through the liver's detoxification cycle to be metabolized and deactivated in the body. Chronic alcohol consumption depletes the liver of valuable **glutathione**, **sulfur compounds** and **ethylating** elements such as **zinc**, **riboflavin**, **B6**, **folate** and **B12**.

Poor blood sugar signaling and a diet high in processed foods that contain **toxic additives, preservatives, pesticides, GMOs**, etc., drain the liver of valuable **glutathione, sulfur compounds and ethylating elements**. Often, individuals that consume a diet high in alcohol and processed foods are not consuming the key nutrients they need to produce glutathione, sulfotransferases, and ethylating agents.

## **The liver health nutrition plan**

Foods that are challenging for the liver should be eliminated. This includes **processed and refined foods** and common food sensitivities such as **gluten, soy, peanuts, pasteurized dairy, and corn**.

Foods that are high in **mycotoxins** must be minimized as well. This would include most **legumes and nuts** which should only be consumed in small moderation. Be sure to get your organic, mold-free coffee and raw cacao and refrigerate it to prevent **mycotoxin formation**.

Anyone with liver challenges should be vigilant about using only **certified organic, chemical free products**. This includes all **food choices, personal hygiene products and household cleaning agents**. Reducing toxin exposure from the environment including water and air filtration is especially important.

## **Best foods for liver health**

Some of the best liver benefiting foods include those that are rich in **B vitamins, vitamin C and trace minerals**. This would include lots of raw veggies like celery, spinach, cucumbers and romaine lettuce and steamed veggies such as the cruciferous family. It is also especially advisable to juice your veggies to better absorb the nutrients. Citrus fruit and berries are especially good for the liver.

Using herbs such as **ginger, milk thistle, peppermint, parsley, dandelion, garlic and turmeric** are especially good for **liver health**. A great juicing recipe for liver and kidney health is **spinach, celery, cucumber, lemon and ginger**. Another favorite is **kale, cucumber,**

**parsley, celery and lime.**

Eating liver from an organic, pasture-raised animal provides powerful nutritional support for liver health. This would include grass-fed beef liver, fish liver, wild-game liver, or pasture-raised chicken liver.

## **CLOSING THOUGHTS**

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