

**SONG:**

Amazing Grace (My Chains Are Gone)

Amazing grace  
How sweet the sound  
That saved a wretch like me  
I once was lost, but now I'm found  
Was blind, but now I see  
'Twas grace that taught my heart to fear  
And grace my fears relieved  
How precious did that grace appear  
The hour I first believed

My chains are gone  
I've been set free  
My God, my Savior has ransomed me  
And like a flood His mercy rains  
Unending love, Amazing grace

The Lord has promised good to me  
His word my hope secures  
He will my shield and portion be  
As long as life endures

My chains are gone  
I've been set free  
My God, my Savior has ransomed me  
And like a flood His mercy rains  
Unending love, Amazing grace

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I've been set free  
My God, my Savior has ransomed me  
And like a flood His mercy rains  
Unending love, Amazing grace

The Earth shall soon dissolve like snow  
The sun forbear to shine  
But God, Who called me here below  
Will be forever mine  
Will be forever mine  
You are forever mine

**OPENING PRAYER:**

Heavenly Father, we come before you with praise and thanksgiving; Thank you Father for a new day, another breath, your morning air, and mostly for your presence. We come before you asking the forgiveness of our sins, our idle words and carelessness. Father we ask for your Holy Spirit, to guide, direct, and convict. And lead us to all your truths, in Jesus name, Amen

## Yokes

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Isaiah 58:6. {UL 56.1}

There is a great deal of profession in our world, plenty of self-justification, but the evidences of the deep work of the grace in hearts is not so apparent. There is a very earnest, solemn question before us. **The time has come when every soul should understand that he has a soul to save or a soul to lose, a heaven to win and a hell to shun.** **We need to understand what we shall do to be saved....** {UL 56.2}

**In the experience of God's people there have been yokes ... that God never ordained, yokes that have greatly marred the experience and have offended the Lord God of Israel.** **Because a man carries responsibilities in the church, he is not given liberty to rule the mind and judgment of others with whom the Lord is working.** **The Lord wants every soul in His service to understand what is the kind of work required of him....** {UL 56.3}

God has sent the instruction to break every yoke. **We are one—one in Christ Jesus.** **Position does not make the man. Position does not give liberty to exercise power arbitrarily over others.** **It is counsel that is needed; righteousness in deportment that is to be made manifest with meekness and humbleness of mind, and a spirit to seek the Lord until He is found....** {UL 56.4}

**"Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; and if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day"** (Isaiah 58:9, 10). Praise God with heart and voice for this possibility! Praise God that we can bring this promise to the Lord for fulfillment, when we comply with the conditions. **When we do not know which way to turn, light direct from God will come to us, if we will follow His directions....** {UL 56.5}

Let us each bring ourselves into submission to the Lord God of Israel. **You may have your peculiar way, I may have my peculiar way, and some others their peculiar way; but under God that way will be agreeable.** **If we are not under the control of God, led by the inspiration of His Spirit, our way will not be agreeable.** **What we need is to stand in right relation to the great I AM. When we stand in right relation to Him, we can do as Christ has commissioned.—** **Manuscript 9, 1909, copied February 11, 1909, "Two Kinds of Service."** {UL 56.6}

### HONEY FOR SOUR THROAT:

Take one glass of warm water.

Add 2 tsp lemon juice, and 2 tsp. honey to it.

Mix it well and drink it.

### HONEY FOR SLEEP:

Consume 2 tsp, of honey before going to sleep.

### HONEY FOR COLD:

Take one glass of warm water.

1 tbsp lemon juice, and 1 tbsp honey, mix it well.

Drink this, two times a day.

### HONEY FOR DETOX:

You can add honey to the different tea variants.

1 cup Herbal tea, ½ tsp honey.

### HONEY FOR COUGH:

Mix 4 tsp lemon juice and 8 tsp honey together.

Consume 1 teaspoon of this mixture when required.

The human brain has unparalleled capacity to process and analyze information. It is the control center for all your productivity and actions. People often take for granted the benefits and quality of life enabled by a healthy brain. Improving your brain's health now, and as you age, can be as simple as adjusting some habits that may hurt your brain.

**Poor Sleep:** Sleep is critical to our well being and especially important for the health of our brain. While we sleep, our brain repairs itself. Lack of quality sleep inhibits this process, leaving the brain susceptible to damage over time. Americans are now sleeping less than ever. According to a poll conducted by the CDC, more than a third of people report sleeping less than 7 hours per night. Most people need between 7 and 8.5 hours of sleep per day for optimum overall health. Unfortunately, the effects of poor sleep extend beyond poor focus and a short temper.

**Lack Of Personal Interaction:** Conversation is incredibly beneficial for your brain. The process of having to order thoughts and feelings and then convert them into language while making sense of the words coming from the person or people with whom you are talking is a remarkable workout for your brain. Its determined as few as 10 minutes per

day of conversation with another person improved memory and cognition. The study also found higher levels of social interaction resulted in higher cognitive functioning. These findings were consistent through all age groups.

**Overindulging:** Eating habits considered good for your body are also good for your brain. Too much salt, sugar, alcohol or food in general will compromise the health of your brain. [Evidence from a 2012 study](#) indicated people who were overweight had a 22% reduction in cognitive function compared to slimmer peers over a 10-year time.

**Salt.** High salt consumption is a contributing factor for high blood pressure. High blood pressure leads to an increased risk of stroke and causes repeated small traumas to your brain resulting in minor cognitive deficits.

**Sugar.** As sweet as it can be, it's terrible for your brain. Researcher repeatedly have shown that sugar negatively influences brain structure and function, compromising both the formation of long-term memory and learning. This study demonstrated a strong link between sugar consumption and decreased cognitive function.

Over-indulging occasionally will not result in lasting harm. A lifestyle based on overindulgence, however, will ultimately compromise all aspects of your health. Increased caloric intake and poor food choices are both linked to increased risk of cognitive impairment and Alzheimer's Disease.

**Being Sedentary** Regular exercise is good for your overall health. [Research](#) shows the benefits of exercise for the human brain. Aerobic exercise, like walking, gardening or running and weight training helps [the health of your brain](#) in the following ways:

- Improving the health of the **hippocampus**, the part of the brain linked to memory and learning
- Increasing **neuroplasticity**, which is your brain's ability to change as you learn and have new experiences
- Strengthening blood vessels resulting in better blood flow which can help **stop the buildup of plaque related to dementia**
- Improving executive functioning, **your ability to organize and interpret information**, by changing white matter in a way that helps brain cells connect

Begin with 30 minutes of moderate exercise as many days a week as possible. If you increase your exercise to 45–60 minutes most days, you will receive optimal brain benefits. Regardless of how many days or how much time you devote to exercise, it will result in a healthier body and brain.

With so much attention given to physical health, it's easy to forget how important it is to take care of your brain. Brain health depends on a variety of factors, including genetics. While there are some things you can't control, you do have control over lifestyle choices that can improve your overall brain health. Your brain is the most precious thing you have, treat it well!

### **CLOSING THOUGHTS:**

Let us each bring ourselves into submission to the Lord God of Israel. You may have your peculiar way, I may have my peculiar way, and some others their peculiar way, but under God that way will be agreeable. If we are not under the control of God, led by the inspiration of His Holy Spirit, our way will not be agreeable. What we need is to stand in right relation to the great I AM. When we stand in right relation to Him, we can do as Christ has commissioned.

### **CLOSING PRAYER:**

Holy Father, we thank you for your long-suffering, for your patience, for your Word. Father we know now that we are unworthy of your presence; wash us Father that we may be clean. Mold us Father that we may be perfect in your sight. Give us your strength to endure every trial, to walk upright and not stumble. Father more than ever we need every bit of you, because on our own we can do nothing. Forgive us for doubting. My Father, thank you for seeing in us what we cannot see in ourselves, we're indebted to your service. We claim the promises, that you will not leave us or forsakes us, but that you will deliver us, and keep us from temptation, and from the darkness. We love you and long for your appearing. Oh, what a day that will be; in heave, with you, with Christ, and the redeemed. With love and thanksgiving, we ask this prayer, in Jesus precious name, Amen.