

THE PRESENT TRUTH

Bishop Stephen D. Lewis

Are You Counted Amongst The Wise?

It is true that in the time of the end, when God's work in the earth is closing, the earnest efforts put forth by consecrated believers under the guidance of the Holy Spirit are to be accompanied by special tokens of divine favor. Under the figure of the early and the latter rain, that falls in Eastern lands at seedtime and harvest, the Hebrew prophets foretold the bestowal of spiritual grace in extraordinary measure upon God's church. The outpouring of the Spirit in the days of the apostles was the beginning of the early, or former, rain, and glorious was the result. To the end of time the presence of the Spirit is to abide with the true church.

But near the close of earth's harvest, a special bestowal of spiritual grace is promised to prepare the church for the coming of the Son of man. This outpouring of the Spirit is likened to the falling of the latter rain; and it is for this added power that Christians are to send their petitions to the Lord of the harvest "in the time of the latter rain." In response, "the Lord shall make bright clouds, and give them showers of rain." "He will cause to come down . . . the rain, the former rain, and the latter rain," Zechariah 10:1; Joel 2:23.

But unless the members of God's church today have a living connection with the Source of all spiritual growth, they will not be ready for the time of reaping. Unless they keep their lamps trimmed and burning, they will fail of receiving added grace in times of special need. {Acts of the Apostles Pg. 54-55}

Those only who are constantly receiving fresh supplies of grace, will have power proportionate to their daily need and their ability to use that power. Instead of looking forward to some future time when, through a special endowment of spiritual power, they will receive a miraculous fitting up for soul winning, they are yielding themselves daily to God, that He may make them vessels meet for His use. Daily they are improving the opportunities for service that lie within their reach. Daily they are witnessing for the Master wherever they may be, whether in some humble sphere of labor in the home, or in a public field of usefulness.

We should work as did Jesus, departing from our own pleasure, turning away from Satan's bribes, despising ease, and abhorring selfishness, that we may seek and save that which is lost, bringing souls from darkness into light, into the sunshine of God's love. We have been commissioned to go forth and preach the gospel to every creature. We are to bring to the lost the tidings that Christ can forgive sin, can renew the nature, can clothe the soul in the garments of his righteousness, bring the sinner to his right mind, and teach him and fit him up to be a laborer together with God.

The converted soul lives in Christ. His darkness passes away, and a new and heavenly light shines into his soul. "He that winneth souls is wise." [PROV. 11:30.] "And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness, as the stars forever and ever." [DAN. 12:3.] What is done through the co-operation of men with God is a work that shall never perish, but endure through the eternal ages. {Christian Education Pg. 96}

Satan well knows that all whom he can lead to neglect prayer and the searching of the Scriptures, will be overcome by his attacks. Therefore he invents every possible device to engross the mind. {The Great Controversy Pg. 519} (1888)

Those who will put on the whole armor of God and devote some time every day to meditation and prayer and to the study of the Scriptures will be connected with heaven and will have a saving, transforming influence upon those around them. {Testimonies to the Church Volume 5 Pg.112} (1882)

Reform, continual reform, must be kept before the people, and by our example we must enforce our teachings. True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind. Men and women must be taught to take a careful review of every habit and every practice, and at once put away those things that cause an unhealthy condition of the body, and thus cast a dark shadow over the mind.

Those who act as teachers are to be intelligent in regard to disease and its causes, understanding that every action of the human agent should be in perfect harmony with the laws of life. The light God has given on health reform is for our salvation and the salvation of the world. Men and women should be informed in regard to the human habitation, fitted up by our Creator as His dwelling place, and over which He desires us to be faithful stewards. "For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people." {Review and Herald, Nov. 12, 1901}

All are bound by the most sacred obligations to God to heed the sound philosophy and genuine experience which he is now giving them in reference to health reform. He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-ennervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory. {Testimonies to the Church Volume 3 Pg.162}

Regaining Eden

Beets

These grungy-looking roots are naturally sweeter than any other vegetable, which means they pack tons of flavor underneath their rugged exterior.

Why they're healthy:

Think of beets as red spinach. Just like Popeye's powerfood, this crimson vegetable is one of the best sources of both folate and betaine. These two nutrients work together to lower your blood levels of homocysteine, an inflammatory compound that can damage your arteries and increase your risk of heart disease. Plus, the natural pigments--called betacyanins--that give beets their color have been proved to be potent cancer fighters in laboratory mice.

How to eat them:

Fresh and raw, not from a jar. Heating beets actually decreases their antioxidant power. For a simple single-serving salad, wash and peel one beet, and then grate it on the widest blade of a box grater. Toss with 1 tablespoon of olive oil and the juice of half a lemon.

You can eat the leaves and stems, which are also packed with vitamins, minerals, and antioxidants. Simply cut off the stems just below the point where the leaves start, and wash thoroughly. They're now ready to be used in a salad. Or, for a side dish, sauté the leaves, along with a minced clove of garlic and a tablespoon of olive oil, in a sauté pan over medium-high heat. Cook until the leaves are wilted and the stems are tender. Season with salt and...a squeeze of lemon juice. {Source: Johnny Bowden, Ph.D., [Men's Health](#)}

What is folate/folic acid?

A B-complex vitamin that is being studied as a cancer prevention agent. Also called folic acid.

May reduce risk of heart disease and depression

Long linked to the health of pregnant women and their infants, folate is growing in repute. Physicians now prescribe diets rich in folate and folic acid, its synthetic equivalent, to patients at risk for heart disease and stroke. Recent studies also suggest that this B vitamin may keep depression and certain cancers at bay.

What it does:

Folate is necessary for the production of new cells, including red blood cells. Fortification of grain products like cereals and flour in the U.S. began six years ago, but experts say that folate deficiency remains a major cause of spinal-cord defects in newborns. Estimates vary, but by one count the average American woman is getting only 278 micrograms of folate a day, far below the recommended 400 mcg. If you are deficient in folate, you are also likely to have higher levels of homocysteine in your blood, a risk factor for heart disease and stroke. In one study, 800 mcg of folate per day reduced the risk of heart disease by 50 percent in nondrinkers. Other studies have shown that correcting a folate deficiency can sometimes reverse depression.

How much you need:

Many dietitians recommend taking a multivitamin with 400 mcg of folic acid (1,000 mcg per day is the safe upper limit for folic acid, which in excess can mask a vitamin B12 deficiency). People over age 50 taking folic acid are advised to take a supplement balanced with vitamin B12.

Food sources of folate:

Rich sources of folate include...dried beans and peas, spinach and leafy greens, asparagus and fortified cereals.

- Kidney beans (1 cup cooked) = 230 mcg
- Lentils (1 cup cooked) = 358 mcg
- Asparagus spears 6 each = 134 mcg
- Oatmeal (fortified) = 130 mcg
- Spinach (1/2 cup cooked) = 121 mcg
- Romaine lettuce (1 cup chopped) = 76 mcg
- Peas (1/2 cup cooked) = 47 mcg

WebMD Feature from "EatingWell"