

Dear Family and Friends,

We are in autumn again. It seems like yesterday we were looking forward to spring. Time is going so fast! Everyone I talk with says the same thing. I thought it might be just me since I'm well into the golden years now.

I know many people my age or younger, are either handicapped in some way, in nursing homes, or even in the grave. Although I don't deserve it, God has blessed me in so many ways all my life and I thank Him for everything every day!

Our message for this month is: Come Out of Her My People

KEEPER OF THE LIGHT

Many years ago.... Mary's father was the keeper of a lighthouse on the coast of England. The light of these lamps shines at night to guide ships on their way and to keep them from dangerous rocks and shoals. The lighthouse seems to say: "Take care, sailors, for rocks and sands are here. Keep a good lookout and mind how you

sail, or you will be lost."

One afternoon Mary was in the lighthouse alone. Mary's father had trimmed the lamps, and they were ready for lighting when evening came. As he needed to buy some food, he crossed the causeway which led to the land. This causeway was a path over the rocks and sands, which could be used only two or three hours in the day; at other times, the waters rose and covered it. The father intended to hasten home before the tide flowed over this path. Night was coming on, and a storm was rising on the sea. Waves dashed against the rocks, and the wind moaned around the tower.

Mary's mother was dead, and although she was alone, her father had told the girl not to be afraid, for he would soon return.

Now there were some rough-looking men behind a rock, who were watching Mary's father. They watched him go to the land.

Who were they? They were "wreckers" who lurked about the coast. If a vessel was driven on the rocks by a storm, they rushed down — not to help the sailors, but to rob them, and to plunder the ship.

The wicked men knew that a little girl was left alone in the lighthouse. They planned to keep her father on the shore all night. Ships filled with rich goods were expected to pass the point before morning and these men knew if the light did not shine, the vessels would run upon the rocks and be wrecked. How cruel and wicked they were to seek the death of the ships' crews!

Mary's father had filled his basket, and prepared to return to the lighthouse. As he drew near the road leading to the causeway, the wreckers rushed from their hiding place and threw him on the ground. They quickly bound his hands and feet with ropes and carried him into a shed, where he had to lie until morning. It was in vain that he shouted for them to set him free; they only mocked his distress. They then left him in the charge of two men, while they ran back to the shore.

"Oh, Mary, what will you do?" cried the father as he lay in the shed. "There will be no one to light the lamps. Ships may be wrecked, and sailors may be lost."

Mary looked from a narrow window toward the shore, thinking it was time for her father to return. When the clock in the little room struck six, she knew that the water would soon be over the causeway.

An hour passed. The clock struck seven, and Mary still looked toward the beach; but her father was not to be seen. By the time it was eight, the tide was nearly over the causeway; only bits of rock here and there were above the water.

"O father, hurry," cried Mary, as though her father could hear her. "Have you forgotten your little girl?" But the only answer was the noise of the waters as they rose higher and higher, and the roar of the wind as it

gave notice of the coming storm. Surely there would be no lights that night.

Mary thought of what her mother used to say; "We should pray in every time of need." Quickly she knelt and prayed for help; "O Lord, show me what to do, and bless my father, and bring him home safe."

The wreckers walked along the shore, looking for some ship to strike on the coast. They hoped that the sailors, not seeing the lights, would think they were far at sea.

At this moment Mary decided she would try to light the lamps. But what could a little girl do? The lamps were far above her reach. She got matches and carried a small stepladder to the spot. After much labor she found that the lamps were still above her head. Then she got a small table and put the stepladder on it. But when she climbed to the top the lights were still beyond her reach. "If I had a stick," she said, "I would tie a match to it, and then I could set a light to the wicks." But no stick was to be found.

The storm was raging with almost hurricane force. The sailors at sea looked along the coast for the light. Where could it be? Had they sailed in the wrong direction? They were lost and knew not which way to steer.

All this time Mary's father was praying that God would take care of his child in the dark and lonely lighthouse.

Mary, frightened and lonely, was about to sit down again, when she thought of the old Bible in the room below. But how could she step on that Book? It was God's Holy Word that her mother had loved to read. "Yet, it is to save life," said she; "and if mother were here, would she not allow me to take it?"

In a minute the large book was brought and placed under the steps, and up she climbed once more. Yes, she was high enough! She touched one wick, then another, and another, until the rays of the lamps shone brightly far above the dark waters.

The father saw the light as he lay in the shed, and thanked God for sending help in the hour of danger. The sailors saw the light, and steered their ships away from the rocks. The wreckers, too, saw the light, and were angry to see that their evil plot had failed.

All the stormy night the lamps cast their rays over the foaming sea; and when the morning came, the father escaped from the shed. Soon he reached the lighthouse and found out how his little girl had stood faithful to duty in the dark hours of storm.

(From Scrapbook Stories)

When I read the above story the thought came to me that the little girl had "literally" stood on the Bible to

help her in time of danger; just like we must also "stand" on the Word of God to help us in the dangerous times that are before us.

HEALTH NUGGET

THE DIRTY LITTLE SECRET ABOUT COQ10

My name is Joshua Corn and I'm the Editor-in-Chief of the "Live in the Now" newsletter, one of the fastest growing natural health publications in the nation. My passion for natural health always drives me to seek the truth and to educate people on alternative health solutions that are safe and effective.

If you are taking a cholesterol-lowering statin drug such as Lipitor, Zocor, Crestor or Pravachol and want to maintain a vigorous, active lifestyle, then I have important news to share with you today.

When blood tests reveal high LDL cholesterol levels, doctors tend to reflexively reach for their prescription pad for the quick-fix mainstream medicine solution statin drugs. And while it is true that in many cases, these statins produce lower LDL cholesterol readings, many experts now agree that they may actually do more harm than good. They come with a long list of side effects that range from annoying to debilitating, yet unfortunately, too many doctors never even mention these dangers.

This list of side effects includes:

Muscle pain Memory loss and confusion weakness

Headaches **Fatigue** Difficulty sleeping Infertility

Dizziness Liver and kidney problems Permanent nerve damage Nausea and vomiting Diarrhea and consti Increased risk of type 2 diabetes

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But you are much more likely to be impacted by a hidden danger that is not detailed on the warning label. And your doctor, in his or her rush to see the next patient, may have simply neglected to warn you.

You need to understand this hidden danger, and more importantly, the simple solution that can boost your energy, mood and brain power, while providing powerful support for your heart.

Statins Deplete a Vital Nutrient Your Body Needs

It is widely known that statins severely deplete your body's natural levels of CoEnzyme Q10 (CoQ10), which is very dangerous. A Columbia University study found that within 30 days, your levels of CoQ10 can be decreased by half.

Not only does CoQ10 help your heart, it boosts cellular energy throughout your entire body and fights fatigue. In addition, CoQ10 helps to reduce muscle pain and weakness; which are the most commonly reported side effects of cholesterol-lowering drugs.

CoQ10 Is Fuel for Your Heart

Your heart, which beats about 100,000 times a day to get its job done, is fueled by CoQ10 which is why so many studies have shown that it confers powerful protection for your entire cardiovascular system. When your heart has the high levels of CoQ10 it needs it works like a charm. But when levels get low, your heart strains to do its job and ultimately your entire body suffers.

Suboptimal heart function can result in the "mystery symptoms" that so many of us experience as we get older such as fatigue, pain and decreases in mental functions. The fact is, if you have health problems that seemingly won't go away, CoQ10 may be the natural solution you've been looking for.

By Age 50, Your CoQ10 Levels May Be Critically Low.

(Joshua Corn, Editor-in-Chief of the Live in the Now newsletter, is a health freedom advocate who's been involved in the natural health movement for over 15 years. He's always been dedicated to promoting health, vitality, longevity and natural living. Josh is currently writing a book on natural remedies and is gearing up to launch the Live in the Now radio show. In addition to his work in the natural health field, Josh is an avid outdoorsman, organic gardener, animal lover and en joys "living in the now" with his wife and two sons.)

WHEN THE PRICE OF FREEDOM IS FORGOTTEN

By Rogers Ballou

During the period of the "Dark Ages" (538-1798), untold millions were slaughtered and persecuted for refusing to yield to or acknowledge the supremacy of the Pope of Rome. Europe was embroiled in the midst of conflict which raged for nearly 1300 years.

No person, regardless of rank and station was beyond the scope, power, and torture of "The Inquisition". No place was safe or secure in this bloodletting that was to consume between 50-100 million lives.

Those who chose to remain true to God had no alternative but to flee into the wilderness for protection as

God had promised (Rev. 12:6). The church, hunted and persecuted, sought solitary shelter throughout the various lands of Europe and moved from place to place as tolerance gradually turned to intolerance and then to persecution.

In England, attempts were made to "purify" the church by "Puritans" from the vestiges of Roman Catholicism, but these would be to no avail.

As the religious climate continued to change, many Puritans fled from England when the Monarch determined to make them conform to the established Church or leave England's borders. These believers, later to be known as "Separatists" because of their willingness to separate from the Church if necessary, found shelter in the Dutch Republic of Holland. "In the midst of exile and hardship their love and faith waxed strong.

They trusted the Lord's promises, and He did not fail them in time of need. His angels were by their side, to encourage and support them. And when God's hand seemed pointing them across the sea, to a land where they might found for themselves a state, and leave to their children the precious heritage of religious liberty, they went forward, without shrinking, in the path of providence." (The Great Controversy, P 291)

This land offered something that had eluded these brave souls – the right to worship God according to the dictates of one's conscience.

According to Bible Prophecy, as the Papacy was receiving a deadly wound, America would be rising into power.

"He that leadeth into captivity shall go into captivity; he that killeth with the sword must be killed with the sword.

Here is the patience and the faith of the saints. And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon." (Rev. 13:10,11).

A "beast" is likened unto a "kingdom" and "earth" is likened unto an unpopulated area. (Dan. 7:25;Rev. 17:15; Gen. 1:9,10).

It was in 1798 that Napoleon's General Berthier captured Pope Pius VI and exiled him to prison; the civil power was removed from the Church and she received a "deadly wound" as she could no longer rule over the affairs of the kings of the earth.

And when the Papacy, robbed of its strength, was forced to desist from persecution, John beheld a new power coming up to echo the dragon's voice, and carry forward the same cruel and blasphemous work.

This power, the last that is to wage war against the church and the law of God, was symbolized by a beast

with lamblike horns. The beasts preceding it had risen from the sea, but this came up out of the earth, representing the peaceful rise of the nation which it symbolized.

The "two horns like a lamb" well represent the character of the United States Government, as expressed in its two fundamental principles, Republicanism and Protestantism.

These principles are the secret of our power and prosperity as a nation.

Those who first found an asylum on the shores of America rejoiced that they had reached a country free from the arrogant claims of popery and the tyranny of kingly rule. They determined to establish a government upon the broad foundation of civil and religious liberty." ST. Nov 1, 1899.

Although many of those who had relocated to America had themselves suffered persecution, ironically, they were intolerant and even persecuted those who held different religious views than they. On the shores of America, Catholics, Baptists, etc., faced the same fate in a Church governed society. In the scheme of God, a man would be raised up to challenge the long standing fallacy of the rights of the Church to dictate and control the consciences of men.

Throughout the colonies, church attendance was compulsory under penalty of fine, flogging, or imprisonment; these laws referred to as Sunday Blue Laws – "Blue" from the "blue" paper they were written on) were a mainstay of Colonial life and are still retained on many books throughout America.

Roger Williams, a minister reprobated the law, contending that compelling men to worship God was a violation of their natural rights and was even hypocrisy.

His stance was a rare one of his times, for he did not side with the requirements of attending the established church but rather demanded religious liberty for all. "The framers of the Constitution recognized the eternal principle that man's relation with his God is above human legislation and his rights of conscience inalienable. Reasoning was not necessary to establish this truth; we are conscious of it in our own bosoms. It is this consciousness which in defiance of human laws, has sustained so many martyrs in tortures and flames. They felt that their duty to God was superior to human enactments, and that man could exercise no authority over their consciences

It is an inborn principle which nothing can eradicate" (Congressional documents (U.S.A.). serial No. 200, document No. 271).

During the same time, America was rising as a young lamb. Unlike the scores of nations in the Old World, this country did not arise in the midst of a populated area. Additionally, most of its land would be settled and negotiated, and some would come from warfare. The U.S. Constitution took effect on March 4, 1789 and has served as a model for the constitutions of numerous other nations. It is the oldest written national constitution in use.

In the years that followed, delegates saw a need to make changes or "amendments" to the Constitution.

"The Bill of Rights comprises the first ten amendments to the Constitution. Those amendments were adopted between 1789 and 1791, and all relate to limiting the power of the federal government. They were added in response to criticisms of the Constitution by the state ratification conventions and by prominent individuals such as Thomas Jefferson (who was not a delegate to the Constitutional Convention).

These critics argued that without further restraints, the strong central government would become tyrannical."

"In September 1789, the amendments were proposed by Congress as part of a block of twelve. "By December 1791 a sufficient number of states had ratified ten of the twelve proposals, and the Bill of Rights became part of the Constitution."

The issues of separation of Church and State were beginning to be understood more and more by those who had recently escaped the tyranny of Rome and witnessed first hand the numberless atrocities throughout Europe. Others had seen the injustices and travesties practiced in America and determined that in the new government which would be independent of the British Crown that the State would not be controlled by the Church. Additionally, basic freedoms would be given to all - not to a select class such as nobility or clergy. Secret inquisitions would not be tolerated, for one would have the right to a speedy public trial by a jury of his peers; religious office would not be used as a criterion for public office; one could protest against the government without fear of losing one's life; the government could not exercise unreasonable searches and seizures; and any citizen would have the right to bear arms in the event that the government would be corrupted and seek to compel the rights of men, etc. Further, the powers of the government would be held in check by a system of "checks and balances" to ensure that tyranny or oppression could not take place in one branch while the other(s) were powerless to stop it.

The first Ten Amendments were a direct threat to the principles of Romanism in that these rights were not to be given to the nobility or clergy but to all mankind. The framers of the Constitution were determined to no longer live under the evils and atrocities of the Dark Ages; thus this God ordained document was created – the principles of which are in direct opposition to the Roman Catholic Church.

In an age where the average constitution has undergone drastic changes and enjoyed a lifespan of thirteen years, The Declaration of Independence has survived for over two-hundred and thirty years. Ironically, this document that has served as a fortress against the abuses it was created to protect us from will one day undergo serious revisions. Revisionists are already at work teaching new reasons (a need to find food, a need to move to a warmer climate, or an escape from the Bubonic Plague) for the flight of the Pilgrims from the Old World to the New.

Further, these same writers are providing new reasons for the framing and the historical background of the Constitution. It has been stated, "we have nothing to fear for the future, except as we shall forget the way the Lord has led us and His teaching in our past history." (Last Day Events, p 72) John stated that America would one day "give life unto the image of the beast, that the image of the beast should both speak and cause as many as would not worship the image of the beast should be killed." (Rev 13:15)

"To human wisdom all this now seems impossible; but as the restraining Spirit of God shall be withdrawn from men, and they shall be under the control of Satan, who hates the divine precepts, there will be strange developments. The heart can be very cruel when God's fear and love are removed." (The Great Controversy, p 608

Before the terriost attacks of September 11, 2001, the Constitution was already under repeated attacks which have only intensified since then.

In the aftermath, various laws have been passed which have undermined the basis of the Constitution.

"Let the principle once be established in the United States that the church may employ or control the power of the state; that religious observances may be enforced by secular laws; in short, that the authority of church and state is to dominate the conscience and the triumph of Rome in this country is assured." (The Great Controversy, p 581).

"God's word has given warning of the impending danger; let this be unheeded and the Protestant world will learn what the purposes of Rome really are, only when it is too late to escape the snare. She is silently growing

into power. Her doctrines are exerting their influence in legislative halls, in the churches, and in the hearts of men. She is piling up her lofty and massive structures in the secret recesses of which her former persecutions will be repeated.

Stealthily and unsuspectedly she is strengthening her focus to further her own ends when the time shall come for her to strike.

All that she desires is vantage ground, and this is already being given her. We shall soon see and shall feel what the purpose of the Roman element is. Whoever shall believe and obey the word of God will thereby incur reproach and persecution." (The Great Controversy, p581)

"When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with Spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and Republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan, and that the end is near." (Testimonies, Vol. 5, p451).

Reader, what God had told us in advance is happening before our very eyes. Our beloved nation is undergoing a drastic change of which the Framers feared under the governance of Rome in trampling upon the rights of conscience.

Though it is very subtle and covert, nonetheless, great changes have affected us. Our only safety can be found in making a refuge in Jesus, pleading with Him for the Holy Spirit and having a living connection with Him.

By Rogers Ballou (From HERALD Magazine)

SPIN

"If you don't know anything about what a person is talking about, you have a tendency to believe them. I think this is true with a lot of politicians and all bureaucrats." Ben Colvin.

Editor's note: "I got a big laugh out of the thing that is supposedly about Harry Reid... I have seen it before and I'm a mite cautious to print this after all the commotion that transpired after I printed the internet thing about a different politician last year! But whether it's true or not, it's a PERFECT example of "spin" so I will share it ONLY for the purpose of showing how to take an unfortunate fact and spinning it until it is an acceptable fact." LG

Judy Walkman, a professional genealogy researcher in southern California, was doing some personal work on her own family tree when she discovered that Senator Harry Reid's great-great Uncle Remus Reid was hanged for horse stealing and train robbery in Montana in 1889. Both Judy and Harry Reid share this common ancestor. The only known photograph of Remus shows him standing on the gallows in Montana Territory. On the back of the picture that Judy obtained during her research is this inscription: "Remus Reid, horse thief, sent to Montana Territorial Prison 1885, escaped 1887, robbed Montana Flyer six times, caught by Pinkerton detectives, convicted, and hanged in 1889."

Judy Walkman emailed Senator Reid for information about their great-great uncle. Believe it or not, Reid's staff sent back the following biographical sketch for her genealogy research: "Remus Reid was a famous cowboy in Montana Territory. His business empire grew to include acquisition of valuable equestrian assets and intimate dealing with the Montana railroad. Beginning in 1887, he devoted several years of his life to government service, finally taking leave to resume his dealings with the railroad. In 1887, he was a key player in a vital investigation run by the renowned Pinkerton Detective Agency. In 1889, Remus passed away during an important civic function held in his honor when the platform upon which he was standing collapsed."

Now, that's how it's done, folks! That's real political spin, and no matter what side of the aisle you're on, it's funny!

Editor's note: I don't want to hear one word from Harry Reid about whether all of the above is true or not. It's just plain funny, and who doesn't have skeletons in their closet anyway? Wish I had one half so colorful! LG

"TAINT"
Taint what we have,
But what we give,
Taint where we are,
But how we live;
Taint what we do,
But how we do it--That makes this life
Worth goin' through it.
(Unknown)

THINGS TO THINK ABOUT:

The love and suffering and death of the Son of God all testify to the terrible enormity of sin and declare that there is no escape from its power, no hope of the higher life, but through the submission of the soul to Christ. Steps To Christ pg 30-33

FROM KATIE'S COOKBOOKS

RAW RASPBERRY VANILLA JAM

Ingredients: (makes 1cup)

1 cup fresh or frozen raspberries
1-2 Tbsp raw honey (maple syrup or agave syrup)
1½ Tbsp chia seeds
1Tbsp water (opt)
½ tsp vanilla extract

Directions: if using frozen raspberries, defrost first.

Add all ingredients to a blender or food processor. If you like it chunkier you could just mash them with a fork instead of using a blender. If your berries are already juicy enough or you used frozen berries there will be no need to add the extra tablespoon of water to create the chia seed gel.

You can add dates instead of honey, agave, or maple syrup to sweeten.

Pulse or mash until desired consistency.

Transfer the mixture to a jar or container with lid Allow to set in the fridge for about an hour.

Use as you would use any other jam - On toast, sandwich, pancakes, waffles, muffins etc.

I think you could use blackberries or strawberries or blueberries in the place of the raspberries. I haven't tried this recipe yet but I plan to try it with the frozen blackberries or blueberries or strawberries since I don't have any raspberries.

We'll get back with you next month, until then,

Remember God loves you and so do we!

Katie and Rodney Armstrong

COME YE THAT ARE HEAVY LADEN

"Sirs, what must I do to be saved? " Acts 16:30 (Last part)

I am sure there are many souls, who are being affected by the problems in today's world; who are depressed and wondering how they are going to make it.

Many would give their hearts to the Lord but don't know where to start. If you are one of these people; He will take you as you are, right where you are.

Some think they need to get rid of bad habits before God will accept them. All can come to Him just as they are. We cannot change ourselves that is a work for God to do. God *accepts* us as we are but He will not let us *stay* as we are.

There is a process which we go through when we give our hearts to God; First, we need to be convicted that we are sinners in need of salvation.

Jesus says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matthew 11: 28-30

After we are convicted of our need for the Lord we must come to Him, repent and confess our sins.

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. "1 John 1:9

Then, as far as possible we need to make wrongs right. I have seen bumper stickers on cars which say "Not Perfect, Just Forgiven." There is more to the Christian experience than just being forgiven. Getting forgiven is just the beginning of our Christian experience. This is called "justification."

Being perfect is what God expects us to become. "Be ye therefore perfect, even as your Father which is in heaven is perfect." Matthew 5:48 (If the Bible tells us to be perfect, then it is possible to be perfect.)

A process called "sanctification" begins as soon as we **confess our sins** and **forsake them.** This process is

"Growing up unto Christ". Repentance is being sorry enough for our sins that we are willing to *forsake them*.

We all have character defects which need to be eradicated from our lives but if God confronted us with them all at one time we would be overwhelmed. In His mercy He will show us our defects one or two at a time. As we learn about them we are to forsake them, not in our own strength but in the strength God will give us.

"I can do all things through Christ which strengtheneth me." Phil: 4:13

We can be perfect at every stage of our Christian experience. Just as a baby is perfect when it is born; It cannot talk, walk, or feed itself, but it is perfect at that stage. Being perfect is saying **yes** to Jesus every time He asks us to give Him one of our defects and He will furnish the power for us to do it.

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do **nothing.**" John 15:5

"If thou canst believe, all things are possible to him that believeth." Mark 9:23 (Last part)

Growing up into Christ is growing our faith. In order to grow our faith we must pray and study the Bible, God's love letter to us. As we study His instructions to us we will develop trust in Him.

"Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." 1 Timothy 2:15

We need to continually be in touch with God as a branch is connected to a tree or a tree to its roots or a leaf to a branch. Pull a leaf from a branch it will die, so will we if we become disconnected. We stay connected through our communicating with God and obeying Him.

When we learn how much God loves us, we cannot but return that love to Him. The more we read His word the more we will love Him and be willing to obey Him.

"I have declared, and have saved, and I have showed, when there was no strange god among you: therefore **ye are my witnesses**, saith the LORD, that *I am God*." Isaiah 43:12

When Jesus comes into our hearts there will be a joy and a peace which words cannot express and as a result we will want to tell everyone what He has done for us.

To Know God is to love Him. The more time we spend with Him in prayer and Bible study the more we will love and trust Him.

So as we read the Bible and commune with God through prayer and witnessing for Him, we grow stronger and He will bless us with success in our efforts for Him.

We will be able to influence other people who are in despair to come to Him.

The world may fall apart all around us, yet we can have peace.

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.' John 14:27

Jesus has promised to supply all of our needs.

"But my God shall supply all your need according to his riches in glory by Christ Jesus." Philippians 4:19 "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread." Psalms 37:25

"Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." Matthew 6: 31-33

"For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly." Psalms 84:11

There are many reasons for a person to turn their life over to God. The main one is we are all sinners in need of a savior.

It usually will not happen while things are going good for us. The Lord will let us come to a hurdle in life which seems impossible to get over then His sweet Holy Spirit comes to us and offers to us God's solution for our problems, *Jesus*.

The Christian life is a battle; it is more than a battle it is a war. It is in fact the most ferocious war that has ever been or ever will be fought.

When we give our hearts to Jesus we declare open war on Satan and he never sleeps or slumbers but we don't need to be afraid as long as we stay connected to Christ, because the war is not ours to fight.

"for the battle is not yours, but God's. " 2 Chronicles 20:15 (Last part)

Our enemy is wiser and stronger than us and we are no match for him but *Jesus is.*

The weakest saint (Christian) with his or her hand in the hand of Jesus is stronger than Satan and all of his angels.

I personally have found that getting involved with people with bigger problems than I have and trying through prayer and personal effort to help them with their problems makes mine much smaller and insignificant.

My advice to a new Christian is to get involved, exercise what small faith you have and it will grow. Pray for God to help you to love people like He does and He will put people in your path way that you can mentor and help.

We grow in the Lord faster when we are busy working for Him. The one giving a Bible study or giving help to someone needy gets the bigger blessing.

You may think that you are not able to do anything for the Lord, and you can't. Jesus says, "without me you can do nothing" John 15:5 (last part)

When Jesus really comes into your heart, it will overflow with love for others and you will not need to be coerced into giving of yourself to help others.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matthew 11: 28-30