

# Joy, Peace, and Grace from God to You ALL!

Due to lack of space to expound the topic on God's word I've selected on the other page, I'd like to discuss them here further.

I believe the reason why some Christians are having some infirmities even though their diet is already clean and "kosher" is because of their emotional status. If a person is stressed out, always thinking negatively, always giving an inch to the devil, sickness or disease is apt to occur. The flow of blood is constricted and brings poison instead of health to the organs of the body. Especially if the person is angry or depressed or sulking in things that are uncontrolled, instead of praising the Lord and giving the problem to Him, a bitter spirit will get in and in the long run it will cause a health problem,

Just like what the word says: "*Put them all aside...*; *put on...*; *do not...*"- all of these are phrases which are used for command-something we need to do out of our own heart; a decision we have to choose in order that we won't be a victim of unrighteousness but of right doings. To please God is to obey Him and when we choose to do so, He will come to our rescue. We need to choose to praise Him in everything. We are not made puppets. He gave us the liberty to choose after putting in our hearts His law. Let us choose the good and not the evil so we won't be sick of anything at all. As I said, no matter how many vitamins and minerals we take; no matter how pure our water is; no matter how organic our food is, if our emotions are not under control, we will still be sick of something. Do you

want to get free from all kinds of infirmities? Then watch your actions. Watch your tongue too. Let them be under the full control of God. "*And let the peace of Christ rule in your hearts*" (Col. 3:15).

"*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.*" (Phil. 4:8) Remember, this also is in the form of a command... *let your...* Don't refuse to do it. Obey it and you'll be in the right path.

We need to pray for one another. I am not perfect yet myself but I am trying to get there, bit by bit. You pray for me to be strong in the Lord and the power of His might. I'll do the same thing for you and much more if you need it. Just let me know. One of the things I want to do is pray in my "closet" for people. Intercession is something we can do for one another. Prayer can always move mountain so to speak. Let's knock on the door on the Lord for anything we need but first of all we need to praise and thank Him. He wants our worship and adoration. He longs for our fellowship with Him daily. He wants to hear His name being uttered by all of us. He deserves it. He is the only One that sacrificed His life for our redemption. The only thing He requires now is obedience, "*If ye be willing and obedient, ye shall eat the good of the land*" (Isa. 1:19).

So these emotions and the physical being of a person go hand in hand with one's spirit in

order to lead a happy, contented, and healthy life in the Lord.

We should not neglect the importance of good nutrients, peaceful mind, and close relationship with God to lead a godly perfect life. The only way to contentment is: God leading us and we obeying Him.

**Tips for Outdoor Activities:** source: Fast Fixes and Simple Solutions p.325

**Defend your picnics from ants:** Protect your picnic table from an ant invasion by placing the table legs in old coffee cans filled with water.

**Whiten your golf balls:** Get your golf balls as clean as they were on their first putt. Dip then in a mixture of one-cup water and one-quarter cup ammonia. Let them sit until they are clean, then rinse and dry.

**Chip dirt off your golf clubs:** Give your metal golf clubs a bath in a bucket of water and laundry detergent. Soak your clubs for no longer than a minute and then towel them off. The laundry detergent contains the same active ingredient as fancy, store-bought club cleaners.

**Personalize golf balls inexpensively:** Never get your golf balls mixed up with somebody else's. Make a dot on them with a touch of nail polish. This is a great idea for tennis or racquet balls too.

**Dry soggy boots with newspaper:** Don't spend a whole weekend hiking in soggy boots. Stuff them with newspaper at the end of the day. When the newspaper gets soaked, replace it until the boots are warm and dry again.

**Try this new trick for a new wick:** Lengthen the life span of your propane lantern wicks. Just soak them in vinegar for several hours and let them dry. Not only will they burn longer, they'll also give off more light.