

Present Truth

2 Peter 1:12

Dear Readers,

January 2014

“Grace be to you and peace from God the Father, and from our Lord Jesus Christ” (Galatians 1:3). I pray that you and your family are doing very well.

Apology: I want to apologize for the long delay in getting *Present Truth* in the mail. We have skipped from September-December 2013. There has been a lot going on in the past few months. In October I had a serious accident that could very easily have ended my life. I am thankful to God for sparing me and giving me a speedy recovery. You can read about my accident on page 10. Thank you for your prayers.

The Power of Prayer – Part 2

by Lynnford Beachy

In the last issue (August 2013) we learned some valuable lessons about prayer. We examined what the Bible says about intercession, supplication, giving thanks, and prayer for guidance in our lives. In this issue we will continue this study.

When to Pray

There is never a bad time to pray. In fact, the Bible says, “Pray without ceasing” (1 Thessalonians 5:17). This must be referring to something more than praying for God to bless your food, or bedtime prayers. This prayer is a continual connection between you and God, where you talk to Him, and He communicates His will to you. This can be done any time regardless of your circumstances.

Even though we should pray all of the time, there are certain times that are especially needful for prayer. David wrote, “My voice shalt thou hear in the

morning, O Lord; in the morning will I direct my prayer unto thee, and will look up” (Psalm 5:3). He also wrote, “Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee” (Psalm 143:8). It is very important to pray to the Lord first thing in the morning. The reason for this is so that I may “know the way wherein I should walk.”

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In addition to morning prayer, the Bible speaks of other common prayer times. David wrote, “Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice” (Psalm 55:17). The prophet Daniel also shared this custom. Even in the threat of persecution Daniel “went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime” (Daniel 6:10). It could be said that Daniel was praying for God to bless his food when he ate three times a day. I believe he did this, but this seems to be speaking of a more special prayer than that. It is good to set aside time for prayer each day.

There is no bad time to pray since prayer can be done in silence “without ceasing.” David wrote, “I will bless the Lord at all times: his praise shall continually be in my mouth” (Psalm 34:1). Jesus sometimes spent the whole night in prayer. “And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God” (Luke 6:12). If Jesus saw the need to spend so much time in prayer to His Father, we must need to pray often also.

Proper Positions in Prayer

We have already learned that we are to “pray without ceasing,” therefore we must be able to pray in any position we are in. However, there are certain positions the Bible describes as more commonly used positions. The most common position is kneeling. The Bible says, “O come, let us worship

and bow down: let us kneel before the Lord our maker” (Psalm 95:6).

There is a scripture in the Old Testament, that at first glance, appears to be saying that King Solomon set an example to stand in public prayer. It says, “And Solomon stood before the altar of the Lord in the presence of all the congregation of Israel, and spread forth his hands toward heaven” (1 Kings 8:22). The next verse begins describing the contents of his prayer. But at the end of the prayer the Bible says, “And it was so, that when Solomon had made an end of praying all this prayer and supplication unto the Lord, he arose from before the altar of the Lord, from kneeling on his knees with his hands spread up to heaven” (1 Kings 8:54). Here we find that Solomon was actually kneeling for at least part of his prayer. The book of 2 Chronicles records this event by saying, “And he stood before the altar of the Lord in the presence of all the congregation of Israel, and spread forth his hands: For Solomon had made a brasen scaffold, of five cubits long, and five cubits broad, and three cubits high, and had set it in the midst of the court: and upon it he stood, and kneeled down upon his knees before all the congregation of Israel, and spread forth his hands toward heaven” (2 Chronicles 6:12, 13). The next verse records Solomon’s prayer. Solomon stood before the people, but then he kneeled on his knees to pray.

When Jesus was about to be taken to be crucified, the Bible says, “And he was withdrawn from them about a stone’s cast, and kneeled down, and prayed” (Luke 22:41). Even in

Christ's most trying moment He took time to kneel in prayer.

Paul was about to leave his brethren and gave a farewell speech to them, "And when he had thus spoken, he kneeled down, and prayed with them all" (Acts 20:36). Kneeling in prayer is the most commonly used position in the Bible. It is appropriate because it signifies humility and dependence upon God. However, this is not the only position mentioned in the Bible.

Jesus talked about two men who went to the temple to pray. He said, "The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican" (Luke 18:11). We certainly do not want to follow this Pharisee's example of prayer, for he was merely praying with himself, extolling all his good virtues. Jesus spoke of another man, saying, "And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner" (Luke 18:13). Both of these men were standing to pray, but only one of them went home justified.

Jesus spoke of the custom of hypocrites in prayer. He said, "And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward" (Matthew 6:5). It was common for the Pharisees and hypocrites to stand in prayer. Yet, the publican followed the same example and was justified.

Jesus encouraged us to pray with forgiveness in our hearts. He said, "And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses" (Mark 11:25). In Christ's time there seems to be a pattern of people standing in prayer, both hypocrites and righteous people. In the Old Testament the prophet Samuel's mother said to the Eli, "I am the woman that stood by thee here, praying unto the Lord" (1 Samuel 1:26). In the Bible the most common position given for prayer is kneeling, but there are some examples of people standing. There are a few other positions given in the Bible.

The Bible tells us about King Hezekiah's illness saying, "In those days was Hezekiah sick unto death. And the prophet Isaiah the son of Amoz came to him, and said unto him, Thus saith the Lord, Set thine house in order; for thou shalt die, and not live. Then he turned his face to the wall, and prayed unto the Lord,..." (2 Kings 20:1, 2). Here is an example of a man praying while laying on his bed and God heard his prayer and extended his life by fifteen years.

Nehemiah was troubled when he heard about the sad state of his home country. He said, "And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven" (Nehemiah 1:4). Nehemiah sat and prayed.

The Bible says about Elijah, "And Elijah went up to the top of Carmel; and he cast himself down upon the earth, and put his face between his

knees” (1 Kings 18:42). Elijah showed great reverence for God here by not only kneeling, but also putting his head between his knees.

There are many positions of prayer given in the Bible, the most common being kneeling. Yet, this was not the only acceptable position for prayer. We are told to “Pray without ceasing” (1 Thessalonians 5:17), something that would be impossible if we were only allowed to pray while we are kneeling. Kneeling is a good position for prayer. It indicates humility and dependence upon God yet, if kneeling is too difficult for you or you are in a situation that is not appropriate for kneeling, do not let that stop you from praying. God wants to hear from you. Prayer is the breath of the soul. Let your soul breathe. Take more time to pray. Jesus prayed all night at times. You may feel the need to do the same thing. Some positions are more suitable for long prayers. Don’t let anything stop you from taking the time to pray to the one who is your life (Deuteronomy 30:20).

How to Address our Prayers

Many people are confused on how to pray. Some people pray to the Father and end the prayer in the Father’s name. Others pray to Jesus and end it in Jesus’ name. Some prayers are even offered to the Holy Spirit. A lot of prayers are misdirected, giving praise to the Father for dying for our sins, or some other kind of misguided prayers. These types of prayers demonstrate the confusion that exists on this subject. What does the Bible say?

When the disciples asked Him how to pray, Jesus answered, “After this

manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name” (Matthew 6:9). Jesus instructed us to direct our prayers to “Our Father.” Jesus also said, “And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you” (John 16:23). Jesus instructed us to pray to the Father in Jesus’ name. Our prayers should be addressed to God, the Father, “in Jesus’ name.”

The Bible explains why we should address our prayers in this manner. The Bible says, “For there is one God, and one mediator between God and men, the man Christ Jesus” (1 Timothy 2:5). Our prayers should be addressed to God, the Father, for He is the source of all things. The Bible says, “But to us there is but one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him” (1 Corinthians 8:6). We are to pray in Jesus’ name, for He is the only mediator between us and God. He said, “I am the way, the truth, and the life: no man cometh unto the Father, but by me” (John 14:6). Our prayers are directed to the Father and we ask Him to accept our prayers on the basis and merits of the sacrifice of His only begotten Son, Jesus Christ. God loves to hear prayers addressed in this manner.

Come Boldly to the Lord

Because of what Jesus Christ has done for us, we can come boldly to God. We are admonished, “Let us therefore come boldly unto the throne of grace, that we may obtain mercy,

and find grace to help in time of need” (Hebrews 4:16). Do not be discouraged or timid to come to God. He is delighted to hear from you.

Paul explained why we can boldly come to God. He wrote, “And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ: To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God, According to the eternal purpose which he purposed in Christ Jesus our Lord: In whom we have boldness and access with confidence by the faith of him” (Ephesians 3:9-12).

This is an amazing text. It explains what gives us boldness and confidence to come to God. We have this boldness in Jesus Christ, and particularly “by the faith of him.” Notice it does not say, “faith in Him,” but “faith of Him.” There is a difference. The faith of Jesus is exceedingly great. His faith in His Father is tremendous. He boldly comes before God knowing that His Father loves Him without measure. It is His faith that He graciously gives to us when we accept Him into our hearts. That is amazing! This is a really big deal! Can you imagine having the faith of Jesus Christ; the same faith that Jesus Christ has? That is exactly what He offers you when you accept Him into your heart (see also Romans 3:22; Galatians 2:16; Revelation 14:12).

Very few seem to realize the immense gift we have when Christ is in us. Suppose someone gave you a

mansion and a very expensive car, and all of the proof of it was in an envelope he handed you that contained the deeds and the keys. If you place that envelope in the closet and never open it, ignorant of what is available to you, does the gift benefit you? No, you can only benefit from it if you know what has been given. God gave us the gift of His only begotten Son, not only to die for us, but also to live in us and impart His character to us, including His faith. Take hold of this precious gift, “...cleave unto him: for he is thy life...” (Deuteronomy 30:20).

When you have Christ abiding in your heart you can have great confidence and assurance. John wrote, “And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him” (1 John 5:14, 15). When we have Christ abiding in our hearts, His faith in us, and we ask according to His will, we can be certain that we have our petitions. A big key is asking according to His will. Sometimes we “ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts” (James 4:3). It is important to ask according to God’s will.

Solitude

There is a time for public prayer, but it should not be the only type of prayer you are engaged in. The Bible speaks a lot about private prayer. One of the first recorded instances of private prayers is of Isaac, the son of Abraham. The Bible says, “And Isaac

went out to meditate in the field at the eventide....” (Genesis 24:63). He was not practicing a Hindu meditation ritual, but rather he was communicating with God in prayer. He did this by going out into the field where he was surrounded by God’s creation. King David wrote, “Give ear to my words, O Lord, consider my meditation” (Psalm 5:1). Take time to contemplate the goodness of God. He will notice.

Jesus said, “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly” (Matthew 6:6). Here we are instructed to have secret prayer in our closet, or any solitary place we can find. Jesus enjoyed finding a solitary place to pray. “And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed” (Mark 1:35). A solitary place for Jesus was often found at night. The Bible says, “And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone” (Matthew 14:23).

The true test of a Christian is not how he operates when surrounded by onlookers, but the true test is how he behaves when he is alone. Private prayer is an essential part of every Christian experience. God longs to have personal private time with all of his children.

Do not Speak Much

God said, “Be still, and know that I am God...” (Psalm 46:10). Some

people think that prayer is a time when we talk to God and let Him know all of our needs, but it goes beyond that. There is a vital aspect of prayer that involves us listening to God’s still small voice (1 Kings 19:12). God can speak to you in many ways such as with a thought or Bible verse that comes to your mind, or with an impression. Several times He has woken me in the night with a thought or list of Bible verses that are linked together in my mind. We should do as Jesus did, and seek for the will of God (John 5:30). When you do this with a sincere desire to do God’s will, then God may reveal His will to you in a clear manner.

Jesus said, “But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking” (Matthew 6:7). The heathen think they must speak much to get their false gods to respond. An illustration of this was given when Elijah called all the children of Israel together, along with all the prophets of Baal, to do a test to see who the true God is. The prophets of Baal were to set up an altar to their god and ask him to send fire down from heaven to consume their sacrifice. Elijah was to do the same, and the God who answered by fire would be recognized as the true God. Elijah let the prophets of Baal go first. They started praying in the morning and continued all day with no success. They thought that the more they spoke the more likely Baal would answer them. It only took a very short prayer from Elijah for the true God of heaven to answer by fire. (You can read about

this story in 1 Kings 18:19-39.) God does not require long drawn-out prayers. He is much happier to hear a short, sincere prayer offered from the heart. That does not mean that a sincere prayer cannot last for hours. Jesus prayed all night at times.

A stern warning was given to the church leaders of Christ's day when he said, "Woe unto you, scribes and Pharisees, hypocrites! for ye devour widows' houses, and for a pretence make long prayer: therefore ye shall receive the greater damnation" (Matthew 23:14). It is a serious thing to mock God by using a pretended dedication to Him to hide wickedness. The Pharisees did this by offering long prayers. Let us be careful that we do not make the same mistake.

The Bible says, "Keep thy foot when thou goest to the house of God, and be more ready to hear, than to give the sacrifice of fools: for they consider not that they do evil. Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few. For a dream cometh through the multitude of business; and a fool's voice is known by multitude of words. When thou vowest a vow unto God, defer not to pay it; for he hath no pleasure in fools: pay that which thou hast vowed. Better is it that thou shouldest not vow, than that thou shouldest vow and not pay" (Ecclesiastes 5:1-5).

Here we are instructed to be careful not to speak much in prayer. We should be more ready to hear than to talk. This is good counsel all of the time, but especially in prayer. God

wants to speak to us, so we must not let the constant cares of this world distract us from hearing His instructions. Take time to seek the Lord in prayer throughout the day. Nothing is too small to seek the Lord's will on. Jesus said that He constantly sought His Father's will (John 5:30).

Jesus gave us a power-packed model for prayer. He said, "After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen (Matthew 6:9-13). This prayer is concise, but it is loaded with importance. It was not given as a rule that everyone must always pray using these words. This was given as a model, as a good pattern, but not as a ritualistic prayer that must be recited word for word over and over. Every part of this prayer has important meaning and it is void of vain repetitions.

God wants to hear from us what is on our hearts. The Bible says, "Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah" (Psalm 62:8). I pray that each of you will find joy and comfort in opening your hearts before God in prayer.

Duration of Prayer

Have you ever wondered how long a prayer lasts? Jesus offered an amazing prayer just before He died, saying,

“Neither pray I for these alone, but for them also which shall believe on me through their word” (John 17:20). This is a precious text because it shows that Jesus was praying for you and me specifically. He prayed this prayer nearly 2,000 years ago, and we are mentioned in it. The effects of this prayer have lasted all this time.

I heard a song from a father that included a prayer for the little girl that would grow up to marry his young son. This prayer may have been for a girl who was not even born yet, but I am sure God was able to answer that prayer. Don’t be afraid to pray for something that you know is a long way off. God is able to remember and has given an example of a prayer that has endured nearly 2,000 years.

Thy Will be Done

Jesus taught us an important lesson about prayer. When He was about to be crucified He pleaded with His Father “Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done” (Luke 22:42). Jesus desired to have the terrible struggles taken away from Him, but He closed His prayer with, “Not my will, but thine, be done.”

We should never be presumptuous enough to think that God has to operate the way we dictate in prayer. He is the God of heaven who knows all things. He is aware of everything that is going on and He is the best able to decide how He should operate. We can be sure that He will always do what is best for everyone, including us. I am certainly glad that God responded to Christ’s prayers the way He did and

allowed Him to endure the death of the cross for our salvation.

Sometimes we think that we know the best way to accomplish something, but it is certain that God has a thousand ways that we have never even considered. We can trust Him with every detail of our lives. It is good for us to pray like Jesus, “Thy will be done” (Matthew 6:9).

Group Prayer

Just as there is a time for private prayer, there is also a time for public prayer. Jesus said, “Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them” (Matthew 18:18-20).

Our brothers and sisters can join us in prayer for particular things. It is good to have others pray, for “The effectual fervent prayer of a righteous man availeth much” (James 5:16). If the prayer of one righteous man is good, the prayer of two or more is better. Jesus said if two or three shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father...” Do not get confused here. Jesus was not saying that if you would like a new sports car and a million dollar mansion that if you can get at least one person to pray with you for it, that you will have it. Keep in mind that we must

Thankfulness

ask according to God's will (1 John 5:14), and we must not ask in order to consume it on our own lusts (James 4:3). Here is one place where having Christ abiding in your heart is so crucial. If He directs you in prayer, then you can be sure that you are asking according to His will.

Another time when group prayer was blessed is on the Day of Pentecost. Just prior to this the Bible says, "And when they were come in, they went up into an upper room, where abode both Peter, and James, and John, and Andrew, Philip, and Thomas, Bartholomew, and Matthew, James the son of Alphaeus, and Simon Zelotes, and Judas the brother of James. These all continued with one accord in prayer and supplication, with the women, and Mary the mother of Jesus, and with his brethren" (Acts 1:13, 14). This was in preparation for the wonderful gift of the Holy Spirit that was poured out on Pentecost (Acts 2:32, 33).

Both public and private prayer are important. This is one reason why it is important to adhere to the Bible's admonition for, "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching (Hebrews 10:25). It is true that we can maintain a relationship with God without fellowshiping with other Christians, but it is better to fellowship with others when possible. The Bible says, "Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up" (Ecclesiastes 4:9, 10).

An important aspect of prayer that is too often overlooked is thankfulness. God has done so much for us, beyond what we can even imagine. Surely, He deserves much more thanks than He gets. Regardless of what type of prayer you are engaged in, do not forget to thank God for what He has done for you. I like to acknowledge God in a prayer of thanksgiving as soon as I notice a blessing that God has bestowed, especially for the big interventions.

Daniel did this when he and his companions were sentenced to death for not being able to reveal to the king the dream he had forgotten. This was a very unreasonable request the king was making of his wise men, but it is nothing for the God of heaven. Daniel knew that he and his friends were to be killed the next day, so they earnestly prayed to God for the answer to the king's demand. They all prayed earnestly for God to reveal the dream. Amazingly, Daniel was able to sleep that night and God gave him the very same dream the king had. The Bible says, "Then was the secret revealed unto Daniel in a night vision. Then Daniel blessed the God of heaven" (Daniel 2:19). Daniel blessed God by giving Him thanks for such an amazing revelation.

We should not forget where all of our blessings come from and give God thanks for working in our lives. All of us have more to give thanks for than we could possibly acknowledge in prayer. The fact that you are able to read this right now is an amazing blessing. It is awesome how intricately the human eye is designed. I am

thankful for the ability to read and write, not everyone has that blessing. God is so good, and He is worthy of all the praise and thanksgiving we could possibly give Him.

Conclusion

I pray that this little study on prayer will be a blessing to you in your prayer life. As I am writing, I am praying for you and your families that God will abundantly pour out a blessing on you of His choosing. I pray that you will see the wonderful love of God so thoroughly that you will overflow with gratitude to the God who made you and cares for you in every detail. I pray that if you are going through a difficult time in your life that you will always remember that God is greater than all the hardships that you could possibly encounter.

If you are frustrated by the way things are working out and tempted to believe that God does not care about you, I pray that you will be comforted in the knowledge that God is bigger and better than anything this world has to offer. He is able to take your situation and turn it around for good more than anything you could imagine. The Bible says, “And we know that all things work together for good to them that love God, to them who are the called according to his purpose” (Romans 8:28). I am certain that when your life is over and God reveals to you how He has been working in your life, you will look back on the way He has worked and be able to say, “I would not want God to have done it any other way.” I look forward to spending eternity with you. »

A Nearly Fatal Accident

by Lynnford Beachy

On October 20, 2013 I was working on our property in Oklahoma trying to connect water from our well to our mobile home. I was working 14 feet off of the ground and fell headfirst to a concrete floor where I broke both bones in the lower part of my right arm and fractured my skull in a few places. The accident occurred around 6:30pm. My wife was in town and was not planning to be home until after 10:00pm. Praise the Lord that our neighbor's walk that day was delayed and I was right in the middle of her usual route. She spoke to me and handed me some tools on her first trip past. On her way back she saw that I

had fallen and called for help. I believe that I was very close to death, but God delivered me. I was rushed to the hospital where I received excellent care. Thank you so much to all of you who prayed for me. Your prayers were very much needed, for I could not pray for myself during this time.

I was in the hospital for 12 days, during which time I received many visit, calls, notes on Facebook, letters, support, etc. I experienced the kindness of God through the kindness displayed to my family and me. Your kindness means more than you will ever know. I am amazed at how thoroughly God cares for each of us. God

is closer to each of you, and more concerned for your welfare than you have ever imagined. Thank you for responding to God's promptings upon your hearts.

An Amazing Miracle

There were many miracles that God performed during this whole incident, but one of the most incredible miracles is how God removed my pain. I do not remember anything from the first few days of my injury, but my wife, Kendra, tells me that the first night I was in excruciating pain, so much so that I pleaded with her to cut my arm off to get rid of the pain. My wife prayed to God to remove my pain, quoting the verse, and claiming the promise in 1 Corinthians 10:13 that says, "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." I soon calmed and went to sleep.

The following day a nurse came in to administer pain medication. I asked what it was for. She said it would help get rid of the pain. I told her, "I don't need it because I don't have any pain". She couldn't believe it and continued trying to give me pain medicine. I refused, so she left me alone. Every so often the nurse would return to give me pain medicine. I refused it every time and never complained about pain again for the next 11 days in the hospital. My second night in the hospital they put me to sleep to do surgery to repair my broken arm with metal plates and screws. When I awoke there was still

no pain. Again, the doctors and nurses could not believe it. The nurse told my wife, "I kept morphine in my pocket all night for him, but he hasn't seemed to need it." The doctor also commented, "Most patients with a brain injury such as he had would not even be able to lift their head off the pillow because of the pain." I believe that God removed the pain from me at my wife's request. What a great God we serve!

An Outstanding Recovery Center

I was in a total of three hospitals. The first one stabilized me and performed preliminary testing before transferring me to a trauma center. At the trauma center, I was in ICU for three days, then on the floor for three days. All of the staff were very helpful and the Lord used them to minister to me. The third hospital was a rehabilitation hospital. It was this hospital that I remember the most. The doctor in charge of my care introduced himself and said, "I want you to know that neither I nor this hospital is going to be able to heal you. The only Person Who can heal you is God." He was exactly right, and it was refreshing and surprising to hear this from a medical doctor.



My first day in ICU.

I have no memories from this day.

That was the start of a six-day stay in a hospital where everything was calculated to minister to my physical, emotional and spiritual needs. I could see God at work so often. I was on several antibiotics to prevent infection in my arm and brain. Surprisingly, this doctor added a probiotic to help keep my gut working properly. I generally avoid antibiotics whenever possible because I know that they can have a detrimental affect on the friendly flora in the digestive system. He also prescribed some other herbs to keep my system working properly and recommended natural remedies to help me sleep better. Praise God for providing natural remedies in a hospital!

I had scheduled times for physical therapy, occupational therapy, mobility and speech therapy. They also prescribed times of rest. Therapists would spend several hours a day working with everyone on their particular problems. It was all helpful, but one activity surprised me above all. The therapist in charge of working with my memory and speech asked if I had any concerns about my injury that I would like her to address. I told her that I am a prison minister and that when in prison I have to answer Bible questions without the ability to use a computer or smartphone to search for Bible texts. I told her that I have a lot of Bible texts memorized, along with their references, and that is helpful in doing prison ministry. I wasn't sure how much of this I had retained and it concerned me.

This lady added Scripture memory to my therapy session. The last day she asked another therapist to work with me, who surprised me by beginning the session with, "I was told that you are a

prison minister and that you want to make sure you have retained the Scriptures you need in your mind." She continued, "Today I will pretend I am a prisoner and I will ask you questions similar to what one might ask." She then spent nearly an hour in which she asked me several questions about the Bible's counsel regarding sin, temptations, salvation, addictions, heaven, etc. For each question the Lord brought one or more Bible verse to my memory and I was able to quote them and tell her where to find them. In the end she told me that she could see the Lord had blessed me. She said that she had been blessed in our time together and that she could see the Lord would bring these things to my mind as I needed them. This helped put my mind at ease.

It was thrilling to see this level of care in a hospital. I appreciated seeing the way they treated each patient with such kindness, and care tailored to specific situations and needs. I learned to greatly appreciate the doctor and everyone involved in my recovery. I have purposely left out the names of the individuals involved, but God knows them by name and I pray that He will reward them openly.

A Lesson About Eyes

After my fall I was troubled with blurry, double vision and dizziness for quite some time. My last day at the rehabilitation hospital the Lord placed in my path an occupational therapist who had just completed a class on brain injury and vision problems. My eyes were both trying to be dominant, and fighting with each other. Each eye was seeing its own image instead of blending the two together as normal

eyes do. If I would cover one eye I could see with no problem. I was given a pirate's patch to accomplish this and alternated which eye I covered in order to prevent eye weakness. The therapist asked if she could do a test on me. She placed a strip of plastic on each side of my nose. I was amazed to find that I had no dizziness or vision troubles with the plastic covering part of my vision field. On her recommendation, my wife bought a pair of cheap sunglasses. We then popped out the lenses and fixed plastic pieces near the nose piece. I wore these funny-looking glasses for nearly a month.

My brain injury has improved dramatically. Without the glasses I had blurry vision and dizziness, but each day I was able to go longer and longer periods without glasses to correct my vision. November 21 was the first day I went the whole day without glasses. I used them off and on until the first week of December when I quit using them altogether. Praise the Lord! When I explained my vision correction therapy to one of my friends, he exclaimed, "That proves we did not evolve from rocks. If so we would have only evolved one eye in the center of our face. You can get along just fine with only one eye." I had to agree with him. The Bible says, "I am

fearfully and wonderfully made" (Psalm 139:14). I am glad that God blessed us with two eyes.

Followup Visits

On November 5 I had a visit with the eye specialist. He said he was amazed that my eyes were as clear as they are. He said there was no swelling in the optic nerve, nor bleeding in the eyes. He gave me a clean bill of health for my eyes and expected a full recovery. God is so good! I am thankful that He restored my vision.

On November 7 I again saw the doctor who repaired my broken right arm. I was shocked to see the extent of the damage and to learn that the bones had actually been crushed, not just broken. After the cast was removed I began trying to move my fingers and my wrist. My fingers could barely move, but after a few weeks they were moving quite well. November 20 was the first day I was able to type with my right hand for a short time. Even now I have difficulty typing with my right hand because I cannot rotate my wrist more than about 30 degrees. My normal left wrist can rotate 180 degrees. I had another appointment on December 17. The bones in my arm are healing normally and I am now free to drive. I can lift up to five pounds with my right arm.

Conclusion

The Lord has taken this experience and worked it out for good in so many ways. I have been in closer contact with friends from my days as a drug addict, and they have been open to conversations about the Lord. Someone told me, "This whole experience has



My Funny Glasses

caused me to want to serve God with all my heart.” I replied, “If that is the only benefit from my accident, I would go through it ten times over.” I am glad that God is able to take bad situations and work them out for good. The Bible says, “And we know that all things work together for good to them that love God, to them who are the called

according to his purpose” (Romans 8:28). Praise the Lord for His wonderful care and intervention. This process has caused me to have a deeper appreciation for God and for each of you.

Thank you so much for your prayers, encouragement, and support. You are in my prayers, as I hope I continue to be in yours. »

Being Justified

by Ellet J. Waggoner

“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ” (Romans 5:1). What does this mean? What is it to be justified? Both professors and non-professors often mistake its meaning. Many of the former think that it is a sort of half-way house to perfect favor with God, while the latter think that it is a substitute for real righteousness. They think that the idea of justification by faith is that if one will only believe what the Bible says, he is to be counted as righteous when he is not. All this is a great mistake.

Justification has to do with the law. The term means making just. Now in Romans 2:13 we are told who the just ones are: “For not the hearers of the law are just before God, but the doers of the law shall be justified.” The just man, therefore, is the one who does the law. To be just means to be righteous. Therefore since the just man is the one who does the law, it follows that to justify a man, that is, to make him just, is to make him a doer of the law.

Being justified by faith, then, is simply being made a doer of the law by faith. “By the deeds of the law there shall no flesh be justified in His sight” (Romans 3:20). The reason for this is given in the previous verses. It is because there is none that doeth good. “They are all

gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one” (Verse 12). Not only have all sinned, but “the carnal mind is enmity against God; for it is not subject to the law of God, neither indeed can be” (Romans 8:7). So there is a double reason why a man cannot be justified by the law. In the first place, since he has sinned, it is impossible that any amount of subsequent obedience could make up for that sin. The fact that a man does not steal anything to-day, does not in the least do away with the fact that he stole something yesterday; nor does it lessen his guilt. The law will condemn a man for a theft committed last year, even though he may have refrained from stealing ever since. This is so obvious that it does not need any further illustration or argument.

But further, the man has not only sinned, so that he cannot be justified by any amount of after obedience, even if he were to give it, but, as we have read, it is impossible for any man by nature to be subject to the law of God. He cannot do what the law requires. Listen to the words of the apostle Paul, as he describes the condition of the man who wants to obey the law: “For we know that the law is spiritual; but I am carnal, sold under sin. For that which I do, I allow not; for

what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that it is good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing; for to will is present with me; but how to perform that which is good I find not" (Romans 7:14-18). It is therefore clear enough why a man cannot be justified by the law. The fault is not in the law, but in the man. The law is good, and that is the very reason why it will not justify a wicked man.

But what the law cannot do, the grace of God does. It justifies a man. What kind of men does it justify? Sinners, of course, for they are the only ones who stand in need of justification. So we read, "Now to him that worketh is the reward not reckoned of grace, but of debt. But to him that worketh not, but believeth on him that justifieth the ungodly, his faith is counted for righteousness" (Romans 4:4, 5). God justifies the ungodly. Is that not right? Certainly it is. It does not mean that he glosses over a man's fault, so that he is counted righteous, although he is really wicked; but it means that he make that man a doer of the law. The moment God declares an ungodly man righteous, that instant that man is a doer of the law. Surely that is a good work, and a just work as well as a merciful one.

How is the man justified, or made righteous? "Being justified freely by His grace through the redemption that is in Christ Jesus" (Romans 3:24). Remember that to justify means to make one a doer of the law, and then read the passage again: "Being made a doer of the law freely, through the redemption that is in Christ Jesus." The redemption that is in Christ Jesus is the worthiness or the purchasing power of Christ. He gives himself to the sinner; his righteousness is given to the one who has

sinned, and who believes. That does not mean that Christ's righteousness which he did eighteen hundred years ago is laid up for the sinner, to be simply credited to his account, but it means that his present, active righteousness is given to that man. Christ comes to live in that man who believes, for he dwells in the heart by faith. So the man who was a sinner is transformed into a new man, having the very righteousness of God.

It will be seen, therefore, that there can be no higher state than that of justification. It does everything that God can do for a man short of making him immortal, which is done only at the resurrection. But this does not mean that, being justified, there is no more danger of the man falling into sin. No; "The just shall live by faith" (Romans 1:17). Faith and submission to God must be exercised continually, in order to retain the righteousness-in order to remain a doer of the law.

This enables one to see clearly the force of these words, "Do we then make void the law through faith? God forbid; yea, we establish the law" (Romans 3:31). That is, instead of breaking the law, and making it of no effect in our lives, we establish it in our hearts by faith. This is so because faith brings Christ into the heart, and the law of God is in the heart of Christ. And thus "as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous" (Romans 5:19). This one who obeys is the Lord Jesus Christ, and his obedience is done in the heart of everyone who believes. And as it is by his obedience alone that men are made doers of the law, so to him shall be the glory forever and ever. »

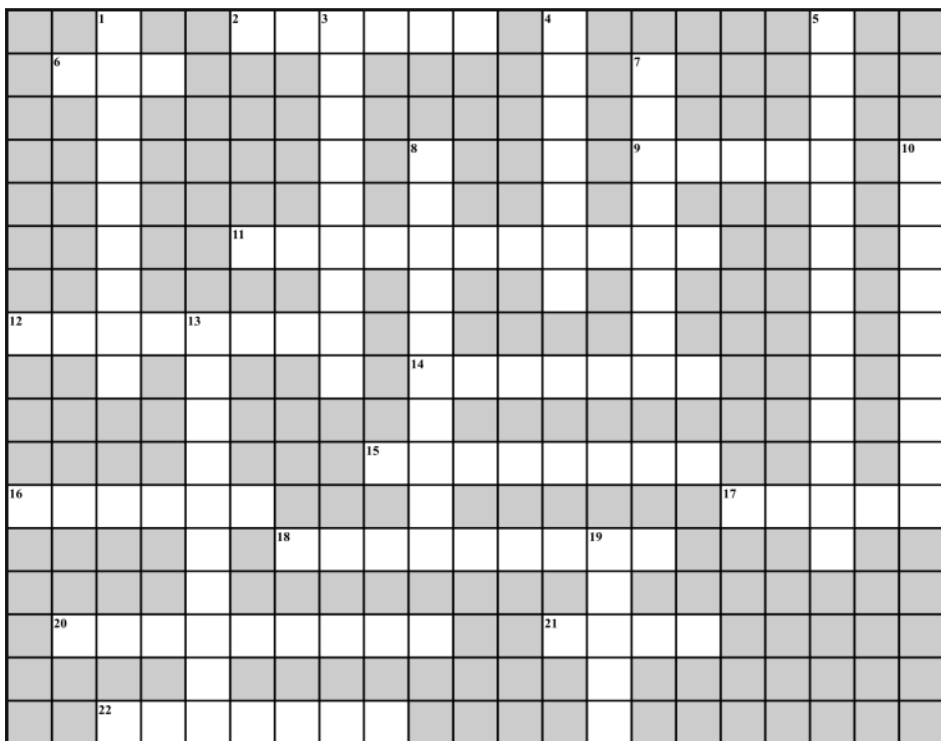
(This article was taken from the October 20, 1892 issue of *The Present Truth*.
Editor)

Present Truth **Something for the Young at Heart**

This month we have a special study written by part of the youth group at the 2013 Tennessee camp meeting. In order to maintain the flow of the study, this crossword puzzle is not split into Across and Down sections—Across or Down is indicated at the end of each line. (The KJV is required.)

Creation

by Caleb Brown, Barrett Westerbeck, Timothy Oliver, Tiana Oliver, Suwannee Brown, Rebekah Beachy, Josiah Beachy, Nader Mansour, and Lynnford Beachy



Answers will be printed on the back page of next month's issue.

Knowing the Creator

- "For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and ____; so that they are without excuse." Romans 1:20—**22 Across**

Who Created

- "In the beginning ____ created the

heaven and the earth." Genesis 1:1—**6 Across**

- What did God do after creation? Genesis 2:3—**13 Down**

- "Where wast thou when I laid the foundations of the earth? declare, if thou hast understanding. Who hath laid the measures thereof, if thou knowest? or who hath stretched the line upon it? Whereupon are the

foundations thereof fastened? or who laid the ____ thereof; When the morning stars sang together, and all the sons of God shouted for joy?" Job 38:4-7 (2 words)—**11 Across**

➤ What was the work of God's hands? Psalm 102: 25—**14 Across**

➤ "Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: he calleth them all by names by the greatness of his might, for that he is strong in power; not one ____." Isaiah 40:26—**4 Down**

➤ What did He give unto the people? Isaiah 42:5-6—**16 Across**

➤ "For, lo, he that formeth the mountains, and createth the wind, and declareth unto man what is his thought, that maketh the morning ____, and treadeth upon the high places of the earth, The LORD, The God of hosts, is his name." Amos 4:13—**15 Across**

➤ Who is God? Malachi 2:10—**2 Across**

How

➤ "Through faith we understand that the worlds were framed by the ____ of God, so that things which are seen were not made of things which do appear." Hebrews 11:3—**21 Across**

➤ "By the word of the LORD were the heavens made; and all the host of them by the breath of his ____." Psalms 33:6—**9 Across**

➤ "For he spake, and it was done; he ____, and it stood fast." Psalms 33:9—**1 Down**

➤ What was made? John 1:1-3 (2 words)—**18 Across**

➤ Who were all things created by? Ephesians 3:9—**17 Across**

➤ "For by him were all things created, that are in heaven, and that are in earth, visible and ____, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him." Colossians 1:16—**20 Across**

Why We Were Created

➤ "And God said, Let us make man in our image, after our likeness: and let them have ____ over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them." Genesis 1:26, 27—**7 Down**

➤ Why were all things created? Revelation 4:11—**12 Across**

➤ "Even every one that is called by my name: for I have created him for my ____, I have formed him; yea, I have made him." Isaiah 43:7—**19 Down**

➤ What did God ordain that we walk in? Ephesians 2:10 (2 words)—**10 Down**

Re-Creation

➤ What does God create in us? Psalms 51:10 (2 words)—**8 Down**

➤ What won't be remembered? Isaiah 65:17 (2 words)—**3 Down**

➤ What is the new man created in? Ephesians 4:24—**5 Down** ➤

Present Truth
You May Freely Eat?

Guest Article - by Gary Hullquist, MD

Editorial Introduction: The following article was published as a pamphlet by our guest author, Gary Hullquist, MD. It is reprinted here as a two-part article with minor updates by the author.

As the food and nutrition sciences editor for *Present Truth* since 2009, I am frequently asked questions around this subject. One question that has been popping up more frequently over the last couple of years is some variation of: "How raw should I be?"

It is important to note here, that *Present Truth* has a global outreach perspective and this question is not an option for the millions of people around the world who must cook everything or risk deadly diseases, and/or who feel thankful for those days they get one meal. This woeful fact came to mind, as I reached for a second bowl of Chickpea Chowder (recipe follows), during our last *Present Truth* Ministries Campus pre-communion service fellowship meal. Whether you fast one meal or two days a week, you may want to prayerfully consider dedicating some of them in solidarity with our global neighbors who do not share the same food security as those of us who study this question.

While my studied opinion is that coming to grips with "what and how much?" has the edge on "cooked or raw?" The answer to the "how raw" question is usually: "Between sixty and eighty percent." Though this may sound perfunctory, within its global context it comes with a thankful awareness of the privilege to have doable dietary goals that include a predominate ratio of fresh vegetables and fruits, and to enjoy the associated health benefits.

In my early meal/menu planning I was sure that I was already close to my first goal of sixty percent raw because of the way I enjoyed my almost daily oatmeal. I've never cared for "wet" oatmeal

or any other cooked cereal (grits excepted—but honestly, why bother?). I do enjoy the salivary rush of chewing, chewing, and chewing down about two thirds of a cup of uncooked oatmeal with a couple of teaspoons of nut butter stirred in. This is wonderful exercise for your talking muscles! Imagine my chagrin when I remembered that all commercial (old fashioned) rolled oats are steam "stabilized." This process was developed and approved specifically to disable the enzyme activity that causes the product to spoil. Because it is an industry-wide standardized process, it does not have to be declared. The processing benefit is that it will last longer (a lot longer) on the shelf (both the grocers' and yours). The downside is that, if you want it raw, you'll have to source it as whole groats and flatten it yourself. Forget the hammer; a few companies out there make rollers for this purpose and the good news is that a couple of them actually work! [If interested, contact me for roller sources.] A similar steaming process is mandated for USA almonds (this time it also helps protect us from possible bacteria). Well and good, but almond packers are still allowed to put "raw" on the label. Just like GMO, I want to know!

In part two, Gary helps us make our first-pass meal planning accurate with a wonderful exposé of which seeds and nuts are truly raw (still alive, viable, potentially sproutable, and enzymatically loaded!). He also shares helpful steps to make new dietary habits "stick."

In this first installment Gary shares reasons people are interested in eating more raw food and which food classes fit the raw program. Then he takes us on a tour bus ride through the enzymatic digestion process. We stop for lunch in the vitamin district ready to dash into legumes on the next trip. —**Jim Raymond**

Live Food

For People who Want to Live! (Part 1)

Live Food just sounds more appealing than “raw food.” Though both terms suggest uncooked foods, “raw” turns most people off as they imagine something cold and undone. But why? Raw could just as easily mean original, pure, natural. Mention raw power and we imagine unbridled brute force!

Actually, this is true for food as well. Perhaps we have allowed unfounded conceptions of dietary appropriateness to shape our view of normality. A piping hot bowl of stew: good; fresh corn soup made right off the cob: bad? Not bad at all!

Recent investigations have reported a much more favorable status for fresh raw foods. Not only are they promoted as superior sources of vital nutrients but they offer highly desirable advantages to inert victuals.

Why is there such wide-spread interest in live foods?

1. Higher bioavailability of important nutritional elements like vitamins, digestive enzymes, anti-oxidants, amino and essential fatty acids that are vulnerable to the heat of cooking.

2. Non-toxic: Avoids the obligatory ingestion of unhealthy substances created by the effects of heating foods such as caramelized carbohydrates and carcinogenic fatty residues.

3. Higher fiber content improves intestinal transit and bowel regularity.

4. Less time invested in meal preparation makes live food the ultimate fast food: no need to wait for anything to cook!

5. Low fat content of raw food results in automatic body weight normalization.

6. Hypoallergenic: Eliminating alien dairy and poultry proteins can cure a host of allergies.

Processing (which includes concentration, homogenization, pasteurization,

cooking, freezing, dehydration, crystallization) too often means the elimination of important nutritional components as well as the unwelcome addition of artificial ingredients.

“Super nutritious young organic greens, power packed sprouted nuts, seeds and grains, fabulous fermented preparations and exciting dehydrated foods” is how Ann Wigmore describes her version of the ideal diet.

The book of Genesis in the Bible describes it this way: “...every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed” (Genesis 1:29). Well, that opens up a tremendous selection of yummy instant live food! In the beginning the diet was divine, the menu marvelous, the food fabulous. But today, we cook and roast, broil, boil, and bake, fry and sauté our ingredients in ritual sacrifice until they are rendered fully, fatally and finally dead.

The Scale of Decreasing Food Value

From best to bad, here in descending order are the foods that fit:

Fresh, raw sprouted grain, seeds, and nuts are alive and growing.

Raw fresh fruit is living but has no growth potential.

Dried fruits have minimal nutrient losses.

Unsprouted raw seeds and nuts are still considered alive because of their dormant potential state, but are less desirable because of their enzyme inhibitors.

Raw root vegetables may resume growth if replanted.

The original Eden diet did not include vegetables, suggesting they may be inferior foods.

Cooked food is dead; it is not capable of growth. And it is softened because heat breaks down the structural proteins, including enzymes.

Digestive Enzymes

All processed food has been heated, thus destroying all natural enzymes. Enzymes present in live food allow the storage nutrients (proteins, fats, and starches) to be digested by the food itself. This relieves the body from the need to produce as many digestive enzymes, allowing energy to be used for other needs.

Digestion Suggestions

Eating your food just isn't enough. Getting a meal in your mouth is barely the first step in a complicated process of making that morsel mean something to your body. The physiologic process of digestion is indeed a complicated one that begins with the ingestion of bulk food and ends with the metabolic disassembly of individual molecules deep within the core of your body.

Starches-Carbohydrates

In between these two start and finish points is a string of critical stages. Proper mastication allows the enzyme known as salivary amylase to perform its important role as a pre-gastric starch-splitter. Gulping large boluses of partially chewed food shortcuts this oral opportunity and places an unnecessary and additional burden on the lower gastrointestinal service stations. Stomachache, bloat or heartburn is the natural and predictable response. Slow down and enjoy—not only the roses—but the full flavor, the total taste, and everything to which you are entitled.

Washing it down with sixteen ounces of your favorite fizz only worsens the matter. Diluted amylase concentrations render your salivary enzymes useless.

Excessive fluids in the stomach only delay the start of digestion by putting the whole business on hold until all that liquid can be absorbed and the pH can start dropping. The digestive machinery

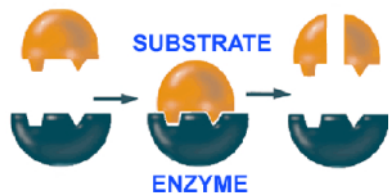
works much better if the skids are greased with water well before you start your meal. Tanking up ahead of time allows your saliva glands to deliver plenty of juice—all you'll really need to fully enjoy every bite.

Some gastrophysiologists believe that this oral pre-digestion continues in the upper portion of the stomach. Fresh foods that have not been denatured by prolonged exposure to high temperatures contain their own supply of digestive enzymes: they're self-digesting!

Provided that seeds (including cereals and most nuts) have already begun their own germination-digestion process, their built-in enzyme inhibitors will no longer be around to interfere.

Proteins

After about an hour, the lower gastric portion of the stomach has accumulated a sufficient supply of hydrochloric acid and enzymes like trypsin, chymotrypsin and pepsin to begin the protein phase of digestion. Proteins are polymers, complex molecules composed of separate chains and sub-chains. The lower acid pH causes hydrolysis (breaking hydrogen bonds) of the bulky protein molecules into smaller amino-acid subunits.



Enzymes are specialized protein molecules that also aid in the breakup of ingested protein. Then how can enzymes do anything at all in a bath of hydrochloric acid? Remember, they are specialized molecules. One measurable property of biochemical structures is the pH or acid concentration at which the molecule denatures or loses its atomic

configuration. Some molecules are more “acid resistant” than others. This is evident when you consider that battery acid will burn holes in your cotton or wool clothing and even your skin, but doesn’t seem to bother most plastics. All of these substances are hydrocarbons (as are enzymes), but they each have different physical properties. So while the more simplified salivary enzymes are inactivated by the stomach’s rising acid tide, the more durable proteinase (protein-cleaving) enzymes can continue to operate unaffected. Aging reduces the stomach’s ability to produce hydrochloric acid. By age 65, nearly 35% don’t produce any acid at all—depleted by a lifelong high protein diet.

Fats, Oils and Grease

Fat is the last food component to get digested. Acid won’t do the trick. The body does produce lipase, the lipid-splitting enzyme, but not until the meal mixture, now called chyme, reaches the upper small intestine. The pancreas (more famous for its production of insulin) also produces amylase and lipase. Simultaneously, the liver provides a soapy syrup called bile to emulsify the oil-water concoction. Bile is stored in its own reservoir, the gallbladder. It can squirt out an emergency supply of bile when a great greasy gourmet comes along. This explains the symptoms, so characteristic of gallbladder disease: crampy, colic-like pain following a fatty feast.

Shortly after entering the upper small intestine, digestion should be complete. All the carbohydrate starches should now be reduced to an assortment of individual sugars: glucose, fructose, maltose, lactose and many others. All the proteins should be broken up into a slurry of individual amino acids: glycine, cysteine, methionine, lysine, arginine and over a

dozen more. All the fat should be sliced into a herd of individual fatty acids. Should be, but this rarely happens.

Too much starch or not enough starch enzyme and the GI tract gets an unexpected load of undigested (and now, indigestible) carbohydrate. The result? Diarrhea, gas, and abdominal cramping.

Too much protein or not enough protein enzyme and the intestinal bug brigade have a field day feasting on undigested protein that was never supposed to get this far downstream. The result? Gas, methane gas, and the bloating and discomfort that go along with it. And, as a byproduct, a slew of toxic fermentative waste compounds such as indoles that are absorbed into the circulation and cause nausea, headaches, mucosal irritation and potentially mutational change (cancer) in the lining of the lower colon and rectum.

Too much fat or not enough fat enzyme and, once again, it’s grease in the gut overload. The result? Steatorrhea. And if that sounds like diarrhea, it’s because it is—smelly, floating liquid stools that shouldn’t be.

Fruits

The reproductive parts of a vine, bush, or tree, including the juicy pulp. Technically, fruits include such traditional vegetables as beans/pea pods, avocados, tomatoes, bell/sweet peppers, cucumbers, squashes.

Fruits are the best tasting raw food. Fruits are the most cleansing food available. And they are the easiest to digest, allowing deposited toxic metabolic byproducts of cooked foods to be eliminated by the body. Often this results in a “crisis” reaction: headache, nausea, vomiting, and diarrhea. So, if you are not accustomed to eating fruits, go easy on them when you start out and work your way into a full-featured fruit feast!

Acid Fruits: Citrus (oranges, lemons, limes, grapefruits, tangerines)

Berries (strawberries, blueberries, raspberries, mulberries, loganberries, blackberries)

Pomes (peaches, plums, apples, pears, cherries)

Vegetable Fruits: Melons (watermelon, cantaloupe, honeydew)

Tahitian Melon Squash (supposedly tastes like a sweet cantaloupe)

Tomatoes, Cucumbers, Squash, pumpkin, Bell Peppers, Okra

Seeds & Nuts: (beans, peas, lentils, walnuts, pecans, almonds, sunflower seeds, filberts, chestnuts, peanuts)

Sprouts

Sprouted seeds are one of the most complete and nutritional of all foods. They are the food of the future, as well as a food of the past. The Old Testament prophet Daniel proved the power of pulse in recovering from his malnourished state in only ten days. You can read about it in Daniel chapter one.

Sprouts are predigested food, exhibiting higher biological value than unsprouted whole seeds, raw or cooked. As a consequence, less food is required, yet more nutrients reach the blood and body tissues.

Unsprouted seeds, grains, cereals, and nuts not only have less nutritional value, but may not even be digestible in many cases. The presence of anti-nutritional factors such as enzyme inhibitors, saponins, and tannins in raw legume seeds and other vegetables, that render them indigestible, has been considered as an expression of the chemical warfare of plants against their predators.

Sprouting Nuts?

Soaking walnuts is beneficial in two ways. First, tannins are leached out improving the nut's flavor appeal. Second,

removal of the enzyme inhibitors allows the seed to begin germination activities, which include enzymatic digestion of the storage proteins. Since the offending allergen is a seed storage protein, it is biochemically altered by the enzymes into safe nonallergenic subcomponents.

Vitamins

Some vitamins increase during sprouting by as much as 500%. In wheat, vitamin B-12 quadruples, other B vitamins increase three to twelve times, vitamin E content triples, fiber content increases three to four times.

Dry seeds, grains, and legumes contain no vitamin C, but after sprouting they contain around six milligrams per ounce. In fact, sprouts are the most reliable year-round source of vitamin C, alpha-carotene, and many B vitamins (such as folacin).

For example, vitamin A content (per calorie) of sprouted mung beans is two-and-a-half times higher than the dry bean and, compared to some other beans, more than eight times more.

After harvesting sprouts and refrigerating them, they continue to grow slowly, and their vitamin content will actually increase. Store-bought fruits and vegetables start losing their vitamins as soon as they are picked.

When enzymes are in our food, the body is allowed to produce essential molecular structures instead of emergency digestive enzymes. When natural enzymes are missing in ingested food, the body is forced to produce large amounts of digestive enzymes. Pancreas, thyroid, salivary glands hypertrophy [enlarge] in animals fed cooked foods.

The same may be related to diabetes in humans, suggested by the many examples of type-II diabetes improving dramatically on an all fresh uncooked diet.

To be continued...

Present Truth

Gary Hullquist, MD, as a life-long vegetarian, suffered from seasonal hay fever, migraine headaches, and serious cat allergies until discovering that a totally vegan diet relieved them all! Plant foods are nutritional powerhouses and emphasizing live plant foods, can add a layer of anti-inflammatory protection to any existing lifestyle. [Note: To learn more about key marginal nutrients in vegan diets (raw or cooked), see the YMFE articles in the February and March 2010 issues of *Present Truth*.]

"I will praise thee; for I am fearfully and wonderfully made:..." (Psalms 139:14).



Blessings! JR

Answers to Last Issue's Crossword Puzzle

Simply Vegetarian

by Jerri Raymond

Chickpea Chowder

2 cups vegetable broth or stock

2 pounds potatoes (cubed)

4 cups chickpeas (cooked)

1/2 cup carrots (thinly sliced)

1/2 cup onions (chopped)

1 cup mushrooms (sliced)

2 cups coconut milk

2 tablespoons coconut oil

4 garlic cloves (large, minced or crushed)

2 tablespoons turmeric

2 teaspoons coriander (ground)

Season to taste

Preparation

Saute onions, garlic, and mushrooms in oil until half cooked. Add stock, potatoes, carrots and boil until soft. Stir in turmeric, coriander, chickpeas, and coconut milk. Adjust seasonings and simmer 5 minutes or until desired temperature. Keep warm until service. The soup holds well in a crockpot on low)

Note: This soup may be pureed (a stick blender works well), and up to two cups of additional coconut milk may be added to thin as desired.

Yield: about 9 one-cup servings.

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