

# Present Truth

2 Peter 1:12

Dear Readers,

August 2013

“Grace be to you and peace from God our Father, and from the Lord Jesus Christ. Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.” (2 Corinthians 1:2-4). All comfort ultimately comes from our heavenly Father. I pray that you will find comfort in God so that you, in turn, can comfort those around you.

## The Power of Prayer – Part 1

by Lynnford Beachy

It has been said that prayer is the breath of the soul. It is a wonderful privilege to communicate with God in prayer. If we knew the value of this important gift, we would utilize it much more than we do now.

The Bible says, “The effectual fervent prayer of a righteous man availeth much” (James 5:16). The Greek word, ισχυω, that was translated “availeth” means “1) to be strong... 2) to have power... to exert, wield power” (*Thayer’s Greek Lexicon*). According to the Bible, the prayer of a righteous man is powerful, and will accomplish much.

Do not get hung up on the phrase “righteous man.” Some think that this only applies to certain, especially godly, people. Yet, none of us are righteous on our own. “Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years

and six months” (James 5:17). God is righteous, and “there is none good but one, that is, God” (Mark 10:18). The Bible says, “But we are all as an unclean thing, and all our righteousnesses are as filthy rags...” (Isaiah 64:6). When we confess our sins to God, He gives us “his righteousness for the remission of sins that are past” (Romans 3:25). That is a good trade for us. We get His righteousness in exchange for our sins. When we do this, we stand before God as though we had not sinned. When we have His righteousness, our prayers

### ALSO IN THIS ISSUE:

**You May Freely Eat?**..... page 9  
by Jim Raymond

**Young at Heart**..... page 13

**Some Testimonies** ..... page 15  
by Lynnford Beachy

**Letters from our Readers**..... page 17

will avail much. Jesus said, "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you" (Matthew 17:20). He also said, "...with God all things are possible" (Matthew 19:26).

Paul wrote, "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth. For there is one God, and one mediator between God and men, the man Christ Jesus; Who gave himself a ransom for all, to be testified in due time" (1 Timothy 2:1-6). Paul exhorted us to offer supplications, prayer, intercessions and giving of thanks for all men. "All men," includes everyone. There is nobody too despicable that they do not deserve our prayers in their behalf.

## ***Supplications***

The Greek word, *δεησις*, translated, "supplications" means, "1) need, indigence, want, privation, penury, 2) a seeking, asking, entreating, entreaty to God or to man" (*Thayer's Greek Lexicon*). To offer supplications for others we are to present their needs to God, and entreat God in their behalf.

The prophet Daniel was a man who offered supplications for others. Daniel testified, "And whiles I was speaking,

and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God; Yea, whiles I was speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation. And he informed me, and talked with me, and said, O Daniel, I am now come forth to give thee skill and understanding. At the beginning of thy supplications the commandment came forth, and I am come to shew thee; for thou art greatly beloved: therefore understand the matter, and consider the vision" (Daniel 9:20-23).

Daniel prayed not only for himself, but for his people. He presented their great need before God and petitioned God to work in their behalf. As soon as he started praying for others, God sent the angel, Gabriel, to talk with Daniel. It is interesting that many of the times in the Bible when angels visited humans to instruct them were when they were praying. God wants us to offer supplications for others by rehearsing before God their great needs, and God's abundant power to fulfill those needs. Let us pray for each other in this way.

God said, "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (2 Chronicles 7:14). Supplication requires humility. When we humble ourselves and pray, God will hear from heaven.

## ***Intercessions***

We are told to intercede for others. There are many examples in the Bible of people interceding for others. The prophet Samuel made a startling statement. He said, "Moreover as for me, God forbid that I should sin against the LORD in ceasing to pray for you: but I will teach you the good and the right way" (1 Samuel 12:23). Samuel considered it a sin to cease praying for others. If we would take praying for others as seriously as Samuel, imagine how much good would be accomplished!

Abraham interceded for the people of Sodom and Gomorrah. When God told Abraham about his plan to destroy these two wicked cities, "Abraham drew near, and said, Wilt thou also destroy the righteous with the wicked? Peradventure there be fifty righteous within the city: wilt thou also destroy and not spare the place for the fifty righteous that are therein? That be far from thee to do after this manner, to slay the righteous with the wicked: and that the righteous should be as the wicked, that be far from thee: Shall not the Judge of all the earth do right? And the LORD said, If I find in Sodom fifty righteous within the city, then I will spare all the place for their sakes. And Abraham answered and said, Behold now, I have taken upon me to speak unto the Lord, which am but dust and ashes: Peradventure there shall lack five of the fifty righteous: wilt thou destroy all the city for lack of five? And he said, If I find there forty and five, I will not destroy it. And he spake unto him yet again, and said, Peradventure there shall be forty

found there. And he said, I will not do it for forty's sake. And he said unto him, Oh let not the Lord be angry, and I will speak: Peradventure there shall thirty be found there. And he said, I will not do it, if I find thirty there. And he said, Behold now, I have taken upon me to speak unto the Lord: Peradventure there shall be twenty found there. And he said, I will not destroy it for twenty's sake. And he said, Oh let not the Lord be angry, and I will speak yet but this once: Peradventure ten shall be found there. And he said, I will not destroy it for ten's sake" (Genesis 18:23-32).

This is a touching story about the determination of Abraham to save those who have rebelled against God. Sadly, there were not even ten righteous in the cities and they were destroyed.

## ***The Ultimate Sacrifice***

Moses made the most drastic intercession for others when he asked God, "Yet now, if thou wilt forgive their sin--; and if not, blot me, I pray thee, out of thy book which thou hast written" (Exodus 32:32). Moses was referring to the Lamb's Book of Life. He asked God to take away his eternal life if He would not forgive the Israelites.

Jesus made the ultimate sacrifice to intercede for others when He offered His life a ransom for all. His attitude toward His accusers was demonstrated when they crucified Him, and He said, "Father, forgive them; for they know not what they do" (Luke 23:34).

Stephen made a similar request when he was being murdered "And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their

charge. And when he had said this, he fell asleep” (Acts 7:60).

Job interceded for his friends, “And the LORD turned the captivity of Job, when he prayed for his friends: also the LORD gave Job twice as much as he had before” (Job 42:10). In praying for his friends, Job was acting according to his custom. Job also prayed for his children. “And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, It may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually” (Job 1:5). I pray that you will intercede for your friends and children with a sincerity that rivals the prayers of the men of God we have examined.

There is an amazing verse in John 17 where Jesus prayed for you and me specifically. Jesus prayed, “Neither pray I for these alone, but for them also which shall believe on me through their word” (John 17:20). Jesus prayed for you, and He wants you to be in His kingdom. Do not believe the lies of the devil when he tries to discourage you into thinking you are not good enough for God to love you. Jesus “is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them” (Hebrews 7:25). Jesus has prayed for you, and He continually intercedes for you right now. You are special in His sight.

### ***Giving of Thanks***

In our prayers, we are instructed to give thanks for all men. Paul wrote, “I

thank my God upon every remembrance of you” (Philippians 1:3). We are to be thankful for the people God has put in our lives. Even those who try our patience are given to us for a reason, and we should be thankful for them.

I want to thank God now for you as Paul wrote, “I thank my God through Jesus Christ for you all, that your faith is spoken of throughout the whole world” (Romans 1:8). You are special and important to me and especially to God.

“We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth” (2 Thessalonians 1:3). “In every thing give thanks: for this is the will of God in Christ Jesus concerning you” (1 Thessalonians 5:18).

### ***Asking Directions***

One reason to go to the Lord in prayer is to seek direction for our lives. Jesus told us, “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33). Our first goal should be to learn the will of God for each day. Jesus said, “I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me” (John 5:30). Jesus sought for the will of His Father. He made it a point to learn God’s direction for His life every moment. He did this so consistently that He was able to say, “I do always those things that please him” (John 8:29). We should make this our num-

ber-one priority when we make any plans for our life and how to direct our days.

David was a man after God's own heart, and he lived under threat of murder much of his life. It was imperative that he went where the Lord wanted him to go, and where the Lord would protect him. The Bible says, "And it came to pass after this, that David enquired of the LORD, saying, Shall I go up into any of the cities of Judah? And the LORD said unto him, Go up. And David said, Whither shall I go up? And he said, Unto Hebron" (2 Samuel 2:1). David was specific in his prayers for God to guide his life.

David was a man of war, and he wanted to have God's guidance for all his affairs, especially in battle. There was a time when David and his army were away from home that the Amalekites invaded their hometown to take their women and children captive. "And David said to Abiathar the priest, Ahimelech's son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David. And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all" (1 Samuel 30:7, 8). David's men were furious and wanted to recover their families, but David hesitated until getting confirmation from the Lord that this was His will. We should learn to do that in our daily lives, to be careful not to rush into things without seeking the Lord's will first.

Often David's life, and the life of his men, rested in the decisions David made. When David was fleeing from

King Saul, the Bible says, "And David knew that Saul secretly practised mischief against him; and he said to Abiathar the priest, Bring hither the ephod. Then said David, O LORD God of Israel, thy servant hath certainly heard that Saul seeketh to come to Keilah, to destroy the city for my sake. Will the men of Keilah deliver me up into his hand? will Saul come down, as thy servant hath heard? O LORD God of Israel, I beseech thee, tell thy servant. And the LORD said, He will come down. Then said David, Will the men of Keilah deliver me and my men into the hand of Saul? And the LORD said, They will deliver thee up. Then David and his men, which were about six hundred, arose and departed out of Keilah, and went whithersoever they could go. And it was told Saul that David was escaped from Keilah; and he forbore to go forth" (1 Samuel 23:9-13).

Do you order your life around God's will or around your own will? I find myself slipping at times and running ahead to a project or to do something without seeking the Lord's will. My wife will often ask me, "Have you prayed about this yet?" I have to sheepishly say, "No." Thank God for godly wives who tenderly encourage you to seek the Lord.

There is a reason the Bible asks us to "seek" for God's will. It is not always out in the open in plain sight. To seek for God's will is more than just waiting to see how circumstances get arranged in our lives. When you have to drive to an appointment and you lose your keys, you probably do not sit on the couch and wait for them to fall into your lap. Instead, you search for



them until you find them. We should be more diligent in seeking the will of God and less prone to do our own thing.

Sometimes God will answer differently under similar circumstances. “And David enquired of the LORD, saying, Shall I go up to the Philistines? wilt thou deliver them into mine hand? And the LORD said unto David, Go up: for I will doubtless deliver the Philistines into thine hand” (2 Samuel 5:19). David went up and won the battle. Then the Philistines returned to fight with David again, “And when David enquired of the LORD, he said, Thou shalt not go up; but fetch a compass behind them, and come upon them over against the mulberry trees. And let it be, when thou hearest the sound of a going in the tops of the mulberry trees, that then thou shalt bestir thyself: for then shall the LORD go out before thee, to smite the host of the Philistines. And David did so, as the LORD had commanded him; and smote the Philistines from Geba until thou come to Gazer” (2 Samuel 5:23-25). Here God gave special instructions to David. He was told to wait for a particular sound before moving.

God is capable of giving His children very detailed instructions for their lives. Unfortunately, much of Christianity has conditioned us not to receive God’s detailed instruction. If a man says, “The Lord told me to do...” he is looked upon with suspicion. Why is that? Jesus said, “My sheep hear my voice, and I know them, and they follow me” (John 10:27). We should not think it strange when a child of God hears Christ’s instructions. In fact, we should think it strange if they do not

hear from Christ. Please don’t get me wrong. Very few people hear God speak to them in an audible voice, but God is not limited to an audible voice to speak to us.

### ***Personal Testimonies***

Shortly after I became a Christian I was working in a factory where I often talked with my co-workers about the Lord. But there was one lady who kept to herself and I don’t recall that we ever spoke to each other; she seemed unapproachable. One day she was working at a station next to me, and I felt strongly impressed to go tell her, “Jesus loves you.” I fought this impression, realizing how out of place this would be. After fighting this impression for a while, it only got stronger, so I finally gave in, and walked over by her and yelled, “Jesus loves you!” I had to yell because the factory was very loud. She could not hear me because of her ear plugs. She pulled them out and said, “What?” I again yelled, “Jesus loves you!” She got a puzzled look on her face, and resumed her work. I went back to my station feeling very relieved that it was over and I had done what the Lord impressed me to do. I have never spoken to that lady again, and I do not know why it was so important for me to say that at that time, but I am sure there was a reason.

At another time my wife got a strong impression to give a card to a neighbor with the words, “God has not forgotten you!” written on it. My wife fought that impression because she knew the lady was very spiritual and figured she did not need this reminder. My wife fought the impression for a

week, but the impression did not go away, it only got stronger. Finally she gave in, and asked me to stop at the neighbor's house. She knocked on the door and handed the card to this lady. She read it and began to cry. She explained that she was going through some really hard times, and that she had just prayed that morning that God would send her a sign that God had not forgotten her. She exclaimed, "This is an answer to my prayer!"

I find this situation especially interesting, because God knew the lady needed the card on a particular day. He also knew that my wife would fight the impression for a week before yielding, so He began a week early impressing my wife to make this card. This was definitely a divine intervention!

I believe a similar thing happened with Jonah. God knew that Jonah would fight the conviction to go to Ninevah, so He started impressing him early. Jonah boarded a ship to go far from Ninevah. Finally, Jonah was thrown out of the ship and swallowed by a big fish, where he remained for three days and three nights. Afterward, Jonah was spit out on dry ground, and he made his way to Ninevah and preached for them to repent. Amazingly, the whole city repented. Jonah had great success in his mission. I believe that Jonah preached at the exact time God wanted him to preach. God began working on him early enough to make sure the schedules would mesh. God is amazing!

Think of how frustrating it must be to have a one-week delay in the response of your body. We are called the body of Christ. Can you imagine getting up in the morning and telling your

hands to bring food to your mouth, and then having to wait a week before getting fed? We would have a very difficult time adjusting to this time-lag. Somehow God is able to deal with it, but wouldn't it be much better for God not to have to wait a week. The Bible speaks about Philip being told by an angel to "Arise, and go toward the south" (Acts 8:26). Philip immediately arose and went south, then Philip was told to join himself to a chariot that was passing. Philip began preaching Jesus to an Ethiopian eunuch, who then was baptized after receiving Christ. If Philip had waited a week to respond, God would have had to start on Philip much earlier, but God knew that Philip was a minuteman. He would go where and when the Lord told him to go. I want to be a minuteman for the Lord.

The two personal stories I told you above about feeling impressed to talk with someone about the Lord were not a result of seeking God's will. Both were examples of us stumbling upon God's will. Jesus was not like that. He sought for the will of His Father all the time, and He was the ultimate minuteman for God. Jesus said he wouldn't even speak a word unless God told Him what to say (John 12:49; 14:10). That is amazing!

Friends, the next time someone tells you that the Lord spoke to them, don't be so hesitant to believe it. It is true that we should compare scripture with scripture and "try the spirits whether they are of God" (1 John 4:1), but we should not automatically dismiss the idea of God talking to His people today. It still happens, and God wants it to happen more than it does. If we

seek His will, I am sure we will find it more than if we wait for it to hit us over the head.

### ***A Lesson from Elijah***

Elijah was a man of faith. He did many amazing things for God. One startling test was held when Elijah called all the servants of Baal to the top of Mount Carmel to find out who is the real God. Elijah arranged for the prophets of Baal to set up an altar and put an offering on it, and have them call upon Baal to send fire down from heaven to burn up the sacrifice. Elijah would do the same, and the God who answered by fire would be the true God. After the priests of Baal called upon their god most of the day with no response, it was Elijah's turn. Elijah set up an altar with a trench around it, put wood and a sacrifice on top, and then commanded twelve barrels of water to be poured upon the altar.

“And it came to pass at the time of the offering of the evening sacrifice, that Elijah the prophet came near, and said, LORD God of Abraham, Isaac, and of Israel, let it be known this day that thou art God in Israel, and that I am thy servant, and that I have done all these things at thy word. Hear me, O LORD, hear me, that this people may know that thou art the LORD God, and that thou hast turned their heart back again. Then the fire of the LORD fell, and consumed the burnt sacrifice, and the wood, and the stones, and the dust, and licked up the water that was in the trench” (1 Kings 18:36-38).

An important lesson to be learned from this test is that Elijah said to God, “I have done all these things at thy word.” Here we learn that God had

spoken to Elijah beforehand explaining what Elijah should do. The whole test was planned by God. How certain was Elijah that God would answer by fire? He was absolutely certain, because God had told him what to do. Elijah's faith was strong, not just because He was a man of God, but because God had spoken to him. Elijah was depending upon God's word to do what that word said. Jesus called this type of dependence “great faith” (Matthew 8:10).

### ***Conclusion***

Friends, God is interested in working with His people as thoroughly as He did in the days of old. But in this day in age there are so many distractions that take us away from seeking God's will. God wants us to seek Him in prayer, to confess our sins and submit ourselves wholly to Him. We do not have time to waste on trivial matters. The Bible says that Satan is going to come down to the people of earth “because he knoweth that he hath but a short time” (Revelation 12:12). Do you know that you have a short time? The Bible says that we should be “Redeeming the time, because the days are evil” (Ephesians 5:16). I pray that you will spend time each day praying for yourselves and for others, especially for those of your own house. Offer supplication, intercession and giving thanks for everyone that God has put in your life.

I am praying for you, as I hope you are praying for me. May God abundantly bless you and your family above what you can think or ask (Ephesians 3:20).

***To be continued...***



# **You May Freely Eat?**

by Jim Raymond

## **Side Effects – Bah Hum Bug!**

Mr. Seto's story is short and sweet, whether testimony or tall tale, I know not. The internet legend has Mr. Seto's lung cancer in that debilitating stage where his lack of energy and diminishing capabilities definitely placed him on the downhill side of life. Enters a famous Chinese Herbalist with a prescription he calls: "The Miracle Drink." The stuff works so well that within three months he is back in the swing of things, and is happily gadding about the planet again.

The formula for his "Miracle Drink" prescription? 1 beet root; 1 carrot; 1 apple: Juice them together, and drink immediately. Repeat this once a day for three months. The herbalist assured him that there would be no side effects.

I've tried this juice mixture and it's pretty tasty. Beyond mere taste, each of these three produce market stars have lots of health and wellness things going for them—including anti-cancer activity:

Apple placed third best in liver cancer cell cultures among the eleven fruits most often eaten in the US; Carrot placed second, behind collards, against a specific type of breast cancer; Beetroot going against lung cancer cell cultures, ranked seventh best within the thirty-three vegetables in the study; behind first place holder, garlic, then leek, green onion, kale, Brussels' sprouts, and cabbage. However, the power of these locally grown super-foods is not the primary reason for this writing.

The famous herbalist claimed that, with the daily dose of this juice mix: "There would be no side effects." Is he "absolutely" accurate? Yes, Technically. But only because there is no such thing as a medicinal side effect. Any effect from adding Chemical-A to Body-B is a primary effect. Some may not be appreciated but all are definitely primary (natural law) effects. The term, side effect, is a marketing term, a smokescreen to dim your eyes to the fact that most of the

Chemical-A rushed to market today does way more "to you" than "for you". When adverse reactions to legally approved drugs, all of which were prescribed with good intentions, kill over 100,000 people in the US every year it is usually blamed on "side effects". Don't let that smoke get in your eyes. Blurry vision in this area might hide the danger of seeking help in a



primarily pharmacologically based arena. When playing the guinea pig role the healthiest option may be to: "Just say no" thank you.

I appreciate the work of the conservative medical doctors and pharmacists that publish the massive compendium: *Worst Pills Best Pills*. They recommend never using a new pharmaceutical until it has been out for seven years—It takes that long to discover most of the adverse effects—at the expense of human guinea pigs that pay billions to prove that the "to you" often outweighs the "for you". Check out the book next time you're in the library or the book store. In the book they also offer a free trial of their internet search service that is more up to date than the book, though not overly expensive. It could be invaluable if you are the decision maker-advocate for a loved one in a care giving arrangement. Whether home care or nursing home, it gives you authoritative information for engaging in discussions leading to medical decisions.

In the articles on Supplementation (YMFE in *Present Truth*, January to March 2010) you'll find a working definition of dietary supplementation as a process that concentrates nutrients so that more can be consumed than could be expected within the context of a normal balanced whole foods meal. This could include dried fruit and vegetable powders and juicing. Concentration makes it more likely to reach therapeutic levels and to experience effective doses. Preventative "doses" are usually servings of whole foods and likely to be less frequent. Thus follows the example

for breast cancer: three, four ounce servings of fresh cabbage a week (minimum). An exceptional example would be using the spice turmeric for IBS (Irritable Bowel Syndrome) prevention: Five, quarter teaspoon servings per day is even more frequent than most modern drug medications.

Outside of severe allergy or toxic contamination, I've never heard of death by a food worthy vegetable, but supplementation has the potential to magnify both desirable or undesirable effects. Fact is that even natural organic foods and or natural chemicals (e.g., supplements) contain many naturally occurring toxins (which may be the beneficial component) and can and do display all types of primary effects (whether desirable, ignorable or adverse) most are dose and frequency dependent.

Sulforaphane, usually a friendly natural cancer cell toxin, vividly illustrates this "dose makes the poison" principle. Sulforaphane is one of the potent cancer preventative phytochemical enzymes in the cruciferous and brassica vegetables. We extolled its virtue in protecting cabbage eating Polish women from breast cancer (see YMFE in the May 2013 issue of *Present Truth*). As one of the many naturally occurring toxins in foods, it may take over one hundred cups of good-for-you broccoli to reach the bad-for-you dose, but it only takes four cups of broccoli sprouts—now juice them! Death by broccoli is now within reach!

Metabolism does not work the same for everyone, and there are a few potentially adverse effects to be

aware of as you fly away from the silver lining:

1. - Several people have complained that beet juice is “just too strong” for them. Because of the pained look on their faces, I’ve refrained from asking for an explanation, and feel safe in assuming that the effect they experienced was not pleasant, yet fortunately temporary.

2. - The blood red pigments (phytochemicals) can be quite alarming if you are one of those that peaks before you flush. Beeturia (beet in the urine and feces) is common to fourteen percent of the population. Why so few is a puzzler.

3. - An expected effect of concern to people with blood sugar control problems, such as diabetics, is that all three ingredients (apples, beets and carrots) are high in sugars, and will need to be worked into the diet to keep blood sugar in balance.

4. - Some experience a bit of stomach or abdominal uneasiness within a few minutes after ingestion.

5. - Dizziness due to a drop in blood pressure is common when beginning the juice and may persist for some time, especially when standing up quickly. (usually a good effect, if beets become a routine menu item, this drop in BP may warrant a drop in BP medication and its associated undesirable effects)

6. - Another desirable effect of high doses is enhanced physical performance.

Andrew Jones found that athletes who drank about two cups of beet juice before an endurance event experienced up to a sixteen percent increase in endurance (he reported these

findings in the: “Journal of Applied Physiology” in 2009). The sixteen percent improvement means they lasted for an average of ninety-two seconds longer than those drinking low nitrate beet juice and were shown to cover the same equivalent distance in two percent less time. Chug a couple of cups of beet juice a few minutes before your morning jog and you may beat your time and have some energy left over.

Both of these last effects are due to the high nitrate content of beets being converted to nitrous Oxide (NO) which makes the blood vessels relax and their dilation drops blood pressure. This is good especially if your BP is usually high. NO also makes the energy making machinery in the mitochondria residing deep within the cells more efficient. Amazingly this mitochondrial tune-up does not require additional energy or oxygen to be delivered. It rather wastes less of what has already been delivered.

Mind you, this whole process and its benefits are inclusive of all plant food sources of high levels of nitrates—not just beets. Compared to most common high nitrate sources, beet juice has the advantage of being easier to get past the taste buds. This is not a problem if eating these foods for their preventative value because they can be prepared as whole foods in many ways that please the palate. It’s when the nitrate levels need to be concentrated into small enough amount to fit into the appropriate body spaces and achieve the therapeutic or performance doses. Juices can meet the needed nutrient load and volume requirements and will fit even

the amorphous spaces. Regarding the taste buds, try an ounce or so of arugula juice (highest green food nitrate levels), and if they're still talking to you, ask them how they feel about two cups of the stuff!

Amaranth and arugula both have high nitrate loads, and they bring a fair amount of Vitamin C, and lots of phytochemical antioxidants, so they can both drive and protect the making of NO.

You might remember in our discussion on Amaranth (YMFE: November and December 2012) re: some scientists were concerned that the nitrate concentration that occurs in certain Amaranths, especially during drought conditions, might be toxic especially to children; but, no amaranth related fatalities were reported by communities using these plant varieties, even to children. Now we probably know why.

7. - Those using beets or high nitrate greens juice as an adjunct to energy and or blood pressure management often report experiencing a general sense of alertness and improved mood—makes sense. This may be worth a try in people with very low energy reserves, such as those who suffer from Chronic Fatigue Syndrome.

To reap the most benefit there are a few chemical and behavioral components that need to be in place—habitual readiness works best.

Things needed to make this work best for you:

Meal planning and management: Critical to ensure you'll have what is needed and know the serving frequency—trial and error.

Normal saliva cycling: Don't waste your nitrate enriched spit. (Nitrates from the stomach are concentrated in the saliva.)

Lush oral micro flora: Don't use anti-bacterial mouthwash. (Nitrates are then converted to nitrite by microflora on the tongue then get swallowed back to the stomach.)

Normal stomach acidity: Avoid antacids including things like Tums® and baking soda. (Vitamin C catalyzes the nitrate to NO conversion in the stomach which would otherwise convert to nitrosamines. Fat free phytochemicals in the stomach protect the NO from being re-oxidized and forming carcinogenic nitrosamines. Eat lots of green leafy vegetables).

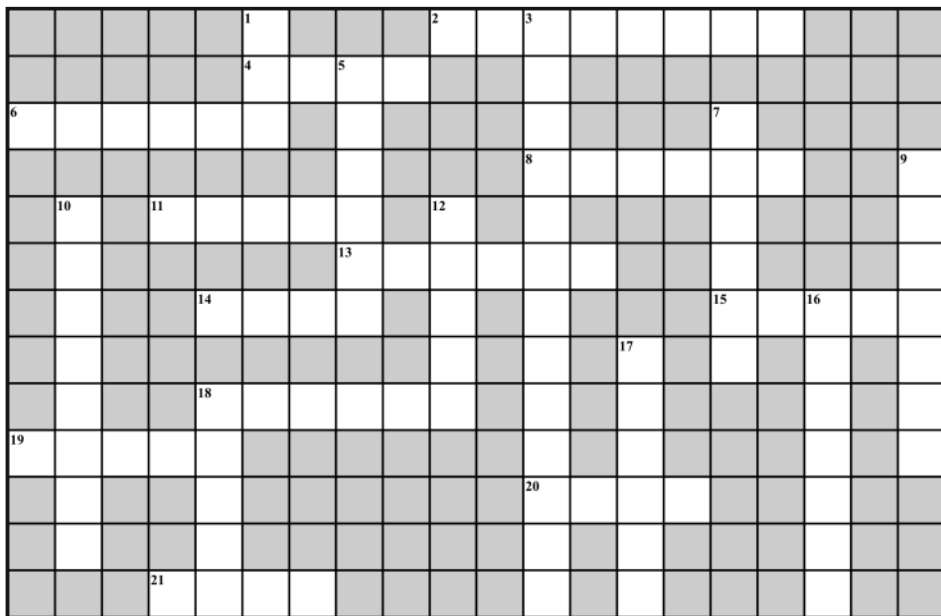
Truly we are fearfully and wonderfully made. In His awe inspiring love, before God made us He created our food and suited it to work in our soon to be created physiological processes. Surely He could have made us "immune" to nitrosamines. I believe that God shows His "sense of humor" in designing the many biochemical riddles and puzzles into our makeup. They certainly prove to the wise that such design forces a search for the designer, and ensures an eternity of exciting discovery for the studios. "Perfect in power, in love and purity." There are no side effects, no unintended consequences, no split purposes, no smokescreens with God. In God's unpolluted plan or places all is peace and harmony. Even on Earth, torn and polluted, wherever we can choose to hear the music of the spheres in our hearts, we can be sure that "All things work together for good to them that love God".

*Blessings! JR*

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

This month we are continuing a series of studies written by my children. 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.)

## *Faith - by Josiah Beachy*



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

- "Behold, his soul which is lifted up is not upright in him: but the just shall \_\_\_\_ by his faith." Habakkuk 2:4—**14 Across**
- "The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word \_\_\_\_, and my servant shall be healed." Matthew 8:8—**4 Across**
- "When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so \_\_\_\_ faith, no, not in Israel." Matthew 8:10—**11 Across**
- "And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he [Jesus] was \_\_\_\_." Matthew 8:24—**17 Down**
- "And his disciples came to him, and awoke him, saying, Lord, save us: we \_\_\_\_." Matthew 8:25—**7 Down**
- "And he saith unto them, Why are ye fearful, O ye of little \_\_\_\_? Then he arose, and rebuked the winds and the sea; and there was a great calm." Matthew 8:26—**19 Across**
- "And, behold, they brought to him a man sick of the palsy, lying on a



- bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be \_\_\_\_ thee." Matthew 9:2—**2 Across**
- "And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his \_\_\_\_." Matthew 9:20—**16 Down**
- "But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee \_\_\_\_\_. And the woman was made \_\_\_\_\_ from that hour." Matthew 9:22 (1 word)—**18 Down**
- "Then touched he their \_\_\_\_\_, saying, According to your faith be it unto you." Matthew 9:29—**20 Across**
- Jesus said to Peter, "Come. And when Peter was come down out of the ship, he \_\_\_\_\_ on the water, to go to Jesus." Matthew 14:29—**18 Across**
- "But when he saw the wind boisterous, he was \_\_\_\_\_; and beginning to sink, he cried, saying, Lord, save me." Matthew 14:30—**6 Across**
- "And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of \_\_\_\_\_ faith, wherefore didst thou doubt?" Matthew 14:31—**5 Down**
- Jesus said, "If ye have faith as a grain of \_\_\_\_\_ seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." Matthew 17:20—**9 Down**
- Jesus said, "If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this \_\_\_\_\_, Be thou removed, and be thou cast into the sea; it shall be done." Matthew 21:21—**10 Down**
- "And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his \_\_\_\_\_, and followed Jesus in the way." Mark 10:52—**15 Across**
- Jesus said, "Have faith in \_\_\_\_\_." Mark 11:22—**1 Down**
- "Thy faith hath \_\_\_\_\_ thee; go in peace." Luke 7:50—**12 Down**
- "And there sat a certain man at Lystra, impotent in his \_\_\_\_\_, being a cripple from his mother's womb, who never had walked." Acts 14:8—**21 Across**
- "The same heard Paul speak: who stedfastly beholding him, and perceiving that he had faith to be \_\_\_\_\_." Acts 14:9—**8 Across**
- Paul "Said with a loud voice, Stand upright on thy feet. And he \_\_\_\_\_ and walked." Acts 14:10—**13 Across**
- Paul was not ashamed of the gospel, "For therein is the \_\_\_\_\_ of God revealed from faith to faith: as it is written, The just shall live by faith." Romans 1:17—**3 Down**

*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (2 Timothy 2:15)*

# Some Testimonies

by Lynnford Beachy

I want to share a few testimonies that have encouraged me recently, and I pray they will be an encouragement to you as well.

## Amazing Intervention

A few weeks ago I received a call from a man named Eric who has served time in prison. After getting out he began attending a church that is involved in street ministry. He soon began doing street ministry himself, and started to encounter questions about the secret rapture and other topics that he was not able to answer. He began questioning these things himself. He asked his pastor about the secret rapture who explained that Christ was going to come secretly to get His people before the time of tribulation. Eric responded, “But that is not what the Bible says.” He was “assured” by his pastor, “The Bible doesn’t say it that way, but that is what it means. Besides, you can’t understand Revelation anyway, you just need to accept it.”

Eric was not able to “just accept it,” instead he realized that he was being deceived. He was impressed that he should get rid of all of his Christian books, and stay with the Bible only. He went home and destroyed all of his books except for dictionaries to study the Bible. But, he felt impressed to keep one book, it was *God’s Love on Trial*, by Lynnford Beachy. He had never read it before, so he decided to read it. He was thrilled with what he was learning. He then went to our

website and read a study entitled, *The Wonderful Gift of the Holy Spirit*. He said that the subject of the Godhead became very clear to him, and he was amazed that he did not see this before. He said he feels like he has just woken up and that the glasses he was using to read the Bible have been removed. He is now sharing the truth with others. Please pray for Eric and his family, and for all those to whom he is ministering.

## Prison Ministry

In June of this year Jim and Jerri Raymond and our family went to Georgia for a camp meeting. While there we met a man named Tim who recently learned about God’s great love in sending His Son to die for us, and we discovered that he lives only 20 miles from us. Soon after returning Tim began fellowshiping with us each Sabbath and for prayer meeting Wednesday night. At one prayer meeting Tim told us that he is actively involved in prison ministry, and asked if I would be interested in going with him. Of course I am! We prayed for God to open the doors, literally. The following morning, Tim contacted the chaplain to try to arrange for me to get in. Tim was not sure it would work because he had difficulty getting others into the prison in the past. It was usually very difficult to even reach the chaplain by phone, and this particular week the chaplain was sick. Tim was amazed at how quickly and easily it was to get permission for me

to come to prison. I filled out an application and was approved on the same day. Two days later, I accompanied Tim to the prison where we went through security with ease, and ministered to prisoners for nearly three hours.

It was encouraging to enter the inmates' holding area and have several men approach us asking for Bible studies. We sat down with them and studied with them, answering questions and sharing new insights. It is amazing the depth of biblical knowledge some of these inmates have. When we were finished they asked if we could come back the next week. We have been going every week, meeting lots of new people. Some of whom requested to be added to the *Present Truth* mailing list. Last week one of the inmates asked about current events, and wanted to know if the things going on now are written in the Bible. This led to an in-depth study on the beasts of Daniel and Revelation, and the Mark of the Beast crisis in Revelation 13. The inmates were amazed at how precise the Bible prophecies are, and how many of them have been fulfilled to the letter. Please pray for these brethren, and for us, "that God would open unto us a door of utterance" (Colossians 4:3), and "that the word of the Lord may have free course" (2 Thessalonians 3:1).

## Memorizing the Bible

A church elder from Tennessee called us recently asking for copies of *Understanding the Personality of God*, and *Answering Objections*. He explained that he has been encouraging his congregation to memorize scripture. He chose to memorize John

chapter 14. As he was memorizing these texts it became very obvious to him that the Bible was teaching something different than what he had been taught. He realized that his previous understanding about God was not compatible with John 14. Some of his friends gave him a copy of the two books mentioned above. Now he is excited about what he has learned, and wants to share it with others. Please pray for this dear brother. He is planning to attend the upcoming Tennessee camp meeting.

## Enhanced Relationship

Recently a man from Texas called us, whose homeland is Paraguay. He said he has been reading the book, *Understanding the Personality of God*, and would like to get several copies in Spanish because he is going to visit Paraguay and wants to share what he has learned there. He said a few weeks ago someone gave him a DVD from our ministry, but he did not take the time to watch it. Then some Jehovah's Witnesses visited his house and challenged him about his understanding of who God is. He talked with a brother in his church about it, who handed him a copy of *Understanding the Personality of God*. This brother has been reading it and is amazed by what he has learned. He said that it has helped his relationship with God tremendously.

**Editor's Note:** The Jehovah's Witnesses, deny the divinity of Christ. We hold firmly to the divinity and pre-existence of Christ and cannot agree with the Jehovah's Witnesses' beliefs about the Son of God.

At this time we do not have *Under-*

standing the Personality of God in Spanish, so I sent him all that we have in Spanish, including *God's Love on Trial*. There is a brother who contacted us recently offering to translate *Understanding the Personality of God* into

Spanish. I believe this work is progressing right now, but it has not been completed. Please “pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest” (Luke 10:2). »



## Letters from our Readers



“I am writing to acknowledge receipt of your booklets: *Answering Objections*, *God's Love on Trial*, and *Understanding the Personality of God*. To tell he truth the books are really stirring and uplifting.” **Rwanda**

“I wanted to inform you that my friend \_\_\_\_, who is on your mailing list is no longer at his PO Box. He has actually moved out of the country and is now living in South America.

“This just happened the early part of April, and he had left his mail box key so that I could clear it out just as it expired the end of April... which I did. I threw out the majority which was junk mail but I did see your newsletter and I kept that aside to read later.

“I just got around to reading it today and enjoyed it thoroughly! I'm glad to see that I can read the April edition on line, since it is part 3.

“I would like to place an order for your books and Bible studies. I didn't know if it was possible to buy them in paper form or if it is only available online to read. If you could just email me and let me know the cost including shipping I can either call you and give you my card number or send you a check. I would also like to subscribe to your newsletter.

“Thanks so very much!” **Montana**

(All of our material is available in printed form as well as on our website. Next is a follow-up letter from the same person. **Editor)**

“I just wanted to thank you for your newsletter. I find it to be such a blessing. Each one I so far received – wish I had known about it long before now.

“Your recent series on the Godhead was rich and beautiful and I am so grateful to the Father and His Son to have come into this truth! I have so much greater understanding of YH-WH's love for me – for us all, and that has helped my faith, and this month's (June 2013) newsletter was so needed. I was feeling so discouraged in myself and I thank you for this message.

“I thank you and Brother Raymond for the work you put into this newsletter.

“I pray God's grace, perfection and provision upon each of your households and upon this ministry. In Jesus name, I pray. Amen.” **Montana**

“I thank God that I receive *Present Truth*. I am much encouraged as I read the *Present Truth*. Please may you send me *Kendra's Sidenotes* and some other new booklets that are available, such as *Understanding the Personality of God* and its companion booklet, *Answering Objections* and others.

“Much greeting to your co-workers

and your family especially your beloved wife. Yours in Christ Jesus”

*Tanzania*

missed out on the campmeeting in Georgia, but I learned of it in too short of a notice. We all miss you brother.

*Wisconsin*

(My wife's *Sidenotes* paper is published four times a year to give updates on our ministry. It is available by e-mail. If you live within the United States we can send a printed copy by postal mail.

*Editor)*

“I was encouraged by your article, “Our Examples” in the June 2013 issue of *Present Truth*. Thank you! I have been going through a rough, time right now as well, yet your article came just when I needed it. Several questions that I had in my mind about the whole situation were answered, but one remains unanswered. God answered my questions before I even asked, for you had to have written this article before I even started looking for a solution. Somehow God always manages to come through, whether that is through a friend, and brother like yourself, or through some other method. God bless you, and thank you for the article!”

*Indiana*

“Please continue my subscription for your *Present Truth* booklet and any other material you may want to send me. Keep up the good work in spreading the truth about our heavenly Father and His only begotten Son, our Lord and Saviour Jesus Christ. Thank you very much, and I am looking forward to continue receiving your booklet.”

*Prisoner in New York*

“Good stuff, Lynnford, good stuff! I see you have been studying. Excellent articles. Thank you for sharing. I have a host of similar articles that I have not yet officially uploaded to a website, but they are on Scribd. I'm sorry I

The “Our Examples” study in the June 2013 issue of *Present Truth* was excellent, as always, Lynnford! Thank you, and may our heavenly Father continue to shower you with his blessings! I'm thankful you have been protected from the tornadoes - that's GREAT news!

*Colorado*

“I have researched over 700 biblical subjects and researched over 800 ministries and *Present Truth* is the number one organization I have come across. If you want to be truly spiritually fed read *Present Truth* and sign up now.

*Prison Minister in New York*

“Kendra, hi I call your husband all the time. Your husband has helped me big time with his books!! Give him a kiss for me.”

*New Mexico*

“Hi! I'm from Puerto Rico and I would love to receive the newsletter and books *God's Love on Trial* and *Understanding the Personality of God*.”

*Puerto Rico*

“I just found your Bible study guides based on the book *God's Love on Trial*. I am making copies at this very moment. I want to use them for my children to study for school and mark their Bibles and to share this message with others.”

*North Carolina*

“God is really at work in the lives of so many. Just this past weekend I was able to share with a family and one of their friends the truth about God to the best of my understanding. They are interested in coming to the camp meeting,



## Present Truth

so please keep them in your prayers. Also a dear friend will be accompanying me to the camp meeting. She is studying this message and Righteousness by Faith. Last night she called me and told me of a family that is already understanding this message. God has just been leading in the hearts of people everywhere. She also invited them to the camp meeting. Before leaving the church fellowship, I shared this message with others, and some are wanting to study, PRAISE GOD! Also at the Carolina Camp Meeting this year, I met three families that believe this message, and I have passed on the information for attending the camp meeting in Tennessee. So if God blesses, there will be a few new faces :) Amen!

"A friend of mine from West Virginia visited Georgia and met a man that gave him some of your literature. He put the material aside and just forgot about it. However, this past weekend we all got together and studied. After that he went home and started reading your literature. Praise God! He told me that he believed that Jesus is our Comforter, but still doesn't understand some things. Pray, pray, and pray that he will come to camp meeting, so that you and others can better answer his questions. I shared all I knew in the time that I was there. This whole family wife, her two sons and her mother are wanting to come. God is so good,

God is so good-can you hear me singing? :)

"It has taken me so long to understand this message, but others are understanding so quickly. God is doing a work! He is preparing a people that completely distrust self and realize their complete dependence on Jesus! For so many years I have thought it is me plus Christ--OH HOW WRONG I HAVE BEEN! I must die!! Christ in me is my only hope of glory. I have NOTHING to offer, but myself and even then Christ helps me to do that. God is so Good in sending His Son!

"I really want to load up on materials to hand out to people. Some people will go to the computer, but others won't or don't have access. So be prepared :) Thank you so much for your willingness to be used of God to help others understand the great sacrifice of the Father and His Son for our salvation. You can't begin to know how much your sacrifice means to me and others. I look forward to seeing you again this year!"

*North Carolina*

	S	D								F		
	T	E	C	O	U	R	A	G	E	O	M	
	A	L	O							A	F	R
I	N	F	I	R	M	I	T	I	E	S	G	
	D	V	M		H					G	A	H
		E	A		W	E				R	K	T
	S	T	R	O	N	G	E	L		P	E	A
			E	D		F	A	I	T	H	O	C
			D	M		P	E		W	E		
		L		E		C	O	U	R	A	G	E
		I		N		N				R	E	F
		F	O	R	T	R	E	S				
		E		S								

*Answers to Last Month's Crossword Puzzle*

**Present Truth** is published monthly by *Present Truth Ministries*. It is sent free upon request. **Duplication of these papers is not only permitted but strongly encouraged, as long as our contact information is retained and the content is unchanged.** *Present Truth* is available online at [www.presenttruth.info](http://www.presenttruth.info), and you may also request to receive it by e-mail.

**Note: If you move, please send us your new address.** If you inadvertently get deleted from our mailing list, without your request, please write us and verify your valid address.

**Editor:** Lynnford Beachy, PO Box 315, Kansas, OK 74347, **phone: (304) 633-5411.** Jim Raymond, phone: (407) 421-6025, e-mail: [newsletter@presenttruth.info](mailto:newsletter@presenttruth.info).

***Present Truth Ministries***

PO Box 315

Kansas, Oklahoma 74347

U. S. A.