

TRUST

◆ CONCERNING YOUR HEALTH ◆

TRUST IN GOD

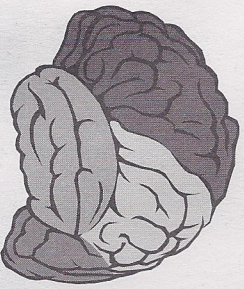
Human beings are living longer, healthier lives than ever before, yet many feel less and less satisfied. In today's fast-paced life, people often feel so pressured and stressed, so full of pain, disappointment and hopelessness that they are willing to risk their health, and even their lives on almost anything that promises relief.

Are you ready to take a giant step beyond anything you've ever known before? Ready to break out of ordinary living into life's ultimate dimension? You can! When you recognize God as your Creator, you discover that you're not the accidental result of evolution. You are a custom-made person. You are important to God! Realizing that you are such a valuable part of His plan, you should be important to yourself!

With the resources of divine power backing you, your possibilities are endless! You've been given the gift of life. Make the most of it! Knowing and trusting God brings you absolute peace of mind. You can depend on His strength to supplement your weakness. Because you are so important to Him, He will never let anything happen to you that isn't for your ultimate good.

Trusting God opens the door to His miraculous intervention. Many people even find a relationship with God to be the key to their success in achieving a healthful lifestyle. A healthy, well-maintained body means a clear mind and thus a fuller appreciation of God and His creation.

The Brain



Our brain is the master control of our bodies. When our brains are not clogged by alcohol, tobacco, drugs or overeating, when we are exercising and getting fresh air and sunlight, and proper rest, we will be able to think clearly. We will be able

to make sound decisions and choose to allow the Lord to speak to us.

If you are like most people, you don't trust someone you don't know well. The same is true in our dealings with God. To trust Him we must get to know Him. Devote some time to getting better acquainted with Him. Look around. You will see people whose lives have been changed by His power, demonstrating His care and concern for His human family. Spend some time reading the Bible. This is God's special letter to man. As you learn more and more about God, you'll grow to have a greater appreciation for Him.

The more information we receive about God and about health and happiness, the more we will want to share this good news with our family and friends. By telling someone else about the wonderful changes in your life, it will strengthen the decisions that you have made. It is so much more rewarding to have someone else enjoy these good things with you.

Research has shown that when a person is emotionally stressed, he can actually become physically ill. God has promised to lift these burdens if we bring them to Him.

"Cast your cares on the Lord and he will sustain you; . . ." Psalm 55:22 (NIV).

Discouragement, bitterness, and anger can leave your body exhausted and weaken the immune system. Conversely, positive emotions like love, joy, faith, and trust, produce protective substances that strengthen the immune system and protect us. Peace of mind can have a vitalizing, invigorating influence. Try it! You will be glad you did!

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones." Proverbs 17:22.

