

This month I am spending so much time thinking about Jesus' last days on earth. I comprehend more and more how Jesus agonized over our sins. He took my sin upon Himself. My Father in heaven sees me through the blood that His Son, Jesus Christ shed for me. Somehow I am more aware that Jesus' agony over my sin was far greater than any physical pain he felt. We know that the torture He experienced was excruciating, but all the more was His agony over my sin (Luke 22:39-46). As I keep that understanding before me, I am compelled to speak of Jesus Christ to others. They may not know what He did for them! Someone has to tell them! Here am I, Father, send me, I say with little Samuel (I Samuel 3:3-10; Isaiah 6:7-9).

I am more aware daily of the preciousness of God's Word. I am in a fellowship where we study the Bible verse by verse (Calvary Chapel Palm Harbor). Right now in our services we are studying Psalms and the book of John. In two Bible studies I am studying the books of Matthew and Luke. I am immersed in the Bible. Also, I am in a Bible study on finances using Jack's book, *Trust God for Your Finances*. (It is so wonderful, absolutely thrilling, to be studying *Trust God for Your Finances* at my very own church! This life changing curriculum is available free of charge from Lamplight Ministries, Inc.)

You can imagine how blessed I am because Jack and I are still writing two Bible-based books each year. What a huge responsibility to present the Bible clearly and accurately. I have such a desire to know God's Word and to present it in a way that people can easily understand it. Our desire is to be the bridge between people and the Bible. The better I know God's Word, the better I will be able to write about it!

I can't express loudly enough what Jack's meditating on Scripture which he started about six months ago has done in his life. I challenge you to starting meditating on God's Word and see what the people around you will say about you! God's Word transforms you! My goal is to always be being transformed. The way to do it is to be in the Bible. Jack goes to the Dunedin Causeway every afternoon and prays and meditates on Scripture while he is enjoying the birds, the ocean breeze, the boats, the Gulf waters in their different moods, whether calm or choppy or downright uppity! I have the nicest husband in the world!

I like to commit whole chapters to my heart. I have to go back and review Psalm 1, Psalm 100; I Corinthians 13, John Chapter Four, and II Timothy Chapter Three. I will review them one at a time. Then I will review the ones I know once a week and add new ones. A very dear and beloved friend from Washington who is 85 told me just today that her mind is sharper than it has ever been before. The Bible is sharper than a two edged sword and will do the same thing for our minds if they are constantly in the Bible. The Bible is the best long term insurance we can find! The price is high: our time!

Physical exercise profits little in relation to spiritual exercise, but it does profit! (I Timothy 4:8) We have two mini rebounders, one for each of us! The only mini rebounder to buy is the Needak (see [needak-rebounders.com](http://needak-rebounders.com)). Years ago we bought another brand and it just didn't have the "give" that the Needak has. You can purchase a new one, a refurbished one from Needak, or even purchase a used one on Craig's list or amazon.com. Rebounding exercises every cell in the body. The lymphatic system does not have a pump. It consists of groups of lymph nodes throughout the body. They are connected by a network of lymph vessels. "The lymphatic system (which contains white blood cells called lymphocytes which fight infection) acts as a drainage system that helps the body get rid of excess fluid and waste products. It also contains white blood cells and helps fight infection and disease. It is made up of: Lymph fluid which is formed when excess fluid drains from the body; lymph vessels - tiny channels that run through the body and carry lymph fluid; lymph nodes - small glands connected by lymph vessels that are found throughout the body but especially in the neck, armpits, groin and abdomen. Lymph nodes act as filters. They trap or destroy bacteria, viruses, damaged cells or cancer cells as the lymph fluid flows through them. They contain cells that help fight infection and diseases such as cancer. When lymph nodes swell, it's normally a sign of an infection. Sometimes, cancer cells spread into the lymph nodes from somewhere else in the body. Cancer can also start in the lymph nodes (lymphoma)," (from [macmillan.org.uk](http://macmillan.org.uk)).

Jumping on the mini rebounder moves the lymphatic system! All of the cells in the body are suspended at the moment of a bounce even lightly keeping the feet on the rebounder. When cells are lifted up, they can move the lymph fluid through the body. Even just sitting on the rebounder and having someone else lightly bounce on it will result in the benefit of having the lymph system move. Movements can be very slight or very vigorous, such as jumping jacks, leg lifts, and dancing. I even

jump up high enough to click my heels together! (I have been jumping on the mini rebounder for a long time!) The best way to learn about rebounding is to go to youtube.com and watch some videos with instruction. Rebounding must be done carefully and safely. I believe that mini trampoline rebounding one of the most efficient ways to exercise. I obtain more out of a few minutes of rebounding than I do with any other type of exercise! My goal is to spend five minutes on the rebounder every hour that I am at my desk☺

I believe that part of the reason that I had the extreme health challenge that I did (a blockage that caused my pancreas to become VERY inflamed) was because I was not exercising. I am an outdoors person who loves to exercise who allowed my dedication to what I considered my responsibilities to rob me of my health. You can know for certain that I learned my lesson! I do hope you can learn from this lesson from my experience and avoid the consequences of not exercising! I discovered that one of my primary responsibilities to God is to keep my body in optimum health.

I am on my way to what I consider to be the right weight. I had a head start with the month or so that I could not eat, but I do not recommend pancreatitis as a way to lose weight. No! Not at all! The way that I am losing weight steadily is that I am exercising plus keeping my fat intake (the good kind: avocado, nuts and seeds) to ten percent of my total calories. I consume ground flax seed each day in a green smoothie. My green smoothie will vary daily, but each day will contain: organic vegan protein powder, maca for energy, ground flax seed, bee pollen, cinnamon-these are already mixed together and ready; then I add greens from my garden and different fruits plus a stevia flavoring such as orange that I purchase from vitafoods.com I keep a salad made up of greens, grated carrots, red onion, red pepper, and broccoli. I also keep coleslaw made up. I like to have food all ready to eat! I am really enjoying veggie burgers from Costco. I buy Ezekiel bread or Ezekiel English muffins and have the best burger! (I make a sauce with plain coconut yogurt, organic barbecue sauce, mustard, and chopped kosher pickles). I add a big tomato slice and finely chopped red onion plus spinach or mixed greens. Yum!

Next month I will include recipes for coleslaw, a quinoa salad and a soup to make up for the whole week.

My verses for this month have to do with what Jesus did for me. I am carrying them with me on three by five cards and going over them throughout the day.

### **John 1:14 King James Version (KJV)**

<sup>14</sup> And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.

### **John 14:6 King James Version (KJV)**

<sup>6</sup> Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

### **Acts 2:38 King James Version (KJV)**

<sup>38</sup> Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

### **Philippians 3:2-11 King James Version (KJV)**

<sup>2</sup> Beware of dogs, beware of evil workers, beware of the concision.

<sup>3</sup> For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh.

<sup>4</sup> Though I might also have confidence in the flesh. If any other man thinketh that he hath whereof he might trust in the flesh, I more:

<sup>5</sup> Circumcised the eighth day, of the stock of Israel, of the tribe of Benjamin, an Hebrew of the Hebrews; as touching the law, a Pharisee;

<sup>6</sup> Concerning zeal, persecuting the church; touching the righteousness which is in the law, blameless.

<sup>7</sup> But what things were gain to me, those I counted loss for Christ.

<sup>8</sup> Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ,

<sup>9</sup> And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:

<sup>10</sup> That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;

<sup>11</sup> If by any means I might attain unto the resurrection of the dead.

### **Hebrews 4:12 King James Version (KJV)**

<sup>12</sup> For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

### **Hebrews 9:12 King James Version (KJV)**

<sup>12</sup> Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us.

Last month's verses were: Romans 12:1-2; Psalm 1:1-3; II John 2; John 3:16; Psalm 103:2-3; Psalm 107:20; Proverbs 17:22; Proverbs 12:18; Psalm 19:1; Isaiah 52:14; Isaiah 53:4-5; Isaiah 53:10; Philippians 2:13-14

Pray I Corinthians 13 for you☺ I would be blessed beyond words to hear from you☺