**Victory Everlasting Gospel Church**

**February 18, 2017**

**Death in the Kitchen**

**This Sabbath, I will be doing a modified version of Joe Crews sermons called Death in the Kitchen. In our lobby are materials of Joe Crews sermon including the one I am about to give. Mr. Crews speaks on quite a few subjects, coffee, nicotine, alcohol, and cancer. I am going to concentrate on the foods we eat. I will be quoting from the King James Bible, the Spirit of Prophecy, and parts of Joe Crews sermon Death in the Kitchen. Let us pray.**

Some years ago a survey was taken in a certain American city, and every inhabitant responded to 156 questions included in the survey. It was discovered that the prime interest of adults was that of health—not politics, history, or even the weather—but health, their health and the health of their families. What a paradoxical age is this one in which we live! A time when we have more **doctors, hospitals, medicines; more medical knowledge of the care, treatment, and cure of disease; more pills, capsules, vitamins, etc.;** yet seldom has there been a time when more sickness and general ill health has plagued the human family.

***Millions are suffering the side effects of wrong living habits and harmful eating and drinking. Overtaxing the stomach is a common sin, and when too much food is used, the entire system is burdened. Life and vitality, instead of being increased, are decreased. This is as Satan plans to have it. Man uses up his vital forces in unnecessary labor in taking care of an excess of food****.* {Counsels on Diet and Foods 131.1}

 ***By taking too much food, we not only improvidently waste the blessings of God, provided for the necessities of nature, but do great injury to the whole system. We defile the temple of God; it is weakened and crippled; and nature cannot do its work wisely and well, as God has made provision that it should. Because of the selfish indulgence of his appetite, man has oppressed nature's power by compelling it to do work it should never be required to do.*** {Counsels on Diet and Foods 131.2}

 ***Were all men acquainted with the living, human machinery, they would not be guilty of doing this, unless, indeed, they loved self-indulgence so well that they would continue their suicidal course and die a premature death, or live for years a burden to themselves and to their friends.*** {Counsels on Diet and Foods 131.3}

 We live in a world shattered by pain. The cries of the sick and diseased are the trademarks of modem society. In spite of incredible programs in medical research, the problems of health and longevity are still the most serious our society faces. Also, finance plays a large role as far as the quality of care you may be given**.**

**There is an old saying the lack of money is the root of all evil. Mark Twain. Scripture says, For the love of money is the root of all evil: Then it continues to say, which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.** 1 Tim. 6:10.
The Bible gives a simple, concise answer to the question of premature disability and death. Millions would still be alive today had they but heeded the warning of God in [Exodus 15:26](http://biblia.com/bible/nkjv/Exodus%2015.26): **“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.”**
These words make it abundantly clear that anyone can actually postpone his own funeral. By obeying the laws of God concerning health and diet, disease may be mitigated or avoided altogether. It is apparent from this verse in the Bible that it is not the will of God for great, epidemic scourges to sweep millions into their graves. He wants us to prosper and be in health— body, mind and soul.

Why then do we see so much suffering and disease in the world today? The answer is that the majority are violating the laws of their being. Just as surely as the laws of nature operate, so there are laws of our body that are also predictable and certain. **“Whatsoever a man soweth, that shall he also reap”** ([Galatians 6:7](http://biblia.com/bible/nkjv/Galatians%206.7)). If a person falls from the roof, the law of gravity immediately takes over. Regardless of age, sex, or financial status, that falling body will hurtle downward to be injured or killed. In the same way, if we violate the laws of our body, we may expect the inevitable consequences of **sickness** or **death.**

Effect is always preceded by a cause. In other words, if you continue to eat and drink unhealthy, (cause) the effect results in sickness or death, your choice. To those who have seriously studied the counsels of God and the current world health trends, there is no deep mystery.

 It is simply hair-raising and blood-curdling to see what goes into the stomachs of American men, women, and children. The great test seems to be whether it tastes good, smells good and looks good or else whether it gives a pleasant after effect. More than 35.7 percent of adult men are considered to be obese. 40 percent of women are considered to be obese and children the average obesity rate is around 17 percent. Today, medical cost for obesity is over $190 billion. Children obesity cost is $14 billion alone, this cost is just for one year.

 ***One of the strongest temptations that man has to meet is upon the point of appetite. In the beginning the Lord made man upright. He was created with a perfectly balanced mind, the size and strength of all his organs being fully and harmoniously developed. But through the seductions of the wily foe the prohibition of God was disregarded, and the laws of nature wrought out their full penalty****. {Counsels on Health 108.2}*

 ***Adam and Eve were permitted to eat of all the trees in their Eden home save one. The Lord said to the holy pair, in the day that ye eat of the tree of knowledge of good and evil, ye shall surely die. Eve was beguiled by the serpent and made to believe that God would not do as He had said. She ate, and, thinking she felt the sensation of a new and more exalted life, she bore the fruit to her husband. The serpent had said that she should not die, and she felt no ill effects from eating the fruit nothing which could be interpreted to mean death, but, instead, a pleasurable sensation, which she imagined was as the angels felt. Her experience stood arrayed against the positive command of Jehovah, yet Adam permitted himself to be seduced by it.*** *{Counsel on Health 108.3}*

 Thus we often find it, even in the religious world. God's expressed commands are transgressed; **and "because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil."** Ecclesiastes 8:11. In the face of the most ***positive commands of God, men and women will follow their own inclinations, and then dare to pray over the matter, to prevail upon God to allow them to go contrary to His expressed will. Satan comes to the side of such persons, as he did to Eve in Eden, and impresses them. They have an exercise of mind, and this they relate as a most wonderful experience which the Lord has given them. But true experience will be in harmony with natural and divine law; false experience arrays itself against the laws of life and the precepts of Jehovah****. {Counsel on Health 109.1}*

The amazing fact is that the average American consumes over 1,996 pounds of food every year. This is undoubtedly a large factor in the one and a half million patients who fill American hospitals every day of the year. Have you ever noticed that three-fifths of the word DEATH is EAT?

Paul Bragg, in his famous cookbook, stated: “The average person is poisoning himself day by day with the food he eats. Most people eat with their **eyes**. If the food **looks** good, they do not question whether it is **healthful or death-dealing**. Few people know the right kind of food to put into their bodies to keep them well and strong or take the time to select this food if they do know. From birth to old age the average individual never experiences the taste of real natural food. Our tiny sensitive taste buds have been for generations so **polluted** by unnatural, artificially seasoned and stimulating foods that most of us are unable to appreciate the fine, delicate flavor of the natural foods.

 Foods must be fixed, **hashed, mashed, smashed, boiled, broiled, stewed, baked, pickled, preserved, flavored, salted, creamed, dried, roasted, fried, greased, peppered, vinegar-laden, smoked, toasted, crushed, rolled, mealed, oiled, fermented, beaten, sweetened, spiced, soured, peeled, shredded, steamed, braised, colored and otherwise seasoned in order to offer an appeal to the civilized man.”** Then, he adds, “Civilized man is not satisfied with the food the Maker has supplied him and must do something with it before he feels it is fit for him to eat.” (**Death in the kitchen**)

It is estimated that 50 million of aspirins are swallowed every day in the United States, 15 billion a year world- wide, 100 billion tablets a year are consumed.

One of the strangest paradoxes of American life is found in this area of health. Though people fear sickness above every other enemy, yet they do almost **nothing** about taking care of their health until after the disease has already struck. In a year’s time, out of every medical dollar spent by the American people, 95 cents was spent to get well and five cents were spent on preventive medicine. Now this doesn’t make much sense. But in this field most people don’t seem to excel in
**reason** or **good sense** anyway.

I found an article written on May 8th 2014 by Meghan Telpner, I am going to quote from her article. Why Fake meat is hurting your Health.

Have you ever tried seitan? It looks like meat, feels like meat and, apparently with enough flavor enhancers, tastes like meat, too. But it’s not actually meat — it’s wheat.

Affectionately known as wheat meat, seitan is a meat replacement made entirely out of [gluten](http://www.mindbodygreen.com/tag/gluten). It’s prepared by mixing flour with water, then kneading and rinsing the dough to remove the wheat starch until all you’re left with is sticky, stretchy gluten.

 At that point, you’re supposed to **treat** it just like meat by **deep frying it, barbecuing it or making yourself a bowl of mock chicken, duck, pork stew** — you name the meat, seitan can replace it. Wheat has always contained gluten, but modern varieties of wheat contain a whole lot more of it than they used to. According to the book [Wheat Belly](http://aax-us-east.amazon-adsystem.com/x/c/Quw_WBzRnOag6S0BpYHLRB4AAAFZ5ufKKwEAAAFKAZJ_DEU/http%3A/www.amazon.com/Wheat-Belly-Lose-Weight-Health/dp/1609611543/ref%3Das_at/?creativeASIN=1609611543&linkCode=w61&imprToken=w-8PlgaDi.deLKu1GBlQ5g&slotNum=0&tag=mind0a3-20), we’ve bred our wheat to contain so much gluten that our immune systems no longer recognize it as food. And since wheat is in so many of the foods we eat (**think cereal, pasta, crackers, muffins**…), we’re eating a lot more gluten than we used to, even without turning it into a main course.

Needless to say, a meal made entirely out of gluten isn’t doing your digestive system any favors. But there’s a bigger issue at hand here.

With all the amazing, delicious, whole food protein sources available for omnivores, vegetarians and vegans, turning to any sort of mock anything for dinner (let alone one made entirely out of gluten) just isn’t needed.

Let’s take a quick look at the ingredients in just one popular fake meat product: water, soy protein concentrate, wheat gluten, contains less than 2% of methyl cellulose, salt, caramel color, dried onions, yeast extract, sesame oil, hydrolyzed wheat protein, natural and artificial flavor (non-meat), disodium guanylate, disodium inosinate. contains: soy, wheat, sesame.

Just a glance at these scary ingredients reveals wheat gluten (see seitan, above), yeast extract (read: MSG), artificial flavors (read: poison), [soy (no doubt GMO)](http://www.meghantelpner.com/blog/why-we-mostly-hate-soy/) and a whole pile words I can’t pronounce.

Though many believe these mock-meats make for an easier transition, I can’t help but wonder what the transition is to. If our goal is to eat less meat, let’s do that. Let’s add in more vegetables and some plant-based proteins and, little by little, meal by meal, eat less meat. There’s no need to pass through the meat-Plasticine phase to get there. **Plasticine** is used for a soft material that is like **clay** and that is used especially by children for making models of people, animals etc. To make it simple, it is used for a **plastic modeling paste**.

Healthy eating doesn’t have to be complicated, and it’s not about following an abstract set of rules, only focusing on what you can’t have and trying to find a convenient replacement. This isn’t about eating meat or not eating meat, but about doing the best for ourselves. Can we forget the labels and make sure every bite we eat is simply **fresh, real, health-supportive, delicious**, and ideally not surrounded by quotes?

 More and more, the medical researchers are finding out that our diet has very much to do with our state of health. The body machine is actually made up of the fuel we feed into it. The quality of nerve, bone, blood and cell is dependent upon good nutrition and proper diet. The old adage is almost literally true: Millions are digging their graves with their teeth. (Death in the Kitchen)

**Our Bodies Not Our own**

Right at this point someone may be wondering what all this has to do with religion. Why would God be concerned about my eating habits? Isn’t it a man’s personal business as to how he cares for his body? These are relevant questions and cannot be ignored.

Fortunately, the Creator of our bodies did not leave us without answers to these questions**. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God”** ([1 Corinthians 10:31](http://biblia.com/bible/nkjv/1%20Corinthians%2010.31)). Isn’t that amazing? God is concerned about such small matters as what and how and when we feed our body system. The Bible reveals that God did not fabricate the delicate human machine and then leave it to operate alone. He has never released His ownership of the creative process or of the product itself.

The apostle Paul wrote: **“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s”** ([1 Corinthians 6:19](http://biblia.com/bible/nkjv/1%20Corinthians%206.19), [20](http://biblia.com/bible/nkjv/1%20Corinthians%206.20)). These words reveal that the proper care of our body is not only a spiritual obligation but a moral requirement. Even though we have control of our bodies, they do not really belong to us. We are only stewards of someone else’s property.

No man has a right to say, “I’ll do as I please with my own body, and it is my business alone.” We can rob God by violating the divine purpose of the body temple being the dwelling place of the Holy Spirit.

Paul refers to both the church and the individual member when he says: **“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are**” ([1 Corinthians 3:16](http://biblia.com/bible/nkjv/1%20Corinthians%203.16), [17](http://biblia.com/bible/nkjv/1%20Corinthians%203.17)). This forever settles that a person can be lost for defiling the property of God.

***Many of the youth of this generation, in the midst of churches, religious institutions, and professedly Christian homes, are choosing the path to destruction. Through intemperate habits they bring upon themselves disease, and through greed to obtain money for sinful indulgences they fall into dishonest practices. Health and character are ruined. Aliens from God, and outcasts from society, these poor souls feel that they are without hope either for this life or for the life to come. The hearts of parents are broken. Men speak of these erring ones as hopeless; but God looks upon them with pitying tenderness. He understands all the circumstances that have led them to fall under temptation. This is a class that demands labor****. {Counsels on health 13.3****}*** *But how much does the average individual know about his own body and how to take care of it?* ***Doesn’t it seem strange to you that the average parent knows more about the physical needs of the chickens in the pen, or a dog in the house, than he does about the needs of his own children? The average man knows more about the needs of his automobile than he does about the physical needs of his own family!*** *Why is there such an incredible amount of ignorance concerning the way to take care of this sacred body temple? The Bible assures us that the human body is to be cared for, preserved and maintained according to the rules laid down in the Bible. The trouble is that most Americans simply follow their appetite in matters of* ***eating and drinking.***

What are the guidelines laid down in the Bible about caring for and feeding the body? God asks the question, “**Wherefore do ye spend money for that which is not bread? and your labor for that which satisfieth not? ... eat ye that which is good**” ([Isaiah 55:2](http://biblia.com/bible/nkjv/Isaiah%2055.2)). And how can we tell what is good? Surely not by the taste or the advertising or by colorful labels. Most Americans, following the law of appetite, hastily fill their grocery baskets with the products that have been most loudly touted by the TV hawkers. With no regard to content, they collect everything that appeals to the taste and sight. As little baby birds open their mouths to whatever mama will put in, so the gullible consumers blindly accept the choices of the media marketers.

Here are a few things that the market throws at us that looks good and taste good We consume per person per year roughly 63.3 lbs of beef, 59 lbs of pork, 34.3 lbs of poultry, 10.3lbs of fish and shell fish, and 131.6lbs of red meat. 350 slices of pizza is consumed per each second, or 90 to 100 acres per day. 44.7 gallons of Carbonated soft drinks are consumed per person a year. Rounding off the top three is bottle water 28.3 gallons and beer at 20.8 gallons. These are stats from year 2011. Have we figured out why we are a sick people?

How fortunate we are that the One who made us also prescribed the kind of food that should and should not be eaten. We may not be able to explain why some are unclean and others clean, but we can trust the Creator to know the difference, and in His great love for us He has revealed it for our good.

 All animals that do not have a split hoof and chew the cud are not to be eaten. Is it any surprise to us that Satan has created an appetite for the very foods that God has forbidden? And should it be any surprise that disease has followed the violation of God’s dietary principles? The forbidden swine is a perfect example of how presumptuous appetite has overruled God’s sensible restrictions. Unlike some of the other unclean categories, we can show abundant scientific evidence why pork is totally unfit for food.

Pork contains a microscopic worm called trichina, and if it gets into the system, the disease trichinosis results. Governments warn that there is no inspection for the parasite, and a Readers’ Digest article stresses that there is no cure for the disease.

Trichina is a small slender nematode worm (Trichinella spiralis) that is a parasite of flesh-eating mammals (as humans and swine) with larve that migrate from the intestines to striated muscles where they become encysted. (enclosed in a cyst)

Under the title “Must Our Pork Remain Unsafe?” these statements are made about trichinosis: “A single serving of defective pork, even a single mouthful, can kill or cripple or condemn the victim to a lifetime of aches and pains. For this unique disease, trichinosis, there is no cure. With **no drugs** to stop them the worms may spread through the entire muscular tissues of the human system.

“One of two things then happens, depending on the intensity of the infection. Either death ensues or a successful effort is made by nature to throw an enclosure, or cyst, around each of the teeming parasites, which then become dormant, although they remain alive for years. Don’t blame your doctor. All that the best doctor can do as yet is to conserve the patient’s strength and try to relieve the painful, local symptoms as they appear” (Reader’s Digest, March 1950).

What these symptoms are, the layman had much better not worry about. Trichinosis can simulate to some degree almost any other malady. That pain in your arm or leg may be arthritis or rheumatism or it may be trichinosis. That pain in your back may mean a gall bladder involvement, but it may mean trichinosis.

Someone has observed that eating dead worms is not very highly appealing to the palate either. The act is that God calls it unclean and an abomination. Why is it so hard for Christians to accept the judgment of God over the perverted craving of appetite?

Some have asked why God created the pig if it should not be eaten. The answer to that is self-evident. The pigs, along with buzzards, snakes and hyenas, are great scavengers of the earth’s filth and refuse. All creatures serve a purpose, but all are not suitable for assimilation into the human system as food. We might not be able to figure that out in our own wisdom, but the counsels of God have revealed it beyond all doubt or question.

Arguments have been advanced that there is better sanitation since God made those Old Testament laws, and the pig is now quite fit to be eaten. One is hard put to believe that land or sea animals have become less polluted by the passing of time. Today there are chemical poisons infecting land, sea, and atmosphere to such an alarming degree that constant government directives are being issued. Environmentalists keep us posted hour by hour on the massive accumulation of deadly pesticides, insecticides, and other contaminants in every order of nature.

And if reason doesn’t convince us that the unclean animals are still unclean, we have the revelation of God’s Word on the matter. Isaiah writes: “**For, behold, the Lord will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. For by fire and by his sword will the Lord plead with all flesh: and the slain of the Lord shall be many. They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine’s flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord” (**[Isaiah 66:15-17](http://biblia.com/bible/nkjv/Isaiah%2066.15-17)**).**

This text is talking about the second coming of Jesus and proves that the nature of those animals will not experience any change that will make them fit to eat—not even down to the very last day of this earth when Jesus comes. The swine is placed in the same category as the abomination and mouse, and God plainly declares that the eaters thereof “shall be consumed together.” None can say that the warning has not been given in language that everyone can understand.

**Seafood Not Fit to Eat**

It should be noted that only the marine animals that have fins and scales are counted as “clean” in Leviticus 11. All others are an abomination to God. This eliminates oysters, shrimp, crabs, clams, eels, catfish, lobsters and crayfish. Again, the scavengers have been forbidden as articles of diet.

Are there sound, scientific reasons for accepting God’s appraisal of these shellfish and other seafood? It is quite common knowledge that these creatures feed largely on the raw sewage and pollutants in the water.
Prevention magazine of September 1972, carried an interesting article entitled “Shellfish Are Dirty and Dangerous.” The author appeared reluctant to take a stand, but he was committed to telling the truth on this sensitive subject. He wrote: “They’re succulent; they’re delicious; they’re even nutritious. But, because of the nature of the mollusk and the sewage-like pollution of its habitat, we must in good conscience advise you to avoid shellfish, no matter how they tempt you, and even though those around you seem to be swallowing them with delight. The day of reckoning cometh.

*“Why are shellfish so dangerous? Because they are many times more polluted than the filthy waters they inhabit.

Unfortunately they choose to live and love and multiply in estuaries along coastal regions. These estuaries are particularly subject to discharge of sewage, sewage effluent, and other water-borne pollution from municipal discharges, from suburban home drainage and agricultural runoff.

The polluted aspect of their habitat is one danger. The fact that they are filter feeders compounds the danger.

Oysters, for instance, because of their way of obtaining and absorbing food, have been found to concentrate polio virus up to 20 to 60 times the level of the surrounding seawater.

No other animal food offered on the menu of your favorite eating place would be served to you along with its feces. Yet this is the case with seafood. It is served whole; complete with its intestinal tract.”*

Can you imagine anyone finding such fare to be a culinary delicacy? Over and over again outbreaks of hepatitis have been traced to the eating of seafood. After feeding on raw sewage, the creature is harvested and sold. The disease is simply cycled from man to mollusk and then back to man.

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March 12, 2008

# Mystery Meat: Imitation Crab

By Worker Bee

While it is often said that imitation is the sincerest form of flattery, when it comes to imitation crab meat, that’s actually far from the case! But to understand why imitation crab is not the way to go, we must first understand exactly what it is…

To create imitation crab meat, manufacturers typically start with a base of Alaska Pollock (also known as Walleye Pollock, Whiting or Snow Cod). This fish is chosen primarily because it has a mild flavor that allows it to easily take on the flavor and texture of traditional crab meat, but also because it is readily available and is cheap to buy and process. To create the crab meat, manufacturers skin and de-bone the fish, mince it and then leach it of water to create a thick paste known as surimi. But we all know a fish paste isn’t going to cut it, so manufacturers add some combination of **starch** – usually wheat or tapioca – to stiffen up the mixture, **sugars** to preserve the surimi for storage and freezing, and **egg whites** to again stabilize the mixture and add gloss and shine. **Vegetable oil** can also be added to improve the texture of the mix.

To create the appropriate flavoring and coloring, manufacturers can either opt for natural flavorings – which are extracted from real crabs – or **artificial flavorings**. Popular artificial flavorings include carmine, caramel, paprika, and annatto extract – which, incidentally, can also help achieve the pink, orange and red hues found in real crab meat. In some cases, manufacturers will also add **monosodium glutamate** ([MSG](http://www.marksdailyapple.com/monsodium-glutamate/)) to help enhance the flavor.

Finally, the mixture is steam cooked to create a flaky texture, vacuum packed to preserve the flavor and texture and shipped on out to the grocery stores.

**What does a nutrition label have to say about imitation crab meat?** Well, a 2 cup serving of real crab meat, for example, averages about 50 calories, 1 gram of fat, 7 grams of protein and less than 1 gram of carbohydrates. For imitation crab meat, calorie counts and fat grams are about the same, but because the fake stuff is mixed with sugars and starches, the carbohydrate content can go up significantly, with some varieties logging as much as 20 grams of carbohydrate – and an astronomical amount of sugar – per serving.

**But is it bad for you?** Well, not if you don’t care that some forms glow in the dark! According to this Food and Drug Administration (FDA) [release](http://www.cfsan.fda.gov/~ear/sea-glow.html) examining the phenomenon, the glow is due to luminescent bacteria that occur naturally in seawater, fish, shellfish, and marine animals. But can it make you sick? Well, provided the manufacturer takes the steps necessary to ensure proper hygiene and appropriate food handling – and that the imitation crab has been thoroughly cooked during manufacturing – you should be ok. But to be fair, this could happen with the real deal too!

A second [study](http://www.blackwell-synergy.com/doi/abs/10.1111/j.1365-2621.1988.tb08932.x) in the Journal of Food Science, meanwhile, found that imitation crab meat can promote the growth of various bacterial pathogens if incorrectly stored either while leaving the plant or once in the home (although it should be noted that this is the case with many foods.).

The bottom line? **Imitation crab, like almost any processed food item, is best avoided.** Due to the various stabilizers, preservatives, sugar and added sodium, it’s best to save your pennies and opt for the real deal!

Again we must confess the loving concern of an all-knowing God for the health and happiness of His creation. And those who deliberately flaunt the divine laws will finally suffer the tragic consequence that disobedience always produces.

Again we are faced with the reassuring truth that all of us can add years to our lives by simply obeying the practical, ageless principles laid down by our Creator in the Bible. Rather than feeling cheated or short-changed, we ought to rejoice that God loves us enough to share with us His secrets of long life and happiness. The apostle John wrote, **“Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him, for we shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure”** ([1 John 3:2](http://biblia.com/bible/nkjv/1%20John%203.2), [3](http://biblia.com/bible/nkjv/1%20John%203.3)).

Do you have the faith and courage to accept the inspired prescription that can lengthen your life and tranquility? Seize it right now as the course that can prepare you well for both time and eternity.

Let Us Pray