

Con't from page 3: Arachidonic acid (ARA) does just the opposite, enhancing the production of inflammatory chemicals.

Imbalances in your diet such as excessive protein and fat intakes, can lead to the creation of excessive amounts of inflammatory prostaglandins, which fuel your body's inflammatory response. ARA is found primarily in meat, eggs, dairy, and processed meat products (i.e. salami, bologna, etc.). Conversely, the consumption of certain nutrients, like omega-3 fatty acids, allows your body to produce more anti-inflammatory prostaglandins, which it uses to reduce inflammation.

Where can you get omega-3 fatty acids in your diet? It's relatively easy. Flax seeds (2 Tbsp. provides 146% DV) and walnuts (1/4 cup 95% DV), winter squash (1 cup cooked provides 14% DV), soybeans (1 cup cooked,

43% DV), tofu (4 oz. 15% DV) are all excellent sources of omega-3 fatty acids. Very good sources (5% DV or more in 1 cup) of these healthy fats include cauliflower, cabbage, and broccoli (any of these at 1 cup serving steamed provides about 8% DV). Good sources (2.5% DV or more in 1 cup) of these fatty acids include, kale, collard greens, spinach, brussels sprouts, summer squash, and raspberries.

Studies have proven that eating even a relatively small number of omega-3 food sources can have a measurable impact on your blood levels of omega-3s, including those two key omega-3 fatty acids, EPA and DHA. For example, two weekly servings of an excellent or very good source food is enough to boost your blood levels of omega-3s.



God desires to manifest through you the holiness, the benevolence, the compassion, of His own character. Yet the Saviour does not bid His disciples to *labor* to bear fruit. He tell us to *abide in Him*. It is through the Word that Christ abides in His followers. The words of Christ are spirit and life. Receiving them you receive the life of the Vine. The life of Christ in you produces the same fruits as in Him. Living in Christ, adhering to Christ, supported by Christ, drawing nourishment from Christ, you bear fruit after the similitude of Christ.

NOVEMBER 2015

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sabbath
1 GREAT LISBON EARTHQUAKE 1755	2	3	4	5	6	7 SS -Ann Walper Sermon - Leslie Walper
8	9	10	11	12	13 FALLING STARS IN 1833	14 SS - David Steen Sermon - Tory Kimbel
15	16	17	18	19	20	21 SS - Jerry Vogt Sermon - Leslie Walper
22	23	24	25	26 DAY FOR GIVING THANKS	27	28 SS - Ann Walper Sermon - Pastor Clark

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Bread from on High

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Behold the Man by Taylor G. Bunch

It is not sufficient that the human race behold Jesus as the Man of men, the Superman. He is not only the Man of God, He is also the Lamb of God. As Emmanuel, the God-man, Jesus Christ is the great Sin Bearer. As the Son of God and the Son of man, Christ saves from sin and all its terrible consequences.

The repentant sinner need only fix his eyes upon the Lamb of God to be so completely transformed that his fear is turned to joy and his doubts to hope. The stony heart is broken under the compelling power of grace, and a tide of love sweeps over the soul.

Of the transforming power of beholding, the apostle Paul wrote: "we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord" (2 Corinthians 3:18).

The glory and the image of God represent His character. By beholding the character of God we are changed into His image, or likeness. This transformation from sin to holiness depends on the constancy with which we keep our eyes fixed upon the Master Pattern.

Beholding Jesus as the great atonement for



sin is the secret behind the transformation of our character into the divine image. The Holy Spirit never leaves unassisted the soul who is looking unto Jesus (Hebrews 12:2-4). If the eye is kept fixed on Christ, the work of the Spirit ceases not until the soul is conformed to His image.

The development of character by the beholding process is gradual; it is growth. The character goal of spiritual growth is to develop "unto a perfect man, unto the measure of the stature of the fullness of Christ" (Ephesians 4:13).

Our characters are determined by what we look at, whether it be through the physical eyes, or the mind—the eyes of the soul. We always look at what we think about, and we think about what we look at. "As [a man] thinketh in his heart, so is he" (Proverbs 23:7).

Looking at and thinking about the faults of others has an unconscious influence that will eventually place those faults in our own characters. On the other hand, to fix our thoughts on things that are true, honest, pure, lovely, virtuous, and praiseworthy (see Philippians 4:8, 9), will have a powerful influence in developing these beautiful character traits in us.

It is because all these desirable virtues are found only in Christ that we are admonished to keep our eyes fixed upon Him. In Him are none of the character blotches and blemishes common to humanity. Beholding humanity will warp and dwarf our own character development.

As the mind contemplates His matchless character, God's love encloses us, and our thoughts are pervaded

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with a sense of His goodness and mercy. His image is imprinted upon the eye of the soul, and every portion of our daily life is controlled by a power that softens and subdues our whole nature.

The power of faith and love will be awakened in the soul of the person who constantly beholds the character of Christ through a study of the (continued from page 1) Scriptures. "Wherefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our profession, Christ Jesus (Hebrews 3:1).

"Consider" means "to look at closely, to observe; to fix the mind on, with a view of careful examination; to think on with care; to take time to ponder, to study, to view attentively."

Never will a true follower of Christ cease to keep his mind and attention centered

upon Him who is both the sacrificial victim and the priest. Beholding Jesus as the Lamb of God involves a contemplation of His atoning sacrifice for sin.

It was at the cross that God's mercy and truth met; that righteousness and peace kissed each other (Psalm 85:10). Pride and self-sufficiency cannot flourish in the soul that keeps fresh in memory the trials, crucifixion, and death of the Lamb of God.

Christ will be praised as the Lamb of God, and the cross of Christ will be our science and the song of the redeemed throughout all the endless ages of eternity. For now, our daily contemplation of the closing scenes of Christ's life will fill the mind, melt the soul, and produce a complete transformation of our character, fitting us to live among unfallen angels. ☪

By Beholding Christ, We Are Changed

The gospel of Jesus Christ is totally different than any other religion that has ever existed on earth. In fact, all other religions are in some way counterfeits of the original religion revealed by the one true God. The counterfeits all have one common denominator principle: you win the favor of God (or of the gods) by your works, by your obedience, by the good things that you do or that you sacrifice.

In contrast, the gospel of Jesus Christ is a revelation of what God has done and is doing for us, and worship therefore consists of simply beholding, contemplating, understanding, appreciating the character of this one true God. "Look unto Me, and be ye saved, all the ends of the earth," God says (Isaiah 45:22). The serpent is lifted up on a pole so that the stricken Israelites could simply look and be healed (Numbers 21:9). John says, "Behold, what manner of love (*agape*) the Father hath bestowed upon us, that we should be called the sons of God" (1 John 3:1).

What did Christ accomplish on His cross?

Had the fundamental truth of the Gospel been sedulously guarded by the teachers of the earliest centuries, had they "taught the things of the Holy Spirit in the words of the Spirit," had they preserved silence when the apostles preserved silence, and, while refraining from uttering a word as to the immortality of the soul, had insisted on Christ's own teaching, that to give eternal life is the very object of redemption, a corruption of the truth on justification would have been almost impossible.

Since the gift of righteousness is equivalent to the gift of life eternal, and that gift is an act of supernatural grace, there is no room left for the notion that a man can in any way "justify himself" by his "good works."

A man can no more work himself up into an immortal condition of "equality with the angels," or make himself a "partaker of the divine nature," than can an ox or donkey work himself up into humanity. Salvation, in the sense of being "saved alive" from death eternal, must be purely "the gift of God" in Christ.

And if the main doctrine had been preserved, it would have upheld the entire fabric of evangelical theology. Every other gospel doctrine is derived from it, or rests upon it, or is connected with it in indissoluble unity.

Christ's righteousness is reckoned or imputed to us for our justification, and through faith this same righteousness is also imparted to us. "This is a mystery," and an idea exceedingly revolting to modern religious philosophy. But it pervades the whole of the New Testament.

cerpted from Life in Christ by Edward White

People criticize such a religion—you just look and you're saved?! That's silly! But yes, that's indeed what the Bible teaches. Paul says that just by looking, sinners are changed, converted: "We all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory ... by the Spirit of the Lord" (2 Corinthians 3:18). You can imagine how Satan hates such a religion as that!

But what is it that we are to look at, to behold? The answer is: the cross of Christ. Jesus said, "As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up, that whosoever believeth in Him should not perish, but have eternal life" (John 3:14, 15). There is where the *agape* is revealed for us to "behold." Paul says it is our privilege to "comprehend" the amazing dimensions of that *agape* (Ephesians 3:14-21).

☪ Robert J. Wieland

Golden Squash and Corn Soup



Golden Squash and Corn Soup

111 calories; 3 g fat; 0 mg cholesterol; 13 g carbohydrates; 5 g protein; 2 g fiber; 462 mg sodium; 497 mg potassium

- 1-1/2 teaspoons extra-virgin olive oil
 - 1 medium onion, chopped
 - 2 medium summer squash, diced
 - 1 cup whole corn kernels (fresh or frozen)
 - 1/2 teaspoon each, thyme and oregano
 - 1 (14.5) oz. can vegetable broth
 - 1/4 teaspoon salt
 - 1/4 cup crumbled feta cheese
1. Heat oil in a large saucepan over medium heat; add onion and cook, stirring, 1 minute; add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes.
 2. Add broth and salt; bring to a boil; reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes; stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Serve garnished with feta.

Makes 4 servings

Inflammation Information

If you've ever jammed your finger, scraped your knee, or sprained your ankle, you're already familiar with inflammation. The accompanying redness, swelling, and pain are sure signs that inflammation is taking place. Inflammation is part of your body's response to nearly any type of physical injury. It's one of the ways that your body protects itself, and begins its repair process in rebuilding damaged tissues.

Inflammation is not always as obvious or benign as the above examples. It can silently involve every cell in your body and, over time, negatively affect your health and abilities. A chronic inflammatory state causes irritation to your blood vessels, joint linings, and the lining of your intestines. The results over time are a build up of plaque on the blood vessel walls which narrow the lumen of the blood vessel and restrict blood flow. Chronic inflammatory response in the joints can cause rheumatoid arthritis. Inflamed intestines can manifest in various ways such as irritable bowel syndrome, inefficient digestion, constipation and/or diarrhea. Heart and vascular disease, cancer, diabetes, and Alzheimer's are all linked to chronic "systemic inflammation."

How do you measure it? The levels of certain chemicals in your blood are known to increase with increased levels of inflammation. These can be tested by your doctor. One of these chemical markers for inflammation is a protein called C-reactive protein (CRP). CRP is often measured in conjunction with other

blood tests, and normal values are well established. From a clinical standpoint, a CRP level of less than 5 milligrams per liter of blood is considered normal. "Normal" may not be optimal, though. Many medical researchers believe that even slight elevations of CRP are tied to increased risk for heart attack, stroke, and many other diseases.

Your body creates both inflammatory and anti-inflammatory chemicals, called "prostaglandins," from nutrients in the food that you eat. Fatty acids are the building blocks that combine to create these chemicals. Of particular interest in terms of inflammation are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and gamma-linolenic acid (GLA) which promote cellular production of anti-inflammatory chemicals.

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Did You Know?

A recent study published in the medical journal *Metabolism* showed that a diet that emphasizes anti-oxidant rich vegetables, fruits, nuts, and whole grains while reducing or eliminating *refined* carbohydrates such as white flours and sugar; and eliminating saturated and hydrogenated fats, and trans-fatty acids, led to a dramatic decrease in systemic inflammation, measurable through the blood test called "C-reactive protein" (CRP).