

Prosperity of Soul?

by **BOB CASEY**, preacher
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In the **Third Epistle of John**, it is written, *"1The elder (John) unto the wellbeloved Gaius, whom I love in the truth. 2Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."*

There cannot be any better mind set toward any person than what we find written here.

First, he was speaking about financial prosperity, which is necessary to the comforts of physical life. Next, he said that he wished for him to have prosperity of Good Health. For one may have every financial need fulfilled but not have a good condition of the body. To enjoy them, this happens unto many. Then he said, *"even as thy soul prospereth."* Sadly, many may acquire the first of two alone without ever having the third one. For without prosperity of soul, the first two will not be comforting at our day of death. Money cannot buy for us salvation, and the best of health will all have their passing day. **Then what? Matthew 16:26**, *"For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"* What a thought provoking passage of Holy Scripture!

So, as we are now preparing to enter into a New Year, many will make resolutions for the future. Most will make some of about the same things. **Many will even keep them.** But, for the majority, the promises will soon be forgotten. For some will even make promises in view of their

religious commitment to Christ. Some to renew their commitment to Christ that they made years ago. Some may promise that this is the year that I will become a Christian and stick to it.

Either one of these would be a good move to make, and I hope that you will. But, let me say this, my main goal for this and every year that I have preached is to encourage people to be truly saved by obeying the truth that is revealed by Christ Jesus and his Apostles. For many, in seeking salvation, are still seeking in the wrong places.

In **2 Corinthians 13:5-6**, the Apostle Paul encourages all of us, saying, *"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates (or rejects)?"* **6** But I trust that ye shall know that we are not reprobates."

How can we prove to ourselves that we are in the faith? By examining the Word of God for ourselves, it is called reading! Most are lost because they truly do not know what the Bible teaches! Paul warns us (in **Ephesians 4:17-24**). Here he says many are walking, *"in the vanity of their mind."* Also, *"alienated from the life of God through the ignorance that is in them."* Whom living this style of life is to be given to lasciviousness or evil deeds without restricting. **So, my hope for all our readers** would be the same as John when writing to Gaius. But, especially, **prosperity of souls.** This can be done by hearing, obeying our Lord Jesus Christ. We, as always, want to help you in making the good decision today. Visit with us next Lord's Day and we will do our utmost to help you start off the New Year in Christ Jesus.

Call 1-859-369-4165, any time.

Sincerely, Bob Casey

Kitchen Diva

Good Night, Sleep Right!

by **ANGELA SHELF MEDEARIS**

Like many adults, I sometimes have trouble going to sleep or staying asleep. Sleep researchers have determined that as many as two-thirds of Americans don't get enough sleep. The Centers for Disease Control and Prevention has called insufficient sleep a "public health epidemic."

Contrary to common belief, sleep is not a time when the mind and body shut down. According to the National Sleep Foundation, "sleep is an active period in which a lot of important processing, restoration and strengthening occurs." Sleep serves critical functions, and it is necessary for optimal health and well-being.

Over time, lack of sleep can lead to stress, depression, and mental and physical exhaustion. We know that when we're not well-rested, we don't perform at our best. Most adults need seven to nine hours of sleep each night. Some people may need as few as five hours or as many as 10 hours of sleep. Children need even more. Both children and adults can use naps to get the total number of hours of rest they need. The focus here is on ways that adults can meet their need for rest.

Your body has a regular rhythm. Your body and your brain will tell you when you need rest. Use this information to set a regular time to go to bed and get up. Maintaining this simple routine will help supply your body with the energy it needs each day. Sleep cannot be stored. Bodies need rest on a regular basis.

Here are some tips for improving your sleep:

* Most people find that the environment of the room is important to sleeping well. Usually people want the room dark, cool and quiet.

* Some people use a nap to get the extra sleep they need. Sleep experts suggest limiting an adult nap to less than 45 minutes and taking it before 4 p.m. to ensure that you can still get a full night's sleep.

* Watch what you eat and drink in the evening. Foods and drinks that are high in protein, caffeine or sugar can keep you awake. Liquids can cause you to have to get up to use the bathroom during the night.

* Exercise has been found to be beneficial for sleep, especially for increasing quality of sleep and decreasing certain problems such as sleep apnea. Even small amounts of exercise during the day could help. For most people, some exercise is better for sleep than no exercise at all.

* Avoid excitement before bedtime. Instead, try reading, taking a warm bath or shower, or adopting some other routine to help you relax.

* When traveling, try to keep your normal eating and sleeping routine. You might find it easier to adjust to a different time zone by adapting your sleeping times before you leave home.

These foods may improve the quality of sleep:

Walnuts -- Good source of tryptophan, a sleep-enhancing amino acid that helps make serotonin. Walnuts also contain their own source of melatonin, the "body clock" hormone that sets your sleep and helps you to fall asleep faster.

Almonds -- Rich in magnesium, which helps you to stay asleep and also builds bones.

Tart Cherry Juice -- Naturally boosts levels of melatonin.

Dairy -- The brain uses the calcium and tryptophan found in dairy foods such as milk, yogurt and cheese to manufacture sleep-triggering melatonin.

Crustaceans -- Shrimp and lobster are a great source of the sleep-inducing amino-acid tryptophan.

Honey -- Its natural sugars raise our insulin slightly, allowing tryptophan to enter our brains more easily.

Lettuce -- Contains lactucarium, which has sedative properties.



Photo credit: Depositphotos.com

This unusual tea recipe is a natural way to help you get a good night's sleep.

'LETTUCE' SLEEP TEA

You can double or triple this recipe, and refrigerate the tea and re-heat a serving each night as desired.

- 2 1/2 cups water
- 3 to 4 large lettuce leaves
- 1 tablespoon of lemon balm (dried), or two dozen fresh leaves, or 2 herbal lemon balm tea bags
- 1-2 teaspoons honey

1. Using a small pot, pour in water and add lettuce leaves, and bring to a boil over high heat, about 15 minutes. Remove pot from the heat. Add fresh or dried lemon balm or the lemon balm tea bags, cover, and let steep for 30 minutes.

2. Strain the tea and pour into a sealable container. Discard the lettuce leaves and the dried herbs or tea bags. Pour a serving of the tea into a cup, stir in the honey, and drink 1 hour before going to bed. Refrigerate any remaining tea, and reheat and add honey before drinking. Makes 2 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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The Apostles Arrested and Freed

(Acts 5:17-20)

17 Then the high priest rose up, and all they that were with him, (which is the sect of the Sadducees,) and were filled with indignation, 18 And laid their hands on the apostles, and put them in the common prison. 19 But the angel of the Lord by night opened the prison doors, and brought them forth, and said, 20 Go, stand and speak in the temple to the people all the words of this life.

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BIBLE WORD SEARCH

by Elie's Spiritual Treasures

PSALM 40:7-8

Then I said, "**Here** I am, I have **come**—it is **written about** me in the **scroll**. I **desire** to do your **will**, my **God**; your **law** is **within** my **heart**."

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Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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Americanisms



"We all too often have socialism for the rich and rugged free-market capitalism for the poor."
 —Martin Luther King Jr.

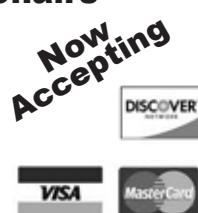
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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Samaria in the Old or New Testament or neither?
2. From Judges 11, what judge of Israel was a prostitute's son? Hosea, Jephthah, Samson, Lot
3. The 10 Commandments' tables (tablets) had writing on which sides? Front only, Both

4. From Esther 1, what king did Esther marry? Jehu, Omri, Ahasuerus, Zedekiah
5. Who asked, "If a man die, shall he live again"? Samuel, Judas, Job, Stephen
6. From 2 Kings 23, where was King Josiah killed? Megiddo, Anathoth, Philadelphia, Jericho

Answers on bottom of Page 9
 Now available by Wilson Casey!
 2017 Bible Trivia box calendar loaded with daily teasers from TouchPointPress.com



Nine-one-one is the national number to use in the event of an emergency. When we use it, we know someone is there who will come to our rescue. Though we have heard stories of the misuse of that number and reports of incompetent responders answering calls of people in a crisis, it is comforting to know that help is available.

Psalms ninety-one and verse one is a number for Christians to "re-call" when there is a need for assurance and reassurance. It firmly states that our God is on guard and "standing by" to guide us through the crises of life. The word "dwells" is such an important word for us to understand. It invites the believer "to remain, stay, tarry, endure, and find peace in one's abode." It sug-

gests continuance and permanence. It is a place where God's people can "live" - forever. How comforting it is to know that our God is a "shelter" and a "refuge" in times of life's storms. For the Christian, He is our dwelling place for life.

Shortly after a submarine had been commissioned, the commanding officer took it to sea. It was to undergo various tests to make certain that it was trustworthy and ready for service. Shortly after leaving the christening he gave the order to "submerge." Several days later after he returned to shore, the reporters besieged him with many questions. Asked one, "How did the storms affect you?" "Storms? What storms?" he replied. "We were not aware of any storms. We were dwelling in a safe and secure place in the valleys between the ocean's mountains."

What comfort we have when we dwell in God.
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