



2021 3Q Rest In Christ: Lesson 8 Free to Rest

by Tim Jennings (announcements last page)

SABBATH

Last week I explored how events in our world are teaching people to practice the methods of Satan in their lives, preparing them to accept those same methods on a new issue or topic.

I examined the methods of lies, the use of office or authority to proclaim a position rather than demonstrate the evidence and pursue truth, of accusation, of calling those who challenge a position heretic or science denier, of inducements/bribes/payoffs and coercion, force intimidation and how all of these Satanic methods are used by the pro-vaxxers and not those asking for more evidence and urging caution.

I said we want to be truth seekers, investigate the evidence. And I am happy to report that on one of the points that I presented last week turns out to be a misstatement. I have been informed that the health official in Australia that said all but one of the hospitalized patients had been vaccinated, meant to say all but one was unvaccinated. This is beautiful, it is exactly how the lovers of truth are to work. Thank you to those who emailed to bring us this clarification.

On another point, I mentioned that pathologists who have spent the last may months examining blood samples of COVID recovered people report that:

“A natural infection induces hundreds upon hundreds of antibodies against all proteins of the virus, including the envelope, the membrane, the nucleocapsid, and the spike. Dozens upon dozens of these antibodies neutralize the virus when encountered again. Additionally, because of the immune system exposure to these numerous proteins (epitomes), our T cells mount a robust memory, as well... T cell memory to those infected with SARSCoV1 is at 17 years and running still.” Whereas the vaccine triggers the body to make the spike protein and the immune system to only create antibodies to the spike protein.

<https://www.dailyveracity.com/2021/07/19/cdc-vaccine-deaths-pass-10000-as-efficacy-of-the-jab-plummets-data-suggests-those-naturally-infected-do-better-than-the-vaccinated/>

After class last week I came cross new research in an article dated July 28, 2021, which documents that this is, in fact, true. According to JAMA Network, in an article entitled “Überantibodies From Recovered COVID-19 Patients Could Spur New Therapeutics and Vaccines,” recovered individuals had developed multiple different antibodies to COVID-19 and that “two of the antibodies were ‘ultrapotent’ at tiny concentrations across all 23 of the variants the scientists tested, including the highly transmissible B.1.1.7 (alpha), B.1.351 (beta), and B.1.617.2 (delta) versions.”

<https://jamanetwork.com/journals/jama/fullarticle/2782673?guestAccessKey=f93a08a1-db6e-428d->



[86d7-3935e87bd31d&utm_source=silverchair&utm_campaign=jama_network&utm_content=covid_weekly_highlights&utm_medium=email](https://link.springer.com/article/10.1007/s11606-021-07057-0)

Then on Wednesday night another article came across my desk, entitled: **Long-term Persistence of Neutralizing Antibodies to SARS-CoV-2 Following Infection.** The data shows that there are effective antibodies to SARS-CoV-2 13 months post infection—as far out as people were able to be tracked thus far. <https://link.springer.com/article/10.1007/s11606-021-07057-0>

Yet a report came out this week from the CDC, a survey of citizens in Kentucky that states that those recovered from COVID but remain unvaccinated have twice the reinfection rate of the vaccinated and urged the recovered people to get vaccinated. There is something wrong here—it doesn't add up. It doesn't make sense with our understanding of all other illnesses, it doesn't make sense with the hard science antibody data I just presented.

Understand, this isn't simply about COVID or its treatment—it is about your mind. One of the mechanisms used to get people to surrender thinking, to become passive, to accept authority, to go along with rules that restrict liberty is to incite fear and then present conflicting data, ever changing rules, and keep you in a sense of uncertainty where you feel like you can't figure it out so you will turn to the government, the authority to tell you what to do. Psychologically, it will make you feel safe to follow the rules even if those rules are harming you and your family and our society.

Then one of our board members had a family member send them a link to an article, entitle: **Fact Check-No evidence that Pfizer's COVID-19 vaccine causes Alzheimer's disease**

The article's opening paragraph states, "As of this article's publication, the COVID-19 vaccine manufactured by Pfizer-BioNTech has not been shown to cause Prion diseases or neurodegenerative diseases such as Alzheimer's and Lou Gehrig's disease (ALS). Experts say a paper circulating online does not provide legitimate evidence otherwise." They go on to reference an article that was published by someone they say is a known anti-vaxxer and suggest this to undermine the concern as anti-vaxxer fears.

<https://www.reuters.com/article/fact-check-no-evidence-that-pfizers-covi/fact-check-no-evidence-that-pfizers-covid-19-vaccine-causes-alzheimers-disease-idUSL1N2MZ382>

If you remember I referenced an article that found that the spike protein which is on the virus and the study looked at COVID recovered pts and the impact the spike protein had, and I pointed out that this very same spike protein is produced by the vaccines; and this spike protein binds to heparin binding protein in the brain increasing the accumulation of various proteins associated with Alzheimer's, Parkinson's, Lewy Body, spongiform disease. So, this was sent, does this refute what I presented?

I present this not to argue the medical facts, but to demonstrate how to reason and think, how to differentiate what is being said.

- The article I referenced was published *after* the one linked above.



- The author they identify who they say is an antivaxxer is not the author of the paper I referenced—but even it was the fact someone is an antivaxxer doesn't mean what they say or present is false. The evidence and facts stand or fall on their own and need to be examined on their merits.
- The **Fact Check-No evidence that Pfizer's COVID-19 vaccine causes Alzheimer's disease** article did not provide evidence that the vaccines are safe, they only state that the vaccines have “not been shown to cause....” Not being shown to cause the problem is not the same as not causing it; it means that the evidence is not yet in to know because such neurodegenerative changes take time to manifest and be shown. So it is true that the vaccines have not been shown to cause these conditions, but it is not true to say that they are known not to cause these conditions. We don't know yet. It very well may turn out that they don't cause these problems, lets' hope they don't, but the truth at this time in history is, we don't know, it is a possibility based on real scientific facts.
- The point of the article I referenced was that the spike protein produced by the vaccines is the same spike protein that was shown in the recovered pts to bind to heparin binding receptor in the brain, they state "we have shown that the SARS-CoV-2 S1 RBD binds to a number of aggregation-prone, heparin binding proteins including A β , α -synuclein, tau, prion, and TDP-43 RRM." <https://www.sciencedirect.com/science/article/abs/pii/S0006291X2100499X>
- So, my point was that there is scientific evidence of potential risk that these could cause these neurodegenerative changes, and that it warrants investigation to prove it or disprove it and that standard medical ethics require that we provide this information before an experimental injection be giving to warn of possible but yet unproven negative outcomes.

So thank you to all who reached out with the information to clarify or question this.

I received the following in a letter this week:

Good Morning Tim,

I hope this note finds your, your family and all the Come and Reason Team doing well. I've said it before but will say it again, my husband and I are so grateful you listened to God's call and became his spokesperson with this vital end-time message! We've been so blessed because of it and thank you so much for all the resources you and your Come and Reason Ministry provide us.

I found this little 'gem' this morning in a devotional written by EG White called Our High Calling and thought I'd share it with you and your team. It speaks so clearly to design law I think, the law of worship to be specific. I am finding myself, too often, looking down instead of up. In our current world's environment I can often be distracted by shadows and there are plenty of them today!

As I write to you this morning, it is early and the sun is just beginning to rise and I am anxious about the rumored announcement that President Biden may be making today mandating all federal employees get the vaccine or weekly testing. He has already mandated that all VA



employees get it so I won't be surprised if he does the same for federal employees. I live in a state governed by a very left leaning liberal who will, I know, follow suit and mandate vaccines for all state employees. As I work for the school district I will be included in that mandate. My husband and I have been preparing for this even as we could see the writing on the wall that it was a possibility, but none the less, we were hopeful that it wouldn't happen.

We've been keeping it in prayer too and have been impressed that if/when I lose my job, it will be the sign we need to sell our home in town and move onto some property we've purchased. The Lord is always faithful and gives us all we need at exactly the time we need it so we are at peace with this decision. He has brought people into our life who have discernment like we do so we have a small network started of support for when times get really bad, i.e. food shortages, monetary collapse. We are all willing to pull together and share our skills, knowledge etc. and support one another.

I never thought that I would be on the side of the 'radicals' as the mainstream thinkers call us. I've always been a quiet, 'you leave me alone and I'll leave you alone' person but I find myself being 'pushed' out of that comfort zone into one that puts me in a position to be more outspoken. I don't think it's a bad thing for me but it sure can add to my discomfort! on the upside, it gives me lots of opportunity to share God's design laws with people! Well, I best go and look forward to the day when I can sit down with you and really share all that has happened to us because you were faithful to God's call. It won't happen here on earth probably, but there's always heaven!

God bless you Tim, you and your ministry are in our prayers.

This is the 'gem' from *Our High Calling*:

Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter! Isaiah 5:20. OHC 26.1

God is light, and in Him is no darkness at all. If there were no light, there would be no shade. But while the shade comes by the sun, it is not created by it. It is some obstruction that causes the shadow. So darkness emanates not from God, but is the result of an intruding object between the soul and God.... Disregard of the light that God has given brings the sure result. It creates a shadow, a darkness that is more dark because of the light which has been sent.... If a man withdraws himself from light and evidence, and yields to Satan's seducing arts, he himself draws the curtain of unbelief about him, so that light cannot be distinguished from darkness. **More light and evidence would only be misunderstood by him. The greater the evidence, the greater will be the indifference.** This will lead the deceived soul to call darkness light and truth error. OHC 26.2

Satan is constantly working to lead men to deny the light. It is but a step from the straightforward path to a diverging one, in which Satan leads the way, and where light is all darkness, and darkness light.... It is a dangerous thing to open the heart to unbelief, for it drives



the Spirit of God away from the heart, and Satan's suggestions come in.... We must ... avoid the first admission of doubt and unbelief. OHC 26.3

“Whatsoever a man soweth, that shall he also reap.” Galatians 6:7. God destroys no man. Every man who is destroyed will destroy himself. When a man stifles the admonitions of conscience, he sows the seeds of unbelief and these produce a sure harvest.... OHC 26.4

“They would none of my counsel, they despised all my reproof. Therefore shall they eat of the fruit of their own way, and be filled with their own devices. For the turning away of the simple shall slay them, and the prosperity of fools shall destroy them. But whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil.” Proverbs 1:30-33. OHC 26.5

Then I, in my devotions came across this, written back in 1902, in the Australian Union Conference Record, August 1, 1902:

And those also who are dead in trespasses and sins demand our service. The man who is wholly absorbed in his counting room, the man who finds pleasure at the gaming table, the man who loves to indulge perverted appetite, the frequenter of the theatre and ball-room, [we could put the Netflix junkie, the PlayStation and Xbox addict] put eternity out of their reckoning. The whole burden of their life is, What shall we eat? what shall we drink? and wherewithal shall we be clothed? They are not in the procession that is moving heavenward. They are led by the great apostate, and with him will be destroyed. All around us are souls perishing in their sins. Every year thousands upon thousands are dying without God and without hope of eternal life. **The plagues and judgments of God are in the land**, and souls are going to ruin because the light of truth has not been flashed upon their pathway. AUCR August 1, 1902, par. 3 [What are the judgments of God? Remember the same author wrote the judgment of God don't come directly out from Him, but when people refuse Him, His healing, protection, and warnings and insist on going their own way, He sets them free and no longer protects them from Satan's attacks and the plagues come out from Satan. Do we understand viruses are not from God? Viruses are strands of either DNA or RNA code that can infect cells and redirect the cell's machinery to produce more of the virus—me,me,me and more of me! This is the physical outworking of selfishness. If something isn't done to stop it then it kills the host, and ultimately the virus will die if another host isn't found to infect. God did not create viruses to injure and harm His creation any more than Microsoft or Apple create viruses to infect their operating systems. No, enemies create viruses. Viruses are because of sin. The immune system is part of God's kingdom, and the immune cells sacrifice themselves to save the host. The current COVID virus exists why? Because human beings, in a country of God-denying evolutionists, thus not under the direction of the Holy Spirit, engineered it, and then released it. God does not stop people from rebelling from Him, but whenever this happens injury and harm comes. Is the world currently suffering under a plague?]

The heart of God is moved. Souls are very precious in His sight. It was for this world that Christ wept in agony; for this world He was crucified. God gave His only begotten Son to save sinners, and **He desires us to love others as He has loved us.** He desires those who have a



knowledge of the truth to impart this knowledge to their fellow-men. AUCR August 1, 1902, par. 4

Now is the time for the last warning to be given. There is a special power in the presentation of the truth at the present time; but how long will it continue?—Only a little while. If ever there was a crisis, it is now. AUCR August 1, 1902, par. 5

What shall we say, what can we say, to arouse those who know the truth, both ministers and lay members, to a sense of their responsibility? How can they be led to feel the burden of imparting to others the truth God has imparted to them? O that they were awake to the purposes of God and to their individual responsibility! Then would they use every gift, every talent, in the work of giving to the world the truth for this time. The number of laborers would greatly increase, and the work would grow in influence and extent. God's people would be light-bearers, shining amid the darkness of this degenerate age. AUCR August 1, 1902, par. 6

God has given all something to do. **Those who are willing to work in self-denial and self-sacrifice will find their place. But those who seek only a safe and easy place need to be converted.** [How many today are advancing the philosophy of safe-spaces, of avoiding hard truths, of silencing anyone who speaks words that causes conviction of sin, that makes them uncomfortable? Yes, all such people who seek an easy place a safe place need to be converted!] **Until their hearts are renewed, their purposes changed, God has no use for them in His work.** By an unreserved consecration we are to prepare ourselves for His service. Our ministers are not to hover over the churches, regarding the churches in some particular place as their special care. And our churches should not feel jealous and neglected if they do not receive ministerial labor. They should themselves take up the burden, and labor most earnestly for souls. Believers are to have root in themselves, striking firm root in Christ, that they may bear fruit to His glory. As one man, they are to strive to attain one object,—the saving of souls. AUCR August 1, 1902, par. 7

SUNDAY

The lesson focuses on rest from physical sickness, sometimes when our bodies are unwell, when we have tests pending, or diagnosis looming, we can lie awake at night worrying.

What has been helpful for you to find peace when facing health problems?

What is not helpful?

I received this letter in the mail from Bill Swinney, a 98-year-old WWII veteran, and wanted to share some excerpts.

A lot of wisdom packed into a few words. The overall theme is living in harmony with God's design. You can't have health in violations of the laws of health, mental, physical or spiritual. Very insightful.



The lesson focuses our attention on the paralytic let down through the roof, whom Christ healed, but first forgave his sins.

Read fourth and fifth paragraphs, “For the paralytic...”

The lesson does an excellent job of pointing out how the fallacy of human imposed law system with its need to blame, accuse, judge, punish, infects our thinking along health issues, but is it only health issues? What about sin issues?

Isn't the problem with sin the exact same thing, it violates God's design laws for life, damages the sinner and will result in death without God intervening to heal and restore?

Read bottom green section, “When someone gets sick...” thoughts?

Let's answer the second question first, why is it helpful to understand the cause of sickness? To help heal and to avoid repeating the injuring or getting sick again if one gets well.

With that in mind, what are the reasons people have health problems today?

- Sin in the world—the world is infected with Satan's principles and all nature groans under the weight of sin. Because of this there are all kinds of physiological abnormalities that have nothing to do with individual sin, yet things are not functioning as God designed. People can be born blind, deaf, with congenital heart problems, with genetic problems like muscular dystrophy etc. The disciples asked Jesus, who sinned that this man was born blind him or his parents, and Jesus said neither. We must not attribute all illness or physical handicaps as a result of sin.
- But does that mean all illness, physical handicaps or disabilities are always a natural result of sin in the world and never due to individual sin or choices to violate God's law? What about a person who commits adultery and gets a sexually transmitted disease? Could their disease be a result of sin? What about a person who commits adultery and feels guilt and shame, doesn't repent, begins lying and deceiving to cover their sin and they experience more fear, anxiety, activating stress pathways, gets ulcers, hardening of the arteries and dies of a heart attack? Or, they cope by using alcohol or drugs to try and avoid the guilt and use dirty needles and get HIV infected would this be a result of their sin?
- Can we tell if someone is suffering from a sexually transmitted disease if they committed sin or not? No! They may have had an unfaithful spouse who brought them the disease. They may have gotten it in a blood transfusion. They may have been sexually assaulted etc. etc.
- Other reasons people suffering from physical problems? They are victims of the sins of others—trauma, or poison, or toxins in the environment
- Accidents, negligence, or unforeseen consequences are another reason people suffer
- What about aging even if someone lives a perfectly healthy life—what happens to all of us over time? Is this normal in God's design? Understand that from God's perspective all die



young, God designed humans to live eternally. Thus, the aging and decay we see is a result of sin ravaging us despite our best lifestyles. However, this first death is not the death of sin, it is the mercy, the artificial state of grace that God permits in order for the plan of salvation to be carried out.

MONDAY

The lesson points out that often times we don't consider an illness until we have symptoms and then many times people believe the symptoms are the problem and seek only symptom relief instead of treating the actual illness.

Can you think examples like this? Perhaps lung disease due to smoking and rather than quitting smoking, the person wants medicine to help their lungs, or oxygen but they continue to smoke?

In psychiatry one of the places I see this most commonly is with the emotion of anxiety. Anxiety is almost always a symptom of some other problem. Anxiety to our minds is like pain to our bodies. Pain is designed to tell us something is wrong—if you feel pain somewhere in your body, hopefully your first thought isn't "I have a pain disorder" and your first action isn't "I need pain meds." Hopefully, your first thought is "What is wrong that is causing the pain and what is needed to fix that problem so the pain will go away?"

- Is it a thorn?
- Is it a cavity?
- Is it arthritis?
- Is it a fracture or sprain?

With anxiety it is the same way, the first thought should be what is causing the anxiety?

- Rarely it is a physical cause. A person with hyperthyroidism can present with panic attacks. If one doesn't consider why is this person having panic, what the anxiety is a symptom of, and instead merely diagnosis panic disorder and gives anti-anxiety meds, the person will not get well. In fact they could die from complications of untreated hyperthyroidism. But this is rare.
- If someone is holding your head under water, what do you experience before you pass out? Panic. Sometimes people have panic because they find themselves in circumstances with too many problems, responsibilities, deadlines, bills, and they feel like they are drowning.
- Sometimes it is a result of historic trauma that caused both brain and mind changes—impacting how we process life experiences—through a threat matrix instead of a security matrix.
- Sometimes it is because of failure to have the life experiences needed to prepare the brain to manage life stress. Children who are neglected don't develop the same top-down love pathways that calm the fear circuits.
- Sometimes anxiety is due to unhealthy thinking patterns
- Sometimes it is due to not having a relationship with the Lord
- Sometimes it is due to filling the mind with fear inducing messages
- Sometimes it is due to real world problems being handled without the Lord



So, whatever the problem, mental, physical, spiritual—getting to the root and resolving it is absolutely the best approach.

TUESDAY

Read first three paragraphs, “Based on data...” This is well said, Major Depression or Clinical Depression is a physiological brain/body problem with multiple contributing factors.

The lesson goes on to focus on Elijah and his depression after Mt. Carmel and how he ran away. Strictly speaking, from a modern diagnostic approach, Elijah would not be diagnosed with Major Depression, but with an adjustment disorder with depressed mood.

Both conditions would have a person feeling depressed, despondent, perhaps hopeless, discouraged, fearful, perhaps suicidal—but the adjustment disorder is a person facing a situational stressor that overwhelms their coping. It is sudden, and if the stressor is removed, they almost immediately improve and the depression resolves.

The person with clinical depression, or Major Depression, has alteration in brain function and ability to function in life across the domains of life, like appetite, sleep, concentration, energy, thinking, that persists for a minimum of two weeks. Even if there is a situational stressor, removing that stressor does not resolve the depression.

Let’s talk a little about Major Depression, what it is, what contributes, and what you can do to help protect yourself or lifestyle and Bible principles that are documented to have anti-depressant benefit:

When someone is depressed they have alterations in normal brain circuitry function:

- The Prefrontal Cortex, where one thinks, reasons, plans, is under active so a person in a state of depression would have a more difficult time concentration, problem solving, handling stressors. So they get overwhelmed more easily, don’t engage, withdraw, are more moody, irritable, get overwhelmed more easily.
- The orbital cortex, where one normally experiences a conviction of wrong doing, if one were doing something wrong, is overactive in depression so people will often feel a sense of guilt, or inadequacy or not being good enough.
- The Anterior Cingulate Cortex, where we experience a sense of empathy, compassion and also where we choose, is under active. So people who are depressed will feel emotionally distant from people, isolated, disconnected and also have a difficult time making decisions.
- The amygdala where we experience fear, apprehension, warning, alertness is over active so people will often experience anxiety, worry, dread, and inability to relax with sleep disturbance
- The nucleus accumbens where we experience pleasure and reward is under active so even when good things happen people in depression don’t feel any reward.



This leads to negative and worried thought patterns, irrational looping on fears and over value on possible negatives and undervaluing the positives, which only fuels the neurocircuitry imbalance.

This imbalance leads to increased inflammation in the body, with elevated cytokines which interfere with synaptic signaling so people will experience fatigue, malaise, concentration problems, sleep disturbance, loss of appetite, aches and pains all over their bodies.

This state leads to changes in the brain altering how genes are expressed and proteins that keep the brain healthy, called neurotrophins, are turned off in depression and certain brain regions can thin, this includes both the prefrontal cortex—where we reason, think, problem solve, have self governance, and also the hippocampus where new learning takes place.

All treatments for major depression reverse this process, turn one of the neurotrophins BDNF, and eventually reverse the circuitry imbalance.

Anything that pushes one toward the circuitry imbalance would push one toward depression; anything that incites bodily inflammation can also push one toward depression.

This is where the lifestyle and spiritual factors come in.

What types of thought patterns will disrupt brain circuits?

- Denial, refusing truth, believing lies
- Unresolved guilt
- Resentment, bitterness, grudge-holding

These thought patterns decrease normal PFC function, increase orbital function, contributing to worried thoughts with increased amygdala activity, with increased sense of anxiety, fear, worry, and thus increased inflammatory cascades.

What resolves this circuitry disruption if caused by these factors?

- Truth replacing lies
- Repentance and reconciliation—particularly with God, not necessarily with others
- Forgiveness—forgiving those who have wronged us

Do you see one reason depression is so high in the world today? Our world today is becoming ever more godless, ever more worldly and justifying the need to punish the wrong doer, seeking so-called justice through human law systems, which is the opposite of God's system. These imposed laws and punishments only cause more injustice, cause people to hold on to wrongs, to fantasize about seeing their wrong doer punished etc. Or, the wrong doer denies their wrong or justifies and defends their wrong and doesn't repent.



But another factor is anything that increases inflammation in the body can increase the risk of depression so:

- Study of 9000 adults examining amount of fast food and junk food consumed (pizza, hamburgers, doughnuts, croissants, candy, cakes etc)
- Those who ate junk food 40% higher rate of depression than those who did not
- Any amt increased risk, dose dependent curve. *Public Health Nutr.* 2012;15:424-432

- Smoking
- Alcohol abuse
- Drug Abuse
- DM type 2 increases risk 24%
- Chronic pain

I won't talk about medications today, other than to say, antidepressants work—not for every person, but for millions they work and are life-saving. In addition to anti-depressants, there is Transcranial Magnetic Stimulation, FDA approved non drug treatment for depression that gives magnetic pulses across the scalp directly to the brain activating the PFC and moving the neural circuits back toward their non depressed state. Also, 10,000 lux light therapy, works for many people. If used it is most effective before 7 a.m. and 18 inches from the face. It can trigger mania in bipolar patients and usually works in a couple of days.

Other interventions—resolving guilt, forgiving the wrong doer, finding peace with God. Surrendering outcomes to God.

Truth based therapies, like CBT, are documented to restore the brain circuits back to their non-depressed activity and have antidepressant activity.

Social connectivity, being with friends, family, socially interacting is anti-depressant and social isolation increases depression.

- Exercise
 - Increases insulin sensitivity
 - Turns on BDNF, Vascular GF, Nerve GF
 - Increases endorphins, enkephalins, DA
 - 2017 AJP Article 33,908 followed for 11 years
 - 1 hour per week of leisure time exercise
 - Reduced Depression occurrence by 12% Harvey, S. et al., Exercise and the Prevention of Depression: Results of the HUNT Cohort Study, AJP, Oct 3, 2017
<https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2017.16111223>

- Plant based diet
 - 41 studies, 20 longitudinal. Evaluated various diets, Mediterranean diet, the Healthy Eating Index, the Alternative Healthy Eating Index, the Dietary Approaches to Stop Hypertension (DASH) diet, and the Dietary Inflammatory Index.



- Four studies involving 36,556 adults, adherence to a Mediterranean diet, had a 33% decreased risk of depression.
- At the other end of the spectrum, eating a pro-inflammatory diet high in fat, sugar, and processed food was linked with higher depression risk, according to data from 5 longitudinal studies involving 32,908 adults. Lassale C, Batty GD, Baghdadli A, et al. Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. *Molecular Psychiatry*. 2018 September 26;[Epub ahead of print].

Nutrients that are anti-depressant—this is not exhaustive, but some:

- L-methyl folate
- omega 3 Fatty acids
- Vit D
- N-acetyl cysteine

Sleep:

- OSA – Cognitive impairments, mood disorders and loss of gray matter which reversed with treatment
- Sleep disorders double the risk of depression
- During sleep the brain cells contract expelling metabolic waste and increasing clearance from brain, including beta amyloid
 - *American Journal of Respiratory and Critical Care Medicine*, Vol. 183, No. 10 (2011), pp. 1419-1426. doi: [10.1164/rccm.201005-0693OC](https://doi.org/10.1164/rccm.201005-0693OC)
 - *Archives of Internal Medicine*, vol 16, p 1709
 - *Science* 18 October 2013: Vol. 342 no. 6156 pp. 373-377 DOI: 10.1126/science.1241224

Altruism—volunteering

- Adults who volunteer (after accounting for variables such as education, baseline health, smoking, etc.)
 - Live longer, have less illness, less disability, less depression, less dementia and live independently longer than those who did not. Post, S. *Altruism and Health Perspectives from Empirical Research*, Oxford University Press, New York, 2007: p. 22, 26).

Worshipping a God of love—studies show that regular worship and meditation on a God of love activate the anterior cingulate cortex, calms the amygdala and works to restore the brain circuits back to their non-depressed state.

WEDNESDAY

Read second paragraph, “When Elijah finally...” This again is the dysphoria of situational problems. A crisis came, emotions are strong, physical fatigue impacts, choice is made, but afterward the mind



judges the choice to be less than ideal, even wrong and one feels guilt and disappointment with because they didn't do what they believed was best. Why?

Typically because some feeling dominated the moment—whether fear, or lust, or anger—but typically our poor decisions in real time, which result in guilt are based on some feeling taking control.

If you remember last week we discussed the book, *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure* by Greg Lukianoff, Jonathan Haidt. And they identified three untruths which have dominated college campuses and are spreading across the nation to the destruction of all of us, and the second untruth that many accept today is *always trust your feelings*.

Feelings can lie and in fact Satan tempts us through our feelings. Feelings are not facts, feelings are not truths. But in society today, Satan's deceit is so pervasive that many have come to label feelings as truth—this is my truth, when in fact they are talking about feelings. It is quite destructive.

Read third paragraph, “That can be a painful...” What is described here? Seeing ourselves as we are can be painful—why?

Is seeing reality harmful? Then why is it painful?

Is it necessary for our eternal salvation for us to see the truth of ourselves? Why? Then would Satan want to have people see themselves as they are? It depends—if Satan can get a person to see their own shortcomings in an environment and mindset that is without hope for healing—then yes he would want that because it will lead to nihilism, hopelessness, depression, destructive behaviors and even suicidality.

But, if we see our true condition under the umbrella of God's love and grace, knowing Jesus and knowing He can heal us—then we don't become despondent and hopeless we surrender to Jesus and become reborn into the kingdom of God—and Satan definitely doesn't want this.

So, what strategies will Satan employ to prevent people from conversion, which requires they know some aspect of the truth about God and their condition.

- Lie about reality
 - no God, no sin, just evolved from lower life forms so whatever you find in yourself it is part of nature and is good
 - there is a god but it is a punitive legal god who is the source of pain and suffering legally inflicted to punish sin—and all the negativity and destruction that comes from the fear, guilt and legal solutions
 - there is no god just energy in the universe and we recycle through endless cycles of life until we finally develop ourselves along the path of the light, the good, the moral and eventually enter nirvana. In this worldview, whenever we are faced with some truth about ourselves that causes stress and anxiety we meditate, emptying our minds until



we experience the peace that comes from calming our amygdala, but we don't ever confront the inherent selfishness by surrendering to Jesus and being reborn with a new heart and new motives.

- Seek to avoid reality of one's own condition through denial, blame, accusation, justification of whatever sin they may have committed, it is someone else's fault
- Seek to self-medicate through alcohol, drugs legal or illegal all designed to take the feeling of conviction away
- Distract self through entertainment
- Invest in diabolical or destructive purposes
- Invest in a purpose that might be good but employ Satan's methods to achieve it, this gives a false sense of earned goodness, working and fighting for a higher purpose while one is still destroying their character

The lesson points out that sometimes depression can be so bad that people will think about death and suicide.

EGW wrote many years ago, commenting on Job's struggles in the book *Prophets and Kings*:

Into the experience of all there come times of keen disappointment and utter discouragement—days when sorrow is the portion, and it is hard to believe that God is still the kind benefactor of His earthborn children; **days when troubles harass the soul, till death seems preferable to life.** It is then that many lose their hold on God and are brought into the slavery of doubt, the bondage of unbelief. **Could we at such times discern with spiritual insight the meaning of God's providences we should see angels seeking to save us from ourselves,** striving to plant our feet upon a foundation more firm than the everlasting hills, and new faith, new life, would spring into being. PK 162.1

Let's talk about **Suicide: Risk and Prevention**

The major risk factors for suicide are:

- genetics
- mood disorder (major depression)
- pessimism
- misreading social cues
- impulsivity
- impaired learning.

Fifty percent of suicide risk is genetic, meaning suicide risk is inheritable and does run in families. This does not mean that a person is predestined to die by suicide if they have family members who have died by suicide, but they do have an increased risk for it. This risk can be mitigated by awareness and purposeful interventions to prevent or treat the other factors that increase risk, thereby reducing suicide risk even in those who have genetic vulnerability. There isn't a specific gene that increases the



risk; instead, it's the interaction of hundreds if not thousands of genes. Thus, even though the genetic risk is well documented, a specific genetic test is not available.

Depression

People with a history of recurrent major depression have a 13-fold increased risk of suicide. Major depression is the most important and treatable risk factor for suicide. Many people believe that suicide risk goes up because of some stressful life event while failing to realize that many of the stressful life events are the *result* of major depression that is not being treated.

When people are depressed, they are more likely to:

- socially isolate, be unavailable, be easily overwhelmed, and thereby experience relationship problems and breakups
- call in sick to work, have impaired job performance, and thereby lose their job
- fail to pay bills either because of lost work and can't afford to, or lost attention to life's responsibilities, and thereby lose their car or home or have creditors calling

So, the life stressors people attribute as the cause of suicide may, in reality, be due to underlying depression that is not being treated.

Studies show that not all people with depression experience suicidal thoughts, but those who have a **pessimistic mindset** in addition to being depressed are the ones at increased risk. Even when the depression is treated and remits, those at higher risk for suicide continue to manifest a pessimistic outlook on life compared to depressed people who are not suicidal.

The point here is that hope and hopefulness in the face of depression and real-life stressors reduces suicide risk, whereas pessimism increases the risk.

In my experience suicide is almost always thought about when a person experiences some type of pain, whether mental, emotional, physical and lose hope of escaping the pain and suicide becomes the exit door to their suffering. Thus, if hope of escape from the suffering, a legitimate treatment or path forward that will deliver the person can be provided and they embrace the hope, generally suicidal thoughts remit.

Research documents four factors, occurring simultaneously, that work together to drive suicidal behavior. Those four factors are:

- Recurrent major depression
- Misreading social cues
- Impulsivity/reactivity
- Impaired learning

Brain studies reveal that when given standard tests that require them to determine emotional states by looking at faces, those at high risk for suicide misread the faces in ways that incite fear, hurt,



rejection—which is a dysfunction of dorsolateral prefrontal cortex, the part of the brain where we reason, think, and problem solve.

Further, those at increased risk demonstrate impaired response inhibition—the ability to pause, think, and make a wise choice. When given a choice of receiving \$50 immediately or \$300 in 30 minutes, those at risk for suicide take the \$50 right away, whereas those at low risk for suicide wait the 30 minutes. This is impairment in response inhibition, the ability to stop an impulse and wait for a better opportunity.

People at high risk also demonstrate impaired learning from previous events. We have all experienced situations in which something stressful has occurred, inciting anxiety, fear, and worry—but eventually, the problem passed. People at low risk for suicide are able to learn from such events so that when new stressors occur, they are able to remember that things will get better, the stressor will resolve, and life will improve. But people at high risk fail to learn this, and each new stressor is experienced with overwhelming fear and often hopelessness.

It should be noted that all of the above risk factors are worsened by alcohol and drug abuse. Such substances increase mood disorders, damage thinking and learning circuits, increase impulsivity, and often contribute to increased life stress (financial, relational, and legal problems).

Interventions

What are the factors with proven efficacy in reducing suicide?

- Removing the means—removing guns and lethal pills from home
- Treating depression with psychotherapies and medications; both reduce suicide
- In-school education about risks and warning signs and ways to get help
- Limiting media reporting and coverage of suicides
- Alcohol- and substance-use treatment

THURSDAY

In the second paragraph states, “Entering into God’s rest has to do with healing—with slowly unlearning negative thought patterns and destructive habits. God does not rush healing.”

This is well said. Why does it take time to win a person to trust? Why can’t God simply use divine power to overwhelm resistance and heal a person’s heart?

A person convinced against their will is of the same opinion still.

Genuine healing of the heart, mind, soul, character requires the complete and full participation of the individual. We must, as Paul says in Romans, be fully persuaded in our own minds. We must choose the truth, choose to trust, choose to align ourselves with God. We don’t have the power to fix, heal, transform ourselves, we have the power to choose and in choosing God, choosing truth, choosing to



trust we open the heart to God and receive divine enlightenment for further growth but also power to carry out and live the truth we have chosen in humble surrender to God.

ANNOUNCEMENTS:

New Resource South Africa: *Could It Be This Simple?* is now available in Afrikaans. We want to give special thanks to Jacques van den Heever, who spent many hours proof reading and working with editors and translators to get this resource available. Thank you Jacques!

It is available as a FREE download on our website, but if you are in South Africa and would like one in print, then email Jacques at comeandreason.sa@gmail.com

There will be a small postage charge of R50 (around \$4) or you live near Somerset West you are welcome to pick one up in person.

South Africa also has some newly printed materials including tracts, meditation guides, and CIBTS. If you are interested in getting copies for yourself or to share, please email comeandreason.sa@gmail.com

God is Love Children's Book Available on Amazon! We are happy to announce that our children's book, *God is Love*, is now up on Amazon and is available for prime shipping! You might have trouble finding it at first because it's new and doesn't have any reviews yet. Reviews are paramount in helping others search for and find items on Amazon. If you search "God is Love Stephanie Land" you should be able to find it. For a limited time, we are offering it on Amazon for only \$10, which is cheaper than it is currently being sold on our ministry website. If you purchase it through Amazon, you can leave a "verified purchase" review which will help to get the book to populate when people do a search. The more reviews the better!