



2023 1Q Managing for the Master Till He Comes—Lesson 10 Giving Back

by Tim Jennings

SABBATH

The title of the lesson is Giving Back, and the memory verse is:

Then I heard a voice from heaven say, “Write: Blessed are the dead who die in the Lord from now on.”

“Yes,” says the Spirit, “they will rest from their labor, for their deeds will follow them.”
(Revelation 14:13 NIV84).

What do you think this memory verse has to do with Giving Back? The lesson is focusing upon the last years in our lives, retirement and preparing for our deaths, estate planning, legacy planning, what we give back or leave to others when we die.

Read second paragraph:

As people get older, they almost naturally begin to worry about the future. The most common fears are: dying too soon (before the family is taken care of); living too long (outliving their assets or savings); catastrophic illness (all my resources could go at one time); and mental and/or physical disability (who will take care of me?). (2023 1Q SDA Adult Bible Study Guide page 80).

I see many patients with anxiety and one of the most common anxieties I see are worries or fears about the future. This is a very human experience that we have all had. Younger people worry about whether they will find a spouse, or get a good job, or have money for college, while older people worry about many of the things listed in the lesson. But we are all tempted to worry about the future.

What is the difference between worrying about the future and wise planning for the future?

Is there a difference between worrying about whether one will be able to support their family in the future and a person who prayerfully plans out what college classes they need to obtain a marketable degree, how they will pay for it, and then daily applies themselves to that plan?

Is there a difference between a person worrying about retirement and one who makes reasonable choices in how they spend and invest their resources today?



What about the people who never worry about the future and therefore never make a plan, never seem to invest themselves in productive living but just assume it will always work out, and often have other family, friends, or even the state provide for them when their irresponsible choices land them in dire circumstances? Is it better to approach life like these people who never seem to worry about the future? Why or why not?

There is a ditch on both sides of the healthy path—on the one side is the person who never considers the consequences of their actions and never seems to plan out their choices. What kind of character do they develop? And then there are the people who are consumed with fears and uncertainties of the future to the point that they seem paralyzed from acting, or at least from ever experiencing joy in this life.

What is the best way to handle fears of the future?

- Step back and reflect on one's duties, choices, responsibilities, and actions today—ask, am I doing what is right, healthy, and reasonable in harmony with my understanding of God's will for my life today? Are there any actions or choices that I could make today that I believe God would have me do, that are healthier, or wiser, or necessary for me to fulfill God's purpose for my life? If so, then make those choices.
 - What we are doing by asking these questions is refocusing the mind away from the future and back on today, refocusing away from what we have no authority or control over onto what we do have authority and control over. The future is unknown, our responsibilities and choices today are not. We are unable to act in the future, we are able to act today. We have no authority over the future, but we are exercise authority over ourselves. So we refocus our attention where God has given us authority to act and that is in governance of self today.
 - We certainly seek God in prayer and ask Him to enlighten us to any choices that He would have us make that is currently outside of our awareness, but having done all of this then...
- We trust God with the outcome, the future.
 - The Bible says: "The just shall live by faith" (Galatians 3:11 KJV)
- We turn the future over to God and let Him take care of it.
- But as we make choices today, we assess the new evidence that comes from those choices and make new choices based on that evidence.
- Example: At a crossroad with no signs or maps or anyone to tell you what is down each road. It is better to make a choice and start down a road, even if it is the wrong road, then to make no choice and never go anywhere. Having made the choice to go down the wrong road along that road new information will be obtained to let you know it isn't the right road and you can reverse course and go down another path.
 - Going to college and not knowing what to major in. Make a choice, take some classes, in experiencing those classes you will either confirm or refute that that major is the right one for you and if you discover that no, you definitely don't want to go down that career path, you make a new choice and change majors.



But what about worrying about mental or physical disabilities? How do we apply what I said to that?

Instead of worrying whether we will be mentally or physically disabled in the future, we step back and inquire: Am I living as healthfully as I can? Am I making choices in governance of myself today that are designed to maintain my spirit temple (body) to the best degree possible. Do I make healthy choices in food, exercise, study, mental stimulation, rest, sleep, relationships, boundaries, and fulfillment of duties?

My book *The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind*, goes into great detail on almost every aspect of our lives documenting how our choices today either accelerate aging or slow it, and either contribute to greater likelihood of disability or reduce it, both physical disability and late onset Alzheimer's dementia.

So rather than worry about the future, we examine our lives and make the healthiest and wisest choices we can in the habits and practices of life we engage in today and then trust God with the future.

In fact,

- Chronic worry activates inflammatory pathways that damage the brain and increases both mental and physical disability
- Study of 5000 individuals found that neuroticism—which included feelings of guilt, anger, anxiety, depression—chronic patterns of negative and worried pessimistic thinking—was associated with a greater risk for dementia. In contrast, conscientiousness was shown to be protective against dementia. (Lee-Fay, L., et al., Does Personality Affect Risk for Dementia? A Systematic Review and Meta-Analysis; American Journal of Geriatric Psychiatry. VOL 21, ISSUE 8, P713-728, AUGUST 2013 [http://www.ajgponline.org/article/S1064-7481\(12\)00031-0/fulltext](http://www.ajgponline.org/article/S1064-7481(12)00031-0/fulltext))

So what are some of the choices we can make today that can reduce our risk of mental and physical disability as we age?

Six Keys to maintaining wellness as we age:

- Physical Conditioning
- Mental Stimulation
- Rest—Physical and Mental
- Stress Management
- Anti-inflammatory Diet
- Healthy Spirituality

Exercise

- Older Adults who exercise regularly are 40% less likely to experience disability ¹
- Increased IL-10 and decreased inflammation ²
 - Exercise improves insulin sensitivity
- Turns on all neurotrophins ^{3,4}



- Older persons who exercised saw, over 1yr, 2% growth in hippocampus reversing two years of aging⁵
- Older persons walking 15 min/day decreased AD⁶
- 1. Ettinger, WH Jr., et al. A randomized trial comparing aerobic exercise and resistance exercise with a health education program in older adults with knee osteoarthritis. The Fitness Arthritis and Seniors Trial (FAST). *JAMA* 1997 Jan 1;277(1):25-31
- 2. Helmark, I., et al., Exercise increases interleukin-10 levels both intraarticularly and peri-synovially in patients with knee osteoarthritis: a randomized controlled trial, *Arthritis Research & Therapy*, 2010;12(4):R126.
- 3. Jin, K., et al., Vascular endothelial growth factor (VEGF) stimulates neurogenesis *in vitro* and *in vivo*, *PNAS*, September 3, 2002 vol. 99 no. 18
- 4. Banitalebi, E. et al., Exercise improves neurotrophins in multiple sclerosis independent of disability status. *Multiple Sclerosis and Related Disorders*; Volume 43, August 2020, <https://doi.org/10.1016/j.msard.2020.102143>
- 5. Erickson, K. I., Voss, M. W., Prakash, R. S., Basak, C., Szabo, A., Chaddock, L., et al. (2011). Exercise training increases size of hippocampus and improves memory. *Proc. Natl. Acad. Sci. U.S.A.* 108, 3017–3022. doi: 10.1073/pnas.1015950108
- 6. Liang KY, Mintun MA, Fagan AM, et al. Exercise and Alzheimer's disease biomarkers in cognitively normal older adults. *Ann Neurol.* 2010;68:311-318

Mental Stimulation:

- Mental Stimulation
 - New Learning: Mentally stimulating activities and certain brain-training programs are in the long term associated with lower brain amyloid levels and a decreased risk for AD, as are graduating from college or engaging in life-long learning.^{1,2}
 - Turns on neuroprotective genes^{3,4}
- 1. Belleville S, et al Training-related brain plasticity in subjects at risk of developing Alzheimer's disease. *Brain.* 2011;134:1623-1634.
- 2. Landau SM, Marks SM, Mormino EC, et al. Association of lifetime cognitive engagement and low β -amyloid deposition. *Arch Neurol.* 2012;69:623-629.
- 3. Reti, IM, et al., Prominent Narp expression in projection pathways and terminal fields. *J Neurochem.* 2002 Aug;82(4):935-44.
- 4. Xiao MF, Xu D, Craig MT, et al. NPTX2 and cognitive dysfunction in Alzheimer's disease. *eLife.* 2017 March 23;6.

Rest—sleep and Sabbath rest:

- 1-2% of body mass
- Uses 20% body energy
- High state of flux
- Many waste products
- During sleep the brain cells contract expelling metabolic waste and increasing clearance from brain, including beta amyloid²



- OSA – Cognitive impairments, mood disorders and loss of gray matter which reversed with treatment¹
- Systemic Metanalysis of over 12,000 articles found
 - breathing related sleep disorders increase risk of all cause dementia, AD, VD⁴
 - Insomnia increases risk of AD⁴
- Benzodiazepines increase memory problems ³
- 1. 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)
- 2. Science 18 October 2013: Vol. 342 no. 6156 pp. 373-377 DOI: 10.1126/science.1241224
- 3. Pariente, A., et al., The Benzodiazepine-Dementia Disorders Link: Current State of Knowledge. *CNS Drugs*. 2016 Jan;30(1):1-7. doi: 10.1007/s40263-015-0305-4.
- 4. Sleep Medicine Reviews, Volume 40, August 2018, Pages 4-16

- Blue Zones
 - Ikaria, Greece
 - Nicoya, Costa Rica
 - Okinawa, Japan
 - Sardina, Italy
 - Loma Linda, CA
- What unique about Loma Linda
 - Heterogeneous
 - SDA
- Lessons from Loma Linda
 - “Find a sanctuary in time to decompress. ...Observance of the Sabbath strictly occurs from Friday to Saturday night, giving Adventists a weekly time to focus on family, friends, God and nature.”
- SDAs also:
 - Eat healthy (high percent of vegetarians)
 - Don’t smoke, use alcohol or illegal drugs
 - Exercise more than most
 - Less obesity
- <http://www.bluezones.com/live-longer/education/expeditions/loma-linda-california/>

Here is an interesting quote from one of the founders of the SDA church, did your teachers ever quote this one to you when you were in school?

Intemperance in study is a species of intoxication, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness. The Lord would have every student bear in mind that the eye must be kept single to the glory of God. **He is not to exhaust and waste his physical and mental powers in seeking to acquire all possible knowledge of the sciences,** but is to preserve the freshness and vigor of all his powers to engage in the work which the Lord has appointed him in helping souls to find the path of righteousness. *Counsels to Parents, Teachers, and Students* 405.



There are design laws involved in this. One is the law of exertion, if you want something to get stronger you must exercise it because if you don't use it you lose it. So if you want stronger music skills, language skills, math skills you must study and apply yourself to these fields.

But, the corollary law is the law of restoration, as finite beings once we expend energy we must rest and recover lest be injure ourselves and burn out.

One of Satan's strategies if he cannot get good people to choose evil, is to over tax them with good works to do without adequate rest so that they exhaust and burn out.

This author recognizes this design law and describes its violation, overstudy, in very strong language to convict people of the damage they do to themselves in failing to get adequate mental rest.

Healthy Diet

- 3 distinct nutrient biomarker patterns (NBPs) in blood related to cognitive performance & (MRI) measures of brain aging.
 - 2 Diet patterns with favorable cognition and brain volume
 - High in plasma B vitamins (B1, B2, B6, folate, and B12), as well as vitamins C, D, and E (Fruits, Nuts, Grains, Vegetables)
 - High in plasma marine omega-3 fatty acids. (Oily Fish)
 - Diet with less favorable cognition and brain volume
 - A diet high trans fat pattern (fast food, junk food)¹
1. G.L. Bowman, et al., Nutrient biomarker patterns, cognitive function, and MRI measures of brain aging. *Neurology* Jan 2012, 78 (4) 241-249; DOI: 10.1212/WNL.0b013e3182436598
- After Age 70 the brain shrinks by 0.5% per year
 - 1,111 women age 70 no dementia at the beginning of the study
 - 8 years later: women with the highest EPA and DHA blood levels at the study's outset had brains that were about two cubic centimeters larger overall than women with the lowest levels.
 - Hippocampus was 2.7% larger in women who had fatty acid levels twice as high as the average.
 - The analysis adjusted for other factors that could influence the women's brain size, including education, age, other health conditions, smoking and exercise.¹
1. James V. Pottala, et. al., Higher RBC EPA + DHA corresponds with larger total brain and hippocampal volumes WHIMS-MRI Study. *Neurology* Feb 2014, 82 (5) 435-442; DOI: 10.1212/WNL.0000000000000080

Healthy Spirituality

- Meditate on a God of love—12 minutes per day activates anterior cingulate cortex (ACC) calming amygdala, reducing stress cascades. Adults over 65 who did this for 30 days had larger ACC, and the ACC where we experience altruistic love calms amygdala where we experience fear, perfect love casting out fear. This caused reduction in blood pressure and individuals had



30% improvement in memory testing. Newberg, A. *How God Changes Our Brain*. Ballantine Books, New York. 2009: p.49.

- 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).
- **REST Gene (Repressor Element 1-Silencing Transcript)**
 - Cell Conductor – turning genes on and off
 - Impacts neuronal and brain circuitry development
 - Protects memory circuits—low levels increased risk of dementia
 - Turned off by chronic mental stress
 - Turned on by meditation and healthy spirituality Ashton N, Hye A, Leckey C et al. Plasma REST: A Novel Candidate Biomarker of Alzheimer’s Disease Is Modified by Psychological Intervention in an At-Risk Population. *Transl Psychiatry*. June 6, 2017; 7(6): e1148
- **Healthy Spirituality**
 - Activates PFC and ACC, calms amygdala, lowers inflammatory response resulting in improved mental and physical health
 - Altruistic activities result in better mental and physical health
 - Reduced anxiety and worry
 - Healthier lifestyle so reduced oxidative stressors
 - Healthier relationships lower stress

We have much we can do in developing and creating habit patterns that promote health, reducing toxic damage to our bodies, slow aging, maintain our vitality and reduce risk of disability. However, we cannot control the future. Once we are doing what we know is healthiest, if we want peace of mind, we must trust God with how things turn out.

Read last third paragraph:

When commenting on these fears, Ellen G. White wrote: “All these fears originate with Satan. ... If they would take the position which God would have them, their last days might be their best and happiest. ... They should lay aside anxiety and burdens, and occupy their time as happily as they can, and be ripening up for heaven.” — Testimonies for the Church, vol. 1, p. 424. (2023 1Q SDA Adult Bible Study Guide page 80).

Does this make sense? Is it hard to do? What makes it hard to do? Has anything made it easier? How about if we spend more time in thoughtful meditation on the life of Christ?



In light of the science we just reviewed about meditating 12 minutes a day on a God of love and the benefits of doing so, consider this quotation from the book *The Desire of Ages* which is a book about the life of Christ:

It would be well for us to spend **a thoughtful hour each day in contemplation of the life of Christ**. We should take it point by point, and let the imagination grasp each scene, **especially the closing ones**. As we thus dwell upon His great sacrifice for us, **our confidence in Him will be more constant**, [what is another name for confidence? Faith!] our love will be quickened, [what does love do to fear?] and we shall be more deeply imbued with His spirit. If we would be saved at last, we must learn the lesson of penitence and humiliation at the foot of the cross. (Desire of Ages 83).

SUNDAY

The lesson asks us to read Luke 12:16-21:

And he told them this parable: “The ground of a certain rich man produced a good crop. He thought to himself, ‘What shall I do? I have no place to store my crops.’
“Then he said, ‘This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. And I’ll say to myself, “You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry.”’
“But God said to him, ‘You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’
“This is how it will be with anyone who stores up things for himself but is not rich toward God.” (Luke 12:16-21 NIV84)

What is the lesson of this parable? Is the lesson that:

- We should not have any savings accounts or retirement plans or any plans for our future needs?
- Our resources are only to be used on absolute necessities for ourselves, that we are not to take vacations, or spend money on anything that is comforting or a luxury for such spending would be selfish?
- We are not to live selfishly; we are not to ignore the things of God; we are to live to glorify God; but in that godly lifestyle of altruistic living we are certainly to care for self, which includes vacations, and reasonable comforts and spending on maintaining one’s wellbeing and health.

Read fourth paragraph,

The general picture given in the Bible is that a person works and remains productive as long as he or she is able. In fact, it is interesting to note that the authors of the great prophetic books of Daniel and the Revelation were, many believe, both in their 80s when they completed their



work. This was at a time when the average age at death was about 50 years. Ellen G. White published some of her best-known and best-loved books, such as *The Desire of Ages*, after about age 70. Age, then, as long as we are healthy, should not mean that we stop being productive and, to whatever extent possible, doing some good. (2023 1Q SDA Adult Bible Study Guide page 81).

This is a great paragraph. One of the things that contributes to loss of vitality as we age is the idea that productivity ends at 65, that at 65 we are to retire, quit useful labor, and relax, watch TV, and do very little. Such actions will accelerate aging and death.

Those who remain active and useful maintain their vitality and wellness longer, for it is a law, the law of exertion, that if you want to gain or maintain strength you must exercise the ability for if you don't use it you lose it.

So, while we might retire from a job at 65, we should never ever retire from useful labor, whether in our homes, or in our communities and churches.

- Mindset – does our mindset matter on aging?
 - For as he thinks in his heart, so is he. (Prov 23:7 NKJV)

- Interesting Study:
- 1979 – Men 75 years old
- 1 week at a retreat, no material dated later than 1959
- 1 week they were to pretend it was 1959
- Given ID's with their 55 y/o picture
- Tested before and after: physical strength, posture, perception, vision, cognition, memory.
- Results?
 - In every measure they improved
 - Greater flexibility
 - Better posture
 - Much improved hand strength
 - Eye-sight improved by 10%
 - Memory improved by 10%
 - More than half had improved IQ scores
 - Appeared younger
 - when before and after pictures were shown to random strangers Langer, E. (2009), *Counterclockwise: Mindful Health and the Power of Possibility*. New York: Ballentine.

How old was Moses when God met him at the bush and called him into ministry? 80! Moses wasn't ready to start his ministry until he was 80 years old. So don't ever think that you are too old to start working for God!



MONDAY

Read second paragraph,

Not only does life go by quickly, but when you die, you take nothing with you, at least of the material goods that you have accumulated. (Character? That's another story.) "For when he dies he shall carry nothing away" (Ps. 49:17, NKJV), which means that he or she leaves it behind for someone else to get. Who will get it, of course, depends upon what plans are made beforehand. (2023 1Q SDA Adult Bible Study Guide page 82).

The lesson focuses on estate planning. Do you have a will? Have you decided where you want your assets to go?

And this doesn't mean only money, it can mean other resources, like books.

When I was in my residency, I was attending church in Augusta Georgia, and I was teaching a SS class. There was a beautiful elderly lady who loved God who came to my class. A few years later, I had graduated my residency and been transferred to another army base and she passed away. But in her will, she left me her hard bound set of the Conflict of the Ages series. And I read that set through, underlining, marking, writing notes in it and it has been a tremendous blessing to me.

As you consider your estate planning, don't just think about money. Think about people you can bless in other ways.

- Consider writing a letter to key people in your life, sharing with them what they mean to you. Share key points of life's wisdom that you have learned and want to pass along, let them know of hope that you will see them again when Jesus comes. Let them know you are looking forward to sitting down in the New Jerusalem with them and letting them tell you about their life after you passed.
 - We find that Jacob, prior to his death, gave each of his sons a message specifically for them. Genesis 49
- Consider ways to support the advancement of God's kingdom after you have passed that continues the work for God that you have been doing throughout your life.

WEDNESDAY

The lesson points to several Bible texts and asks what principles we take from these texts in how to deal with money?

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm



foundation for the coming age, so that they may take hold of the life that is truly life. (1 Timothy 6:17-19 NIV84).

- Thoughts? Do commands telling people not be arrogant work?
- What about commands to be generous? Can a person give millions to charity and still not be generous? Is generosity primarily the act of giving, the amount given, or the heart attitude in giving?
- Most versions use the work *command* but the KJV uses *charge*. What do you think?

This is how I rendered it in *The Remedy NT*:

Instruct those who are wealthy in worldly goods not to be so self-absorbed, nor to put their confidence in riches which can evaporate so quickly, but instead, to put their trust in God, who abundantly provides us with everything we need for health and eternal happiness. Instruct them to 'do what is right because it is right,' to be rich in love for others, and generously give of themselves for the good of others. This is how they should live to be in harmony with God's design, develop character that will last eternally, and be rich with love and friends in heaven; this is living as God designed life to truly operate. (1 Timothy 6:17-19 REM).

Next verse is 2 Corinthians 4:18:

So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:18 NIV84)

- What does it mean to fix our eyes on what is not seen? Is it talking about our physical eyes or our mental awareness, focus, attention, interest, heart's desire?
- How do we do that today?
- Does this apply to the perspective that we understand world events through?
- Are we to understand world events through the lens of the Great Controversy?
- Would that include planning for the future?
- What is seen is temporary—would that include political parties, social justice movements, nations? What about churches—are denominational churches temporary? Should our focus be on the church institution or on God's plan, methods, movements, practices, principles, and eternal realities?

The next text is Proverbs 30:8:

Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread. (Proverbs 30:8 NIV84).

- What does this mean to you?
- Over the last three years have you prayed—"Lord keep falsehood and lies far from me"? Have you recognized the miasma, the constantly flooding of the airwaves, media,



social networks, news outlets, medical news with propaganda, falsehoods, and lies? I have prayed for the truth to shine forth, for the lies to be exposed by the truth.

- What is the daily bread referenced here? Is it merely physical food for the body, or is the author referencing something else?
- Jesus said when tempted in the wilderness: “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’” (Matthew 4:4 Niv84).
- What does it mean to live by every word that comes from God?

The next verse is Ecclesiastes 5:10:

Whoever loves money never has money enough; whoever loves wealth is never satisfied with his income. This too is meaningless. (Ecclesiastes 5:10 NIV84).

- Have you found this to be true?
- The people who love money are driven by fear and insecurity and no matter how much they get they don't have enough because money cannot take away fear, and the money they have can be lost or taken away. So they seek more, but because they are fear-driven they see threats all around, threats that something or someone might take their money and they have made money their security, which only causes them to live in more fear.

Read last paragraph,

“I saw that many withhold from the cause while they live, quieting their consciences that they will be charitable at death; they hardly dare exercise faith and trust in God to give anything while living. But this deathbed charity is not what Christ requires of His followers; it cannot excuse the selfishness of the living. Those who hold fast their property till the last moment surrender it to death rather than to the cause. Losses are occurring continually. Banks fail, and property is consumed in very many ways. Many purpose to do something, but they delay the matter, and Satan works to prevent the means from coming into the treasury at all. It is lost before it is returned to God, and Satan exults that it is so.” — Ellen G. White, Testimonies for the Church, vol. 5, p. 154. (2023 1Q SDA Adult Bible Study Guide page 84).

Why does Jesus not want deathbed charity? What is the difference in lifelong charity versus deathbed charity?

In order to mature, grow, and develop godly character one has to exercise their power of choice to live out the methods and principles of God.

We cannot grow in faith if we never exercise our faith. Charitable living, giving to others, is a means of exercising our love for God and others and also our faith in God, that He will provide.

If we hold all our resources until death we have lived a life of distrust, of self-centeredness which increases fear of the next life, and to offset that fear, to make oneself feel hopeful for the future, some



people have left their wealth to some charity, as if that one act of giving their wealth to charity when they could no longer use would change their character from lifelong selfishness to love.

God wants our hearts to be transformed to be like Jesus, and that transformation happens through living a life of trust in Jesus, applying His methods, and developing habits in harmony with God's design laws for life.

THURSDAY

highlights the many advantages of giving now:

1. The donor actually can see the results of the gift — a new church building, a young person in college, an evangelistic campaign funded, etc.
2. The ministry or person can benefit now when the need is greatest.
3. There is no fighting among family or friends after your death.
4. It sets a good example of family values of generosity and love for others.
5. It minimizes estate tax consequence.
6. It guarantees that the gift will be made to your desired entity (no interference from courts or disgruntled relatives).
7. It demonstrates that the heart of the donor has been changed from selfishness to unselfishness.
8. It stores up treasures in heaven.

What is the treasure we store up in heaven?

ANNOUNCEMENTS:

New Billboard Resource: In response to requests from our listeners, we have developed some billboards, and will be developing and releasing new ones periodically. They will be released in sets that have the same slogan with different layouts and images. These are available for anyone who would like to download and use them in their community. Come and Reason Ministries is not, at this time, planning on purchasing billboard space, but we are making these available for those who want to put billboards up in their community.

Find them at <https://comeandreason.com> > Main Menu > Resources > Billboards