



August
2012

II Pe 3:12

As you look forward to the day of God and speed its coming. That day will bring about the destruction of the heavens by fire, and the elements will melt in the heat. Now that's hot!

Ps. 10:6

It rises at one end of the heavens and makes its circuit to the other; nothing is hidden by its heat.

**Fire: I Thess 5:19
Do not put out the Spirit's fire.**



Hot enough for you?



"People who fight fire with fire usually end up with ashes."

-Abigail Van Buren

Prayer: Dear Lord as I pray fill me with a hunger and thirst for your word. May strength and courage make me a better example to those around me, by stopping hurtful words that wound others, and courage to speak the name of Jesus Christ my Savior aloud and with conviction. Humble my "self" so I may truly speak for you. Amen

First part of August watch out for :



Second part of August watch out for:
(filled with our children and grandchildren)



A word from Ken:

"But now, this is what the Lord says-- He who created you, O Jacob, He who formed you, O Israel: 'Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.'" Isaiah 43:1-2 (NIV)

What intimate words! "I have redeemed you. I have summoned you by name." God calls us by name, and in that intimacy He promises He will protect us. Surely we are loved!

And we are, but we have to take this promise in context. What does the love of God look like? Well, He promises we'll be alright... but that doesn't mean we won't be tested.

Elizabeth Elliot points out, *"Our vision is so limited we can hardly imagine a love that does not show itself in protection from suffering.... The love of God did not protect His own Son.... He will not necessarily protect us - not from anything it takes to make us like His Son. A lot of hammering and chiseling and purifying by fire will have to go into the process."*

**Thumb sucking:
How old is too old?**

Three years, according to the American Academy of Pediatric Dentistry. Sucking thumbs after age 3 can cause bite or alignment problems. If your child won't quit, get an evaluation from a pediatric dentist.



Does your child need glasses?

Some signs that a child may have vision problems:

- squinting, closing or covering one eye
- tilting head to one side
- rubbing eyes repeatedly
- complaints of headaches when reading/writing
- dislike or avoidance of close-up work

Tooth Fairy Tales:

*Candy and soda are the only food parents need to restrict.

Reality: many foods contain sugar, and sugar increases the risk of tooth decay. Read food labels carefully: many processed foods that don't taste sweet-potato chips and ketchup, for example, contain a large amount of sugar. A glass of soda contains 6-8 teaspoons of it, but fruit juice also packs a lot. Encourage a healthy, balanced diet.

Surprising summer foods:

- True or false: garlic repels mosquitoes.
Myth! Have you eaten pounds of the potent bulb in hopes it would ward off blood-suckers? Sorry, although it tastes great in pasta sauce, it's useless for repelling bugs. Researchers at the University of Connecticut debunked its purported power.



True or false: Watermelon is nutritious!
Fact! Fat-free, low-sodium watermelon is an excellent source of vitamin A, vitamin C, potassium and the antioxidant lycopene. It also provides the amino acid citrulline, which helps support cardiovascular health.

Amazing eye facts:

- tears contain natural antibiotics
- the human eye can detect 10 million color hues



Sweet dark cherries are rich in antioxidants. One cup contains:

- 150 milligrams of potassium
- 16% of recommended daily value of vitamin C
- 2 grams of dietary fiber
- 18.5 milligrams of phytoosterols (believed to lower "bad" cholesterol levels)
- 87 calories

**Eat breakfast. A meal of low-fat dairy, whole grains, fruit, and protein is filling and sets a healthy tone for the rest of the day.*

**Plan what you'll eat. Plot out meals and snacks ahead of time so you have the right items on hand when you get hungry.*

- 1) What present danger in the Black Hills is revealed in James 3:5? (2 words)
- 2) Three things found in the human body are witness of who Jesus is?
- 3) Something to "quiet" the fires (scripture please) 2 words.
- 4) I never want to see this deadly mixture come from the sky (3 words)

