

Be Yea Resolved in the New Year

Spirit: I Corinthians 2:1-2 “When I came to you brothers, I did not come with eloquence or superior wisdom as I proclaimed to you the testimony about God. For I *resolved* to know nothing while I was with you except Jesus Christ and Him crucified.”



Jeremiah 31:3 “...I have loved you with an everlasting love;
I have drawn you with loving-kindness.”

God loves us with an everlasting love. If we allow Him, He will restore what sin has damaged or threatened to take away. Focusing on the materialistic world and accumulating power will soon find us going nowhere spiritually.

Mind: Psalms 17:3 “Though you probe my heart and examine me at night, though you test me, you will find nothing; I have *resolved* that my mouth will not sin.”

We were created for a purpose. Whether we want to admit it or not, we are the happiest and most fulfilled when we are living life in the center of God’s will. Psalms Chapters 16 and 17 provide us an example of what happens when we are immersed in God’s will and not our own or the world’s will.

Body: Daniel 1:8, 12-16 “ But Daniel *resolved* not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way...Please test your servants for 10 days; *Give us nothing but vegetables to eat and water to drink.* Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see. So he agreed to this and tested them for 10 days. At the end of the 10 days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.” Even the Bible advises us to “Eat Vegetables” & “Drink Water.”



Broccoli Bonuses

- *Carotenoid-Loaded broccoli helps prevent lung cancer even among *smokers!*
 - * Broccoli eaters often have the lowest rates of all cancers, including colon & stomach.
 - *A cup of broccoli has higher levels of Vitamin C, calcium & potassium than other veggies.
- Note: Broccoli contains vitamin K, a blood clotting factor. Avoid if you are taking blood-thinning Rx.

Broccoli Beef

1 pound boneless beef sirloin, sliced into very thin strips

Combine until smooth: 2 T Cornstarch, 1 cup beef broth, 1 T brown sugar & 1 T low-sodium soy sauce

Spray skillet with cooking spray & heat over medium high heat for 1 minute.

Add beef in 2 batches & stir-fry until brown. Remove & Set beef aside.

Using same skillet, add 6 oz beef broth, ¼ tsp each ground ginger & garlic powder plus 4 cups Broccoli Wokly.

Heat to boil. Cover & cook over low heat 5 minutes. Stir cornstarch mixture & add to broth mixture. Cook until mixture boils & thickens, stirring constantly. Return beef to pan, Heat Through. Serve over rice.

