

# Limitless Living

## Did You Know?

- Seeing is such a big part of everyday life that it requires about half of the brain to get involved.
- The average blink lasts for about 1/10th of a second.
- Eyes heal quickly. With proper care, it only takes about 48 hours for the eye to repair a corneal scratch.
- While it takes some time for most parts of your body to warm up to their full potential, your eyes are on their "A game" 24/7.
- Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
- You blink about 12 times a minute.
- Now you know.

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## From Your Health Coordinator

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Here it is February already. How is your year going? Are you keeping those New Year's Resolutions you made? If not, it is not too late to regroup and refocus yourself on those goals that you know you should do. Ask God to help you. He's in the business of success (III John 1:2).

When looking at areas to focus on in your quest for a better life, consider the following 4 "T's":

**Time:** Let God help you determine how to spend your time in the best way. Plan to give God quality bonding time, in your pray, devotional, and witnessing life. Also, make the most of every opportunity God gives you (Ephesians 5:16; Colos-

sians 4:5).

**Temple** (body/health): Be as healthy as you can be, giving God the glory. Are there some things you know you could improve on, like more exercise, better eating and drinking habits? (I Corinthians 6:19-20)

**Talents:** Each person has at least one talent, which can be multiplied, when used. Why not use whatever talent you have for God's glory, and watch your talents increase (Matthew 25:29)

**Treasures:** All we have is a blessing from God. Be faithful in your tithe and offerings. In Luke 16:10 Jesus tells His hearers that those who are faithful in the little things,

will show that they are capable of being faithful in greater things. Are you being faithful in what God has blessed you with?

All these areas, if focused on from God's perspective, will bring health to mind, body, and spirit. Put God to the test (Malachi 3:10), and you will be amazed at the heights to which you can attain, with His help. One Christian author once wrote: "There is no limit to the usefulness of the one who, putting self aside, makes room for the working of the Holy Spirit upon his heart, and lives a life wholly consecrated to God." *Christian Service*, p. 254.

## European News

### How many miles have you gone ?

How is your journey going? Hopefully by now you have had a chance to join a team. If not, it is not too late. We still have eight months left.

So far, we have three churches who have decid-

ed to join the Wittenberg Journey: Irvington, Cicero, and Anderson. Some of the teams have 15 plus members (which is a smart idea to help achieve the miles). Some of the creative team names are: "Die Verkün-

der" (The Proclaimers), "Shockazooloo," "Wittenberg Plantigraders," "The Samplers," and "Blue" (reference to a sports team color).

Next month I will give you a miles update.

## Stories That Inspire:

### A Message for You

#### Amazing find inside of used bible

5/28/13, CBS-Los Angeles [Marion Shurtleff] told CBS2's Stacey Butler that five months ago she walked into a tiny new and used bookstore and bought a used Bible. "I thought a while that I'd like to have another Bible to compare with my Bible that I had to see how the verses changed," she said. "I flipped through it. I liked it." But Shurtleff found something completely unexpected tucked between Psalms and Proverbs. The 75-year-old California woman pulled a sheet of paper out of the book, unfolded it and saw her own name, in her own handwriting. Unbelievably, it was an essay she'd written as a 10-year-old Girl

Scout when she lived over 2,000 miles away in Covington, Ky.

"It's three pages, almost four. This was the requirement for the foot traveler badge," she told NewsNet5. Her essay recounted a day hike she took with her troop.

When was the last time you got excited when you opened God's Word? It is actually a personal letter to you—from God Himself. Why not ask God to speak personally to you, as you open His amazing Book. You will be glad you did.

### Word Power:

Homeostasis: a relatively stable state of equilibrium (balance).

Example: Any interference with homeostasis is likely to be damaging to the organism.

Any interference with *homeostasis* is

### Quiz:

Answer to last month: (Smallest bone) **The smallest bone in the human body is the stape, and it is located in the middle ear.**

**New:** How much (pounds) skin will you shed in your lifetime?

## Say That Again:

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." I Corinthians 10:31

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier." Tom Stoppard

"We should be concerned not only about the health of individual patients, but also the health of our entire society."

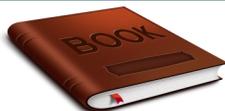
Ben Carson

### Complete Health

"And Jesus **increased** in wisdom and stature, and in favor with God and man." Luke 2:52

Jesus increased, or grew, as the "New Living Translation" puts it. Like Jesus, we should never be satisfied to stay at the level where we started. We should ever by growing in all the areas of our lives. I Peter 2:2 tells us: "As newborn babes, desire the sincere milk of the Word, that ye may grow thereby." We all need to continually grow. It is a process, which ends up bearing fruit for God. "For the earth brings forth fruit of herself; first the blade, then the ear, after that the full corn in the ear" Mark 4:28. Let God, help you to fully develop.

## Book Review:



There are many great books on health out there, and in this section we will review one each month.

"101 Secrets to a Healthy Life." This is a new book that you can find at the Adventist Book Center. On the cover it says it is "A Manual for a Healthy Lifestyle." The author, Dr.

Jorge Alberto Gonzalez, tries to simplify secrets to a healthy life. The book is a little hard to read (have a dictionary handy), but its insets help simplify the message. I believe it is worth your time. Check it out.

### Helpful Websites and Apps:

<http://kidshealth.org/>

<https://www.brainpop.com/health/>

Do you have a favorite? Please let me know: [dwhitman@bellsouth.net](mailto:dwhitman@bellsouth.net)