

DIETARY REFORM



INTRODUCTION: “ For many walk, of whom I have told you often, and now tell you even weeping, that **they are the enemies of the cross of Christ: whose end is destruction, whose god is their belly,** and whose glory is in their shame—who set their mind on earthly things.”(Philippians 3:18,19)

One thing which comes out clear from this text is that those whose god is their belly(stomach), who can eat whatever they want and whenever

they want, **are the enemies of the cross of Christ**. Doesn't the Bible call us to be **"temperate in all things"**?(1 Cor 9:25, Titus 1:8, 2:2) Are we not supposed to **"be in health"**?(3 John 2) Is it not true that **what we eat is what makes us**? These facts, you see, will lead every true believer to realize that what we put into our stomach is of absolute importance especially at this time when many are so obsessed with money that they don't care what kind of food they are feeding the world as long as they make money.

You must remember, too, that **We do not live in order to eat, but eat in order to live**. Thus, the only proper food for us is that which prolongs our life and not otherwise.

Before we look at the impact of the actual food and bad eating habits, let's answer the question,

What is sickness?

Sickness is a state in which the body or mind is not functioning normally, often due to infection, genetic issues, injury, or unhealthy habits.

In view of the fact that when the earth came from the hands of the Creator, **it was beautiful and perfect**, and everything which God made **“was very good”**(Genesis 1:31), we can easily deduce that **neither sickness nor death existed in Eden**. And since **“by one man sin entered into the world, and death by sin; and so death passed upon all men”**(Rom 5:12), then we can clearly see that death and sickness did not exist **until after Adam’s disobedience**. Thus, **the reason for sickness is sin!**

Said the Lord, “ If thou wilt **diligently**

hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.”(Ex 15:26, see also Ps 103:3)

Notice that the existence of sin on oneself is **dependent on one’s standing with the commandments of the Lord.** And since “**sin is the transgression of the law**”(1 John 3:4), then to break God’s law (whether Moral or health laws) is to sin against God - the very thing that brings sickness and eventually death.

“It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws..”(CD 17.4)

Evidently, then, the cause of disease is disobedience. And he who falls sick has broken God's law in one way or the other.

“It is a sin to be sick, for all sickness is the result of transgression. Many are suffering in consequence of the transgression of their parents. They cannot be censured for their parents' sin; but it is nevertheless their duty to ascertain wherein their parents violated the laws of their being, which has entailed upon their offspring so miserable an inheritance; and wherein their parents' habits were wrong, they should change their course, and place themselves by correct habits in a better relation to health.” (CH 37.2)

That one can also fall sick due to the transgression made by the parents cannot be misunderstood. But let's first look at the

Three categories of diseases and Three kinds of laws to break.

Since sin brings disease, then three categories of disease would require three types of laws to break. And as Exodus 20:3-17 lists the 10 commandments which Christ said are divided into two great commandments(Matthew 22:36-40), then we have the first two sets of laws, the first four and the last six commandments. **The third set is therefore the laws of health.**

1) Hereditary disease - sinning against God

“...for I the LORD thy God am a jealous God, **visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me**”(Exodus

20:5)

Here in the heart of the first set of law (the first four commandments) God tells what breaking these laws brings: **Hereditary curse**. The children of the third and fourth generation suffer the consequences of their parents' disobedience. And **if they continue adding sin to sin, the problem gets worse**. But since God shows “**mercy unto thousands of them that love me, and keep my commandments**”(Ex 20:6), then these children will only escape these diseases and curses if they cease sinning and obey the law of God..

Genetic diseases, as well as congenital, where neither parents nor children themselves are at fault, are still as a result of sin which can be traced back to Adam's disobedience. Said Christ about the person who was blind from his birth, “**Neither hath this man sinned, nor his**

parents: but that the works of God should be made manifest in him.”(John 9:3)

**2) Communicable or communicative disease
- sinning against our neighbors**

“Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.”(Ex 20:12)

Notice that he who fails to honor the parents **cuts himself from the Lord of blessings and is therefore exposed to every wind of diseases and premature death.** Similarly, one who commits adultery, steals or kills does so by shunning God’s blessings and accepting a curse. Thus it is that When Miriam failed to honor Moses, she was stricken with a leprosy(Numbers 12) **“He that leadeth into captivity shall go into captivity: he that killeth with the sword must be killed with the sword”**(Rev 13:10)

3) Self created diseases - sinning against our own body.

The diseases, though, which are neither inherited nor made by sinning against our fellow human beings, **come as a result of falling to obey the laws of health - sinning against our bodies.**

But since God is the lawgiver of all these laws, then **all kinds of sickness are as a result of sinning against God.**

God's original design

“See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the

earth, to every bird of the air, and to everything that creeps on the earth, in which there is [i]life, I have given every green herb for food”; and it was so.”(Gen 1:29,30)

There was no sin and death in Eden for both man and animals. If God knew what the best diet was for man before sin, and if man brought sickness and death by his own failure to control his appetite, **which diet do you think would be best to lessen both sickness and death now if not the one God prescribed at the beginning? Ponder this point!**

“In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food ... **Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.** These foods, prepared in as simple and natural a manner as possible, **are the most**

healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.”(CD 81.1.2)

Genesis 1 records that plant life was created before animal life. Thus, the plant kingdom can get along without the animal, but that the animal kingdom cannot get along without the plant. Vegetation, you see, needs only Mother Earth, but man needs both the earth and plant. In other words, plant life is dependent on the soil for existence, while animal life is dependent on vegetation. **Flesh diet is therefore, artificial, and thus deficient – incapable of maintaining life.**



After the Flood

“ ..**Every moving thing that lives shall be food for you.** I have given you all things, even as the green herbs. **But you shall not eat flesh with its life, that is, its blood.**”(Gen 9:3)

Is it not clear that God didn't permit mankind to eat flesh until after the flood? Why did he permit it?

“God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in

Eden. The fruit of the trees in the garden, was the food man's wants required. **God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark.**

But animal food was not the most healthful article of food for man...After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease

in size, and in length of years.”(CD 373.1.3)

The point here cannot be mistaken: The only diet which was able to sustain life was the one God gave at the very beginning. When God saw that **“the wickedness of man was great in the earth”**(Gen 6:5) and that sinners wouldn’t die easily if they continued to feed on non flesh diet, He permitted them to eat animal flesh to shorten their sinful lives! **Another reason given here, which is even logically sensible, is that the flood destroyed vegetation upon which man could subsist.** Thus God permitted Noah and his family to eat animal flesh.

During the exodus

“Now the mixed multitude who were among them yielded to intense craving; so the

children of Israel also wept again and said:

‘Who will give us meat to eat? We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our whole being is dried up; there is nothing at all except this manna before our eyes’ ”

(Numbers 11:4-6)

God gave the Israelites the best food for them,

Manna! It was “**like coriander seed, white; and the taste of it was like wafers made with honey**” (Exodus 16:31)

It fell from heaven daily except on the Sabbath, and each person was to gather only what they needed for the day (Exodus 16:4–5)

But the children of Israel complained and thought it wasn’t good for them. **They started craving intensely for animal flesh!**



And what did the Lord do? He gave them quails. **Quails are small, ground-dwelling birds known for their short, plump bodies, short tails, and quick movements.** But at what cost?

“And the people stayed up all that day, all night, and all the next day, and gathered the quail (he who gathered least gathered ten homers); and they spread them out for themselves all around the camp. **But while the meat was still between their teeth, before it was chewed, the wrath of the Lord was aroused against**

the people, and the Lord struck the people with a very great plague.”(Numbers 11:32,33)

God, you see, knows what’s best for man. But man always wants to go his own way and reap bitter fruits. **Stick to Nature and Nature will stick to you.**

“ In choosing man's food in Eden, the Lord **showed what was the best diet**; in the choice made for Israel, He taught the same lesson. He brought the Israelites out of Egypt, and undertook their training, that they might be a people for His own possession. **Through them He desired to bless and teach the world. He provided them with the food best adapted for this purpose, not flesh, but manna, ‘the bread of heaven.’** It was only because of their discontent and their murmurings for the fleshpots of Egypt that animal food was granted them, and this only for a short time. **Its use brought disease and death to thousands.**

Yet the restriction to a nonflesh diet was never heartily accepted. It continued to be the cause of discontent and murmuring, open or secret, and it was not made permanent.

Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions, which tended to lessen the evil results.

The use of swine's flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean.

Of the meats permitted, the eating of the fat and the blood was strictly forbidden.

Only such animals could be used for food as were in good condition.

No creature that was torn, that had died of itself or from which the blood had not been carefully drained, could be used as food.

By departing from the plan divinely appointed for their diet, the Israelites suffered great loss.

They desired a flesh diet, and they reaped its results.

They did not reach God's ideal of character or fulfill His purpose. The Lord 'gave

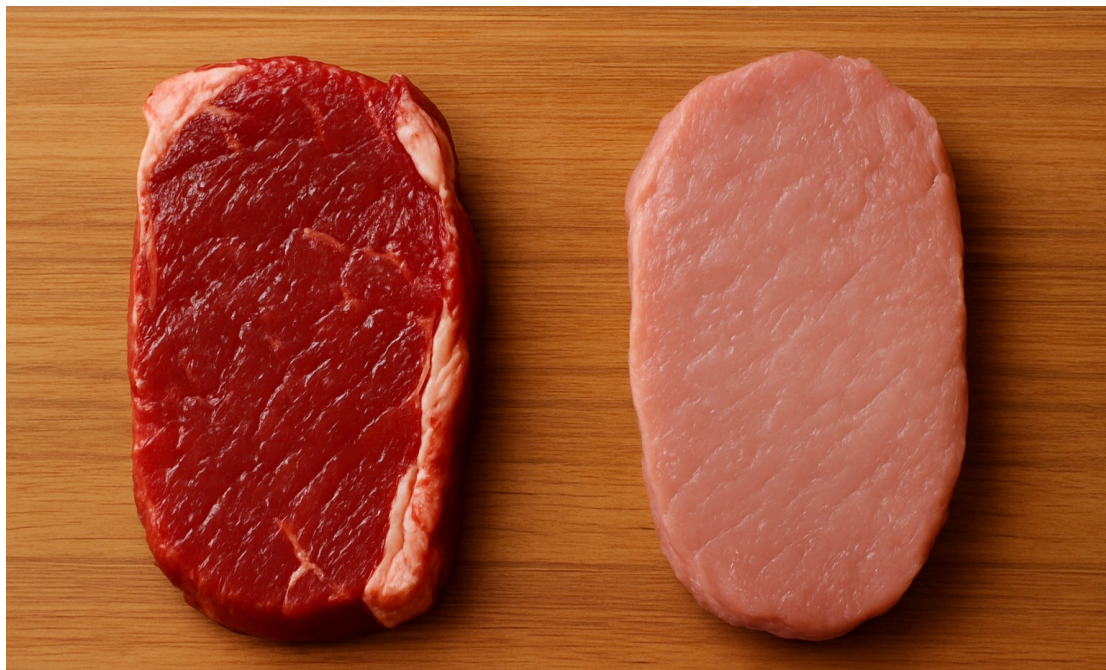
them their request, but sent leanness into their soul.’ They valued the earthly above the spiritual, and the sacred preeminence which was His purpose for them they did not attain.”
(CD 374.2-CD 375.1)

Even though God permitted man to eat clean animals, the Israelites were to do it under two very strict conditions. **First, they had to make sure that the entire blood was removed from the animal** (Gen 9:3). Second, the Lord spoke to Moses: “Speak to the children of Israel, saying: ‘**You shall not eat any fat, of ox or sheep or goat.** And the fat of an animal that dies naturally, and the fat of what is torn by wild beasts, may be used in any other way; but you shall by no means eat it.’”(Lev 7:23,24)

Blood, and especially fat is what gives animal flesh its sweetness. To remove these only meant that flesh animal was not as sweet as it

could be with blood and fat in it.

See the comparison on the picture below between flesh with blood and fat in it and the one without them.



Some may say “But this is only for the Old Testament people.” Well, where is the proof that God has changed these instructions in the New Testament?

“For it seemed good to the Holy Spirit, and to us, to lay upon you no greater burden than **these necessary things**: that you abstain from

things offered to idols, **from blood, from things strangled**, and from sexual immorality. If you keep yourselves from these, you will do well.”(Acts 15:28,29)

Can you see that the conditions are repeated even in the New Testament? And have you ever seen people who prepare animal food in this way today? A few of them may do so, but it's very rare to see that. How then can Christians claim to be following the Bible when they are not doing what it says? To the Israelites, obviously, animal flesh still tasted good based on how they prepared it. But it looks unlikely that today's generation can feel it the same way.

“The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals are consumed as a luxury. But the Lord gave special directions that these should not be eaten. Why?

Because their use would make a diseased current of blood in the human system. The disregard for the Lord's special directions has brought a variety of difficulties and diseases upon human beings.... If they introduce into their systems **that which cannot make good flesh and blood, they must endure the results of their disregard of God's word.**”(CD 393.4)

May God help his people!!

The condition at this time.

“For we know that the whole creation groans and labors with birth pangs together until now”(Rom 8:22)

It is because of Adam’s sin that the whole

creation has been under the curse of God till now. The disobedience of Adam meant that **“Crime would increase through successive generations, and the curse of sin would rest more and more heavily upon the human race, upon the beasts, and upon the earth. The days of man would be shortened by his own course of sin;** he would deteriorate in physical stature and endurance and in moral and intellectual power, **until the world would be filled with misery of every type. Through the indulgence of appetite and passion men would become incapable of appreciating the great truths of the plan of redemption..”**(PP 67.3)

Thus, the misery of both man and animals today is worse than it was when sin just entered the world. And the more wickedness increases, the more the world is filled with disease and pain of every type. The more people disobey God’s moral and health laws, the more

diseased they become and the earlier they descend to the grave. Now that we are in the last days where the world is filled with misery of every type, what is our hope if not to stick to God's principles?

“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists. Foods that are healthful and life sustaining are to be prepared, so that men and women will not need to eat meat.” (CD 384.2-CD 384.3)

Thus it is that today, when people are eating whatever they find and especially eating animals away from God's clear instructions, the Health legends are confirming that,

“Unprocessed and processed red meat

consumption are both associated with higher risk of CVD, CVD subtypes, and diabetes, with a stronger association in western settings but no sex difference.”

(National Library of Medicine, USA)

Is it not the same positive truth told even by the World Health Organization? **The primary cause of colon cancer today is consumption processed meats.**

The saturated fat in flesh food increases Bad Cholesterol (LDL) which leads to Atherosclerosis, which lies at the very foundation of Hypertension, Stroke and Heart Attack. **To consume meat in large quantities is even worse.** Have you ever asked why Doctors advise not to eat too much meat?

“Many die of disease caused wholly by meat eating; yet the world does not seem to be the wiser ... The liability to take disease is

increased tenfold by meat eating ... **The animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood.** Then when exposed to the changes in a malarious atmosphere, these are more sensibly felt; also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the disease. ” (CD 385.4,386.4.6)

“God's curse is resting upon the animal creation. **Many times when meat is eaten, it decays in the stomach, and creates disease. Cancers, tumors, and pulmonary diseases are largely caused by meat eating.**—Pacific Union Recorder, October 9, 1902 . CD 383.4

“Physicians who claim to understand the human organism ought not to encourage their patients to subsist on the flesh of dead animals. **They should point out the increase of disease**

in the animal kingdom. The testimony of examiners is that **very few animals are free from disease, and that the practice of eating largely of meat is contracting diseases of all kinds, — cancers, tumors, scrofula, tuberculosis, and numbers of other like affections.**”(Manuscript 3, 1897 . CD 388.3)

From these inspired references, you can see that meat eating primarily endangers one's health. Many have made their stomach their own god and can hardly control their appetite. You see, **“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. The continual transgression of man for six thousand years has brought sickness, pain, and death as its fruits. And as we near the**

close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome.”(CD 59.3)

Control what you eat and drink and you will control everything else! This is a secret to a health life, and to everlasting life! **Do not dig your own grave with your own teeth!**

“Those who indulge **in meat eating, tea drinking, and gluttony are sowing seeds for a harvest of pain and death.** The unhealthful food placed in the stomach strengthens the appetites that war against the soul, **developing the lower propensities. A diet of flesh meat tends to develop animalism. A development of animalism lessens spirituality, rendering the mind incapable of understanding truth.**”(CD 382.3)

Not only does meat eating endanger one's physical health, it also endangers one's

spiritual health. **Spiritual growth is retarded 10 times more by eating these animals. Overtime the mind becomes incapable of comprehending spiritual things.**

“The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. **Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities.** We say to you, dear brother and sister, **your safest course is to let meat alone.**”(CD 391.1)

Fish is flesh as well even though it's not as injurious as these animals. How how do you trust those who sell fish on the markets? Where do they get their fish from? How do they keep them? **They are interested in making money, not in making you healthy.** Interestingly enough, “**In many places fish become so contaminated by the filth on which they feed as to be a cause of disease.**

This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger..”(The Ministry of Healing, 314, 315, 1905)

And though one can keep fish on his own to avoid much contamination, its use still falls eventually due to the fact that no fish can entirely be free from infection, and also that the the coming Kingdom will not permit flesh eating at all, and therefore its citizens must do necessary preparations before hand.

Thus it is that “**Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet..”(CD 380.4)**

Overeating and eating between meals.



“The Lord has given me light for you on the subject of temperance in all things. You are intemperate in your eating. **Frequently you place in your stomach double the quantity of food your system requires. This food decays; your breath becomes offensive; your catarrhal difficulties are aggravated; your stomach is overworked; and life and energy**

are called from the brain to work the mill which grinds the material you have placed in your stomach. In this, you have shown little mercy to yourself.

You are a gormand when at the table. This is one great cause of your forgetfulness and loss of memory.

You say things which I know you have said, and then turn square about, and say that you said something entirely different. I knew this, but passed it over

as the sure result of overeating.

Of what use would it be to speak about it? It would not cure the evil.”(CD 137.2-CD 138.1)

“The health of the body is to be regarded as essential for growth in grace and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach.

Erroneous eating and drinking result in erroneous thinking and acting.

CCh 236.1

Putting into the stomach more food that it can handle is a very bad habit. Not only does overeating affect the stomach itself, but also the whole body including the brain. **Overeating affects the brain in both short-term and long-term ways, and the impact isn't just about feeling "too full", it can actually change brain chemistry, structure, and function. Studies in both animals and humans suggest that overeating, particularly high-fat/high-sugar diets, can impair hippocampal function (the brain's memory center). Over time, this may slightly increase the risk of dementia.**

"After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to

receive more food.”(CD 179.1)

“Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let every one eat what the system requires, and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, **and between meals, because they have not sufficient strength of will to resist inclination.** When traveling, some are constantly nibbling if anything eatable is within their reach. **This is very injurious. If travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness, nor suffer so much from sickness.**”(The Ministry of Healing, 303, 304, 1905)

Eating anything between meals is as dangerous as overeating itself. Every time you eat carbs, your blood glucose rises, prompting the

pancreas to release insulin. **Doing this repeatedly can keep insulin levels elevated for much of the day, which over time can lead to insulin resistance, a precursor to type 2 diabetes. Type 2 diabetes sits at the bottom of Hypertension, Atherosclerosis, Heart Attack, Heart failure, Stroke and a huge damage to other delicate organs like kidneys.** Obesity, too, can be avoided by avoiding overeating (even for the best foods) and eating between meals. **Drinking water when eating also has damaging effects. Water disrupts digestion.**

Late suppers are equally damaging.

Have a specific time have your meals, and while you rest at night, allow your stomach to rest as well. This is very serious, brother, sister.

Intermittent fasting (IF) has tremendous

effects on health, weight management, and even longevity **It Lowers blood sugar and insulin levels, Reduces inflammation markers, Improves cholesterol and triglyceride levels.** It also helps reduce calorie intake and increases fat burning by improving insulin sensitivity and lowering insulin levels, which promotes fat breakdown, and also promotes brain health. Do not always eat food, sometimes try to fast. Some disease can be reversed purely by fasting. It's a very powerful healing tool. It also reduces the chances of having cancer.

Pure water Hydrates cells and organs, helping all body systems work properly, Aids digestion, nutrient absorption, and toxin elimination, Supports skin health.



Drink at least 6 glasses of water or rather Drink enough so your urine is light yellow, not dark. Water is free dear friends. Drink it.

Sunlight is the Major source of Vitamin D, which is vital for bone health, immune function, and mood regulation. It Helps regulate circadian rhythms, improving sleep quality.



Exposure to natural light can boost serotonin, enhancing mood and reducing depression risk. 10-30 minutes of midday sunlight several times a week has huge benefits, but avoid excessive sun exposure.

Fresh air provides oxygen essential for cellular energy and brain function. It Helps detoxify the body by reducing pollutants and allergens. It Supports lung and cardiovascular health.



Spend time outdoors in natural environments. Keep indoor spaces well-ventilated. Avoid polluted or smoky environments. Air is free. Make use of it as much as you can, especially early in the morning. And since **Prayer is the breath of the soul, then to live without it is to perish spiritually. Prayerlessness is sin.**

Rest Restores body and cell and brain function, consolidates memory, and supports immune health.



Adults generally need 7-9 hours of quality sleep per night. Naps can help but shouldn't replace nighttime sleep. Late sleeping is a bad habit.

Exercise Improves cardiovascular health, muscle strength, and flexibility. It Boosts metabolism and helps maintain healthy weight, Enhances mood by releasing endorphins, Supports brain health and reduces risk of chronic diseases.



At least 150 minutes of moderate-intensity aerobic exercise per week (e.g., brisk walking). Plus muscle-strengthening activities on 2 or more days per week. Exercise in an open environment where you have free access to air. You're not a health reformer until you reform in all aspects, not just diet.

Again since it's God "**Who forgiveth all thine iniquities; who healeth all thy diseases**"(Ps 103:3) then nothing can be as degrading as not putting trust in Him. When the Saviour walked among men, He "**went about doing good, and healing all that were oppressed of the**

devil”(Acts 10:38). Trust Him, Ask Him to give you the peace of mind. Medical doctors need to realize that healing doesn’t come from them but from the One who put the cells and organs together at the beginning.

Before the Great White Throne

“Many are incapacitated for labor both mentally and physically by overeating and the gratification of the lustful passions. **The animal propensities are strengthened, while the moral and spiritual nature is enfeebled.** When we shall stand **around the great white throne**, what a record will the lives of many then present. **Then will they see what they might have done had they not debased their God-given powers.** Then will they realize what height of intellectual greatness they might have attained, had they given to God all the

physical and mental strength He had entrusted to them. **In their agony or remorse they will long to have their lives to live over again.**”(Testimonies for the Church 5:135, 1882)

CAUTION

1) Avoid Sudden or Radical Changes.

One thing is clear that **“All the elements of nutrition are contained in the fruits, vegetables, and grains.”**(The Review and Herald, May 8, 1883) This means that, **“When flesh is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will be both nourishing and appetizing...None should be urged to make the change abruptly...”**(CD 397.4)

Thus, if you decide to get rid of animal flesh,

do it wisely and cautiously. Do not make any step if you don't have replacements. Again you can't wait until you have all nutrients from the plant based diet, instead you can start slowly, making few steps, until you entirely stop feeding on animal flesh. **But to start vegan diet without proper planning, thereby falling sick, just brings an insult to the health message.**

2) Emphasize wholesome, natural foods

Vegetarianism should focus on simple, natural foods like grains, fruits, nuts, and vegetables, not on highly processed or artificial substitutes.

Learn how to prepare good and palatable vegan meals naturally.

3) Be true to God.

God knows your thoughts. None can hide from him. If you truly want to discard meat or you're just pretending, He knows. To Him alone you will answer. Then, too, **“to him that knoweth**

to do good, and doeth it not, to him it is sin.”(James 4:17)

May the Lord help His people

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