

## Judy's Health in a Nutshell: Lesson #4 Cleansing God's Temple

God has provided natural aids for health whereas chemical-laden skincare products are very costly and may do long-term damage to your skin. Your cells naturally slough off, but you can assist in the exfoliation. Your skin will thank you. Develop a habit of exfoliating your face once a week to enable the new cells to show themselves smooth and soft. These cells are ready to absorb the natural products that you use. (I use organic coconut oil on my face, feet, and legs and arms each night.)

When you exfoliate, do it very gently and in circular motions on your face. You probably have baking soda on hand. (In another article I will list the many ways to use baking soda.) It will remove the top layer of older cells and not damage the new cells beneath them. Honey is a moisturizer and helps to create smooth skin.

- Mixing 1 Tablespoon of baking soda and  $\frac{1}{2}$  Tablespoon of honey creates a paste that will bathe your face in luxury. Mix them thoroughly to form a thick paste.
- Wash your face and rinse with warm water.
- Then apply the paste to your face while it is still wet.
- Use gentle circular motions to cover your face with the paste
- Rinse your face with warm water
- Apply a toner, such as Bragg's Apple Cider Vinegar with a cotton ball
- Finish with your facial moisturizer, such as organic coconut oil
- Follow this procedure one or two times each week
- Enjoy the softness and smoothness of your face: your face with thank you!

As we are beginning the year 2017 with new habits, if we all add Scripture meditation, we will be cleansing our minds as well.

Each morning:

- Read the Proverbs for the date, Proverbs 1 on the 1<sup>st</sup> day of the month all the way to Proverbs 31 on the 31<sup>st</sup> of each month
- Read five Psalms each day: Psalm 1, 31, 61, 91, and 121 on the first day of the month. On day two read Psalm 2, 32, 62, 92, and 122 all the way through the month to Psalm 150. Psalm 119 can be spread out over a number of days
- Read 3 chapters in the Old Testament in the morning
- Read 2 chapters in the New Testament in the evening

- As you are reading in each of these areas, write down verses that stand out to you. Write the verses on three by five cards and carry them with you all week. Each week add card sets to your pack. Whenever you have a break in the day, meditate on the cards. Soon you will have these cards written on your heart and will know them without looking at the cards. Think of how many verses you will know by the end of the year!
- Put on the whole armor of God each day: Ephesians 6:10-18 Soon you won't have to look at the passage of Scripture 😊
- Pray daily for
  1. Leaders of nations,
  2. Your spiritual leaders
  3. The peace of Jerusalem,
  4. For the persecuted church
  5. For saving the lives of the unborn
  6. For children world-wide who are caught in child trafficking to be rescued and set free; for the criminals to be caught and brought to justice
  7. For your brothers and sisters in Christ Jesus who are persecuted world-wide
  8. For your family members, for all to come to know Jesus Christ
  9. For you to hear God's voice and be ready to act upon it; knowing God's plan for you each day
  10. For you to grow closer to Jesus Christ each day

As you keep your body, the temple of the Holy Spirit (I Corinthians 3:16; 6:19), clean, be refreshed and renewed by keeping your mind in the Word of God (Romans 12:2 Philippians 4:8), the Bible, and enjoy your heavenly Father through His Son, Jesus Christ, and in the power of the Holy Spirit.

I will be delighted to hear from you, to learn what God is doing in your life, and if our books or our teachings are making a difference in your life. We love you.