



July 5, 2004

Hey everybody-

Don't let the crazy, mixed up (but don't we love a day off) holiday schedule fool you. July has already had one Friday, so next up is ours. Did you have a good Fourth? I certainly did. Sandra and I got to spend the time with some good friends, some of who come to this diet meeting whenever they can. About the only thing we didn't do yesterday was set off any fireworks. Let me light a fuse right now.

Sandra and I have just become engaged to be married! We've been having counseling through our church, they gave us the green light, and so at the next favorable opportunity we went ring shopping, and so on, and so forth. Sandra has been my most faithful fan and supporter over the years and many of you who came for the first time assumed that we were already married. No, but what a tremendous confirmation it was *meant to be*. The date is still unconfirmed but it's looking like October 30th. We'll keep you posted.

As we struggle with our lives the biggest bottom line issue should be *What's God's will for my life?* Other issues, like the diet program, are merely tools to help us to achieve that plan. Often, the will of God does require a level of health and vitality that can be hard to attain. I see the Hallelujah Diet and lifestyle as the best hope I have toward a life and energy level that will allow me to touch, serve, and influence other people.

The difference between a leader and someone who can't get in the game can be their physical health and

available energy. Then as those who do minister, and especially who excel in their position come to the far side of middle age there comes the question, How long can they keep doing what they're doing? Again, here's where a long-term health strategy pays off.

Some of you know our friend Lynne, who is down in Mexico right now at Oasis of Hope hospital. In many ways they've given her an extremely positive report. Her cancer appears to have stopped growing and become inactive, apparently within just a few months of making a diet change. But the tumors themselves are still there, and the doctor's desire is to remove them surgically. Right now Lynne is praying over the decision for she believes the Lord spoke to her over a year ago that He would dissolve them.

I am reminded of times in my life when God had spoken to me, and what He said had implications. In 1971, soon after being saved and filled with the Spirit I felt God told me to give up caffeine. That was a bit of a hard one as I liked just about anything that had the stuff in it. But I did it for a year. After that time, I took it upon myself to decide that I'd abide by the restriction long enough. After all, God hadn't spoken since to re-affirm the word, I'd been a young Christian when I received it, and how was I to know it wasn't just for a season, which was probably fulfilled by now anyway?

But I never prayed about it. I just rattled it around in my mind and assumed God's will to be whatever I came up with. So I allowed those things back into my life. I could tell that my body was reacting a little at first but after all, they tasted sooo good...

Ten years later I began to experience disabling headaches, the classic migraine, leaving me lying on my bed overcome with pain and nausea. But

one day I suddenly connected the dots—the headache occurred 1-3 days after caffeine. It was about ten years after that that I connected a few more dots—God had spoken something to me long before I knew I had a problem!

Some years later, when I was in Bible college the Lord spoke a word to me over a relational matter. It was such a hard word to me I twisted part of it in my own mind because I couldn't accept it as I'd heard it. After I *paid the price* and got that straightened out I realized part of what had been spoken to me had a spin on it.

God's voice in the matter was so still and small it took me several years of prayer before everything came clear. When it did it caused several key things to snap into place for me and I rejoiced.

If you have something God's spoken to you about, pray over it. Try to write down exactly what it was God said. What you need is the very short word He actually spoke, not the page after page of what you've tried to elaborate off of it, or what you think it means. Ask God what it means, when it's applicable, and what to do with it. There's a time to get advice and counsel too but more than anything else, *What did God say?*

There are ways to handle it too. First off, God does not speak commonly or frivolously. There are those who constantly claim "God" told them this, that, or the other. There are a few people I've met where I tend to believe that, but they're rare.

The Word of the Lord should be accompanied by signs following. If someone really is in such intimate contact with the Almighty, I'd expect to see signs, wonders, miracles, healings, and deliverances following them just like they did Jesus.

In most cases I feel much more comfortable if someone tells me they sense or feel something or, if they feel God might have told them something, to share it in an almost apologetic manner. I have experienced the other thing, where someone triumphantly proclaims that since "God" has already spoken to them, who was I to tell them anything?

I have absolute trust in anything God said, for the Word of The Lord is sure, but I don't have the same level of faith in my ability to hear everything at all times, and especially to get all the details right! So I've learned to be very guarded with just jumping in and claiming *God said* something. And yet, He does speak to his people.

Another thing I've found is that what God speaks to me is usually for me, not to everyone else. God's admonition concerning caffeine was for me alone. Yet I found myself using it as a point of pride, as though people who didn't have such a word weren't as *spiritual*, whatever that is.

It was pride that also led me to lay aside the word after the novelty wore off and I'd run out of people to impress with what God had told me. How much better I would have done if I'd handled the word properly—but God gives us space and grace to learn.

So Lynne, if any of that helps you as you pray and decide, God bless you, and we'll certainly be praying for the peace and grace to hear clearly what God is saying to you in this season, and also to re-affirm what He's already spoken. As for the rest of us, what is God speaking?

For most, this diet is not just health, fitness or beauty, it's meant to be a key, opening doors our health or physical condition have closed. Lynne and her husband Kent are called to the mission field, especially Latvia. She

needs her health and especially life itself in order to fulfill that call.

The call is always beyond us, requiring supernatural grace to fulfill, but what a blessing if illness is not one of those limiting factors.

These last months have seen some sadness in my church with the passing of two beautiful saints by cancer. One was a medical doctor, the other a young boy. Our hearts went out for both of them and we still pray for those left behind. This month also marks a year since my mother died of the same disease.

Solomon told us to find wisdom in the house of mourning. Dr. Fuhrman, in his book *Eat To Live*, makes the statement that cancer is easier to prevent than to cure. Many of the other diseases that scourge our society can be prevented, reversed, arrested, or eliminated through diet. Why not take thought and take heart?

For those who come this Friday I have some good news and some bad news. Hallelujah acres is working on a new promotional tool we can use to share this diet with other people. It's called the *Healing For Life* series.

Each one will be targeted toward a specific disease and feature presentations by several medical professionals as well as testimonies by those who've been healed through making a diet change. They're designed to sell for a retail price of \$4.95 so anyone could afford to purchase one, give it to a friend, and not have to worry about getting it back.

The bad news—they won't be available until sometime in August. The good news is I have a sample copy, featuring programs on Cancer, Arthritis, and Osteoporosis.

Well, enough talk and rambling. I've shared a few things here it cost me something to learn, so if that helps anyone, God bless you. If you can make it, the meeting starts at 7 PM, but I encourage people to start trickling in anytime after 6, especially if you're bringing any food to share.

If you happen to be coming the first time, it isn't necessary to bring anything, but we do have food here to sample and enjoy. There's a Fred Meyer and a produce outlet right nearby too, so it works to stop in, find what the plan is turning out to be, and run out for a few goodies.

(PS- If you ask Sandra real nice, she just might show you her ring.)

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