

The Power of Trust

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If you ask a thousand Christians “do you trust God” a thousand hands would go up. Some might quote Proverbs “trust the Lord with all your heart”. Later the same day many if not most will go out and buy food and drinks far removed from the way God makes them to keep us well. On the menu will be white flour goodies, manmade chemicals, and GMO. Later will come the returns on faith without trust: surprise heart attacks, obesity, cancer, diabetes, joint pains, Alzheimers, nursing homes, premature funerals etc. For the young it will be autism, childhood obesity, ADD, hyperactivity, and diseases once considered problematic only for the old. About degenerative diseases doctors used to say “people are living old enough to get them”. You’re not hearing that anymore. Children with “adult onset” diabetes aren’t living old enough to get them. Now you can see that the difference between “faith” and “trust” can mean the difference between heaven and hell on earth.

There is only one place in the New Testament where Jesus says “O you of little faith”. After explaining that God takes care of the “birds of the air” and the “lilies of the field” Jesus explained that we are included in that umbrella of love for our body needs “O you of little faith”. Where does that leave a world that doesn’t trust God’s ways of fertilizing the soil; growing food; feeding a baby; or healing the sick with power of food and herbs and the power of fasting and praying? It leaves a Christian world with tons of physical and mental maladies, that’s where. We can now observe that around us and for many also in our own bodies. Who is responsible for teaching the sheep of Jesus what it really means to “trust the Lord your God with all your heart”? Does it make sense to pray thy Kingdom come “on earth” when you don’t trust how God made life to work “on earth”?

To be fair to priests and preachers, the passages quoted above from Matthew 6 end with the thought “Seek first the Kingdom of God and its righteousness and all these things will be added unto you”. That would seem to let us off the hook for taking responsibility for how we grow food, what we feed ourselves and our little ones, and how we care for our bodies...or does it? If we look at Genesis, Psalms, Job, Isaiah and other scripture, we can clearly see that “righteousness” includes *trust in what God made* along with faith in what He said. “The earth is the Lord’s and the fullness thereof”. God is not mocked. “Faith” that doesn’t trust God’s ways of life and the goodness of creation that show mercy in great detail should not be called faith. That “faith” does not fertilize the soil with a full

complement of trace minerals to grow wholesome food to feed the hungry. It doesn't give a drink of clean water to the thirsty. It doesn't save a baby from "formula" that leads to a tummy ache and then puts them alone in a separate room with closed door to "cry it out" because a doctor said "it's good for their lungs".

Only trust in what God has made as we honor what He said, including what He said about what He made, can save babies and the rest of us from pain and suffering of our own making. The loss of health at the body level extends to loss at the brain and mental level, and on to loss at the spiritual level. Weston A. Price D.D.S. traveled 150,000 miles around the world investigating the healthiest people he could find. He saw that although the first signs of human degeneration are seen in the teeth and mouth, the fallout effects have no limits. What messes up the chemistry of bodies in time also messes up everything else. Think about an abused baby or child growing up angry at the world for reasons not understood or remembered. Mass shooters described as "alienated loners with self-esteem issues" don't pop up out of the blue. It's cause and effect. God is not mocked. As for teachers and religious leaders - "By their fruits you shall know them".

Let's start over by asking the right questions. Do you *trust* the ways God created life to work that bless us in body, mind, and spirit from conception on? Do you trust the God of creation here and now as well as the God of a distant heaven? Do you trust God's ways of building nutrient rich soil to grow nutrient rich food? Do you trust God's ways of health with powers of the lemon, apple, potato, grade A organic raw cow milk, mother's milk, honey, green salad, and a whole grain of wheat with bran and germ included?

If we don't trust God's ways of providing for the health of our bodies and the bodies of our children and grandchildren how can we look God in the eye and say "I trust you"? It's time for honesty America. Anyone reading this with even a remote awareness of the pain and suffering to the young and old by a superficial reading of Matthew 6 - whether it's a baby's helpless cry or an elderly person's ignored cry for help in a poorly managed nursing home - may rightfully stand up when hearing a sermon on "faith" that ignores God's kind ways of life here and now and say out loud as Jesus did - HYPOCRITE!

Comments? Send to Jim LeBeau at lebeaultj@aol.com with "nutrition" in subject box. For a copy of "Let Your Body Be Your Teacher" send \$5.00 to Perfect Health P.O. Box 132 Waupun WI 53963. For information on **Nutrition-For-Life** kits that teach a pathway to wholeness visit www.phpower.org . Articles may be downloaded from "articles" page.