

... Four Surefire Ways, *continued from p. 1*

conscience free. And if someone has wronged you, see them through God's eyes. Have mercy, not condemnation. By the grace of God, be free from the anxiety of unresolved conflict. Most vitally of all, be at peace with your Creator. Arise each morning and give your heart anew to the Lord and commit your family and friends to His care.

Rest and Recreation

Rest restores enthusiasm, recalibrates the emotions and opens new streams of creativity. You need a good six to eight hours sleep each night and regular intervals of enjoyable recreation. Do not imagine that you are actually getting more done by sleeping less and refraining from taking time off work for recreational activities. Downtime increases physical, mental, emotional and spiritual energy. You'll do your best work if you are well rested.

Energy, not time, is the currency we have control over. And these are the four most crucial energy-maximizing habits you can form.

(For additional insights and information regarding how to attain and maintain high energy, read the larger article from which this edited version was taken at lbn.org.)

... Sharing Daniel, *continued from p. 3*

and exalted than in the sermons and in every line of work at these meetings.' Everything is cold and dry. We are starving for the Bread of Life. We come to this campmeeting because there is food here.' How can Seventh-day Adventists preach any other doctrine?" (*Manuscript Releases*, Vol. 2, p. 166).

It was in this spirit that James presented the prophecies of Daniel to the people of Mount Shasta in a new way. We praise God for using him to preach the Word to us, and we pray for God's richest blessings on Light Bearers Ministry and all who are seeking to present Christ to our dying world.

Events Schedule

- **July 12**
Ty Gibson
Oklahoma Conference Camp Meeting
Wewoka Woods Adventist Center
☎(405)721-6110
- **July 14**
Ty Gibson
Bible Study, Light Bearers Ministry
☎(541)988-3333
- **July 15-24**
James Rafferty
Poland Union Conference Camp Meeting
ads@advent.pl
- **July 15-17**
Ty Gibson
Oregon Conference Camp Meeting
Gladstone, OR
☎(503)850-3500
- **July 28**
Ty Gibson
Bible Study, Light Bearers Ministry
☎(541)988-3333
- **August 1**
James Rafferty
Cottage Grove SDA Church, OR
☎(541)942-5213
- **August 11**
Ty Gibson
Bible Study, Light Bearers Ministry
☎(541)988-3333
- **August 14-15**
James Rafferty
Springtown SDA Church, TX
springtownfortworth22@adventistchurchconnect.org

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*Light Bearers is a non-profit ministry based in beautiful Oregon State.
Our purpose is to help proclaim the gospel
of our Lord Jesus Christ through the spoken and published word.*

3ABN

Watch for Ty and James' new program
BOOK OF THE BOOKS: DANIEL

MISSION UPDATE

The Newsletter of Light Bearers Ministry



Four Surefire Ways to Maintain High Energy

By Ty Gibson

“E veryone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever” (1 Corinthians 9:24-25, NIV).

In their excellent book, *The Power of Full Engagement*, Jim Loehr and Tony Schwartz suggest that, “Managing energy, not time, is the key to high performance.” We all have the same amount of time each day, but all of us do not bring the same amount and quality of energy to that time. Some people get more and better work done than others in the same allotted timeframe because some people are alive with physical, mental, emotional and spiritual energy that allows them to give focused and sustained attention to their goals, while others simply trudge through their days lacking usable energy. The goal, therefore, should be to maintain habits that yield maximum energy rather than frantically trying to

get as much as possible done with an eye on the clock.

There are four extremely effective habits we must form in order to maintain high energy.

Good Eating

Nutrition is vital. Our bodies want to be consistently fed with foods that contain high quality fuel, foods that are densely packed with sources of slow-burning energy. The goal in eating should be to consume calories that impart more energy than they expend in the digestion process. Said another way, we need to eat foods that give more than they take. And we all know what those foods are: fruits, vegetables, nuts and whole grains.

Consistent Exercise

It's this simple: by whatever means you enjoy or can manage, make sure you breathe hard and sweat for a minimum of 30 minutes at least four

days a week. Each of us has 168 hours each week. Take a mere 3 hours out of the 168 for physical exercise and you are left with 165. What a small slice of the whole! But then, watch what happens. The increase of energy you gain from devoting 3 of the 168 to exercise will raise the value of your remaining 165 such that you actually will get more and better work done with less time.

Positive Relationships

Resolve all conflicts with people. You don't have the energy for it, literally. Nothing drains the vital current out of us like interpersonal conflict. Forgive those who have wronged you, just as the Lord has forgiven you. As much as lies within you, live at peace with all men. If you have wronged someone, that wrong will weigh upon your conscience and sap your emotional energy. Make it right. Go to them and apologize with no excuses. Set your

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CONSIDER THIS . . .

Right physical habits promote mental superiority. Intellectual power, physical strength, and longevity depend upon immutable laws.

Ellen G. White,
Mind Character and Personality,
vol. 2, p. 443

The mind strengthens under the correct treatment of the physical and mental powers. If the strain is not too great, new vigor comes with every taxation.

Ellen G. White,
Ministry of Healing, p. 309

Health is a blessing of which few appreciate the value; yet upon it the efficiency of our mental and physical powers largely depends. Our impulses and passions have their seat in the body, and it must be kept in the best condition physically and under the most spiritual influences in order that our talents may be put to the highest use. Anything that lessens physical strength enfeebles the mind and makes it less capable of discriminating between right and wrong.

Ellen G. White,
Review and Herald, June 20, 1912;
Mind Character and Personality,
vol. 2, p. 441

Men and women must be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and

defiling habit. They need to be impressed with the fact that all their powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service.

Ellen G. White,
Signs of The Times,
December 1, 1914

It is God's purpose that the kingly power of sanctified reason, controlled by divine grace, shall bear sway in the lives of human beings. He who rules his spirit is in possession of this power. The body is a most important medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. . . . The body is to be brought into subjection to the higher powers of the being. The passions are to be controlled by the will, which is itself to be under the control of God. . . . Intellectual power, physical stamina, and the length of life depend upon immutable laws. Through obedience to these laws, man may stand conqueror of himself, conqueror of his own inclinations, conqueror of principalities and powers of "the rulers of the darkness of this world," and of "spiritual wickedness in high places" (Eph. 6:12).

Ellen G. White,
God's Amazing Grace, p. 256

SHARING DANIEL IN SHASTA

By Patti Guthrie

"The comment I heard from a lot of people is that the Daniel series took a step that was unexpected. The focus was more on relationship with a sub-emphasis on prophecy."

The Mount Shasta Seventh-day Adventist Church was tremendously blessed by James Rafferty's nine day seminar on the book of Daniel held at its church facility in April. Attendance grew nightly as the series progressed, and at its conclusion people were wishing for more.

Based on the theme "Prophetic Pictures of God," James' series focused on the new covenant and God's desire to have a relationship with us as revealed in Daniel.

God's leading in the events that led up to this series was apparent.

The Lord even opened the door for James to be interviewed by a local Christian radio talk show host for one hour each day (Monday through Friday) on the book of Daniel. The interviews were broadcast live and generated more interest in the book of Daniel and related Bible topics.

James Crabtree pastors the Mount church. Reflecting on the series, he commented, "Our business is to make sure there is a place in the community where the gospel is being preached. I was so pleased with James' priorities. His priority was God and His Son, and the

Good News of salvation in Daniel. I've had some bad experiences with evangelism, but this was delightful."

In addition, Pastor Jim notes the impact of the meetings on those who came. "I thought it was really a great idea for people, like Mike, who haven't been members of our church for long. There were other folk, like Vern, who is a Methodist. He came to every meeting and said he really learned a lot and was delighted to be fed so much. Vern is going to be preaching in his own church soon. These meetings created an enthusiasm in our church and community and gave us a chance to present the gospel."

Sixteen-year-old Ben H. says, "Overall I thought the series was very good. I was impressed with how Daniel was presented. He definitely stressed the relationship part a lot more. I liked that."

Fay has been a Seventh-day Adventist for six years. "I think the part I found the most interesting was when he started relating the

prophecies of Daniel to current history. That really got my attention. Sometimes after a series like this I feel tired and glad for it to be over, but this time I left wanting to know more. I can now see prophecy being fulfilled in our lifetime. So many people are scared. They need to hear the hope part. It's very exciting to me to realize that Jesus' coming is very soon."

Ben W. recorded all the meetings on CDs, and also uploaded the sermons to the church website (mountshastasda.com). He reflects, "The comment I heard from a lot of people is that the Daniel series took a step that was unexpected. The focus was more on relationship with a sub-emphasis on prophecy. This is something I really enjoyed. People are continuing to share the recordings, so the blessing is ongoing. It is great to have a quality recording to share."

Several non-church members attended the series. Their response was typical, "Everyone in Mount Shasta needs to hear this!"

Church member Susan W. said, "Now I'm really interested in hearing the follow-up to this series on the book of Revelation."

This may not sound like a typical evangelistic report, but we feel certain seeds were sown that will be evident in the great harvest to come. It also showcases a new method of sharing our message in the context of Christ and His righteousness that has its roots in Adventist history dating back to the 1890s when a series of public meetings was held in Australia. Among those featured at this campmeeting was W.W. Prescott.

Ellen White was present at these meetings and proclaimed, "We have heard many in different localities where our camp meetings have been held express themselves as very much surprised that we do believe in Jesus Christ, that we believe in His divinity. They say, 'I have been told that this people do not preach Christ, but I have never attended meetings where Christ was more manifestly taught