

Belief in predestination not based on scriptures

Many people believe their future is determined by fate or that their whole life has been predetermined by God. Does the Bible give us any basis for this?

Deuteronomy 30:19 says, "I do take the heavens and the earth as witnesses against you today, that I have put life and death before you, the blessing and the malediction; and you must choose life in order that you may keep alive, you and your offspring."

This statement is attributed to Moses and followed his listing of God's laws. The people of Israel were given the choice to obey God or not. God did not predetermine each individual's future; they had the freedom to choose.

Their freedom was not absolute, however, for there were conse-



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- use it or lose it

quences for disobeying God's laws, just as there are for ignoring God's physical laws set up for the stability of the universe.

For example, if someone tries to defy the law of gravity and jumps from a tall building, he will surely be injured or even killed.

Galatians 6:7 says, "Do not be misled: God is not one to be mocked. For whatever a man is sowing, this he will also reap."

Just as God is not to be mocked

with regard to physical laws, He is not to be mocked with regard to His moral laws. We have been given freedom of choice, but we are morally accountable for our choices.

Jeremiah 25:5, 6 says, "Turn back, please, every one from his bad way and from the badness of your dealings ... that I may not cause calamity to you."

Acts 3:19 says, "Repent, therefore, and turn around so as to get your sins blotted out, that seasons of refreshing may come from the person of God."

Would it be loving for God to urge people to repent and turn around if He knew they could do nothing to

change their destiny?

1 John 4:8 says, "He that does not know love has not come to know God, because God is love."

Deuteronomy 32:4 says, "The Rock, perfect is his activity, for all his ways are justice. A God of faithfulness, with whom there is no injustice; righteous and upright is he."

God is love and is faithful, just and righteous, not someone who would predetermine people's lives and then tell them to try to change their destiny.

God doesn't need a predetermined plan that dictates each person's every action in order to fulfill His purposes. He is able to adjust to circumstances, including our making wrong choices. Adam and Eve misused their gift of free will and sentenced all of mankind

to sin and death, but God was able to adjust and make way for our redemption.

Romans 8:20, 21 says, "For the creation was subjected to futility, not by its own will but through him that subjected it, on the basis of hope that the creation itself will also be set free from enslavement to corruption and have the glorious freedom of the children of God."

God realizes we did not choose to be sinful; that choice was inflicted on us, and He gives us the opportunity to be free from it.

John 3:36 says, "He that exercises faith in the Son has everlasting life; he that disobeys the Son will not see life, but the wrath of God remains upon him."

We have a choice before us. This choice was extended by God, of

whom Isaiah 40:25, 26 says, "'But to whom can you people liken me so that I should be made his equal?'" says the Holy One. 'Raise your eyes high up and see. Who has created these things? It is the One who is bringing forth the army of them even by number, all of whom he calls even by name. Due to the abundance of dynamic energy, he also being vigorous in power, not one of them is missing.'"

God created not only us, but the whole universe. His power and authority are real and unmistakable. He has offered us the opportunity for everlasting life, but in order to receive that gift, we have to learn His laws from the Bible and obey them.

Why not study the Bible and learn about a future you can look forward to?

Good eating, hygiene habits can help children avoid constant illness

As we begin a new year in the middle of the coldest time of the year, we are usually inundated with colds and flu. Children often seem to be germ magnets.

Though we can't protect our children from the common cold, we can help them build their resistance and reduce the length and symptoms of a variety of illnesses by teaching them good health habits from a very early age.

Teaching children to eat healthy foods seems to be a struggle for many parents, but if the task is handled correctly, most children



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- smart start

will develop good eating habits.

Introducing fruits and vegetables into a child's diet should be done regularly and consistently. A small amount of the new food can be introduced to the child with the understanding that we all should try new

things.

Parents and caregivers need to model this for the child but never force a child to eat something he or she doesn't like. One bite will let

you know if the child will like the new food.

Mealtime should be a relaxed time, and arguing over the food creates stress, which causes digestive problems. You may choose to introduce new foods only at one meal a

day, such as supper. Only one new food should be introduced at a time.

Teaching good hand washing habits is one proven way to reduce the spread of germs. The child should be taught to wash his hands every time he uses the bathroom, after he has wiped his nose or coughed and before meals.

For very young children, adult supervision is important. Use of antibacterial soap is not a substitute for thorough cleaning. Children will most frequently only wet their hands unless they are supervised.

Encourage children to cough into

their elbow rather than their hands. This minimizes the spread of germs from one person to another.

Medical research has reduced or eliminated many once-common childhood diseases through the development of vaccines. You, along with your health care provider, should determine what immunizations are appropriate for your child and make sure they are current.

While these immunizations will not eliminate typical wintertime illness, they will reduce the likelihood

of a more serious condition.

Perhaps the most important thing a parent or caregiver can do to help children stay healthy is creating a loving, nurturing environment for the child.

Research has proven that human beings under stress are much more likely to succumb to illnesses than their less stressed peers. Our body's immune system functions best when we are well rested and happy.

May you and your child have a happy and healthy new year.

Brown mustard production meeting planned

Kansas State University, the University of Nebraska, University of Wyoming and Colorado State University are cooperating on a series of brown mustard production meetings.

Brown mustard, canola and camelina are oilseeds that are used in making biodiesel, and current markets exist for these alternative crops. Indian brown mustard has exceptional qualities for making fuel, and local university research results will be presented for this crop.



jeanne falk

- agron notes

A series of educational meetings will be held, with one in northwest Kansas. This meeting will be from 10 a.m.-2 p.m. Monday, Jan. 24, at the Best Western/Bufalo Inn in Goodland.

Topics include "What Drives the Biodiesel Market," "Mustards-Canola-Camelina varieties," "Production Strategies," "Weed Control," "On-Farm Observations" and "Future Research Projects." Biodiesel industry representatives will also be on hand to discuss markets for

biofuel crops.

Registration is \$20 per person and includes lunch and printed materials. To register for the meeting in Goodland, contact the Sherman County Extension office at (785) 899-4880 or the Northwest Area Extension Office at (785) 462-6281.

In the case of inclement weather, listen to radio station KLOE for information.

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WHAT DO THE RESEARCH STUDIES SAY?
In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe", and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

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