

# The Encourager

Churches Helping Churches and People Helping People

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## What is *The Encourager*?

*The Encourager* is a publication giving words of encouragement and hope to the community in these difficult times.

The world has been impacted by COVID-19 in a way that could

not be envisioned.

As people adjust to cope with major life changes, the articles in *The Encourager* will share relevant information to use.

Scriptures will be included to

provide encouragement, hope, and comfort.

If you are interested in additional copies, or if you would like to contribute articles, please submit them to the editor.



“What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea” (Revelation 1:11).

Just as letters went out to the seven churches throughout Asia, please help us get the Encourager out to as many people as you know!

## COVID-19 FOOD SHORTAGES

Approximately 2000 years ago, Paul warned, “For the mystery of iniquity doth already work: only he who now letteth will let, until he be taken out of the way” (2 Thessalonians 2:7). The word “let” is translated to mean to restrain or hinder. Strong’s concordance tells the usage is “that which hinders, Antichrist from making his appearance”.

As we look around and consider the effects of COVID-19 we can clearly see the signs of the times. Matthew 24:7-8 says, “For nation shall rise against nation, and kingdom against kingdom: and there shall be **famines**, and pestilences, and earthquakes, in divers places. All these are the

beginning of sorrows.”

Prior to a famine, there is a period of scarcity. Americans have been taught that it is important to eat three meals a day. That concept has been ingrained in our culture, and some even support eating five to six small meals daily. Yet, the practice of eating three meals each day may not be the healthiest. Here are excerpts from various sources regarding the benefits of eating twice daily.

### Benefits: Eating Twice a Day

Restricting daily calories may have some health benefits, too. According to the Cleveland Clinic, restricting calories to lose weight may help improve

health issues like arthritis, acid reflux, high blood pressure, heart disease, and Type 2 diabetes <<https://www.livestrong.com/article/492936-what-are-the-benefits-of-eating-two-meals-per-day/>>.

### Bye Bye Breakfast! (Why I eat 2 meals a day): 3 Big Benefits of Fasting

#### 1). More Energy

When you fast, you give your body a break from constantly digesting food. When you eat something, you may notice at first you get a little tired, that’s because your body is spending all of its energy digesting the food. When you’re constantly eating, your energy is constantly being used up, leaving you

feeling drained for no good reason.

When you fast, you're reserving that energy; and it is then re-directed to other things like: healing injuries, preventing illnesses and/or getting fit via working out... to name a few.

## 2). Better Digestion

If you keep piling in food, your body will never be able to digest it all!

## 3). Simplified Diet

By only eating 2 meals a day, you greatly simplify your life.

Not only do you get to cook just 2 meals a day, but you only have to shop and plan for those 2 meals! <<https://theseasonaldiet.com/bye-bye-breakfast-eat-2-meals-day>>.

### **A cancer researcher who studies intermittent fasting says 2 meals a day may be the ideal recipe for long-term health**

Intermittent fasting is nothing new. People around the world have known for centuries that skipping some meals is good for the body.

A growing body of research is probing why **fasting is so good for us**.

Cancer researcher Dr. Miriam Merad just published a study showing that people who fasted

for 19 hours in a day drastically reduced the number of circulating inflammatory cells in their blood. These cells accumulate in fat tissue and contribute to disease.

When cancer researcher Dr. Miriam Merad came home from her laboratory with new results about how fasting might help reduce people's risk of developing certain deadly chronic diseases, her husband was so impressed that he stopped eating one meal a day.

She says he never eats breakfast anymore, limiting his eating hours to lunch and dinnertime.

### **Intermittent fasting helps prevent inflammation in the body**

By examining the blood of 12 healthy adults who'd fasted for 19 hours, Merad and her co-authors found that a break from regular eating helped put people's inflammatory monocyte cells at rest. These cells, which are dispatched to heal wounds and prevent infection, also accumulate in fat tissue and contribute to chronic diseases like diabetes and heart disease.

In other words, Merad is starting to think that skipping some meals could help people live longer, healthier lives.

### **Not everyone should fast.**

People with a history of eating disorders or diabetes, as well as those who are pregnant, should be especially wary of skipping meals.

Still, there is some consensus in the new fasting research. Even nutrition experts who don't support fasting tend to agree with Merad that sugar is one of the most toxic foods for the human body. We have clear evidence that too much sugary food contributes to all kinds of chronic diseases, including diabetes and heart disease <<https://www.businessinsider.sg/what-is-intermittent-fasting-skipping-meals-may-promote-health-2019-8>>.

### **Always remember that the Lord will not put more upon us than we can bear.**

I Corinthians 10:13 says, "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it".

We must always trust in the Lord.

Jesus tells us, "**Fear not**, little flock; for it is your Father's good pleasure to give you the kingdom" (Luke 12:32).

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### **We can help each other!**

#### ***Churches helping churches and people helping people:***

**\*Goods for Goods\***

**\*Services for Services\***

**\*Goods for Services\***

In these difficult times, we are looking to set up a network of churches helping churches and people helping people. If you have a skill to provide or items you would like to barter or exchange, please contact us! You may call us at 518-272-6679 or email us at [info@redemptionchurch.net](mailto:info@redemptionchurch.net).

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