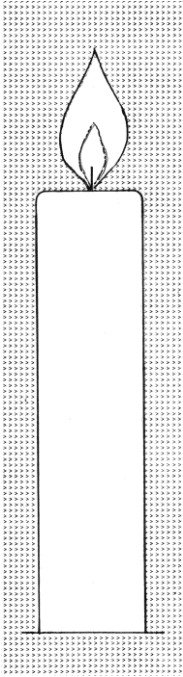


My Manner of Life

Some possible reasons for my relatively good health as on 27/09/09 by Peter Rose (92)

Several people have asked me the secret of my “health & youthfulness.” I think the answer must be: “Always obey Maker’s instructions.” This applies spiritually as well as physically because Jesus says: “Seek first the Kingdom of God and His righteousness & all these things shall be given to you as well” – Matthew 6.33.



“What will it profit a man if he gains the whole world & loses his own soul?” - Matt. 16.26. This shows that our soul is our most valuable possession so obviously it needs priority treatment! This we do by daily reading God’s Word, the Bible. (I have done this for over 66 years & it gets more and more interesting as one feeds on it). Jesus quoted: “Man does not live on bread alone, but on every word that comes from the mouth of God.” - Matt 4.4. Without this daily food we only exist (like a car not firing on all cylinders.) I have always found the Scripture Union Notes a great help with my Bible study as they cover the New Testament every four years & the Old Testament every eight years.

Prayer: God speaks to us & waits for us to speak to Him (just as a child loves to talk to its parent). Jesus challenges us with “You have not because you ask not.” We are told to “pray continually, give thanks in all circumstances.” – 1 Thessalonians 5.17. I find myself in an attitude of prayer at many times, night & day; talking to Him about people, problems and situations; as I’m walking along, in the company of other people – just anywhere, any time – What a joy! What a privilege! As His sheep I can “come in and go out, and find pasture” for He came “to give us life & that more abundantly” – John 10.9,10. Let us then seek to “Take everything to God in prayer.”

Exercise is important – 1 Tim 4.8 - and I try to take two short walks a day. I like to use the stairs instead of the lift. (Only when the Warden is on duty in case I fall).

Sleep: “HE grants sleep to those He loves.” – Psalm 127.2. This is necessary for the body to recuperate. Due to an infirmity, I wake up five or six times in the night. However, I usually use the time I’m awake for prayer and sometimes, if I feel it is the Devil keeping me awake, then I read my Bible & have a lovely time!!

Drink & Smoking: These just dropped completely out of my life when Christ saved me and gave me “Living Water” – John 4.4-14. That was in Calcutta on 12th July 1943. I awoke in the night and the dear Lord revealed to me that:

“It was the Son of God who loved me and gave Himself for me.” – Galatians 2.20

It was so marvellous, so real, that I got out of bed and switched on the light. It was 3.0 a.m. and I had been born again! Three weeks later I read 2 Corinthians 5.17: “If any man be in Christ, he is a new creation; old things are passed away; behold, all things are become new.” I said to myself: “That’s exactly what has happened to me!” The miracle continues & I personally still have no desire to either drink or smoke. However, the Scripture does say: “Use a little wine because of your stomach and your frequent illnesses.”

Swearing: Whilst in Calcutta there was a lot of anti-British feeling. This gave me much stress & I found that every fifth word I spoke was a swear word. To the glory of God, since Jesus came into my heart, I have never once uttered a single swear word! He is able to save AND able to keep you from falling. Jesus prayed: “Sanctify (wash) them by the truth, your word is truth.”

- John 17.17. (Another reason for reading your Bible!)

Food: “If we have food and clothing let us be content with that.” – I Timothy 6.8.
“It is sanctified by the Word of God and prayer.” – I Tim.4.5. Let us never take it for granted – always give thanks to God for it. One tenth of the world is starving – pray for their needs. Do not live to eat but eat to live. My senses of smell & taste have deteriorated. I cannot eat fatty things. My diet is usually quite simple, including meat, chicken, fruit, vegetables & wholemeal bread. (Aren’t I fortunate to HAVE all these! Praise God!)

Vitamins & Additives: For over 50 years our Family have had tablets & capsules for Circulation, Kidney/bladder & Nerves, prescribed by a family friend, W. Neil Grayson, who was a Fellow of the National Institute of Medical Herbalists. He died when almost 90. On his advice I have also used for body maintenance the twelve **New Era Biochemic remedies** on a daily/nightly basis. They are not drugs but make up deficiencies in the body.

I also regularly use the following: Cod liver oil, Multi-vitamins, Echinacea, Garlic, Molasses, Corn Flakes, Bran, Raisins & Honey. (Also, two other specific tablets prescribed by the doctor.)
I am what I am entirely by the grace of God alone. So, let us always keep short accounts with Almighty God as each one of us is but one breath away from eternity. We shall then render an account of our stewardship-here-below to our blessed Lord & Saviour Jesus Christ, who shed His precious Blood on the Cross in order to wash away my/your sins. Truly, we are loved with an everlasting love! Hallelujah!



‘All the way my Saviour leads me;
what have I to ask beside?
Can I doubt His tender mercy,
who through life has been my guide?
When my spirit, clothed, immortal,
wings its flight to realms of day,
this my song through endless ages:
Jesus led me all the way!’

Frances van Alstyne (1820-1915)
(Fanny J Crosby)

Peter Rose

As with any vitamin or supplement, please consult your doctor before taking. Ed.

Illustrations:
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