

Food, Fasting, and Faith

...For More Abundant Living, John 10:10

Excerpts from the writings of
Evangelist Lester Roloff

FOREWORD

But for the grace of God and Bible conviction that has constantly mounted for ten years, I would with fear and trembling pick up my pen to write this book. I make no claims to enticing words of men's wisdom, but trust that in the demonstration of the Spirit and power, I may write a very practical and helpful book. All I ask as I humbly begin this book, being confident that I have been forced to the very faucets of faith, is that it mean as much to you in its eternal truths as it has to me.

To me, it has been the difference between life and death and between at least a measure of success and failure. I am also aware of the thought that the truth of this book shall invoke: the wrath of some and the misunderstanding of many. The medical doctor could raise a question to whom I would answer, "*I thank thee, O Father, Lord of heaven and earth, because Thou hast hid these things from the wise and prudent, and hast revealed them unto babes. Even so, Father: for so it seemed good in Thy sight,*" Matthew 11:25-26.

I Corinthians 1:26-29, "*For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble, are called: but God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; and base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to naught things that are: That no flesh should glory in His presence.*"

I Corinthians 2:10-14, "*But God hath revealed them unto us by His Spirit: for the Spirit searcheth all things, yea, the deep things of God. For what man knoweth the THINGS of a man, save the spirit of man which is in him? Even so the things of God knoweth no man, but the Spirit of God. Now we have received, not the spirit of the world, but the Spirit which is of God; that we might know the things that are freely given to us of God. Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.*"

The preacher may say that we have left our field and yet, I Corinthians 3:16-17 says, "*Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.*" I Corinthians 4:4, "*For I know nothing by myself; yet am I not hereby justified: but He that judgeth me is the Lord.*" I Corinthians 6:19-20, "*What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*" I Corinthians 10:31, "*Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*"

Now, my friend, if we do not know what to eat or what to drink, how can we do all to the glory of God? God has seen to it that the best of things in life are free and simple. Sunshine and fresh air are

free and yet absolutely necessary to life. Love and friendship cost nothing but are essential to joy and happiness.

The other reason I write this book is because for ten years its truth has worked in my own life and ministry. After thirty-five years of sickness, two operations, treatments for ulcers, and many lost days/weeks/months, it is a sin for me to get sick when there is a way to stay well.

With all the doctors and hospitals and miracle drugs, there still seems to be no cure for the common cold, flu, and pneumonia. Think of the loss of time for students and parents - and also the expenses for medicine and hospital bills!

As I begin the first chapter of this book, I ask you to grant me two requests. First, give me an open mind. Secondly, give me credit for sincerely trying to write a book that will be practical and helpful to you and your whole family. Someone has said that success is learning to do what you don't like to do. Well, after this book is written, I'm bound to be a success!

-Evangelist Lester Roloff

CHAPTER I -- Food

I hope you have read every line of the foreword in order that you might understand the spirit in which this book is written. I am convinced that four things are killing the American people - too much food, bad food, wrong combinations of food, and anxiety & worry which stem from an absence of faith & trust in the wisdom that comes from God.

Daniel purposed in his heart not to defile himself by eating the wrong thing or by drinking wine, Daniel 1:8. The wise man said in Proverbs 23:21, "*For the drunkard and the glutton shall come to poverty.*" In that verse, he yoked the glutton (the man who eats too much) with the drunkard.

The Psalmist said that man is "fearfully and wonderfully made." Man has never made a machine with a motor that would run 969 years like the heart of Methuselah. The human body is the only machine that will repair itself if given the proper cooperation. Man is not a mechanical machine - but a living organism - and has innate wisdom that no other part of God's creation has been able to exercise.

The birds and chickens and other fowl change from summer to winter clothes without having to go shopping. The ducks and geese have built-in radar that guides them safely to the south to spend the winter. The dog becomes his own doctor as he puts himself on a fast except for maybe some green grass and licks his bleeding wounds with the healing salve that comes through his tongue. A dog's tongue is a very valuable member of his body - not only to be used to bark with, to taste with, to eat with, but also it's his first-aid kit and his air-conditioner. When you see a dog panting, he has his air-conditioner going; apart from it, he would smother to death.

Physically, you can only be what you eat - or at least what you assimilate. Doesn't it seem strange to you that the average parent knows more about the physical needs of the chicken in the pen, the hog in the lot, or the dog in the house than he does the needs of his own children? The average man knows more about the needs of his automobile than he does about the physical needs of his own child. America is the sickest nation she has ever been, with heart trouble, cancer, leukemia, poliomyelitis, hepatitis, nervous disorders, and mental maladies. I believe much of it can be laid at the door of improper diet.

In the first place, who started the three-meals-a-day? Most people feel that they are religiously bound to eat three square meals a day, with coffee breaks and all sorts of supplements in between. God only fed Elijah twice a day, and it probably wasn't too much of a ration because it was brought by a raven - which, of course, couldn't have had too big of a baggage department. And yet, Elijah was a

specimen of tremendous physical health who could outrun the king's horses. Find out what your body needs and then, in spite of the cost and criticism, stay with it to live longer and stronger.

For thirty-five years, I lived (or rather died) on potatoes, meat, gravy, and refined sweets. I turned down the fresh lettuce, the green beans, the English peas, and many other delightful and healthful things that came straight out of our garden. . . my main excuse being - "I don't like them." As a result, I was the sickest boy of the three in our family; I baffled the doctors and was treated for everything except the right thing, namely, an improper diet.

Now don't get the idea in the first few sentences of this book that I am suggesting that you should starve or go on some unhappy diet. No sir! I'm enjoying eating now more than I ever have before, even though during the last ten days, as I write this book, I have eaten only one cooked meal. But it doesn't mean that I haven't enjoyed eating figs, dates, raisins, almonds, pecans, honey, apples, grapes, grapefruit, oranges, cashew butter, and almond butter. I feel fine, and my weight is practically the same. If you don't have other medical issues, you will have no weight problem if you'll eat right.

Now, friend, don't say that it doesn't make any difference what you eat. To me, it would be just as foolish for you to be flying with me over the mountains of Arkansas while I look at the gauges on my panel and say, "Well, it looks like I'm about out of oil and gas, but it doesn't make a good deal of difference." Why, it would frighten you to death! If I were to land at the airport and tell the man to put some coal-oil into that high compression engine and some used oil in the crankcase, how far would you ride with me?

There's a manual that goes with that tri-pacer plane, and the guarantee only holds as I go by the manual. Likewise, I believe God gives a guarantee with your body that if you'll go by His Word and wisdom, health can be yours. So, if God tells you to burn 100-aviation octane, don't try to get by on 80. That plane is my flying temple and has already saved me over two hundred eight-hour workdays. But on the other hand, my body is the temple of the Holy Spirit and must also be attended to according to His good pleasure.

That's the reason this book is important. One's body is only important in the sight of God and the light of the Word as it becomes the very temple of the Holy Spirit to be used as a yielded instrument to glorify our Father and to exalt the Name of Jesus. Therefore, these chapters on Food, Fasting, and Faith are not unrelated. Again, I say, the man who puts salt water in the radiator or sand in the crankcase is a fool - but not any bigger fool than the man who will put alcohol, drugs, or unhealthy food in his human system.

For illustration, a man will drive into a service station and ask for the best permanent anti-freeze to be put in his radiator; the same man will go next door and get a bottle of liquor to put into his human system - which will enter the delicate lining of his stomach and pass through the blood stream to begin cirrhosis of the liver and paralysis of the brain. Have you ever heard a man say, "Well, I eat as much as I want of anything and drink as much as I can hold?" All I can say is that you'd better take out some hospitalization and a burial policy to make it light on your family.

There have literally been thousands of people who have asked me, even with my limited knowledge, "Well, what can I eat? I want to be healthy. I'd like to be well and stay well. Where can I get information that would help me?" Therefore, I hope to give some practical suggestions in this book, and I hope you will practice them.

Let us return to the simple things as God has given them. Even though we are all aware of the fact that man has poisoned the water system & the ground, and polluted the air, I still believe - in spite of the terrible conditions upon us - that with the right effort, man can have a large measure of health. The food situation is sort of like the Gospel. It's been decorated, advertised, and glamorized, but at the same time, it's been refined and "de-lified." It looks good, tastes good, and lasts longer without spoiling. The American people are sort of like the little bird when the mama bird comes home - he just throws his

mouth wide open, and apparently it doesn't make any difference whether a beetle or a bumblebee goes down his throat.

The cook stove is the murderer in your house. After our foods are poisoned, they are then killed, cooked, fried, baked, boiled, stewed, mashed, hashed, and seasoned; therefore, we don't get much of the original good that was in them when they were harvested. It would be a wonderful start for you to take one day a week just to fast, and - if necessary - drink a little unsweetened fruit juice or eat a piece of fruit. The body is about ninety percent liquid and therefore ought to have a lot of liquids . . . but liquids of the right kind.

People ask me, "Well, why don't you drink coffee, tea, or soft drinks?" I would like to ask, "Why do you drink them? Is there a health reason for it?" Now, I'm interested in being healthy because of the call of God upon my life. There's no demand for a sick body. People ask, "Don't you like them?" Why, of course, I like them, and for years, I drank and indulged in all of these things, but let me remind you that it was back in my sick days.

Drink unsweetened juices. God put enough sugar in the orange and in the grapefruit and even in the grape juice. I eat grapes practically every day of my life. Let me remind you not to eat your fruits with your vegetables, meats, and so forth. Your fruit juices are your cleansers; your vegetables and vegetable juices are your feeders. Now remember, I'm not writing this book as a doctor; and I'm not trying to introduce a sure cure for everything. I'm writing down some things that have been extremely helpful to me, and if they can be a blessing to you, well and good.

I have gotten away from white sugar, white flour, and an abundance of meat, along with milk (which is mucous-forming and causes congestion in my system, bringing on a sore throat and colds). In my opinion, the two most over-elevated foods are meat and milk, yet you hear people say, "I work hard. I've got to have plenty of meat." "In order to be really strong, you must get plenty of meat," is the cry of the public, which explains, of course - along with advertising - the high cost of meat. But the average person overlooks the origin of the meat which comes from the alfalfa, the clover, and that which grows in the field. Why not go to the field and get it instead of straining it through an animal. Then the meat is usually put on cold storage, goes through all sorts of packing processes, and finally winds up in a skillet, in hot grease - usually with white flour all over it. And then by the time you put your hot sauces or ketchup on it, just what of the original value do you have left? Have you ever noticed the putrefaction of meat and the horrible smell around a meat-packing plant?

The average American eats meat for breakfast, dinner, and supper. When you think of breakfast, ordinarily you think of bacon, eggs, toast, jelly, and coffee, or either a sweet roll and coffee. While I'm thinking about it, let me urge you to drink your fruit juices at least forty-five minutes before your meal so it will have an opportunity to do its cleansing. I have gotten away from drinking anything while I eat because the salivary juices have proved themselves to be so much better in digesting the food.

Now then you say, "Well, what am I going to do if I do not eat meat three times a day?" Just remember that egg yolks, cottage cheese (especially when it is homemade), avocado, nuts, and the right kinds of cheese are very good meat substitutes. I have friends who haven't had a bite of meat in twenty years and are in perfect health. That's proof enough for me! Meat at its best is still greasy. Hog meat is especially detrimental to the human system.

Maybe you are saying by now, "Well, what am I going to eat?" We'll come to that a little later on. The way people eat and under the conditions they eat can be just about as bad as the wrong kind of food. For instance, the family gets to the table and starts a family brawl and winds up in tears. That's a meal that ought to have been skipped. Eating ought to be done under very pleasant conditions. I'd rather eat one meal with my family, with all four of us happy, than eat a dozen meals with strife and misunderstanding. I think the wise man had this in mind when he said in Proverbs 15:17, "*Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.*"

When the body is real tired, it is certainly not good to eat a heavy meal. One of the fatal faults of the American people is to eat late at night and then come in at midnight and fall into the bed dead tired. I can just hear the heart saying to the liver, "Well, old boy, we'll have to take the night shift tonight." Many people die with a heart attack in their sleep, or wake up the next morning and say at the breakfast table, "I feel like I've never gone to bed. I'm so tired and have a headache, and I don't see how I'll make it through the day." or "I'm not hungry." Well, no wonder, my friend, the liver and the heart and all the other organs are still hammering away at what you ate at midnight.

Can't you see the practical side of what I'm talking about? Sickness is no accident, neither is health. Sickness is an accumulation of poisons that the system could not get rid of. God has put every cleanser and purifier and eradicator in the human system that was necessary, but because of man's misuses and abuses, he often makes himself sick. For instance, many of the poisons of the human system will go out through the pores when one perspires enough, yet we find ourselves riding in air-conditioned cars, sitting in air-conditioned offices, and riding in an air-conditioned elevator. Proper exercise is essential to good health.

Also, remember that it is a lot easier to get that which is bad than that which is good. For instance, I go in a café (which I hardly ever do) and ask for a bowl of shredded wheat or some whole-wheat cereal and ask for honey to sweeten it; and they might look at me surprised and say, "We don't have any honey." To me, honey is a necessary, natural sweetener that ought to be in every home. Use it for sweetening purposes, but don't cook with it. You usually have to get raw sugar at the health food store, but you can also use dates and raisins for sweetening purposes.

I get amused at people when sometimes I, as graciously as possible, refuse some offer of food or drink that I consider harmful, and they look with sympathy and say, "I didn't know you had stomach trouble." Actually, since I stopped eating and drinking certain things, I have not had any stomach trouble. Oh, the sickness and pain, worry and depression, and lost days of thirty-five years . . . just because of bad food. Overstuffed - but undernourished - is the condition of the average American.

How you prepare your foods is important, and we'll have more to say about this later. Your health is invaluable! It ought to be measured in terms of souls and spiritual usefulness. Get away from rich gravies. I've had some very unhappy experiences with gravy, even though I used to be the gravy-maker at the big church dinners. When I was a boy I had gravy every morning for breakfast, along with hot biscuits made with white flour and, of course, I suffered with a clogged system. I marvel that I lived for thirty-five years on such a careless and dead diet.

Now, if I haven't lost my readers, in just a moment, I want to give you some practical suggestions about what you can eat. But in order to allay your fears that you'll starve to death or become too weak to work, let me remind you that I can run a mile right now without stopping. If you want to be healthy, don't be a pincushion for a hypodermic needle. Don't let your system stay saturated with chemicals that are foreign to the human body. Eat natural foods and use natural means for healing (in case you become sick) such as fasting, the Word of God and prayer, and whatever liquids are necessary to cleanse your system.

For protein - eat fish, fowl, wild game, avocado, egg yolks, nuts, cheese, cottage cheese, sunflower seeds, and a minimum of other meats. Drink a lot of juices, always unsweetened, forty-five minutes to an hour before the meal or a couple of hours after the meal. Everyone ought to have a vegetable juicer. You may say, "I can't afford one," yet, one trip to the hospital costs you from three hundred to a thousand dollars. My dad has spent over fifty thousand dollars on illnesses in our family, and I've not spent five cents for drugs in ten years. If what I'm doing for God and others is as vital as I believe it is, nothing is too costly to keep me well enough to do it.

Let me bear a personal testimony about how I begin my day. I start with a great big juicy verse or a chapter of the word of God. Then, before reading a number of chapters and entering into a season of prayer, I usually drink a big glass of grapefruit juice. If I cannot get grapefruit, I drink a big glass of lime or

lemon water. If no juice is available, I will drink just a big glass of water. However, I usually see that juice is available. In my plane or car, I carry an icebox with all arrangements made for fruits and juices.

For breakfast, sometimes I will have chopped dates, figs, raisins, a banana, a piece of whole wheat toast or other good whole grain bread and honey, along with some nuts or sunflower seeds sprinkled over the fruit. Sometimes I may have a bowl of steel cut oats or whole grain cereal or other health food cereal that still has the life in it. Many times, when in season, I have grapes, pears, apples, or fresh peaches, with nuts. I may have dried apples or apricots that have been properly soaked, mixed with some cashew butter or almond butter and honey, with nuts and various seeds - which make a delicious breakfast. And occasionally, if I eat an egg (or maybe two or three eggs) I eat the yolks steamed slowly in butter in a covered pan or poached, with toast and honey, or with toast and Fig Pep, which is a product made from black mission figs. During fruit season, I may have a cantaloupe or a watermelon. Sometimes I put a little cream, preferably goat's milk, over my cereal and over the dates, figs, and raisins. Raw milk, of course, is better because it still has the culture and the life.

It would be well if you had the opportunity and the place to keep a good milk goat and a cow and your own chickens and feed them properly in order to have the right kind of food. Also, it would be wonderful if you had a little garden spot and would organically grow (without commercial fertilizers and poisons) your own vegetables and some of your fruits.

You may say, "Well, I travel a great deal." I doubt if you travel more than I do. I travel from fifty to a hundred thousand miles a year, but that presents no insurmountable problem. I'm here in the hotel where I've been since yesterday, and I have ample food in the room such as honey, black mission figs, dates, raisins, almond butter, grapefruit, oranges, and Fig Pep. Friend, it's just a matter of whether or not you want to be well. Your health must be guarded and protected, and you're not wasting time or money when you're making an effort to stay well.

The thing that has amazed me is how little a person can eat and still feel good and go hard. Thousands of people have said to me, "I don't understand how you have so many ministries, travel so many miles, preach so many times, and even live." Let me be quick to say, the first secret is the goodness of God and faith in Him and His Word. But on the human side, He certainly has blessed the efforts I have put forth in "temple care."

Now, I would like to give you some practical suggestions to help you in your kitchen. It is most important that you have proper utensils. If you want to be at your best physically, you will discard all your aluminum pots and pans (and aluminum foil) and equip your kitchen with some good stainless steel utensils. I realize that this involves money, but in the long run, it will mean much more to you than the initial expense. These stainless steel utensils will last indefinitely and be just as lovely as when they were new.

We have already mentioned the value of a vegetable juicer. I would like to suggest one other appliance for your health kitchen that will be of great help - a food blender. These come in a wide range of prices.

For maximum health, we need to eat as much of our food as possible in its raw state. However, our American people have become so accustomed to cooked foods that it is unlikely that I would be able to persuade very many of you to try a raw food diet. Proper food preparation, though, will be of great benefit to you and your family.

Get away from the habit of peeling such vegetables as carrots and potatoes before cooking them. Much of the food value in your vegetables lies just under the skin and is lost if they are peeled. Scrub them clean with a vegetable brush. In cooking vegetables, use just a small amount of water. By this, I mean just enough to barely cover the bottom of your pan, less than a fourth of a cup. Put your prepared vegetables in the pan, cover with a tight-fitting cover, and place on high heat just until steam begins to escape, and then reduce your heat to as low as possible. **BE SURE TO KEEP PAN TIGHTLY COVERED WHILE COOKING.** Cook just until tender. Do not overcook your vegetables. The longer you

cook them, the more of the food value you destroy. Do not use fat meats in cooking vegetables. Learn to enjoy the good natural flavor of the things you eat. It is best to season vegetables AFTER cooking with a little butter, and if desired, add vegetable salt.

If you like cabbage, but find that it doesn't agree with you, try cooking it by this steaming method just until tender. You'll have no cabbage odor in your house and no indigestion after eating! We like sliced carrots cooked with cabbage.

Form the habit of tightly covering all food stored in the refrigerator.

One of the worst punishments we give our poor stomachs is throwing so many different foods into them at mealtime. Try serving just three items at your meals, or four at the most. You'll find that you will feel much better. And do make it a habit to have at least one raw food at every meal.

A salad made of lettuce, carrots, celery, avocado, boiled egg yolks, and sunflower seeds, with a little healthy dressing sprinkled over it, with maybe some cottage cheese, makes a delicious and nourishing meal.

In the evening, a big fruit plate is a good, light meal. A big glass of unsweetened juice before you go to bed will be healthy for you. In serving nuts over fruit dishes, it is good to grind them briefly in the food blender. They are more digestible this way, and your body can assimilate more of the food value from them. Be sure to thoroughly chew all your food, especially nuts.

Since sore throats and colds (which result many times in flu or pneumonia) are such common maladies, let me offer you a suggestion . . . or at least tell you what I do. If I feel a sore throat coming on, I immediately stop eating and drink only water or grapefruit juice until my system is clean again. It usually doesn't take more than twenty-four to forty-eight hours until the sore throat is gone. Most people get sick like that in the wintertime because they do not get enough sunshine and fresh air; too often they sit around in some old, stuffy room, too hot from gas stoves that have already burned up the oxygen. Also, most people do not exercise enough in the winter time.

The television set has done plenty to damage the health of the people as they sit hour after hour. It has especially damaged the health of the little children because, instead of playing in the backyard or on the softball lot, they are sitting around watching television - many times in positions that are not good for developing the body. The Lord gave us one seat and two feet; therefore He must intend for us to walk and stand more than He does for us to sit!

Now let me summarize the thing that I've been trying to say. Eat natural foods as much as possible. Don't over-eat. Stay away from things that may not be particularly harmful or kill you right away, but simply do not have any contribution to make to your over-all health picture. Paul says there are some things that may not be sin, but they are weights, and he suggested we lay them aside. Most people are trying to run the race of life weighted down with too much luggage.

MAYONNAISE

- 1) 2 egg yolks
- 2) 1 cup vegetable oil
- 3) 2 tablespoons lemon juice
- 4) 1 tablespoon honey
- 5) 1 teaspoon vegetable salt
- 6) 1 teaspoon boiling water

The first three ingredients and all utensils should be thoroughly chilled. Use a rotary beater or electric mixer. Beat egg yolks well. Add oil and lemon juice, drop by drop, increasing the amount as the dressing thickens. Gradually add honey and salt during the mixing process, ending with oil. When all oil is used, dressing should be thick enough to hold its shape; if not, add a little more oil. Add the boiling water last to prevent separation. Refrigerate.

EGG CUSTARD

I also make this custard that I think is delicious; I hope you enjoy it
You will notice that we use just the egg yolks.

6 egg yolks
3 cups milk
2/3 cup raw sugar
2 teaspoons vanilla

Scald the milk and sugar. Add VERY slowly to the lightly beaten egg yolks. Add vanilla. Pour through strainer into baking dish. Sprinkle the top with nutmeg or dot with butter. Place baking dish in a pan of hot water and bake at 325° until knife inserted in middle of custard comes out clean, about one hour.

Now for the baking suggestions: There is nothing quite so delicious as a fresh loaf of home-baked, whole-wheat bread. However, even though the temptation is great, be careful that you do not overeat - even of good, whole-grain products. Keep your diet well-balanced. Get some whole-wheat flour, and make your own bread. Make every effort to get freshly ground whole-wheat flour, if possible.

Here is the recipe for whole wheat bread. If you like, you can replace part of the whole wheat flour with unbleached white flour. For other variations, try kneading raisins, chopped dates, cinnamon, or nuts into your dough.

WHOLE WHEAT BREAD

2 cups milk
3 tablespoons butter
1 tablespoon salt
1/2 cup brown sugar
2 yeast cakes, or 2 packages of active dry yeast
1/3 cup lukewarm water
5 1/2 cups un-sifted whole wheat flour

Scald milk. Add butter, salt, and brown sugar, and pour into large mixing bowl; cool to lukewarm.

Dissolve yeast in 1/3 cup lukewarm water; add dissolved yeast to mixture in bowl.

Add 3 cups of the flour. Stir eight minutes with electric mixer at low speed or 300 strokes by hand. Add remainder of flour and mix well.

Turn onto floured board, and knead until dough is smooth and elastic, kneading in more flour, if necessary.

Place in an oiled bowl, cover with towel, and let rise in a warm place until double in bulk, about one hour.

Knead down to original size, cover, and let rise again.

Knead down, cut in half, and shape into two loaves. Place in oiled bread pans, cover with towel, and let rise until dough begins to lift towel.

Bake in 350° F preheated oven for 45 minutes or until golden brown.

Remove from pans and place on wire rack to cool.

For soft crust, brush with butter.

DROP COOKIES

We have done quite a bit of experimenting with cookie recipes, especially drop cookies, substituting unbleached and whole wheat flour. Here is one suggested recipe that you can try.

Mix together thoroughly:

- 1 cup soft shortening
- 2 cups brown sugar
- 2 eggs

Stir in:

- 1/2 cup sour milk or buttermilk

Sift together and stir in:

- 2 cups unbleached white flour
- 1 1/2 cups whole wheat pastry flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg

Add:

- 1/2 cup chopped dates
- 1/2 cup raisins
- 3/4 cup chopped nuts

Chill at least one hour. Drop rounded teaspoonfuls about 2" apart on lightly greased baking sheet. Bake 10 - 12 minutes at 350°, until, when touched lightly with finger, almost no imprint remains.

(There is a preparation that you can get at the health food store that is a wonderful substitute for chocolate, called Carob Powder. You can experiment with your recipes using this Carob Powder in place of chocolate. As a general rule, 3 level tablespoons Carob Powder plus 2 tablespoons liquid - milk or water - equals 1 square of chocolate.)

BROWNIES

2/3 cup sifted whole wheat pastry flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter
2 eggs
1 teaspoon vanilla
2/3 cup raw sugar or brown sugar
2/3 cup chopped nuts
3 tablespoons milk
8 tablespoons Carob Powder mixed with
1 tablespoon melted butter

Cream butter and sugar until well blended. Add eggs, salt, vanilla, milk, and Carob Powder mixture. Beat vigorously.

Sift the baking powder with the flour. Add flour and chopped nuts to mixture.

Spread batter in a 9 x 9 inch greased pan. Bake for 30 minutes at 350°. Cut brownies before they have cooled.

HINTS FOR HEALTH

- 1) Eat uncooked food one day each week.
- 2) Fast at least three meals a week.
- 3) Do not eat quickly.
- 4) Do not drink things real hot or real cold.
- 5) Do not drink liquids with your meals.
- 6) Drink your fruit juices at least forty-five minutes before you eat and wait at least two hours after you eat before you drink fruit juices or vegetable juices.
- 7) Do not eat starches, sugar, or sweet fruits (such as raisins, dates, and figs) or certain other fruits (such as grapefruit, oranges, lemons, apples, pears, peaches, etc.) with meats.
- 8) Avoid fried foods, gravies, hot sauces, and black pepper.
- 9) Drink a lot of pure water.
- 10) Do not eat late at night.
- 11) Since food is sanctified by the Word of God and prayer, quote a verse of Scripture, and always ask the Lord to bless the food.

- 12) Young people, remember that a good complexion does not come out of a jar or a bottle, but out of your stomach; a healthy outside comes from a healthy inside.
- 13) Make your own toothpaste out of salt and baking soda; dentists will tell you this is safer and better for your teeth.
- 14) Take a good, fast walk every day, concentrating on breathing deeply. It's better to walk early in the morning when things are fresh and you get the purest air.
- 15) Wear the most comfortable shoes if you want healthy feet.
- 16) Do not wear clothes that interfere with the circulation.
- 17) Do not be afraid of sunshine; there is healing in it.
- 18) Sleep on a hard bed and learn to sleep on your back. Your framework is in your back, but if you sleep on your stomach or side, you are likely to impair the organs of your body and possibly develop cricks in your neck and in your arms. I would rather sleep three hours on a hard bed than four hours on a soft bed.
- 19) Do not sleep in a room with the gas turned on because it will burn out the oxygen; keep plenty of fresh air in the room.
- 20) Try to be asleep by ten o'clock and not later than eleven. One hour before midnight is worth two after midnight.
- 21) Do not be deceived either by the advertisements or by the great intellects. Good food and good health habits really work. Find out what your body needs, and faithfully provide it.
- 22) Don't compare money or time with health. Health is priceless!

CHAPTER II -- Fasting

Jesus said, "*Then shall they fast,*" Mark 2:20, Luke 5:35. Let me begin this chapter by first suggesting that you not be afraid of this simple, old Bible doctrine which has been neglected so long until it sounds new to the average person.

Jim Elliot, who was killed by the Auca Indians, said, "He is no fool who gives what he cannot keep to gain what he cannot lose." As in everything, the Bible is the final authority for or against any subject. Fasting is no exception. Moses fasted forty days at one time and then forty days at another time before receiving the wonderful Word of God. Elijah fasted forty days, and Jesus fasted forty days, so we see a picture of the law, the prophets, and grace, which is the fulfillment of both the law and the prophets.

Even though eating is necessary, we would all agree that eating has gotten a lot of people into trouble. Eve ate the forbidden fruit in direct disobedience. The flood was preceded by a generation who were busy eating and drinking. The children of Israel, under Aaron's leadership, sat down to eat and drink and then rose up to play as they danced around the golden calf. Isaac wanted one more meal and thereby sought to mix the carnal with the spiritual in giving the final blessing to his sons.

Let me first give you the Scriptural illustrations in the Bible concerning fasting and then some practical suggestions about how to fast and when to fast. The great revivals that we read about in the Bible were preceded by fasting. Nehemiah sat down and wept and mourned and fasted and prayed before the God of heaven. That was the beginning of the rebuilding of the walls of Jerusalem and the mighty revival (as recorded in the 8th chapter of Nehemiah) when the Bible was read and the people wept and repented. This brought about a holy day and the great statement, "*The joy of the Lord is your strength,*" Nehemiah 8:10.

Look at Ezra 8:21, "*Then I proclaimed a fast there ... to seek of Him a right way for us, and for our little ones, and for all our substance.*" Verse 23, "*So we fasted and besought our God for this: and He was entreated of us.*" In Isaiah 58:6 the fast is "*to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free.*"

The old, wicked city of Nineveh, with its teeming thousands, fell on its face to fast, and revival came in less time than it would have taken to clean the streets of that city. The great prophet Daniel, with his long-range vision, received his wisdom while fasting. "*And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession,*" Daniel 9:3. And then in verses 20 through 22, we find Daniel receiving the wisdom and understanding from Gabriel. Praise the Lord, Gabriel was caused to fly swiftly at the response of a man who would pray and fast and confess his sin!

Now remember, the theme of this book is not just to strengthen folks physically, except as it leads them to surrender their lives to Jesus for real spiritual service, which, of course, is reasonable. Again, let me say that the physical body has no essential importance apart from the purpose and design of God and the direction of the Holy Spirit. In the Book of Esther, we find that the entire nation of Israel was delivered from impending doom and death and destruction because Esther and Mordecai called a fast.

Now let's see what Jesus said about fasting. He certainly left no doubt concerning this great truth in that He fasted Himself. He simply warns us against hypocritical fasting, appearing unto men to fast, or bragging about a fast. The abuse of fasting has been seen in fasting unto men instead of unto God. Let me say right here that just separation from food, even though it may be a blessing to you physically (and it will be), will not achieve spiritual purposes unless we fast unto the Lord.

One of the dangers in fasting is to go a day without food and then eat twice as much the next day to catch up. Another is to worry about yourself or be disturbed about your appetite and refuse to

pray and read the Bible and think in spiritual terms. It would impact the average person or home if once a week the time it takes to cook and eat a meal would be spent in Bible reading and prayer and real dedication. And then if the money that the meal would cost would be given to missions, it would be amazing at the amount of money that would be given to missions.

One of the reasons I know that fasting is right is because there is such rebellion against it, even on the part of church people. The average preacher pokes fun at fasting and prefers the subject not to be discussed in his pulpit. Jesus made two statements that would convince any fair mind that fasting is right when He said, "*They will fast.*" And then on the other occasion, in Matthew 17:21, He said to His disturbed and embarrassed disciples (after a stinging rebuke about their inability to heal the child), "*This kind goeth not out but by prayer and fasting.*"

Look at that mighty revival book of Joel with its stirring call to repentance and the announcement of impending doom, calling the people to fast, including all the little ones - Joel 2. And then, my friend, if anybody ought to fast, the Gentiles ought to fast for this reason: Simon Peter, a devoted Jew, was fasting when he got his call to go to the Gentile Cornelius (Acts 10:20).

In Acts 13, we see the origin of the mission program beginning as the church fasted, and the Holy Ghost said, "*Separate me Barnabas and Saul for the work whereunto I have called them.*" And as you know, Paul became the missionary to the Gentiles and magnified his office. Paul and the mariners, as recorded in Acts 27, fasted fourteen days. It was then that the angels stood by them in the night, saying, "*Fear, not, Paul . . . God hath given thee all them that sail with thee.*" And Paul said, "*Be of good cheer: for I believe God, that it shall be even as it was told me.*" Fasting will help to carry you through the storm when it is linked with believing prayer.

We like to quote from the prince of preachers, Paul, but our flesh shrinks back when we read II Corinthians 11:23-28 in which we hear him say, "*In fastings often.*" In Luke 2:37, Anna "*served God with fastings.*" II Corinthians 6:4-5 states, "*Approving ourselves . . . in fastings.*" My beloved, these are enough Scriptures and examples to convince any skeptical doubter with a fair mind and an open heart.

The Psalmist said, "*I humbled my soul with fasting.*" There's nothing that cuts away and burns away the proud flesh like fasting. Paul went so far as to say that the belly could become a person's god and calls such people the enemies of the cross; in Philippians 3:18, he said that there are many of them. Even though we may decorate, glamorize, glorify, spray cologne on this old flesh, Paul still calls it, "*Our vile body*" Philippians 3:21.

Oh, at the time we spend, and unnecessarily so, trying to pacify the flesh; and the older the flesh gets, the more it takes to pacify it. A few weeks after a baby is born any little old toy or rubber pacifier stuck in his mouth will make it happy. But as he grows older, it takes a little train, a tricycle, a wagon, a bicycle, a scooter, an automobile, and then instead of a rubber pacifier, it takes a cigarette or a cigar. No wonder Paul said, "*I know that in me (that is, in my flesh), dwelleth no good thing.*"

Now let's look at the practical side and make some suggestions. When should a person fast? How long should they fast? Should they drink anything while they fast? How should they break the fast? What should they do while they are fasting? These are good questions. Now let me try to answer them to your satisfaction.

First of all, when should I fast? Well, I believe that is a personal matter. I would suggest that you fast one day a week. However, this would be altered by the burdens that come, the leadership of the Spirit, and the spiritual/physical needs you may face.

Many times one needs to go on a semi-fast or maybe a fruit fast or natural food fast for a week just to tone up his physical system and give his body a chance to clean house. If I were to feel a sore throat coming on, I may fast three or four days. If I have an affliction of some sort that comes unannounced, I will fast and pray and read my Bible until it's gone and have God's people, of course, pray for me and pray with me.

If God leads you to go on an extended fast, don't be afraid of it. Fasting does not cause weakness primarily, but it is the poison in the system that rises forth. For instance, if you go without your cup of coffee or cola drink, you begin to get a headache. That's your system crying out for what it has been used to getting. A Christian has no need to be a slave to a habit like that when Jesus breaks every fetter and sets the captive free.

John Wesley and other great Christians of all the ages have practiced fasting. He said when he felt his power waning and a coldness coming over his heart, he fasted and prayed a few days, and God heard and answered. You know, it's strange, but we quote these great men of God as though they were some super-duper creation when actually, they were made out of the same kind of dirt we are made out of . . . except they just lived surrendered and kept the flesh humble by fasting and prayer and obedience to God.

I think it is good to drink plenty of water, and by that I mean pure water. Sometimes unsweetened fruit juice is good for our systems, and at other times use a little taste of honey - which is so pure that it does not interfere with the cleansing process of the system. Personally, I think it would be a very healthy thing for one to go on a juice fast for a number of days every once in a while, drinking fruit juices first and then going on to vegetable juices. At least, I've found it to be very helpful to me.

Again, let me say, it is not the amount of food that you eat, but the kind of food and the condition of your body when it receives it. I find that one meal a day is ample when you have the right kind of juices and fruits. I think it is well to rest and relax when fasting, especially on an extended fast. Walking in the sunshine with deep breathing is very helpful.

The question is raised, "What about my children?" Begin to teach them at an early age to fast, and when hunger becomes acute, give them a piece of fruit or a glass of juice. Teach them what the Bible says about it, but don't give them milk when they are fasting. I found out after the age of thirty that I could learn to like anything if it was good for me; it is a matter of disciplining your appetite.

When breaking a fast, be careful not to overeat. Eat a fruit salad or a vegetable salad. Vegetable salads can become the broom to sweep out the stomach. It makes fasting a lot better if the whole family agrees on it and would set up a time when they fast. But if the whole family does not, just exercise your will power and fast anyway. Don't fuss and argue about it, and certainly steer away from a self-righteous attitude or the spirit of condemnation upon those who will not fast, because you will certainly miss your blessing. When fasting becomes Pharisaical, it becomes sinful.

I think it is a sin to eat when we are not hungry, in spite of the old-fashioned suggestion, "Well, eat to keep from getting hungry." Eating when one is not hungry is like putting gasoline in the tank when the tank is already full.

In closing this chapter, let me urge you to pray about fasting and begin to practice it, and then notice the blessings - physically, mentally, financially, and spiritually - that will be yours. Isaiah says you can fast and get the heavy burden loosed. Daniel fasted for wisdom. Nehemiah fasted for the rebuilding of the walls and a revival in Jerusalem. Nineveh fasted and was saved from destruction. I believe Pentecost was preceded by ten days of fasting and prayer. The missionary program was launched after fasting. Jesus said there is a certain kind of ministry that can only go out by prayer and fasting. Paul fasted often. Two hundred seventy-six mariners were saved through the fasting and praying of one man. All of God's men of deeper experiences fasted. Why don't we?

I believe there is no disease known to man but what the right kind of food, fasting, and faith - along with the Word of God, could heal, if God chooses to do so. Disease feeds on the wrong kind of food. If cancer does not get its food, it will die. In our body are two kinds of germs - bad and good. If the bad are not fed, they cannot live. That's why I say you never catch colds - colds catch you. If these other faithful soldiers (the good germs) are strong and properly fed, when the bad germs make the attack, they don't have a chance. We call this resistance (immunity) against disease. Weather has nothing to do with your sickness or disease if your body is strong. It may precipitate a cold or spell of sickness, but it is

never the cause of it. In conclusion, let's practice what Paul talked about in I Corinthians 9:27, "*But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*"

CHAPTER III - Faith

Four times in the Bible - Habakkuk, Romans, Galatians, and Hebrews- we are told "*Now the just shall live by faith.*" Please read Hebrews 10:32 - 12:4, for this is the Pike's Peak of the Book. "My confidence in Jesus grows stronger every day. His grace I find sufficient to lead me in life's way." I cannot live under the circumstances around me. That song keeps coming to me, even in trying and testing times - "The thing that you have prayed for is on its way and paid for." Oh, may God bless this chapter to my own soul, as well as yours, for the sake of the cause and for the many ministries God has given us.

Communism, denominationalism, and modernism, with their feverish, futile and fatal efforts, are trying to take the place of a vital faith in a living God. Education, organization, reformation, amalgamation, and unionization are just as hopeless. The Peace Parleys, the United Nations Conferences, and the big talk of the National Council of Churches are just as helpless as was Ponce de Leon in looking for the land of perpetual youth.

Faith lives in the high tower. Paul said to the Ephesian Church, "*Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.*" That old, four-star general who could prove his faith by his scars said, "*I have fought a good fight, I have finished my course, I have kept the faith.*" Faith was his crowning virtue. Even though he lost his head, he kept his faith. In the first place, let me say that faith is not wishing, wanting, trying, hoping, striving, or even waiting. Most of these are enemies of real Bible faith. Let me give you some thirty things that came to me this afternoon concerning faith.

- 1) Faith is real. It is "the substance of things hoped for, the evidence of things not seen," Hebrews 11:1. Spiritual substance is the evidence of the only things that are real.
- 2) Faith is a gift. "*As God hath dealt to every man the measure of faith,*" Romans 12:3. "*For by grace are ye saved through faith; and that not of yourselves. It is the gift of God: not of works, lest any man should boast,*" Ephesians 2:8-9.
- 3) Faith is the life of Christ. "*The life which I now live in the flesh, I live by the faith of the Son of God, who loved me, and gave Himself for me,*" Galatians 2:20. "*And be found in Him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith,*" Philippians 3:9. "*I can do all things through Christ which strengtheneth me,*" Philippians 4:13. "*Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe,*" Romans 3:22.
- 4) Faith is the rope tied to the bucket of reality, dipping itself into the fullness of God.
- 5) Faith is stepping when there is no place to step, like Moses at the Red Sea, when commanded of the Lord to go forward, Hebrews 11:29. Faith is like the old man who was chided because of his great faith in God when someone said, "I guess if God told you to jump through that brick wall,

you'd jump." He said, "Yes, sir; it's my responsibility to jump and God's to make a hole in the wall."

- 6) Faith is victory. "*This is the victory that overcometh the world, even our faith,*" I John 5:4b.
- 7) Faith is living the overcoming life.
- 8) Faith is more forceful than fire; Jesus became the fourth man in the fire for the Hebrew children, and they came out without a smell of smoke, Daniel 3:1-30.
- 9) Faith is the key to the lions' jaws; it delivered Daniel without a scratch.
- 10) Faith is the power that destroyed the walls of Jericho, Hebrews 11:30.
- 11) Faith is the road to the city not made with hands, eternal in the heavens. Abraham must have become the laughing stock of his neighbors and friends and business associates, yet faith justified him as we see Lazarus in Abraham's bosom. He certainly had found that city. Hebrews 11:8-10. Luke 16:19-31.
- 12) Faith became deliverance for the millions of Israelites (without a shot being fired and with only one casualty) and which cost Moses a sentence of forty years in the wilderness. You know, faith never uses force or the flesh or pressure - it works altogether by spiritual laws and principles. That's the reason it is so despised and misunderstood by the world. Faith scarcely makes the headlines with man, but it makes the "Who's Who" of heaven.
- 13) Faith is seeing the unseen - the invisible. Moses, by faith, saw Him who is invisible, Hebrews 11:23-28. It looks like everything is in the very grip of the picture show. The thing that got Eve - when she SAW. The thing that precipitated the flood - when the sons of God SAW. The thing that wrecked Achan - when he SAW, lusted, and took. The thing that knocked David from the pinnacle of power - when he SAW Bathsheba. The thing that brought about a brokenhearted Moses - when the people cried to Aaron for a god they could SEE. Oh, how could so much junk crawl up in our homes and churches to blind the eye of faith and dishonor God.
- 14) Faith is endurance. "*He endured as seeing Him who is invisible,*" Hebrews 11:27b.
- 15) Faith is the opposite of fear; the parents of Moses were not afraid because they had faith. Hebrews 11:23.
- 16) Faith is pleasing God. "*Without faith, it is impossible to please Him: for he that cometh to God must believe that He is,*" Hebrews 11:6. "*Now faith is the substance of things hoped for, the evidence of things not seen,*" Hebrews 11:1a. Faith makes Jesus current with your problems; faith makes Him a today's Saviour and Helper.
- 17) Faith is Bible living. "*The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach,*" Romans 10:8.
- 18) Faith is salvation. "*By grace are ye saved through faith,*" Ephesians 2:8a.

- 19) Faith is the Christian's keeping power. "*Who are kept through the power of God through faith,*" I Peter 1:5
- 20) Faith is the hand and arm that is reaching after the garment of God for certain healing. The woman for twelve years had exhausted money, strength, and every hope, yet when by faith she touched Him, she felt that she was made whole, and she was. Even though she had an element of fear, she was still made whole, and Jesus commended her, Matthew 9:20-22.
- 21) Faith is man's extremity and God's opportunity. Faith works better when the last straw of human help has been exhausted. When Jacob was shut up to faith at Jabbok, he came out with the victory, Genesis 32:22-31.
- 22) Faith is life's extension cord. Hezekiah prayed after the undertaker had knocked on the door, and God gave him fifteen more years, II Kings 20:1-6.
- 23) Faith is the authority of God. The centurion cried out, "*Speak the word only and my servant shall be healed,*" Luke 7:2-10.
- 24) Faith is the mixture that makes the Gospel effective, Hebrews 4:2.
- 25) Faith is the storm-stopper. Jesus said, "*Peace, be still,*" and the waves laid down like obedient dogs. After fourteen days of abstinence, Paul stood on the wind and rain-swept deck and said it would be all right, "*For I believe God,*" Acts 27:25.
- 26) Faith is man resting and God working.
- 27) Faith is receiving. Mark 11:24.
- 28) Faith is giving all. The little boy who came to hear Jesus and brought his lunch of five loaves and two fishes gave all he had, John 6:1-14. I don't believe he would have given his whole lunch away, or maybe any of it, before he heard Jesus, but after he heard the Saviour speak, he gladly offered it all. That's Scriptural. "*...faith cometh by hearing and hearing by the Word of God.*" Romans 10:17
- 29) Faith is God in action on the battlefield, winning every battle and making real what Christ made possible.
- 30) Faith is complete surrender, demonstrated by Jesus on the cross who was denied by Peter, forsaken by His own, betrayed by Judas, with heaven's gates closed in His face, with the angels silent, his telephone line to the Father's house clipped, deserted by the Spirit, and yet, He said (Luke 3:46), "*It is finished.*" And in John 19:13, He said, "*Father, into Thy hands I commend my spirit.*"

Do you remember the story of the little girl on the mission field who pled with the missionary to let her go live with her in her home? The missionary said, "Honey, I don't have the provisions to take care of you. Let us pray and believe that someone from the homeland will send provisions." When the missionary had gone back across the hills to the little neighbor village where she lived, she found a letter with a check sufficient to take care of the little girl. She said to one of her converts, a faithful servant,

"Will you go back across those hills and find that little girl and bring her?" The servant left, and then in just a few more moments, he was back with the little girl holding onto his hand. The missionary said to the little girl, "How did you get here so quickly?" She said, "Well, Miss Missionary, I knew that if you prayed and I prayed and we both believed, I might as well get on my way, and so I did." That's child-like faith!

"If you had been living when Christ was on earth,
And had met the Saviour kind,
What would you have asked Him to do for you,
Supposing you were stone blind?"

The child considered, and then replied,
"I expect that, without doubt,
I'd have asked for a dog, with a collar and chain,
To lead me daily about."

And how often thus, in our faithless prayers,
We acknowledge with shamed surprise
We have only asked for a dog and a chain
When we might have had OPENED EYES!

Can you hear Jesus asking His disciples these questions - "*Where is your faith?*" "*How is it that ye have no faith?*" "*Oh, faithless and perverse generation ... If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove.*" "*If thou canst believe, all things are possible to him that believeth.*" In this day when much of the work of God looks wilted and Christianity looks awfully pale, it is no time to retreat; it is a time to retrench and retread and rewind. And even though we must be living in the days of the final apostasy, where faith has faded into form and lost its fire, I believe there can be something genuine when Jesus comes again. With Jesus interceding above and the Holy Spirit indwelling and abiding in our heart, there is no excuse or reason for failure. I keep hearing that song, "The thing that you have prayed for is on its way and paid for, so hold on a little longer, hold on." Yet, I've come to the place where I've had to confess to God that I couldn't hold on; He would have to hold me on. And my faith is still unswerving and unwavering. I'm fully persuaded that what He has promised, He is able also to perform, Romans 4:21.

Now, let me bear a personal testimony that I trust and pray will encourage God's people. My life of faith began one Wednesday night, as I was a very sick young man in the hall of that old, ranch house in Navarro County in Central Texas. About ten o'clock that night I said, "Lord, if you're calling me to preach, I'll preach," and God gave me a real taste of peaceful sleep that I had not known in months. It was during the Great Depression, and the times seemed impossible. After staying out of school a year following high school graduation and picking cotton in West Texas, I went off to Baylor University. I took my old milk cow to furnish milk for my board and room, and I had to guarantee three gallons a day. That was a step of faith!

My body was weakly and sick, and one of the outstanding doctors in Waco recommended that I just go back to the farm. However, my real ministry of faith did not begin until about eighteen years later when I began to take the Bible literally and believe that it meant what it said for today. It was about that time that I started reading it through each year on my knees and started believing God for my physical needs as well as the needs of the ministries into which he called me.

Faith allows many tears and tests but never puts up with a compromise. Faith constantly cuts away temporary pilings and is continually settling us on the pillars of eternal truth. Faith permits

loneliness and heartaches and many misunderstandings. Faith is a pioneer. It keeps its subject constantly in the new ground. Faith is the Marine leathernecks making new beachheads. Faith demands a tough hide and a tender heart and a saw log for a backbone. Faith longs for only one thing, and that's the vindication of the Word of God.

Faith will allow no competition to Christ or the Word. "It is not mine to question the judgments of the Lord. It is but mine to follow the leading of His Word." When one questions the Word of God, the wisdom of God, or the goodness of God, he is immediately off of faith ground. When one begins to whine and murmur, complain and doubt, he is off the good old faith line. When one spends his time enumerating what he had to give up in order to live by faith instead of what he got by living by faith, he has missed the trail.

In 1944, one night in the deacons' meeting, I asked the deacons if they would be willing for me to launch out by faith on a fifty-thousand watt radio station, fifteen minutes a day, five days a week. They said they would if I would have it understood that they would be released from any financial obligation. God honored that step of faith, and it was not long until we were on six days a week for thirty minutes and Sunday afternoon for one hour. But after eight years of glorious ministry and the building of a wonderful audience, we were told that we could no longer preach on this station because we were controversial. This was the severest and most sickening disappointment of our entire life.

Without a root of bitterness or a spirit of criticism, I relate this incident because I can see that Romans 8:28 had its plow in the ground and also Philippians 1:12, "*But I would ye should understand, brethren, that the things which happened unto me have fallen out rather unto the furtherance of the Gospel,*" even though it looked like we were in a complete blackout. Lifetime friends and schoolmates left us over night. This decision of the brethren was made public by the associated press in the newspapers and also in our church publications.

I was on the road in evangelism when the word reached me. I shall never forget the day in Henderson, Texas, when I made the announcement to the radio friends, with many tears. After the message, a friend who traveled with me and watched the tent for a number of years, put his arms about me and pointed to the heavens and said, "Our Father will help Brother Roloff." I knew full well that He was the only one who could help me in that time of darkness.

Two years later, the station was sold, and a nonbeliever came and asked me if I would like to go back on the air - to which I said, "Yes." So, for two more years we preached the Gospel, to be disappointed again later by a letter saying the station was going to "total programming," - which left the Gospel off. More time elapsed, and I walked into the office of one of the owners and made request to go back on.

Now, in the meantime, I had to go to Alice, TX (forty-five miles away) and Sinton, TX (twenty-eight miles away) in order to have a radio ministry in my hometown. The friend said they would like to have my contract, and I agreed to borrow the money for a year's time in advance. After weeks of waiting and no word, I walked into the studio and asked the reason why. I received this answer, "I'm sorry, but we have four liquor accounts, and they all said if you went on, they would go off; therefore we must have their accounts instead of yours."

As I walked out of the studio that day, the Lord impressed me that He would give us that station. I walked rapidly to my office and called my lawyer. I asked him to offer three hundred thousand dollars for the station, to which he said, "Are you kidding?" I said, "I was never more serious in my life." I told him to offer just one thousand dollars as earnest money, cautioning him not to tell them who was buying the station.

I remind you that I didn't have any money at the time. Many of you will remember that we had just finalized a contract for one hundred thousand dollars for a broadcast on a Mexico border station which covered most of our nation and was being blessed of the Lord. This, of course, was a tremendous

step of faith in itself, having to put up twenty-five thousand dollars every three months, but, oh - the letters and the testimonies!

In a few days, the lawyer said that he had a tentative contract for the 50,000 watt station for three hundred thousand dollars, with twenty-five thousand dollars earnest money. In no time at all, the Lord put into our hands the twenty-five thousand dollars, and in turn, it was put up for earnest money. The die was cast, the shore lines clipped, and the bridges burned. Another hundred thousand dollars had to be raised in three months, and then the F.C.C. permit had to be given from Washington, D.C. God spoke to our friends, and people gave for the need.

The only thing I personally put into the station was five hundred dollars for five shares, and they were given to the Roloff Evangelistic Enterprises. The Enterprises could not buy the station. Other Christian friends bought the remainder of the stock, and we named the station K.C.T.A. (Know Christ The Answer). So, on October 23, 1959, at five o'clock in the morning, we went on the air singing "In shady green pastures, so rich and so sweet, God leads His dear children along." For two hours we testified and bragged on Jesus and praised His wonderful Name.

I feel like saying with Brother Paul (Romans 11:33-36), *"O the depth of the riches both of the wisdom and knowledge of God! How unsearchable are his judgments, and his ways past finding out! For who hath known the mind of the Lord? Or who hath been his counsellor? Or who hath first given to him, and it shall be recompensed unto him again? For of him, and through him, and to him, are all things: to whom be glory forever. Amen."*

The Alameda Baptist Church was a real project of faith. Some friends and I put up twenty-five hundred dollars on seventy-five thousand dollars' worth of land (ten and four-tenth acres) without a church, without an organization, and months later we started just a plain, simple Bible church. In our first meeting that Sunday afternoon, October 24, 1954, under a tent, a little band of Christians gave hundreds of dollars to missions, which was their first offering. In a few weeks we started the Good Samaritan Rescue Mission, the first rescue mission in Corpus Christi, spending some five hundred dollars a month for the "down-and-outers" before we ever had a church building of any kind. But in time God gave us a beautiful brick building with a seating capacity of sixteen hundred. I preached grace, and we majored in evangelism. God blessed.

Another work of faith was the City of Refuge, which was begun as an extension of the Good Samaritan Rescue Mission. It was a farm-type home for alcoholics, narcotic addicts, and people who needed spiritual help. Some friends who lived near Lexington, Texas, let us use some property they owned there in the sand hills of Lee County. Without a stick of lumber or barbed wire fence or well of water or any sort of improvement, this city came into being. God vindicated this worthy cause, and some former alcoholics and drug addicts are now preaching the glorious Gospel of Christ that will deliver from alcohol, drugs and any other sinful habits. Since its beginning in 1956 this "City With a Soul" has been moved three times, ending up in Corpus Christi on the People's Baptist Church property in 1979. Many men have come to this home and have been taught the way of life and have "gone back another way."

The greatest step of faith concerning the ministry of the City of Refuge was when the Lord led us to move it to Culloden, Georgia. A friend in Atlanta, whose father-in-law had been delivered from alcoholism under our ministry, took me to see the place. It was a beautiful, 273-acre estate with a magnificent, old antebellum home, a log cabin, a few other buildings, a lake, and many stately pine trees. When I first saw it, I told my friend that it was "too rich for my blood." The selling price was \$185,000, but the Lord reminded me that the greatest interest in our ministry at that time was from people and preachers who were located in that area of the country. I was traveling a lot and preaching in churches in Florida, Georgia, Virginia, Tennessee, Alabama, and the Carolinas. I could see it being used, not only for the alcoholics and narcotic addicts, but also for a beautiful place for preachers and

friends and supporters who lived east of the Mississippi to come and join us for Bible Conferences and Camp Meetings. They would also be able to see that phase of the ministry firsthand.

But not wanting to go into heavy indebtedness, I gave up. God then gave me the assurance that He DID want us to have this place and assured me that it would be paid for in cash. The price had been lowered to \$108,000. I went to the bank that was handling the estate and gave them five thousand dollars as a down payment. A radio station in Atlanta donated nine hours of radio time to tell of our burden and the need. On July 4, 1965, we lacked \$38,000, and on July 5, we still owed \$10,000 - which was due on July 16.

We were holding a camp meeting on the property, and many precious friends came with their tents, trailers and campers. I had asked the banker to bring the note on the property to the meeting, because I felt the Lord would provide the balance due so that we could burn the note at the noon meeting.

A man and his wife walked up to me and handed me a blank check that had been signed and said, "This is for whatever you still lack." We were debt free! I still remember what that dear couple said: "We believe this place must be debt free to set men free."

This was another reminder of the truth of the Scriptures that we had claimed so many times, "*Now the just shall live by faith,*" and "*Without faith it is impossible to please God.*"

The home for ladies, which is currently the Jubilee Home, was at one time a part of the City of Refuge. Even while it was located in Lexington, Texas, ladies who needed deliverance from alcohol and drugs were allowed to come. They were housed in separate dormitories from the men. At the time they were transferred to Corpus Christi, they were called "The Help-Hers Home", and later the name was changed to The Jubilee Home. Many of the ladies who came to this home experienced miraculous changes in their lives.

The Lighthouse for delinquent and drug addicted boys was also a project of faith that the Lord greatly blessed. It was started in the summer of 1958, forty miles down the Intracoastal Canal from Corpus Christi. The first few years it operated only during the summer months, but due to the increasing need of helping boys and young men on a continuing basis, it became a full-time ministry. The Lord continued to bless as more and more young men and boys came and were delivered from drugs and alcohol. Some were sent by judges and brought by probation officers. Many of these fellows who came as young men are now in full-time service for the Lord. Because of the wide range in the ages of the fellows who came, this home was eventually divided. The Anchor Home for Boys took in boys, age 9-17, and the Lighthouse continued with the young men, ages 18-25.

The Anchor Home, originally known as the City of Refuge for Boys, was also relocated a few times, due to the donation of properties from friends of the ministry.

The Peaceful Valley Home, which was located amidst the citrus groves in the Rio Grande Valley of Texas, was begun in 1964. This was a dream come true, to be able to provide a place for older Christians who had retired but had a desire to be in a community of other Christians and still be of use in a ministry, if only to be a prayer warrior for the other phases of the ministry.

One of the most well-known and nationally-publicized homes the Lord led us to start was the Rebekah Home for Girls. It was begun in September 1967 in the home of some dear friends in East Texas when they took in a teenage, unwed mother who had called us for help. More and more girls began to call and come, and within four months the home was moved to Corpus Christi. It, too, was in two locations before we purchased the property on Old Brownsville Road, which was also another tremendous step of faith.

Realizing the need for a permanent location for the Rebekah Home for Girls, we located a 79-acre tract of farm land a few miles out in the country, west of Corpus Christi. The Lord impressed on my heart that this was the location He would have us purchase. The cost was \$97,000. When our friend, Alfred Edge, a realtor, was instructed to contact the owner of the property, he asked me how we

intended to pay for it. I immediately replied, "Cash!" When he asked me when we would have the money, I answered "September 1!" The Enterprises put up \$5,000 earnest money, and Alfred Edge deducted his commission. September was only three or four months away. We prayed. On September 1, 1968, a check in the amount of \$84,373.76 was written to pay for the property where the first Rebekah Home dormitory would be built. Within a few years the Lord added more sections of adjoining property, totaling 557 acres.

The People's Baptist Church was organized in 1969. The first building that was built on the property which had been purchased for the Rebekah Home was a two-story red barn for a cow, some goats, and other farm animals. The second story was used for a hayloft. Since the Rebekah girls were living in house trailers at the time, there was no place for the church to meet, so the hay was cleared out, some carpet put down, and chairs put in the second floor of the barn. The People's Baptist Church met for services in the "Heavenly Hayloft" until the last of June, 1970, at which time the first dormitory for the Rebekah girls was dedicated. Other dormitories were later built on the property, along with a church building, cafeteria, school building, and other buildings. Radio friends and supporters from several states came during their vacation times to construct the buildings. By the summer of 1979, the City of Refuge, the Help-Hers (now Jubilee Home for ladies), the big Lighthouse dormitory, and the Anchor Home for Boys were all located on this property.

Due to the restrictions of the State Welfare Department regarding taking care of unwed mothers in Texas, they were eventually moved to Hattiesburg, Mississippi, to a dormitory we built there on property donated by a Christian friend in that area. This home was named Bethesda, which means "House of Mercy."

The last big step of faith was the starting of Regeneration Reservation, which ministers to and works with the American Indians. In 1981, Mrs. Ann Murphy, a missionary who had worked among the American Indians for many years, had heard of our Homes in Corpus Christi and how the Lord had used the ministry of the Homes to transform alcoholics and drug addicts into responsible citizens as they became Christians and submitted their lives to the Lord's leading. A majority of the people she had been working with were alcoholics. She came to visit and to see this work firsthand. After sharing her burden with me, I accepted her invitation to go and visit her mission field. Upon seeing these people, many of whom were in jail or were lying around on the ground drunk, I made the statement to her, "May God forgive me; I never knew this existed. We can, and we must do something!" I returned to Corpus Christi with a definite burden for these desperate people who are precious in God's sight. In February of 1982, the Roloff Evangelistic Enterprises made a down payment on nearly 70 acres of land near the Apache Indian reservation at Fort Thomas, Arizona. This was named Regeneration Reservation, and they continue to minister to all tribes of American Indians.

Our radio ministry, the Family Altar Program, continues to be broadcast on stations across the nation. Again, I remind you of the wonderful way the Lord blessed the radio ministry and used it to raise up friends who were inspired to also trust the Lord by faith as they invested in lives by helping to provide the funds to minister to people in trouble.

We would like to say more, but it would take another book to write the glorious story of all the Lord has done through people and with people who have submitted to His leading by faith.

In closing, let me suggest if you want to live by faith, that you read the Bible through every year. Practice and exercise your faith. Find a church that adheres to the authority of God's Word. Choose your close friends carefully. Keep your eyes upon Jesus, the Author and Finisher of your faith. Memorize much of the Scripture, and praise Jesus and testify for Him every day.

I find it as hard to stop writing as I did to start writing, but if this book has been a blessing to you, pass it on to a friend.

The above dietary excerpts from Lester Roloff's book Food, Fasting, and Faith are intended to be an explanation of the nutrition principles which were practiced faithfully by him and were found personally helpful. They do not constitute medical advice. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.