

TEXT: Ephesians 6:17 And take the helmet of salvation, and **the sword of the Spirit, which is the word of God:**

Luke 4:4 And Jesus answered him, saying, It is written, That man shall not live by **bread** alone, but by **every word of God.**

"Health researchers said on Thursday they had found a troubling link between higher consumption of rice and Type 2 diabetes, a disease that in some countries is becoming an epidemic...'What we've found is **white rice** is likely to increase the risk of Type 2 diabetes, especially at high consumption levels such as in Asian populations,' Qi Sun of the Harvard School of Public Health told AFP...In the British Medical Journal (BMJ), Sun's team said the link emerged from an analysis of four previously published studies, carried out in China, Japan, Australia and the United States...In the studies carried out in China and Japan, those who ate most rice were 55 percent likelier to develop the disease than those who ate least...Brown rice, by contrast, has more fibre, magnesium and vitamins, and a lower 'glycaemic index'..."

(LiveScience.com, Mar. 16, 2012)

Isaiah 55:2 Wherefore do ye spend money for that which is **not bread**?...

Judges 5:7 The inhabitants of the villages ceased, they ceased in Israel, **until that I Deborah arose**, that I arose a mother in Israel.

8 They chose new gods; then was war in the gates: **was there a shield or spear seen among forty thousand in Israel?**

Amos 8:11 Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, **but of hearing the words of the LORD:**

12 And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, **and shall not find it.**

Luke 22:36 Then said he unto them, But now, he that hath a purse, let him take it, and likewise his scrip: and **he that hath no sword, let him sell his garment, and buy one.**

- Wayne Lapierre, *Guns, Crime and Freedom.*

Isaiah 29:11 And the vision of all is become unto you as the words of a book that is sealed, which men deliver to one that is learned, saying, Read this, I pray thee: and he saith, I cannot; for it is sealed:

12 And the book is delivered to him that is not learned, saying, Read this, I pray thee: and he saith, I am not learned.

"On October 16, 1991, Suzanna Gratia [Hupp], a thirty-two year old chiropracter, was having lunch with her mother and father at a Luby's in Killeen, Texas [about half-way between DFW and Austin]. Suddenly, George Hennard drove his truck through the front window of Luby's and began randomly shooting customers. Gratia was unarmed. Her gun was outside in her car."

"...I would have [at least] had the chance [to try to stop him]...[But] someone legislated me out of the right to protect myself and my loved ones."

- *From Luby's to the Legislature: One Woman's Fight Against Gun Control.*