

GROWING  
BETTER \_\_\_\_\_





# 1. GROWING BETTER FOOD

**"AND GOD SAID, "SEE, I HAVE GIVEN YOU EVERY HERB THAT YIELDS SEED WHICH IS ON THE FACE OF ALL THE EARTH, AND EVERY TREE WHOSE FRUIT YIELDS SEED; TO YOU IT SHALL BE FOR FOOD."**

*— Genesis 1:29*



WFPB



“CURSED IS THE GROUND *FOR YOUR SAKE*; IN TOIL YOU SHALL EAT OF IT ALL THE DAYS OF YOUR LIFE. BOTH THORNS AND THISTLES IT SHALL BRING FORTH FOR YOU, AND YOU SHALL EAT THE HERB OF THE FIELD. IN THE SWEAT OF YOUR FACE YOU SHALL EAT BREAD....”

— *Genesis 3:17-19*



“MANY ARE UNWILLING TO EARN THEIR BREAD BY THE SWEAT OF THEIR BROW, AND THEY REFUSE TO TILL THE SOIL. BUT THE EARTH HAS BLESSINGS HIDDEN IN HER DEPTHS FOR THOSE WHO HAVE COURAGE AND WILL AND PERSEVERANCE TO GATHER HER TREASURES. FATHERS AND MOTHERS WHO POSSESS A PIECE OF LAND AND A COMFORTABLE HOME ARE KINGS AND QUEENS.”

— *Fundamentals of Christian Education*, p. 326





## 2. GROWING BETTER FAMILIES.

“AND THESE WORDS WHICH I COMMAND YOU TODAY SHALL BE IN YOUR HEART. YOU SHALL TEACH THEM DILIGENTLY TO YOUR CHILDREN, AND SHALL TALK OF THEM WHEN YOU SIT IN YOUR HOUSE, WHEN YOU WALK BY THE WAY, WHEN YOU LIE DOWN, AND WHEN YOU RISE UP.”

— *Deut. 6:6,7*





**“YOU NEED TO CREATE A LIFESTYLE  
WHERE YOUR CHILDREN ARE  
NEEDED.”**

*— Michael Pearl*





3. GROWING BETTER FAITH.

# HORMESIS



**HORMESIS: A TWO-PHASED DOSE-RESPONSE RELATIONSHIP TO AN ENVIRONMENTAL AGENT WHEREBY LOW-DOSE AMOUNTS HAVE A BENEFICIAL EFFECT AND HIGH-DOSE AMOUNTS ARE EITHER INHIBITORY TO FUNCTION OR TOXIC.**



DYSINGER DEFINITION OF  
HORMESIS: ACCUSTOMING  
YOURSELF TO HARDSHIP AND  
PRIVATION.





“WE THEN THOUGHT OF THOSE WHO HAD NOT ACCUSTOMED THEMSELVES TO PRIVATIONS AND HARDSHIPS. WHERE WERE SUCH NOW? THEY WERE NOT IN THE COMPANY. AT EVERY CHANGE SOME WERE LEFT BEHIND, AND THOSE ONLY REMAINED WHO HAD ACCUSTOMED THEMSELVES TO ENDURE HARDSHIPS. THE PRIVATIONS OF THE WAY ONLY MADE THESE MORE EAGER TO PRESS ON TO THE END.”



“I NOTICED THAT THE BEAUTIFUL WHITE WALL WAS STAINED WITH BLOOD. IT CAUSED A FEELING OF REGRET TO SEE THE WALL THUS STAINED. THIS FEELING, HOWEVER, LASTED BUT FOR A MOMENT, AS I SOON THOUGHT THAT IT WAS ALL AS IT SHOULD BE. THOSE WHO ARE FOLLOWING AFTER WILL KNOW THAT OTHERS HAVE PASSED THE NARROW, DIFFICULT WAY BEFORE THEM, AND WILL CONCLUDE THAT IF OTHERS WERE ABLE TO PURSUE THEIR ONWARD COURSE, THEY CAN DO THE SAME. AND AS THE BLOOD SHALL BE PRESSED FROM THEIR ACHING FEET, THEY WILL NOT FAINT WITH DISCOURAGEMENT; BUT, SEEING THE BLOOD UPON THE WALL, THEY WILL KNOW THAT OTHERS HAVE ENDURED THE SAME PAIN.”







“THOUGH THE FIG TREE MAY NOT BLOSSOM, NOR FRUIT BE ON THE VINES; THOUGH THE LABOR OF THE OLIVE MAY FAIL, AND THE FIELDS YIELD NO FOOD; THOUGH THE FLOCK MAY BE CUT OFF FROM THE FOLD, AND THERE BE NO HERD IN THE STALLS – YET I WILL REJOICE IN THE LORD, I WILL JOY IN THE GOD OF MY SALVATION.” HAB. 3:17,18

