



2020 1Q Daniel: Lesson 11 From Battle to Victory

by Tim Jennings (announcements last page)

From **TUESDAY** last week

Read bottom green section, “If you would...” What does the quote mean? What law lens do you read it through?

Why would attempting to present your good works to God as meriting your salvation be treason to God’s government?

Here is the dictionary definition of treason:

1. the offense of acting to overthrow one's government or to harm or kill its sovereign.
2. a violation of allegiance to one's sovereign or to one's state.
3. the betrayal of a trust or confidence; breach of faith; treachery.

How is presenting our good works to God for salvation treasonous to God and His government?

What type of law would such an act be based upon? What would such an act suggest about the government of God and the laws of God’s kingdom?

What is Satan’s primary weapon against God—Satan is the father of lies! And Satan’s prime attack is on God’s law, that God’s law functions like human law.

So, the act of presenting good works to God to merit our salvation is sustaining Satan’s lies about God, and God’s law and government—thus it is treasonous it is an act of war against God’s methods of truth, love and freedom.

It would be like getting Ebola infected tissue and offering it to people as a remedy to make people healthy.

What about not offering our good works to God to merit our salvation, but instead offering God the blood of His Son to merit our salvation would that be treasonous?



Lesson 11: SUNDAY

Read Daniel 10:1-3:

In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. [What war?] The understanding of the message came to him in a vision. 2 At that time I, Daniel, mourned for three weeks. 3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. (NIV84)

Why was Daniel fasting?

- What is the purpose of fasting?
- What impact does it have?
- Is it to somehow influence God to do something?
- Or, does it do something to us so we are more focused, more attuned, more receptive to hear God?

Does our desire *for* spiritual truth have anything to do with our growth *in* spiritual truth?

Does our busyness with life, engagement in entertainment or real-life responsibilities ever interfere with our connection with God?

Could the foods we eat or the things we drink affect our ability to discern spiritual truth?

- Will intoxication on any mind-altering substance impact our ability to discern spiritual truth?
- Studies show that high sugar diets interfere with normal synaptic function in the brain and impair memory—omega 3 fatty acids DHA have protective effects improving memory (*J Physiol.* 2012;590:2485-2499.)
- What physical exhaustion, failure to rest, failure to take care of the body?
- What about over study?
 - **“Intemperance in study is a species of intoxication, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness.** The Lord would have every student bear in mind that the eye must be kept single to the glory of God. **He is not to exhaust and waste his physical and mental powers** in seeking to acquire all possible knowledge of the sciences, but is **to preserve the freshness and vigor** of all his powers to engage in the work which the Lord has appointed him in helping souls to find the path of righteousness.”—Counsels to Parents, Teachers, and Students, 405-406 MM 81.4
 - The law of restoration—physical and spiritual rest, sleep for the body, Sabbath for the mind
- What about poor food choices, junk foods, fast foods?

Does Daniel’s fasting potentially have a real physiological impact on his brain’s attention, focus, and ability to be sensitive to spiritual truths, to be receptive?



- Fasting increases brain activity and alertness, being well fed slows brain activity and promotes being sedentary, memory and learning is enhanced by fasting.
- Intermittent fasting enhances synaptic plasticity and increased production of new neurons from neuronal stem cells
- Both exercise and intermittent fasting turns on BDNF (a gene that produces *Brain Derived Neurotrophic Factor*) which is a protein that is like fertilizer for the brain, it enhances the growth of neuron to neuron connections and learning (*Cell Metabolism Volume 19, Issue 2, 4 February 2014, Pages 181–192*)

From *The Aging Brain*:

research has documented that caloric restriction or intermittent fasting slows aging, improves brain health and prolongs life.ⁱ ⁱⁱ The mechanism for this appears to be via a reduction in oxidation and inflammation.ⁱⁱⁱ

Is there both a literal and an object lesson for us in this?

Literally: it is beneficial for us to make choices that are physiologically healthy, the healthier we are the more capable we are in growing in godliness, in being sensitive to the movements of God's Spirit.

Object lesson: in addition to physical healthy choices, such as intermittent fasting, we fast spiritually, by being selective in what we taking into our minds and taking time to fill our minds with godliness resources on a regular basis, and regular resting from mental work and mental exertion.

Additionally, we have a mindset of understanding where we stand in earth's history, at the precipice of the second coming and seek God's direction and enabling to advance His cause and hasten the day He appears.

Read second paragraph, "We know from..." What is the object lesson for us, the application to us today of what is revealed in these historical facts?

Israel was captive in Babylon—in the Bible does Babylon represent something beyond an ancient kingdom?

Babylon represents a system of confusion that exists at the end of time—a system that God's people are called to come out of, to be set free from—just as Israel was called to come out of Babylon and return to Jerusalem and rebuild the city walls and the temple.

Let's define some of the object lesson symbols:

- Israel—represent the people of God
- Babylon—represents the false belief systems of the world—confusion, imperialism



- The temple in Jerusalem represents the plan of salvation, bringing human hearts and minds back into unity with God, where each person is a dwelling place for the Holy Spirit. As our Spirit temples are cleansed from sin we are reunited with God and are built into a community of believers thus the temple also represents the church.
- The walls of Jerusalem represent the law of God which acts as a hedge of protection for those who embrace and apply it

As Israel went into captivity to ancient Babylon because of unfaithfulness, Christianity, because of rejecting the truth about God's law, because of accepting Satan's lie that God's law functions like human law, is in the captivity the confusion of religious superstition and myths. The minds of people are held captive—this is the Babylon that Revelation refers to. The confused system of false Christianity, based on imperial law, that we are to come out of.

There were three decrees setting Israel free or three different groups that came out of Babylon before Jerusalem was actually rebuilt—before the walls were repaired and the temple rebuilt.

Israel was called to repair the wall and rebuild the temple; but are we are called to repair the breach and rebuild the temple? How? What temple?

It wasn't until the 3rd calling out or group left and returned to Jerusalem that the Temple was rebuilt, what about for us today, are there three callings out that occur for us, and is it the third group that finishes the work?

I would suggest the possibility that we, this generation with this message about God's design law, is the third and last group to be called out, the ones who will finish the repairing of the breach in God's law and rebuild the temple.

- The first calling out, the Midnight Cry, began in the early 19th Century with William Miller and led to the Great Disappointment of 1844.
- The second calling was 1888 with the Righteousness by Faith message, but it met opposition, and also didn't result in the repair to the breach in God's law.
- And we today are the final group that repairs the breach to God's law and work with God to rebuild the temple!

What is the breach in God's law? That God's law functions like human law, with all the subsequent imperial distortion to God's character and the plan of salvation. We are calling people back to worship Him who made the heavens, earth, and fountains of water. This is Creator worship—and the repair to the breach is to reject the human law construct and return to design law and all that it entails.

This is the message of Revelation 18, the message that is to be joined to the message of the 3 angels of Revelation 14 to lighten the world for Christ's return.



Consider this quote from *The Great Controversy*:

The prophet thus points out the ordinance which has been forsaken: "Thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and **call the Sabbath a delight**, the holy of the Lord, honorable; and **shalt honor Him**, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord." Verses 12-14. **This prophecy also applies in our time.** The **breach was made in the law** of God *when* the Sabbath was changed by the Roman power. But the time has come for that divine institution to be restored. **The breach is to be repaired** and the foundation of many generations to be raised up. {GC 452.4}

Do you hear this through imposed law lenses, as an arbitrary day to go to church upon—or do you hear a battle between design law and imposed law?

How was it possible for the church to change the day of worship from Sabbath to Sunday? Why isn't there one church, given the state of our world, that has voted that their members are immune from environmental toxins, or air pollution or coronavirus etc.? Because human beings have no power to change design laws!

So, what does it mean that the church did change the day of worship? That Christians no longer see God's law as design law, but merely as imposed rules. **This is the real breach, this is the change!**

Note the quote said, "The breach was made in the law of God *when* the Sabbath was changed by the Roman power." It didn't say the breach **IS** the change in the Sabbath!

The Sabbath change was the *evidence* of the breach, but in and of itself was not the breach: the true breach, which changes our fundamental understanding of God is when we believe God's law functions like human law. This idea corrupts everything and makes us view God like a dictator and the source of inflicted pain and death. This is paganism and this is what we are called out of.

The SDA church came into existence and reclaimed the right day of worship—but it has not yet fully repaired the breach because it has not rejected imperial/imposed law with its penal legal lie about the plan of salvation.

Notice the Isaiah quote we repair the breach when we call the Sabbath a delight—can **delight** in anything be legislated? No!

The only way for the Sabbath to be a delight is for a change to occur in the heart—and what makes the Sabbath a delight? The truth about its purpose and what it reveals!



The Sabbath reveals the character of God—truth, presented in love, leaving us free! It is a gift of God to us revealing His love, kindness, mercy, truth, and methods! Is it a delight to be free, to have true liberty? This is what the Sabbath guarantees—why and how?

Because God, in the context of a war by Satan against His right to rule, after giving evidence of His Creatorship on days 1-6, gives evidence of His character on day 7. Day 1-6 we learn God is powerful—day 7, we see God step back and stop using power, establishing a day in which intelligent beings are left free to think for themselves.

If God were an imperial dictator like Satan alleges, there would be no Sabbath; the Sabbath proves Satan lied.

But when Sabbath is presented through Satan's lie of imperial law—it is a rule like human law that God imposed and we are required to obey under threat of punishment—then our freedoms are restricted, fear is induced, the Sabbath becomes a burden. This is how the Sabbath was taught and practiced by the Pharisees in Christ's day. They had the right day of the week, but *they still had the wrong law because they had imposed law*. Thus they worshipped the wrong God, which was proven when they killed the Lord of the Sabbath and wanted Him off the cross to keep the Sabbath.

How many Christians today practice their Christianity just like this—they may have some right doctrine—method of baptism, Sabbath, but promote it through the imposed law lie, thus they promote lies about God and His government and are not repairing the breach. Their Spirit temples are not protected from all the legal lies that enter their hearts and incite fear and distrust of God. Their temples are not being cleansed.

Do you see the connection to repairing the breach in the law and the cleansing of our Spirit temples? If we don't rid ourselves of the lies about God's law, if we retain the false believe that God's law is like human law, then all kinds of lies about God enter our hearts and minds, our Spirit temples. But when we repair the breach, when we understand the truth of design law, then the legal lies are removed and our hearts and minds are cleansed and protected.

The Sabbath was created for humanity; it is a gift to us a blessing to us, but it is also an evidence to the entire universe of God's methods and character. **It is like an engagement ring; the ring is a gift to the woman, but it is also an evidence to the entire world of her engagement.** The Sabbath was made for human beings, but it is also evidence for the entire universe of God's character and methods.

The Sabbath is not a rule we are obliged to keep under threat of punishment, but an evidence of God's methods that we are invited to embrace, practice and enter into. Thus the Sabbath is space in time we are invited to enjoy as we live lives of truth, presented in love while leaving others free. It is then that we truly delight in the Sabbath.

So, how do we repair the breach—by rejecting the imposed law lie and worshipping our Creator by embracing Him and His design laws for life.



From *Prophets and Kings*:

The spiritual restoration of which the work carried forward in Nehemiah's day was a symbol, is outlined in the words of Isaiah: "They shall build the old wastes, they shall raise up the former desolations, and they shall repair the waste cities." "They that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in." Isaiah 61:4; 58:12. {PK 677.2}

The prophet here describes a people who, in a time of general departure from truth and righteousness, are seeking to restore the *principles* that are the foundation of the kingdom of God. [what are they seeking to restore—rules? The right interpretations of prophetic symbols? No! Principles and what are principles? They are God's design laws! And notice, what restoring God's design laws into our understanding, our hearts and minds is described as *doing*.] **They are repairers of a breach that has been made in God's law--the wall that He has placed around His chosen ones for their protection,** and obedience to whose precepts of justice, truth, and purity is to be their perpetual safeguard. {PK 677.3}

In words of unmistakable meaning the prophet points out the specific work of this remnant people who build the wall. "If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and **call the Sabbath a delight**, the holy of the Lord, honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and **I will cause thee to ride upon the high places of the earth**, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it." Isaiah 58:13, 14. {PK 678.1}

In the time of the end every divine institution is to be restored. **The *breach made in the law at the time the Sabbath was changed by man, is to be repaired.*** [She doesn't say the breach made in the law **BY** the change in the Sabbath, because the breach is much more than that. Remember when Satan broke the law of God in heaven the Sabbath didn't yet exist. We must of course recognize and accept the truth about the Sabbath, but accepting the day of the week while keeping the imperial law view doesn't repair the breach.] God's remnant people, standing before the world as reformers, are to show **that the law of God is the foundation of all enduring reform** [why? Because it is the law of life, the principles upon which life is established and operates. One cannot have health in violations of the laws of health. So all enduring reform is merely putting people back in harmony with God's design laws for life.] and that the Sabbath of the fourth commandment is to stand as **a memorial of creation**, a constant reminder of the power of God. [What power? This is key—when you hear this do you hear physical might and power, the power to create? That power was demonstrated during the first six days of creation week—but what power was revealed during the 7th day? Was a different power revealed? Paul says the the gospel is the power for salvation (Rom 1:6), Remember this quote from EGW: "God could have destroyed Satan and his sympathizers as easily as one can cast a pebble to the earth; but He did not do this. Rebellion was not to be overcome by force. Compelling power is found only under Satan's government. The Lord's



principles are not of this order. His authority rests upon goodness, mercy, and love; and the presentation of these principles is the means to be used. **God's government is moral, and truth and love are to be the prevailing power.**" DA 759.1. What is the power of God that the Sabbath reminds us of? That God is moral—He presented truth in love and then leaves us free—God rested and did not compel. This is the power that the Sabbath is to remind us of. **If we make it only about physical power we continue to obstruct the healing truth.]** In clear, distinct lines they are to present the necessity of obedience to all the precepts of the Decalogue. Constrained by the love of Christ, they are to co-operate with Him in building up the waste places. They are to be repairers of the breach, restorers of paths to dwell in. See verse 12. {PK 678.2}

What was the breach made in the law **when** the Sabbath was changed? It was not the mere change of the day of worship—the breach was the idea that God's law is imposed law—this is the breach we are to repair.

Thus, we cannot repair the breach by teaching the right day of the week through imposed law lenses—that the Sabbath is an arbitrary test and that God will use power to punish those who don't keep it. This only perpetuates the lie, keeps the breach in the law open.

We are to repair the breach by returning to design law worship and this results in our transformation, for by beholding we are changed.

If we leave the breach in the wall—the idea that God's law is imposed, the Spirit temple remains infected with all the lies about God and thus the temple cannot be rebuilt.

But, when we repair the breach in the law and teach the truth about design law, then we cooperate with God for the healing of our hearts and minds, the rebuilding of the temple. Consider this quote:

Your faculties are separate and distinct, yet each is dependent for its success upon the other. **So each day God works with His building, stroke upon stroke, to perfect the structure, which thus grows into a holy temple for the Lord.** One stone mislaid affects the whole building. **This figure represents human character, which is to be wrought upon, point by point. There is not to be a flaw in it, for it is the Lord's building.** Every stone must be perfectly laid, that it may endure the pressure placed upon it. God warns you and every worker to take heed how you build, **so that your building may bear the test of storm and tempest because it is riveted to the eternal Rock.** Take heed how you build. Every hour may be spent in placing the stone on the sure foundation, ready for the day of test and revelation, **when we shall be seen just as we are...His church upon the earth is to assume divine proportions before the world, as a temple composed of living stones, every stone emitting light.** [What is the temple? the church, built from the body of believers, who have cooperated with God for the cleansing of their individual Spirit temples] **This building is to be the light of the world, a city set on a hill, which cannot be hid.** [What is the light to the world, the city set on a hill? It is the church not any human nation or government.] **It is composed of stones laid close together, stone fitting to stone, making a solid building. All the stones are not of the same**



form or shape. Some are large, some are small, but each has its own crevice to fill. And the value of each stone is determined by the light it reflects to the world. This is God's plan, and He would have all who profess to believe His word fill their respective places in the great, grand work for this time.

Manuscript Releases, Volume 2 [Nos. 97-161, 1958-1964]. 1993; 2002 (339). Ellen G. White Estate.

Read last paragraph, "As we look into Daniel..." What is the purpose of intercessory prayer, and prayer in general?

First let's define prayer – what is it? As I understand prayer, it is conversation with God as with a friend. So, prayer is open-hearted communication with God.

What is the purpose of communication with God if God already knows all our thoughts before we even think them? Are we informing God of something He doesn't already know? Then what's the point? Relationship and development!

Does a parent, sometimes, already know what a child is going to say before the child says it? Is there any benefit in the child speaking their thoughts to the parent? What is the benefit? Relationship and development! The child experiences the parent listening, caring, concerned, gains knowledge of a parent who cares, and loves them. This brings security and peace. And the child also develops the ability to think, communicate, comprehend, understand, be open, honest, overcome fear/insecurity etc.

If a child asks a parent for something the child is convinced is good for them, but the parent knows they are not ready to handle or would only injure, what does a loving parent do?

- Does the request of the child work to create love and interest in the heart of the parent for the child?
- Of course not, but the child grows closer to the parent through the experience and learns more of the parents' values and character?

What if the child has misconceptions about the parent and has developed the belief that if the parent doesn't grant the request the parent doesn't love them and that they will never speak to their parent again—what might the parent do in that case—the case of the child insisting on something that will hurt them?

- What did God do when they insisted on the fleshpots of Egypt?
- What did God do when they wanted kings?
- What did God do when they wanted to go to war rather than wait for the land to be abandoned?
- What did God do when they insisted on worshipping the Baals?
- What did the Father do when the prodigal wanted to leave home?

We are like children who know so little of reality, including so little of God and His plans. Prayer is a process of coming into connection with the divine, of opening our hearts and minds to the movement of the Holy Spirit, "listening" to what God has to tell us. In so doing we are learning of Him, coming



into contact with Him, opening ourselves to be enlightened, ennobled, and healed by Him. Is such a relationship we surrender ourselves and in that trust relationship:

- our burdens are lifted
- our guilt and shame removed
- our fears taken away
- our minds are enlightened and we see new possibilities, purposes and goals
- we know we are loved, cherished, and valued
- our love for God increases and we willingly surrender to Him and choose to follow Him in fulfilling His purposes.

What about intercessory prayer, what is its purpose? Is it to get God to care about some person He doesn't care about? Is it to bring to God's attention something God doesn't know? Is it to change God's mind about something—to get God to be merciful when God would be less merciful than what you are asking of Him?

Consider this quote—have you ever heard it and do you agree? I have found much comfort in it many times in my life.

The conflicts of earth, in the providence of God, furnish the very training necessary to develop characters fit for the courts of Heaven. We are to become members of the royal family, the sons of God, and “all things work together for good to those who love God,” and **submit themselves to his will.** Our God is an ever-present help in every time of need. **He is perfectly acquainted with the most secret thoughts of our heart, with all the intents and purposes of our souls.** When we are in perplexity, even before we open to him our distress, **he is making arrangements for our deliverance.** Our sorrow is not unnoticed. He always knows much better than we do, just what is necessary for the good of his children, and **he leads us as we would choose to be led if we could discern our own hearts and see our necessities and perils, as God sees them.** But finite beings seldom know themselves. They do not understand their own weaknesses, and when reproof comes, and cautions are given, when they are rebuked, or even advised, they think that they are misjudged and unjustly treated. God knows them better than they know themselves, and he understands how to lead them. **But when he undertakes to guide them in ways which seem mysterious to them, because of their blindness and lack of faith, they rebel, and bring upon themselves unnecessary grief and trouble.** They have prayed to the Lord for light and guidance, and the Lord answered them as he did Jacob, and, like Jacob, they do not discern that it is the hand of the Lord leading them in a way contrary to their own choosing. If we will trust him, and commit our ways to him, he will direct our steps in the very path that will result in our obtaining the victory over every evil passion, and every trait of character that is unlike the character of our divine Pattern. ST May 25, 1888, par. 9

When we pray for another, especially when it appears our prayer is not answered, how do we understand that?



When I was in residency one of my colleague's mother was dying of breast cancer. My colleague prayed for her mother's healing, but her mother died. Later she told me initially this was hard for her to understand, until she realized that God was more merciful toward her mother than she was. She said God allowed her mother to pass beyond temptation, pain, and disease and her mother would never have to suffer again. She said she realized her mother's healing was an eternal healing, not a mere temporal one. Some might call this rationalization, I believe it strikes a point – God looks beyond our comprehension to realities we are unaware of and takes all of these multiplicities into consideration when answering our prayers always acting in our best interest.

But there is another aspect for the purpose of prayer, particularly here on earth now, and that has to do with the Great Controversy. God was accused of being a power monger. His character and reputation were misrepresented, and are still being misrepresented today. Only God knows our inmost thoughts, ideas and the future. Only God knows what we are going to think before we think it. Angels and humans have to wait and see what a person says or does before we can know with certainty what is in the heart.

If God were to simply act on our thoughts, before we think them, several problems. First it doesn't give us the opportunity for growth in character, in wisdom, in trust and knowledge and love of God. It is by leaving us the opportunity to wrestle with problems that we grow and when we wrestle with God at our side we grow in love for Him.

But further, by praying and communicating with God we refute Satan's allegations that God abuses His power and reveal that God is acting in accord with the requests of His children and not simply pushing His way upon others. Thus Satan's lies are exposed as false.

What intercessory prayer is not: it is not the process of persuading an unloving god to be a loving one, a disinterested god to be interested, an uncompassionate deity to be compassionate.

If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Romans 8:31-34.

Why do we pray? Because we love our heavenly Father and ultimately really enjoy talking with Him!

But along these lines, jump to **WEDNESDAY's** lesson read last paragraph, "While Satan was..." Who is Gabriel? Who is the prince of Persia and the prince of Greece?

Who is Michael?

Why was Michael the only one who was available to help Gabriel? Didn't only 1/3 of the angels rebel with Satan? Doesn't that mean the good angels outnumber the bad angels 2 to 1? Then why was Michael the only one available to help Gabriel?



What kind of a war are we in? A war of truth, love and freedom against lies, selfishness and coercion—a war over God’s character and methods. Satan has misrepresented them and inflames the worst fears and insecurities with deceptions to make it appear his methods are right.

What position did Gabriel take after Satan’s fall? The position of covering cherub, the highest position of the angels, the position from where Lucifer fell, the position closest to the throne of God, the position in which he has the greatest knowledge, intimacy, and understanding of God’s character, methods and principles.

In other words, there is no other created being that can bring more light of truth and love to bear than Gabriel. The only other being in the universe that can bring more love and truth to bear than Gabriel is God Himself, thus Michael, Jesus in His pre-incarnate form, comes with the light of God’s truth and love and it is sufficient to dispel the darkness of Satan’s lies!

THURSDAY

Read first paragraph, “The most prominent character...” What is the book of Daniel about? It is about the Great Controversy, it is about human history, not just the time of Daniel, but all the way to the end of time and the cleansing of the universe from sin.

Why is Jesus the most prominent character in the book? Because this is the focus of the entire Old Testament—as soon as Adam and Eve sinned, the Messiah was promised (Genesis 3) the Seed of the woman would crush the serpent’s head. The entire story is focused on the coming Messiah and Satan’s war to try and stop Jesus from coming. Daniel gives the best insights into this war of any Old Testament writer.

Jesus is the central focus because Jesus is the Remedy, the solution, the answer, the fulfillment of the law, the connecting link, the Unifier, the One through whom all things in heaven and earth are reconciled to God!



ANNOUNCEMENTS:

March 27,28, 2020: Dr. Jennings will be speaking at an AACC River Conference at Plano, TX. More info at <http://theriverconference.com/>

April 17,18, 2020: Dr. Jennings will be speaking at the Lakewood SDA church in Lakewood OH.

September 17-19 2020: Dr. Jennings will be speaking at the AACC National Conference in Dallas, TX

October 3, 2020: Come and Reason will have a one day seminar in Chattanooga TN on Healing the Mind, Recovering from Sexual Abuse, the Impact of Digital Media on Kids and more. Details coming soon.

ⁱ Martin, B., et al., Caloric restriction and intermittent fasting: Two potential diets for successful brain aging, *Ageing Research Reviews*, Volume 5, Issue 3, August 2006, Pages 332–353

ⁱⁱ Roth, G., et al., Biomarkers of Caloric Restriction May Predict Longevity in Humans, *Science* 02 Aug 2002: Vol. 297, Issue 5582, pp. 811

ⁱⁱⁱ Csiszar, A., et al., Anti-oxidative and anti-inflammatory vasoprotective effects of caloric restriction in aging: Role of circulating factors and SIRT1, *Mechanisms of Ageing and Development* Volume 130, Issue 8, August 2009, Pages 518–527