



The Take Back Tour Life Hacks

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Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

What is a Life Hack?

Life hack (or life hacking) refers to any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life (Wikipedia)
WOW! This means the BIBLE is the ultimate life hack guide. The Take Back Tour Health Ministry is also full of Life Hacks to help you feel better and share better via direct contact and social media sharing.

TAKE Back the Love-Take Back Your Faith- Take Back the Fun- Take Back Your Health



Take Back the Love

Problem	Take Back the Love Life Hack Solution
People get on your nerves	Pray for them anyway
People are mean to you	Pray for them. Be kind anyway.



Our biggest fear should be succeeding at things in life that do not bear eternal significance.

<https://caffeinatedtheologian.wordpress.com/2015/01/22/christian-life-hacks/>

Take Back Your Faith

Problem	Take Back Your Faith Life Hack Solution
<p>Too busy to read the Bible every day. Don't feel connected throughout the day Can't seem to renew faith in God everyday</p> <p><i>"Choose this day whom you will serve...as for me and my house we will serve the Lord."</i>— <i>Joshua 24:15</i></p>	<ul style="list-style-type: none"> - Decide to believe before you even get out of bed -Start the day with thankfulness and prayer -Set aside time during workday for a thankfulness prayer -Listening to worship music or Bible CD in the car -Listening to worship music while cooking or cleaning -Listen to worship music while working out or on a run -Listen to a sermon on a long car ride



Take Back the Fun

Problem	Take Back the Fun Hack Solution
<p>I feel depressed and don't know how to share God with people</p> <p><i>A merry heart doeth good like a medicine: but a broken spirit drieth the bones. Proverbs 17:22 KJV</i></p>	<ul style="list-style-type: none"> -Tell or share a clean joke. -Find something to laugh about everyday - Limit social media & negative news. Spend time with inspirational stories and news. Share. <p>Be positive in our body language and actions</p>
<p>My kids don't feel church stuff is interesting</p> <p><i>Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. 1Timothy 4: 12</i></p>	<ul style="list-style-type: none"> -Live life such that your joy is evident and support fun youth centered activities in church. -Have your kid plan an event they find interesting such as hosting a service event or program.



Take Back Your Health

*****Always check with your doctor or pharmacist for nutrient/drug interactions*****

Problem	Take Back Your Health Life Hack Solution
Sinus/Nasal Congestion Sudafed alternative	Thyme Tea- Add 1 TSP dried thyme herb to 1 cup hot water. Sweeten with honey to your taste.
Asthma	Remove artificial scented products from your home.
My pet birds keep dying	Remove PTFE and PFOA non-stick cookware and air cleaning products like Febreze from home
I can't afford natural laundry detergent or fabric softener	Make your own using baking soda, salt and olive oil based soap (Dr Bronner's, Kirk's Castile). Make fabric softener using equal parts vinegar, baking soda and water.
My armpits break out when I use deodorant. Help I don't want to stink	Add baking soda to clean armpits Or add coconut oil + tea tree oil as a natural deodorant
My all over bug bites itch	Take bath in oatmeal and goat's milk.
Arthritis/joint pain	Eat anti-inflammatory foods/spices such as garlic, onion, turmeric, vitamin C. Add turmeric pills. **
Gout pain	Drink dark cherry juice and/or eat dark cherries. It breaks down the uric acid crystals
Eczema and psoriasis problems	Use Coconut oil as a skin moisturizer. (antibacterial, antifungal)
Natural treatment for mild depression	Avoid artificial preservatives, sweeteners and processed foods. Add omega-3 fats to your life via food and/or pills. Flaxseed is #1 vegetarian omega-3 source. **
Natural treatment for migraine headaches	Avoid triggers. Add more magnesium to your life plan. Peppermint essential oil to back of neck. Rest. Stay on a regular sleep schedule. Give stressors in your life to God.
Weight loss/Appetite Control	Drink water BETWEEN meals to help curb cravings. Move more. Get a fitness tracker to help motivate or get a fitness buddy. Sleep 6-8 hours Avoid artificial sweeteners as they increase appetite Limit junk food and eat more raw/natural/unprocessed foods
Controlling Blood Sugar	Add cinnamon to your meals ** Increase physical activity Control portion sizes. Don't eat in front of full dish Use smaller plates to give you feeling of fullness Drink apple cider vinegar daily



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 "Wireless communication is nothing new. I've been praying for 75 years!"



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 "Please don't pray for healing. If it works, your insurance won't know who to reimburse and it messes up our accounting system."

Shipwrecked Church Member

There were two men shipwrecked on this island. The minute they got on to the island one of them started screaming and yelling, "We're going to die! We're going to die! There's no food! No water! We're going to die!" The second man was propped up against a palm tree and acting so calmly that it drove the first man crazy. "Don't you understand?!? We're going to die!!!"

The second man replied, "You don't understand. I make \$100,000 a week."

The first man looked at him quite dumbfounded and asked, "What difference does that make?!? We're on an island with no food and no water! We're going to DIE!!!"

The second man answered, "You just don't get it. I make \$100,000 a week and I tithe ten percent on that \$100,000 per week. My pastor will find me!"

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Remarkable Parrot

3 sons left home, went out on their own and prospered. They discussed the gifts they were able to give their elderly mother. The first said: "I built a big house for our mother."

The second said: "I sent her a Mercedes with a driver."

The third said: "You remember how our mother enjoys reading the Bible. Now she can't see very well. So I sent her a remarkable parrot that recites the entire Bible. It took elders in the church 12 years to teach him. Mama just has to name the chapter and verse and the parrot recites it."

Soon thereafter, their mother sent out her letters of thanks.

"Milton," she said, "the house you built is so huge. I live only in one room, but I have to clean the whole house."

"Gerald," she said, "I am too old to travel. I stay most of the time at home so I rarely use the Mercedes. And that driver is so rude! He's a pain!"

"But Donald," she said, "the little chicken you sent was delicious!"

Jesus is Watching

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said, "Jesus knows you're here."

He nearly jumped out of his skin, clicked his flashlight off, and froze. When he heard nothing more, after a bit, he shook his head and continued. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard "Jesus is watching you."

Freaked out, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

"Did you say that?" he hissed at the parrot.

"Yep," the parrot confessed, then squawked, "I'm just trying to warn you that Jesus is watching you."

The burglar relaxed. "Warn me, huh? Who in the world are you?"

"Moses," replied the bird.

"Moses?" the burglar laughed. "What kind of people would name a bird Moses?"

"The kind of people that would name a Rottweiler Jesus."

Church Fundraiser

A pastor concluded that his church was getting into very serious financial troubles. While checking the church storeroom, he discovered several cartons of new bibles that had never been opened and distributed.

So at his Sunday sermon, he asked for three volunteers from the congregation who would be willing to sell the bibles door-to-door for \$10 each to raise the desperately needed money for the church.

Jack, Paul and Louie all raised their hands to volunteer for the task.

The minister knew that Jack and Paul earned their living as salesmen and were likely capable of selling some bibles. But he had serious doubts about Louie who was a local farmer, who had always kept to himself because he was embarrassed by his speech impediment. Poor Louie stuttered badly. But, NOT WANTING TO discourage Louie, the minister decided to let him try anyway.

He sent the three of them away with the back seat of their cars stacked with bibles. He asked them to meet with him and report the results of their door-to-door selling efforts the following Sunday.

Anxious to find out how successful they were, the minister immediately asked Jack, "Well, Jack, how did you make out selling our bibles last week?"

Proudly handing the reverend an envelope, Jack replied, "Using my sales prowess, I was able to sell 20 bibles, and here's the \$200 I collected on behalf of the church."

"Fine job, Jack!", the minister said, vigorously shaking his hand. "You are indeed a fine salesman and the Church is indebted to you."

Turning to Paul, "And Paul, how many bibles did you sell for the Church last week?"

Paul, smiling and sticking out his chest, confidently replied, "I am a professional salesman. I sold 28 bibles on behalf of the church, and here's \$280 I collected."

The minister responded, "That's absolutely splendid, Paul. You are truly a professional salesman and the church is indebted to you."

Apprehensively, the minister turned to Louie and said, "And Louie, did you manage to sell any bibles last week?" Louie silently offered the minister a large envelope. The minister opened it and counted the contents. "What is this? Louie, there's \$3200 in here! Are you suggesting that you sold 320 bibles for the church, door to door, in just one week?"

Louie just nodded. "That's impossible!" both Jack and Paul said in unison. "We are professional salesmen, yet you claim to have sold 10 times as many bibles as we could."

"Yes, this does seem unlikely," the minister! agreed. "I think you'd better explain how you managed to accomplish this, Louie."

Louie shrugged. "I-I-I re-re-really do-do-don't kn-kn-know f-f-f-for sh-sh-sh-sure," he stammered.

Impatiently, Peter interrupted. "For crying out loud, Louie, just tell us what you said to them when they answered the door!"

"A-a-a-all I-I-I s-s-said wa-wa-was," Louis replied,
"W-w-w-w-would y-y-y-you I-I-I-I-like t-t-to b-b-b-buy th-th-th-this b-b-b-bible f-f-for t-t-ten b-b-b-
bucks -----o-o-o-or----- wo-wo-would yo-you j-j-j-just I-like m-m-me t-t-to st-st-stand h-h-here and r-
r-r-r-read it t-to y-y-you??"

Helpful Prayer

Billy had been misbehaving and was sent to his room. After a while he emerged and informed his mother that he had thought it over and then said a prayer. "Fine", said the pleased mother. "If you ask God to help you not misbehave, He will help you." "Oh, I didn't ask Him to help me not misbehave," said Johnny. "I asked Him to help you put up with me."

10 INCHES DEEP

A boy was sitting on a park bench with one hand resting on an open Bible. He was loudly exclaiming his praise to God. "Hallelujah! Hallelujah! God is great!" he yelled without worrying whether anyone heard him or not.

Shortly after, along came a man who had recently completed some studies at a local university. Feeling himself very enlightened in the ways of truth and very eager to show this enlightenment, he asked the boy about the source of his joy.

"Hey" asked the boy in return with a bright laugh, "Don't you have any idea what God is able to do? I just read that God opened up the waves of the Red Sea and led the whole nation of Israel right through the middle."

The enlightened man laughed lightly, sat down next to the boy and began to try to open his eyes to the "realities" of the miracles of the Bible. "That can all be very easily explained. Modern scholarship has shown that the Red Sea in that area was only 10-inches deep at that time. It was no problem for the Israelites to wade across."

The boy was stumped. His eyes wandered from the man back to the Bible laying open in his lap. The man, content that he had enlightened a poor, naive young person to the finer points of scientific insight, turned to go. Scarcely had he taken two steps when the boy began to rejoice and praise louder than before. The man turned to ask the reason for this resumed jubilation.

"Wow!" exclaimed the boy happily, "God is greater than I thought! Not only did He lead the whole nation of Israel through the Red Sea, He topped it off by drowning the whole Egyptian army in 10 inches of water!"

Looking for Water

A man was walking through the Sahara desert, desperate for water, when he saw something, far off in the distance. Hoping to find water, he walked towards the image, only to find a little old man sitting at a card table with a bunch of neckties laid out on it.

The man asked, "Please, I'm dying of thirst, can I have some water?"

The little old man replied "I don't have any water, but why don't you buy a tie? Here's one that goes nicely with your shirt."

The man shouted, "I don't want a tie, you idiot, I need water!"

"OK, don't buy a tie. But to show you what a nice guy I am, I'll tell you that over that hill there, about four miles, is a nice restaurant. Walk that way, they'll give you all the water you want."

The man thanked him and walked away towards the hill and eventually disappeared from view. Three hours later the man came crawling back to where the little old man was sitting behind his card table. He said, "I told you, about four miles over that hill. Couldn't you find it?"

The man rasped, "I found it alright. They wouldn't let me in without a tie."

MORAL OF THE STORY: BE NICE TO EVERYONE AND TAKE ADVICE SOMETIMES

Running To Church

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran she prayed, 'Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!'

While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again!

As she ran she once again began to pray, 'Dear Lord, please don't let me be late...But please don't shove me either!'

BUBBA

Bubba was bragging to his boss one day, "You know, I know everyone there is to know. Just name someone, anyone, and I know them."

Tired of his boasting, his boss called his bluff, "OK, Bubba how about Tom Cruise?"

"Sure, yes, Tom and I are old friends, and I can prove it." So Bubba and his boss fly out to Hollywood and knock on Tom Cruise's door, and sure enough, Tom Cruise, shouts, "Bubba! Great to see you! You and your friend come right in and join me for lunch!"

Although impressed, Bubba's boss is still skeptical. After they leave Cruise's house, he tells Bubba that he thinks Bubba's knowing Cruise was just lucky.

"No, no, just name anyone else," Bubba says.

"President Clinton," his boss quickly retorts.

"Yes," Bubba says, "I know him, let's fly out to Washington."

And off they go. At the White House, Clinton spots Bubba on the tour and motions him and his boss over, saying, "Bubba, what a surprise, I was just on my way to a meeting, but you and your friend come on in and let's have a cup of coffee first and catch up." Well, the boss is very shaken by now, but still not totally convinced.

After they leave the White house grounds, he expresses his doubts to Bubba, who again implores him to name anyone else.

"The Pope," his boss replies. "Sure!" says Bubba.

"My folks are from Poland, and I've known the Pope a long time."

So off they fly to Rome. Bubba and his boss are assembled with the masses in Vatican Square when Bubba says, "This will never work. I can't catch the Pope's eye among all these people. Tell you what, I know all the guards so let me just go upstairs and I'll come out on the balcony with the Pope." and he disappears into the crowd headed toward the Vatican. Sure enough, half an hour later Bubba emerges with the Pope on the balcony. But by the time Bubba returns, he finds that his boss has had a heart attack and is surrounded by paramedics.

Working his way to his boss' side, Bubba asks him, "What happened?" His boss looks up and says, "I was doing fine until you and the Pope came out on the balcony and the man next to me said, "Who's that on the balcony with Bubba?"

My wife invited some people to dinner. At the table, she turned to our six-year-old daughter and said, "Would you like to say the blessing?" I wouldn't know what to say," she replied. "Just say what you hear Mommy say," my wife said. Our daughter bowed her head and said: "Dear Lord, why on earth did I invite all these people to dinner?"

**life
hacks**

#975

Put a dab of honey over a zit and cover with a band-aid overnight. When you wake up, the zit will be gone with no scar.

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#661

When you feel like you need something, but you can't figure out what it is, it's water.
It's always water.

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#699

Smiling, even in a bad mood, will immediately improve your mood. Using these muscles is enough to trigger happy chemicals in the brain.

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#1008

A recent study shows that you are 47% more likely to live an extra decade if you eat home cooked meals five times a week.

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Throw an aluminum foil ball into the dryer.



It will eliminate static cling and act as a dryer sheet.

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#1096

It's been proven that peppermint stimulates brain activity and makes you concentrate better.

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