

Good sleep is good body & mind building / maintenance / care

Glycine powder

Glycine is an amino acid that helps build proteins needed for tissue and hormone maintenance.

- Better sleep: 3g before bed improves sleep quality, shortens time to fall asleep, reduces daytime fatigue, and enhances cognition the next day.
- It acts as an inhibitory neurotransmitter, calms the brain, and helps lower core body temperature for deeper rest.
 - [healthline.com](https://www.healthline.com)
- Collagen and joint/skin support: About one-third of collagen is glycine, so it aids skin elasticity, muscle repair, and connective tissue health.
- Metabolic and anti-aging effects: It supports glutathione (antioxidant) production, may improve insulin sensitivity, reduce inflammation, aid liver health (e.g., lowering triglycerides and liver enzymes in some studies), and shows promise for longevity via mechanisms like autophagy and mimicking methionine restriction.
 - [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)
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- Other potential perks: Reduced inflammation, better recovery/physical performance, and relaxation without heavy sedation.
- - [webmd.com](https://www.webmd.com)

Dosage, Timing, and Frequency Standard dose:

3–5 grams per day (often 3g for sleep benefits). Start lower (1–2g) to assess tolerance.

When to take: For sleep, 30–60 minutes before bed. It can be split (e.g., morning + night) if daytime use is preferred.

No real fear of deregulation but I alternate every week

'keeping faith and a good conscience' – one of the top 100 words used in the n.t., simply means ownership. We might say, "Own it!"

God's new covenant puts His laws on our hearts

Our conscience – 'moral consciousness' was bankrupt prior to Christ's salvatory work

It was made new at salvation

it is up to us to keep it

What are things we typically find "on" our conscience?

What happens to our conscience when we see something "on" it and we ignore it?

What happened with pharaoh when he kept ignoring God's voice?

It hardened him / God hardened him. (it's the same thing)

If we let the conscience go, what happens to our faith?

It gets shipwrecked.

And (Heb11) without _____ it is impossible to please Him

If you are polished on Sunday but sort of go it alone Mon-Sat, you do not live Eternal Life.

This is what Ezra was seeking to start imparting, and thus we have Sunday school!

EZRA 8

GENEALOGY OF THE EXILES WHO RETURNED WITH EZRA (8:1-14) – boring stuff but it's great accounting. About 1500 men, but no levites.

Ez 8:17 ezra wanted them to “bring ministers to us for the house of our God”

So he sent recruiters out to find them and found like 38 Levites for the trip.

Similarly, due to persecution stemming from Stephen's death, people fled (diaspora). Stephen was stoned outside Jerusalem.

Acts 11:²⁰ But there were some of them, men of Cyprus and Cyrene, who came to Antioch and *began* speaking to the Greeks also, preaching the Lord Jesus.

Then Jerusalem hear about this so they sent Barnabas down to check it out. He was greatly encouraged but saw the need for solid teaching/ more help. So 'they sent him off to look for Saul'

Acts 11:²⁵ And he left for Tarsus to look for Saul; ²⁶ and when he had found him, he brought him to Antioch. And for an entire year they met with the church and taught considerable numbers; and the disciples were first called Christians in Antioch.

Nothing wrong with recruiting for a cause God called you to. This is sort of what itineration is.

back to Ezra 8

Ezra 8: ²¹ Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God to seek from Him a safe journey for us, our little ones, and all our possessions. ²² For I was ashamed to request from the king troops and horsemen to protect us from the enemy on the way, because we had said to the king, "The hand of our God is favorably disposed to all those who seek Him, but His power and His anger are against all those who forsake Him."

²³ So we fasted and sought our God concerning this *matter*, and He listened to our entreaty.

so what is going on here?

He spent all this time discussing the glory of God to a heathen king.

Now when it comes time to act, if he were to ask the king's protection it would point to a weakness of God that isn't there.

Yet here he has all this treasure: family/kids/women, and utensils.

Ezr 8:26 Thus I weighed into their hands 650 talents of silver, and silver utensils *worth* 100 talents, *and* 100 gold talents, **27** and 20 gold bowls *worth* 1,000 darics, and two utensils of fine shiny bronze, precious as gold.

Guesses as to it's current value?

About \$600 million total.

Roughly \$530M gold, \$51M silver

What might be the risks of a 5 month travel in strange places with all this?

So what do you do? “Hey, My God is great but this is a lot of money here. I mean He’s great but I mean...”

When Peter saw Jesus walking on the water what did he do?

He said hey if it’s really you, tell me to come out there with you.

At some point, Peter had to step out of the boat.

Abraham – consider him. How did he have such faith that God was going to fulfill His promise to him about him being the father of many nations when he was about to sacrifice his only son?

He was all in!

Heb 11: 17By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was offering up his only begotten son; 18it was he to whom it was said, “In Isaac your descendants shall be called.” 19He considered that God is able to raise people even from the dead,

The “all-in”-ness of walking with Jesus

- Mark 8:35 For whoever wishes to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it.
- Matt 21:21 Jesus on the fig tree, if you have faith and do not doubt
- Matthew 12 – he who is not with me
- Luke 14 – anyone comes to me and does not hate his father/mother etc.