



In our medically and psychologically driven recovery system within the military services there has been one vital missing ingredient, God. Within our culture we have missed a vital spiritual ingredient. We need an understanding of who we are in spirit, soul, and body. We also need to understand who God is. As of late, faith has not been an active ingredient in American Culture. What is important is a belief in a God who has our interests at heart on a 24/7 basis. Many Americans play the 1 hr on Sunday religion, but in their reality God is missing in the remainder of day to day activities. One sticking point for many individuals is the question which God is the true God? The correct question would be to ask is who will get me to heaven when I die? This question has been placed in us by God **"...also he hath set the world [eternity] in their heart..."** Ecclesiastes 3:11b.

A true belief in God can only come through Jesus Christ. This may sound exclusive, but it is the only way to determine the certainty of heaven. Jesus said, **"...I am the way, the truth, and the life: no man cometh unto the Father, but**

**by me."** John 14:6. Jesus is the only way to the Father, because of what Jesus did on the cross. It is a matter of sin being forgiven, which practically all religions believe, but none but one has an absolute answer for. True biblical Christianity follows the Bible exclusively, and guarantees heaven to everyone that believes on Christ. The issue of working our way to heaven has been taken care of by Jesus when he died on the cross and announced, **"...It is finished..."** John 19:30. With this statement Jesus said that sin had been dealt with and all can come to God for forgiveness, pardon and mercy.

After asking for mercy from the Lord, each individual receives forgiveness, purpose and meaning in life. God has a plan for each and every person, which includes a final destination in heaven.

Perhaps you have been disappointed in a spouse, military or even the progress in your career, Christ can give you peace you never thought you could have.

If you lost a buddy in a war, you are not to blame. God had the fi-

nal say of whether death came to that person or not. Ecclesiastes 8:8 says, **"There is no man that hath power over the spirit to retain the spirit; neither hath he power in the day of death..."** With an interesting final statement in that verse, **"...there is no discharge in that war, neither shall wickedness deliver those that are given to it."** Only Jesus Christ can free you from guilt or suffering. Alcohol, drugs or sex outside marriage or other addictions cannot satisfy.

Trust Christ today and take Him as your Saviour.

You don't have to live with the effects of PTSD. There is relief. It is called belief. **"...Believe on the Lord Jesus Christ and thou shalt be saved..."** Acts 16:31. Belief is where it begins, His Word will guide you from there.

With Christ there is Hope. Hope is not wishful thinking about how life might work out. It is a confidence in a future event. When someone in whom you have utter and complete confi-