

Connect timeless truths with today's news.

GUIDELINES FOR A SUGAR-FREE VALENTINE'S DAY

Diabetics and others wanting to cut down on sugar may look on Valentine's Day with dread. But confectioners have made great strides in recent years to provide delicious treats that have low or zero impact on glucose levels. This Valentine's Day, you can choose sugar-free gummy bears, zero sugar Reese's peanut butter cups, sugar-free Jolly Ranchers, and more. But you can still get sick to your stomach eating too much candy, even if it's sugar-free. Viola Holmes, associate director of nutrition science and health care for the American Diabetes Association, says this is because of the sugar alcohols sometimes used to sweeten these treats. "You should still practice some form of portion control," Holmes says, "because some sugar alcohols, like sorbitol, for instance, can cause abdominal discomfort."

GUIDELINES FOR A GODLY LIFE

At the end of the Babylonian Exile, Ezra led a group of priests, Levites, and other religious workers back to Jerusalem to revive the Temple. The Bible indicates that Ezra had devoted his life to the study and observance of the guidelines included in God's Law, a factor that may have led directly to the Lord's hand being on him so firmly. God grants favor to those who serve Him wholeheartedly.

1. What are your best memories related to Valentine's Day—or sweets?
2. When have you known the hand of God upon you or someone you know?
3. What guideline from God's Word is helping you today?

Additional Resources

These videos and materials are for your personal use. If you show videos in class, be sure to have the necessary rights to do so.

Music Video, Traditional: ["Great Is Thy Faithfulness"](#)
Music Video, Multicultural: ["Perfect Father" by Aaron Lindsay](#)
Music Video, Contemporary: ["Perfect Father" by Aaron Lindsay](#)
[Guzik's Commentary on Ezra 7](#)
[Pett's Commentary on Ezra 7](#)
[JFB Commentary on Ezra 7](#)