Health, Sickness, Death
Health, Sickness, Death

What Does the Bible Say?
We want God’s inspired view of life rather than any carnal ideas.
God has revealed wonderful promises of a future event the world does not know.
13 But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

14 For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

I Thessalonians 4:13-14
15 For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep.

16 For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

I Thessalonians 4:15-16
17 Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

18 Wherefore comfort one another with these words.

I Thessalonians 4:17-18
For to me to live is Christ, and to die is gain. But if I live in the flesh, this is the fruit of my labour: yet what I shall choose I wot not. For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better: Nevertheless to abide in the flesh is more needful for you.

Philippians 1:21-24
6 Therefore we are always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:

7 (For we walk by faith, not by sight:)

8 We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord.

9 Wherefore we labour, that, whether present or absent, we may be accepted of him.

II Corinthians 5:6-9
Wherefore comfort one another with these words!

I Thessalonians 4:18
Health, Sickness, Death

What Does the Bible Say?
This topic has been steeping for some time while gathering notes.
We studied Luke 12 and 16 recently ... your soul is far more crucial than body.
And I say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do.

But I will forewarn you whom ye shall fear: Fear him, which after he hath killed hath power to cast into hell; yea, I say unto you, Fear him.

Luke 12:4-5
19 There was a certain rich man, which was clothed in purple and fine linen, and fared sumptuously every day:
20 And there was a certain beggar named Lazarus, which was laid at his gate, full of sores,
21 And desiring to be fed with the crumbs which fell from the rich man’s table: moreover the dogs came and licked his sores.

Luke 16:19-21
22 And it came to pass, that the beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried;
23 And in hell he lift up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom.

Luke 16:22-23
My job is to point you to Christ and to heaven and little else.
Health, Sickness, Death

• This study is far from exhaustive, but that is okay.
• Let us lay down a few axioms from the Bible for us.
• Let us learn how we should deal with all three.
• We want the mind of Christ on this and all topics.
• We do not want to overstate or understate death.
• Let us remember ... what both Adam’s have done.
Axiom #1

Health is the best in youth and should be used for God’s glory.
Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;

Ecclesiastes 12:1
The glory of young men is their strength: and the beauty of old men is the gray head.

Proverbs 20:29
What glory!
young skin, HGH, perfect complexion, T, glossy hair, memory, romance, high energy, great strength, etc., etc., etc.
Teenagers should be encouraged to love the awkward years of growth.
Axiom #2

Age deserves honor only when the aged are righteous.
The hoary head is a crown of glory, if it be found in the way of righteousness.

Proverbs 16:31
Better is a poor and a wise child than an old and foolish king, who will no more be admonished.

Ecclesiastes 4:13
So the aged should emphasize godly living over having a long life.
Axiom #3

Spiritual health is far more important than any physical health.
1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.
2 Set your affection on things above, not on things on the earth.
3 For ye are dead, and your life is hid with Christ in God.
4 When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

Colossians 3:1-4
1 The elder unto the wellbeloved Gaius, whom I love in the truth.
2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
3 For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth.
4 I have no greater joy than to hear that my children walk in truth.
This point is very important to deal well with health, sickness, death.
Axiom #4

We would rather be the beggar Lazarus than the rich man.
22 And it came to pass, that the beggar died, and was carried by the angels into Abraham’s bosom: the rich man also died, and was buried;

23 And in hell he lift up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom.

Luke 16:22-23
14 Like sheep they are laid in the grave; death shall feed on them; and the upright shall have dominion over them in the morning; and their beauty shall consume in the grave from their dwelling.

15 But God will redeem my soul from the power of the grave: for he shall receive me. Selah.

Psalm 49:14-15
The desire of the righteous is only good: but the expectation of the wicked is wrath.

Proverb 11:23
A great reversal of fortune will totally overthrow benefits in life.
Axiom #5

Sickness due to age is natural and ordinary, and to be expected.
2 While the sun, or the light, or the moon, or the stars, be not darkened, nor the clouds return after the rain:
3 In the day when the keepers of the house shall tremble, and the strong men shall bow themselves, and the grinders cease because they are few, and those that look out of the windows be darkened,

Ecclesiastes 12:2-3
Now king David was old and stricken in years; and they covered him with clothes, but he gat no heat.

1 Kings 1:1
Complaining about health in old age is tiring and graceless.
You cannot stop the weakness or sickness; you can learn to bear it.
This past Sunday Zack told of an old woman dying well.
Axiom #6

Sickness and death are first and most the consequence of sin.
But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

Genesis 2:17
Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Romans 5:12
There is no cure for sickness or death but by Jesus Christ!
Do not put your hope in any kind of diet, exercise, or medicine!
The cure is not nutrition, drugs, vaccines, doctors, exercise, weight.
There is a cure for every disease! But you need to die to obtain it!
Axiom #7

The entire creation is under the bondage of corruption from sin.
21 Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God.
22 For we know that the whole creation groaneth and travaileth in pain together until now.
23 And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

Romans 8:21-23
Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption.

I Corinthians 15:50
Everything you know rots and rusts quickly due to sin.
Axiom #8

The average life span has been about 73 years since Psalm 90.
The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away.

Psalm 90:10
And he died in a good old age, full of days, riches, and honour: and Solomon his son reigned in his stead.

I Chronicles 29:28
The 120 years of Gen 6:3 is until the Flood, not man’s longevity.
The U.N. for years 2010-2015 found life expectancy of the world at 71.5.
Hezekiah, a great king and favorite of God’s, only made 54 \((39 + 15)\).
Axiom #9

It is natural and okay to desire to live a long life with blessings.
I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.

Psalm 27:13
2 Honour thy father and mother; (which is the first commandment with promise;)
3 That it may be well with thee, and thou mayest live long on the earth.

Ephesians 6:2-3
God promises a long and good life as one blessing for godliness.
Axiom #10

The fastest way to deal with sickness or death is glorify God!
Then Job arose, and rent his mantle, and shaved his head, and fell down upon the ground, and worshipped,

And said, Naked came I out of my mother’s womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD.

In all this Job sinned not, nor charged God foolishly.
Behold, in this thou art not just: I will answer thee, that God is greater than man.

Job 33:12
2 Then Hezekiah turned his face toward the wall, and prayed unto the LORD,
3 And said, Remember now, O LORD, I beseech thee, how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight. And Hezekiah wept sore.

Isaiah 38:2-3
God honors begging for life extension ... if you are righteous.
Axiom #11

The church and the pastor have spiritual goals, not physical.
11 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;
12 For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:
13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:

Ephesians 4:11-13
1 Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings,
2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

I Peter 2:1-2
And let us consider one another to provoke unto love and to good works:

Hebrews 10:24
But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

II Peter 3:18
There are doctors, health clubs, & fitness blogs for bodies.
Churches promote godly living more important than health or long life.
We cannot turn our church into a place to talk much about health.
Updates and prayer need not stress minor or ordinary sickness.
You may think it the pastor’s role to visit the sick, but it is your role!
This is from the RCC, where a priest visits for extreme unction!
Seeking attention for sickness, but not bearing fruit, is upside down!
Axiom #12

Grace for physical trials is often better than trials removed.
7 ... there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure.
8 For this thing I besought the Lord thrice, that it might depart from me.
9 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

II Corinthians 12:7-9
For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

II Corinthians 4:16
God gave martyrs the grace to do something very special – die!
Axiom #13

Spiritual reasons to live are better than any other reasons.
18 For the grave cannot praise thee, death
can not celebrate thee: they that go down
into the pit cannot hope for thy truth.
19 The living, the living, he shall praise thee,
as I do this day: the father to the children
shall make known thy truth.

Isaiah 38:18-19
23 For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better:
24 Nevertheless to abide in the flesh is more needful for you.

Philippians 1:23-24
The godly live for higher goals than kids graduating or marrying.
This is true about making money or anything else – all for God’s glory!
Axiom #14

Carnally or earthly minded is a trait of enemies of Christ.
18 (For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: 19 Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.)

Philippians 3:18-19
5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.
6 For to be carnally minded is death; but to be spiritually minded is life and peace.
7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.
8 So then they that are in the flesh cannot please God.

Romans 8:5-8
Axiom #15

Anger, bitterness, envy, and such sins can cause sickness.
A merry heart doeth good like a medicine:
but a broken spirit drieth the bones.

Proverbs 17:22
A sound heart is the life of the flesh: but envy the rottenness of the bones.

Proverbs 14:30
And Amnon was so vexed, that he fell sick for his sister Tamar; for she was a virgin; and Amnon thought it hard for him to do any thing to her.

II Samuel 13:2
Sickness can be caused by sin: *psychosomatic* illnesses.
Science continues to discover the truth the Bible had long before.
Surely you have read about the benefits of love, joy, peace, etc.
NONE OF THESE DISEASES

THE BIBLE'S HEALTH SECRETS FOR THE 21ST CENTURY

S. I. McMillen, M.D.
& David E. Stern, M.D.
Our church and pastor are to help us to help each other live rightly.
Axiom #16

Doctors often do not help, and they want money to practice.
25 And a certain woman, which had an issue of blood twelve years,
26 And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,

Mark 5:25-26
12 And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the LORD, but to the physicians.
13 And Asa slept with his fathers, and died in the one and fortieth year of his reign.

II Chronicles 16:12-13
Doctors killed our first president, and the stories can be multiplied.
Visiting doctors is like mechanics; they must find something wrong.
They have made progress in some fields, so we try if there is any hope.
God blessed:
prostate radiation,
shoulder replacement,
gall bladder removal,
breast cancer radiation,
Lasik eye surgery,
etc., etc., etc.
Axiom #17

Health choices are a matter of liberty, but try to be prudent.
1 Him that is weak in the faith receive ye, but not to doubtful disputations.
2 For one believeth that he may eat all things: another, who is weak, eateth herbs.
3 Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him.

Romans 14:1-3
17 For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.
18 For he that in these things serveth Christ is acceptable to God, and approved of men.
19 Let us therefore follow after the things which make for peace, and things wherewith one may edify another.

Romans 14:17-19
We will not take sides or promote forms of medicine, nutrition, etc.
This applies to vaccinations and anything else you can think about.
We are not keto idolaters, for any temperate diet will work well.
Axiom #18

It is your duty, but not your priority, to maintain health.
7 But refuse profane and old wives’ fables, and exercise thyself rather unto godliness.
8 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.
9 This is a faithful saying and worthy of all acceptation.

I Timothy 4:7-9
Drink no longer water, but use a little wine for thy stomach’s sake and thine often infirmities.

I Timothy 5:23
Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!

Ecclesiastes 10:17
She girdeth her loins with strength, and strengtheneth her arms.

Proverbs 31:17
It is obvious that overeating and under-exercising creates problems.
If you neglect your health, we will ignore it like in financial folly.
If your health is not important to you, then it is not to us either. Fair?
Use it or lose it!
This simple rule encourages us to activity as we age.
Axiom #19

Prayer for healing is good, and it should occur before doctors.
1 In those days was Hezekiah sick unto death. And Isaiah the prophet the son of Amoz came unto him, and said unto him, Thus saith the LORD, Set thine house in order: for thou shalt die, and not live.
2 Then Hezekiah turned his face toward the wall, and prayed unto the LORD,
Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

James 5:16
Before you put your trust in doctors, put it in the Lord Himself.
Extraordinary prayer with oil was an apostolic gift (Mark 6:13).
Axiom #20

The best means for good health and life extension is godliness.
14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.
15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.
16 With long life will I satisfy him, and shew him my salvation.

Psalm 91:14-16
1 My son, forget not my law; but let thine heart keep my commandments:
2 For length of days, and long life, and peace, shall they add to thee.

Proverbs 3:1-2
The first command with a promise – good life, long life.
Godliness is the best thing for your health. Why try anything else?
Axiom #21

Higher ground, from the Bible, did not have bodily goals.
1 Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more.

2 For ye know what commandments we gave you by the Lord Jesus.

I Thessalonians 4:1-2
22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,
23 Meekness, temperance: against such there is no law.

Galatians 5:22-23
God, Who rules health, wants us growing in grace more than fitness.
Axiom #22

Hypochondria is a real mental disease or a foolish habit.
All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.

Proverbs 15:15
The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Proverbs 18:14
They obsess about health; it is their priority and ploy for attention.
There is only one Job, and you are not him. Tell us ten good things!
God help us to be obsessed about our souls rather than bodies!
Axiom #23
God will indeed give sickness for the four reasons we know.
2 And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind?
3 Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.

John 9:2-3
29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord’s body.
30 For this cause many are weak and sickly among you, and many sleep.
31 For if we would judge ourselves, we should not be judged.

I Corinthians 11:29-31
God help us go to our knees long before we go to our doctors!
Repentance is win-win; you will get well or have grace to bear it!
Axiom #24

But you will seldom know why God gave sickness or death.
1 The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come.

2 He shall enter into peace: they shall rest in their beds, each one walking in his uprightness.

Isaiah 57:1-2
Behold, I will gather thee to thy fathers, and thou shalt be gathered to thy grave in peace, neither shall thine eyes see all the evil that I will bring upon this place, and upon the inhabitants of the same. So they brought the king word again.

II Chronicles 34:28
Unless sin is very obvious, let us not copy Eliphaz and his friends!
Axiom #25

Do not abuse or corrupt the Bible for health benefits.
And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Exodus 15:26
Do not presume on this verse any more than shoes lasting 40 years!
11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,
12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

Daniel 1:11-12
Daniel’s diet has no more health virtue than spit mud for vision!
And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; **he is unclean to you.**

*Leviticus 11:7*
Pigs and unclean meats are now approved (I Tim 4:4-5).
Thank you, God!
Our funniest web document is a mockery of the *Hallelujah Diet!*
14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:
15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

James 5:14-15
This was an apostolic gift with oil (Mk 6:13); we also reject tongues.
Paul told Timothy to use a home remedy, not call for elders and oil!
Axiom #26

Learn how to die and practice it every day until you get to do it.
And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.

Luke 23:46
59 And they stoned Stephen, calling upon God, and saying, Lord Jesus, receive my spirit.
60 And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep.

Acts 7:59-60
Remember the death story you heard just weeks ago about fear.
Have your sins confessed and all relationships perfect each day!
Let us help each other live right and die right in the Lord!
Axiom #27

Christians have grace and gifts of the Spirit to age and die well.
Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Romans 15:13
And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

Acts 16:25
The martyrs are great examples of extreme pain and worse suffering.
Axiom #28

A powerful change is coming to make your pitiful body like His!
50 Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption.

51 Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed,

I Corinthians 15:50-51
Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.

Philippians 3:21
Christian faith for this death comes only by the Spirit, word, each other!
You know the cure for cancer, corruption, and cemeteries!
Axiom #29

Faithful believers go to a place with no sickness or death!
4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.
5 And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful.

Revelation 21:4-5
13 Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.

14 Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless.

II Peter 3:13-14
Axiom #30

No matter how long or bad sickness is, it is short and easy!
For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

Romans 8:18
For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

II Corinthians 4:17
If eternity is a string a mile long, your life is a hair on that string!
The glory of what is coming totally transcends any earthly difficulty.
Axiom #31
Death of the godly can be compared to a family reunion!
8 Then Abraham gave up the ghost, and died in a good old age, an old man, and full of years; and was gathered to his people.

9 And his sons Isaac and Ishmael buried him in the cave of Machpelah, in the field of Ephron the son of Zohar the Hittite, which is before Mamre;

Genesis 25:8-9
22 But ye are come unto mount Sion, and unto the city of the living
God, the heavenly Jerusalem, and to an innumerable company of
angels,
23 To the general assembly and church of the firstborn, which are
written in heaven, and to God the Judge of all, and to the spirits
of just men made perfect,

Hebrews 12:22-23
Axiom #32

You can have great confidence facing death and hell fire.
6 Are not five sparrows sold for two farthings, and not one of them is forgotten before God?
7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.

16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.

I John 4:16-17
Axiom #33

You can have great joy, peace, and hope while sick in bed.
1 Blessed is he that considereth the poor: the LORD will deliver him in time of trouble.
2 The LORD will preserve him, and keep him alive; and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies.
3 The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness.

Psalm 41:1-3
My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.

Psalm 73:26
But this is only for the obedient and righteous by their good works.
You can exercise your new man to build him into a strong man!
Axiom #34

Mocking sickness and death is possible for the godly with faith.
54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

55 O death, where is thy sting? O grave, where is thy victory?

I Corinthians 15:54-55
56 The sting of death is sin; and the strength of sin is the law.
57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

I Corinthians 15:56-57
Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

I Corinthians 15:58
Wherefore comfort one another with these words!

I Thessalonians 4:18
For Further Study - 1

Higher Ground ... http://www.letgodbetrue.com/pdf/higher-ground.pdf.

www.LetGodBeTrue.com
For Further Study - 2


www.LetGodBeTrue.com