



Fun Facts:

Milk is the source of all dairy products!

One glass of milk gives you 30% of your daily calcium -

Milk is white because it contains casein - a milk protein that is rich in calcium.

Milk is one of the world's oldest foods. Cleopatra, an ancient Egyptian queen, took milk baths to keep her skin looking young and healthy!

Frogs were put in milk to keep it from going sour. In ancient Russia, and even more recently, a single frog was placed in a milk bucket in order to keep it from going sour. Oddly enough, it worked. What's more, scientists who studied this preservation technique discovered several new antibiotics doing so.

Most milk is also homogenized which means that it has been treated so that the milk fats are spread evenly through the liquid and stops them rising to the top of the bottle.

PA made it illegal to use milk crates for anything other than milk. If you're in Pennsylvania, be careful about using milk crates for carrying anything other than milk. If you use them for something else, it's considered unauthorized use. Punishments include a \$300 fine or **even** spending up to 90 days in jail.

Milk provides exceptional hydration. If it is hydration, you're after, you're going to get it with milk. In fact, it will provide you with 1.5x more hydration than water.

~Pasteurized~

I know there is big debate over raw vs. pasteurized - good points on both sides.

What I would like to do is consider the process. Pasteurization is the process of heating, and then rapidly cooling, liquids or food in order to kill microbes that may expedite their spoilage or cause disease. The French scientist who invented the process of pasteurization was Louis Pasteur. A need for pasteurization arose when people milking the cows would not throw away milk where the cow had accidentally stepped in the bucket or their tail had swished over into the milk – thus, contaminating the milk.

How is Milk Pasteurized? There are three simple steps involved in pasteurization.

Step 1: As the farmer milks the cow, the milk is first stored. The milk is the stored and is kept at a temperature of 39⁰ F.

Step 2: The chilled raw milk is placed in a pasteurizer where it is heated until it reaches 160⁰F for 15 seconds.

Step 3: The milk is quickly cooled back to its original temperature of 39⁰ F. The milk is now pasteurized.



Pasteurization helps kill the bad stuff!



Pasteurization helps maintain the good taste of the milk.



Pasteurization helps keep you healthier.



Pasteurization increases the shelf life!

Of course, we know this process is being applied to liquids or food – but, what if we applied pasteurization to our Christian life?

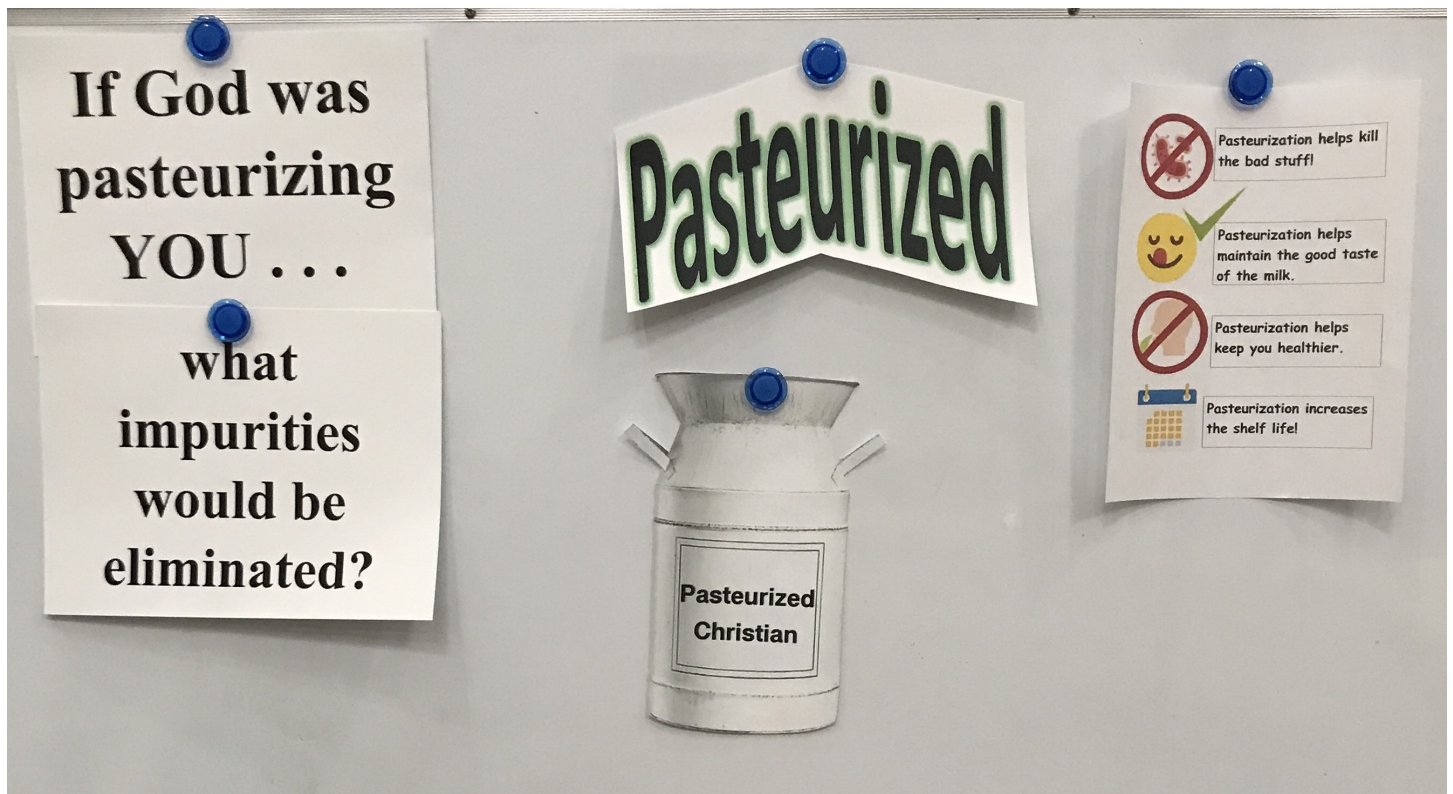
As Christians should we go through a process of pasteurization or refining?
Let's look at eight scriptures.

**If God was pasteurizing YOU . . .
what impurities would be eliminated?**

If God was to put you through a process of pasteurization or refining –
What impurities would be eliminated or float to the top?

Psalm 51:10 ¹⁰ Create in me a clean heart, O God; and renew a right spirit within me.

You should not be the same Christian today – that you were the day that Jesus saved you. There are processes that we should be going through to refine ourselves - - continually. Let's take a long hard look at all the “stuff” in our lives that needs to be eliminated so that we can better do God's will.



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Bibles N Bows

