

Decay comes to steal, to kill, and to destroy your teeth/life, but we have come that you may have life and have it restored to the fullest!

The good news is that Jesus makes the same promise for your heart, soul, and mind!  
John 10:10

### What if I have a big rotten hole in my life?

You are a special creation of the Most High God, the Creator of the universe! He designed you for a specific purpose: **to live in a relationship with Him**. However, none of us are perfect and cannot on our own power experience God and all that a relationship with Him can bring. (Romans 3:23) We all have decay (sin) in our lives that produces a big rotten hole and begins to affect everything we do until we choose to stop it with God's help and grace.

### Full-Life Restorations

JESUS is also in the business of restorations. His restorations are not composite or alloy but are full-life restorations. Just like the dentist cannot simply cover up the decay with a good substance, we cannot cover up our bad with good. Jesus can remove all of that decay (untruth) and fill that big rotten hole (cavity) with the TRUTH (John 14:6) that will always protect, insulate, strengthen, and support you. He will never let you go (John 10:28). As with a cavity, the first step in full-life restorations is to remove all the bad decay. This can be done by **admitting** that we all fall short of God's perfection and that we have problems in our lives. By admitting these areas of shortcomings, we allow God to clean out all that is bad. We then **believe** with all of our heart that Jesus, the only Son of God, was punished for all of our decay (sin) when He died on the cross for you. (Romans 10:9-10) Then we **commit** our entire life to Him by asking Him to fill us with His Holy Spirit. If a tooth were prepared for a restoration (decay removed leaving just a hole) but not restored, it would be very susceptible to attacks by decay and would also be very unstable (like a hollow tree stump) causing it to crumble under the pressures of the biting forces of the mouth.

If you simply remove the bad from your life but do not ask God to fill it with something that is good, you may withstand the times of plenty but will you crumble under the pressures of the times of need? (Philippians 4:11-13) Commit your entire life to Him and ask Him to fill you with His Holy Spirit.

Whatever rotten decay you have, whatever rotten problem (employment, family, financial, addictions), He will restore you.

Although in dentistry, some teeth are classified as non-restorable and must be extracted (pulled), God will never classify you as non-restorable. (John 3:16) He is the Almighty Creator that can restore anyone because He knows just how and why He made you. Just let Him do it!

### Jesus wants to be your restoration.

**Admit** you need Him.  
**Believe** He died for you.  
**Commit** your life to Him.

Restoring Lives...  
One Tooth At A Time

*This tract is a ministry of:*



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Keep Your Mouth Clean!

Keep Your Life Clean!



**A personal guide to keeping  
big rotten holes out of your  
mouth and your life**

Oral Hygiene Instructions  
packed with the GOOD NEWS  
of the gospel.

# Meeting The World's Needs Through Dentistry

## What is a cavity?

A hole. A void of nothing where there was once something.

## How do I get that hole?

Decay comes to steal, to kill, and to destroy your teeth.

## Does the hole appear immediately?

It usually goes unnoticed and unattended allowing it to rot away a little at a time until finally there is a big rotten hole of nothing causing great pain.

## How does it start?

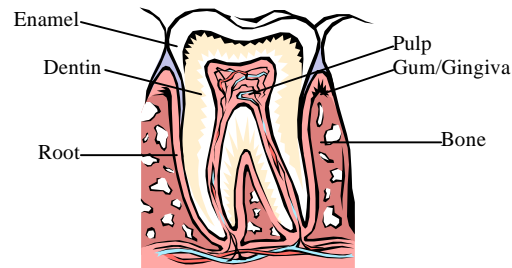
A small piece of food or candy gets caught on or between your teeth. If it is not removed, the plaque bacteria in your mouth will set up camp there, because they can use the sugar and starch in the food as a source of energy. After the plaque bacteria feast on your leftovers, they then use your tooth as a bathroom unless and until you escort them out with a toothbrush and dental floss.

## But I do not have bacteria in my mouth.

Sure you do. We all do. Your family, your preacher, even your dentist. A sticky film of bacteria called plaque covers everyone's teeth. The question is what are you going to do with it. Are you going to feed your bacteria? Or are you going to keep all of your food to yourself by cleaning up with a toothbrush and dental floss? If you clean up all the leftover food after a picnic, the ants will not cause problems. Do the same thing with your mouth after eating so that the plaque bacteria will not set up camp and have a picnic with your teeth.

## What happens if the bacteria do set up camp?

If you allow the plaque to remain uninterrupted long enough to eat and produce their acid waste product on and between your teeth, the acid will begin to eat away at the top layer of your tooth (enamel) until you stop it. If you do not stop it before it gets through the enamel, it will start to eat away at the second layer (dentin) until you stop it. If you still do not stop it, it will begin to attack your third layer of tooth (pulp/nerve, blood supply, connective tissue).



## If all of those layers are gone, what am I left with?

A BIG ROTTEN HOLE full of soft, rotten, dead pieces of tooth (decay) where there was once a strong hard tooth. As this dead decay just sits and festers in your big rotten hole, it will soon produce infection. Once infected, this small problem in your mouth will begin to affect your whole life. It will affect the way you eat or don't eat, sleep or don't sleep, talk or don't talk, and eventually live or don't live (if the infection works its way into the bloodstream and affects other vital organs).

## So, what can be done about this big rotten hole?

Well, the best way to fix a hole is to fill it up with something. Right? Not exactly, you do need to fill

it, but first you need to get rid of the problem in the hole or it will continue to affect the rest of your body from within.

## Drill and Fill Method

Dentists use the drill and fill method. Before your dentist fills your cavity (big rotten hole), he/she will do some drilling and shoveling (excavating) to get out all of the decay. Once all of the rotten decay has been kicked off of the tooth, it is time to restore the tooth to all that it once was so that it can again be full and ready to function as originally designed. The restoration can be an alloy (silver) or a composite (tooth-colored) substance. Basically, the dentist removes what is rotten and fills it with a new restorative substance that will protect (helps prevent decay from attacking the rest of the tooth), insulate (surrounds nerve and dentin to help prevent sensitivity to hot and cold), and strengthen the remaining tooth (less likely to break since it has the support of a whole tooth again).

## How do I prevent future decay?

Decay is always a threat to your teeth; so, you must daily keep food and candy from hiding between or on your teeth.



Brush at least twice a day to take your leftovers away from the plaque bacteria.



Floss at least once a day to get tough to reach spots. It goes where your toothbrush cannot.

## TIPS ON FLOSSING

Floss can grab things that you do not even see. Pull the floss down into the little ditch between your gum and tooth and rub the floss back and forth and up and down around the tooth to remove all food and plaque from below the gums.

**And of course regular check-ups with your dentist can always help in your fight against decay.**