



May  
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A QUARTERLY NEWSLETTER WITH THE PURPOSE OF SHARING NEWS REGARDING THE WORK BEING DONE IN NAMIBIA, FOR THE UPLIFTING AND ENCOURAGEMENT OF FELLOW CHRISTIANS AND TO SERVE AS A PLATFORM FOR LIKE MINDED CHRISTIANS TO SHARE TESTIMONIES OF CHRIST'S WORKINGS IN THEIR LIVES. TO BE AN OBJECT OF REFLECTION, REFLECTING THE BEAMS OF LIGHT RECEIVED FROM THE TRUE LIGHT.

God, having raised up his Son  
Jesus, sent him to bless you, in  
turning away every one of you  
from his iniquities.  
**ACTS 3:26**



### ***Walk not in Darkness***

Jesus says, *"He that followeth me shall not walk in darkness, but shall have the light of life."* If we are following Jesus, we shall not walk in darkness. If his light illuminates the mind and shines into the chambers of the heart, we shall be as Christ has said, *"the light of the world."* We shall see light, and shall talk of the love of Christ, talk of his goodness and marvellous mercy, and we shall always find enough to talk about on these themes, even to all eternity, when we have that life which measures with the life of God.

The trouble with many of us is, we get our eye fixed upon the shadow that Satan casts between our souls and God, and fail to discover the light beyond the shadow. We talk in a kind of hopeless way, as if we were slaves serving a tyrant. We represent ourselves to the world as having a hard time serving the Lord. We pick up things to find fault about, to mourn over, and pity and sympathize with ourselves, and fail to make a favorable impression upon those who have not tasted of the gift of God.

Instead of talking darkness, instead of having thoughts of gloom, we should remember that we have everything to make us glad, and this gladness should shine in our very faces. Do not let

frowns and gloom have place there. Take a look into the mirror of God's law, and see if you are cheerful in your service to him. Look upon Jesus, full of forgiveness and mercy and peace, instead of upon that which will bring condemnation and gloom. Look toward the light, and behold the Lamb of God, that taketh away the sins of the world. When Satan tells you that you are a sinner, and points out this neglect and that wrong, tell him that you know you are a sinner, but that Jesus came into the world to save sinners. Tell him, *"If any man sin, we have an advocate with the Father, Jesus Christ the righteous."* Repeat the promise, *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."*

Jesus stands between divinity and humanity, and he is fully able to save you. He was manifested to take away our sins, to relieve our hearts of their sorrows and burdens, to put a new song into our mouth, even praise unto our God. Present the promise to God in the name of Jesus, and you have his pledged word that he will let the Sun of Righteousness shine upon you.

**Jesus is the Lamb of God that taketh away the sin of the world. Will you not repent of your sins, and let him take away your guilt? Will you not let him take your sins upon his divine soul, and impute to you his righteousness?**

We are to respond to the invitations of the Spirit of God. Do we repent of our transgressions? This is an evidence that the Lord is drawing us to himself; it is Jesus that gives us repentance. *"Him hath God exalted with his right hand to be a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins."* It is his Holy Spirit that impresses us with the necessity of emptying the soul of all selfishness; and when we give ourselves to God, he will fill the vacuum with his divine Spirit, and give us the precious graces of his own character

The great lack among us is the want of love. But any soul that comes hungering and thirsting for the waters of life, will have his soul refreshed from the living fountain. When you thirst, you will hear the voice calling, *"The Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely."* And when we have tasted of the waters of life, we shall be constrained by the love of Christ to say to others, *"Come, taste and see that the Lord is good."* When we drink from the waters ourselves, we shall echo the cry, *"Come."* *"Whosoever will, let him take the water of life freely."* *"Whosoever will."* Tell me who is excluded from receiving the benefits of this divine invitation? *"Whosoever will, let him come."* All we have to do is to submit the will to God, to place the will on the Lord's side. Come and take the Lord at his word, and drink of the water of life freely.

If we have Christ abiding with us, we shall be Christians at home as well as abroad. He that is a Christian will have kind words for his relatives and associates. He will be kind, courteous, loving, sympathetic, and will be educating himself for an abode with the family above.

He will feel that he is a member of the royal household, and that he must represent the kingdom to which he is going. He will speak with gentleness to his children; for he will realize that they, too, are heirs of God, members of the heavenly family. Among the children of God no spirit of harshness dwells; *"For the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is no law."*

The spirit that is cherished in the home, is the spirit that will be manifested in the church. O, we must educate the soul to be pitiful, gentle, tender, full of forgiveness and compassion. While we lay aside all vanity, all foolish talking, jesting, and joking, we are not to become cold, unsympathetic, and unsocial.

Christians should never be hard-hearted and unapproachable. The Spirit of the Lord should rest upon them until their characters are beautiful with the graces of heaven, and they become like fragrant flowers from the garden of God. The light of Jesus, the Sun of Righteousness, shining into the heart, will change them from glory to glory, from character to character, and they will go on from strength to strength, reflecting more and more the precious image of Jesus, until at last "Well done" will be written in the books in heaven, because Jesus is faithfully represented. – Mrs. EG White

There is' no sweeter Spirit  
than a yielding spirit  
submitting to God, and  
saying, *"Thy will be done."*



### Repent ye and believe the Gospel

*“Now after that John was put in prison, Jesus came into Galilee, preaching the gospel of the kingdom of God, And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.” –*

**Mark 1:14-15**

The first thing we think of when we hear the word “Gospel” is, Jesus. So going to the Bible and looking at His life we see right after His baptism and the trials of temptation in the wilderness He started His work. This work according to Mark was the preaching of the gospel of the kingdom. And the manner in which Jesus started this work was by proclaiming firstly that the time is fulfilled and then that the kingdom of God is at hand, and that people should repent and that they should believe the gospel. The time Jesus refers to is the time prophecy concerning his anointing at His baptism which can be found in the time prophecy of the 70 weeks in Daniel 8 and 9.

What does it mean the Kingdom of God is at hand? – One meaning is that the Kingdom of God is near, it has come near to each person, access to this kingdom has come near or is now readily available to all who would fulfil its requirements.

*(What is our part to play in the fact that the kingdom of God is at hand?)*

preaching  
the gospel of the kingdom of God,  
repent ye,  
and  
believe the gospel.

**Mark 1:14-15**

Our part is to **REPENT** and  
**BELIEVE** the **GOSPEL**.

Believe this Gospel that He is preaching. The Gospel that is “of the kingdom of God”

### Definition of “Gospel”

**G2098**

εὐαγγέλιον

Euaggelion

From the same as G2097; **a good message**, that is, the gospel: - gospel.

**G2097**

εὐαγγελίζω

euaggelizō

From G2095 and G32; **to announce good news** (“evangelize”) especially the gospel: - declare, bring (declare, show) glad (good) tidings, preach (the gospel).

### GOOD MESSAGE – GOOD NEWS

According to the Strong’s concordance which is a Hebrew and Greek Dictionary, The word “Gospel” in connection with Christianity is defined as a Good Message or Good News.

Let’s read it again this time with the words “Good Message”

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preaching  
the “Good Message” of the kingdom  
of God,  
repent ye,  
and  
believe the “Good Message”.  
**Mark 1:14-15**

There is a Message from the kingdom of God to all humanity. This message Jesus Himself came to give.

He started to give this Message by saying:

**Repent ye, and  
Believe the “Good Message”**

*“I marvel that ye are so soon removed from him that called you into the grace of Christ unto **another gospel**: Which is not another; but there be some that trouble you, and would **pervert the gospel of Christ**. But though we, or an angel from heaven, **preach any other gospel unto you than that which we have preached unto you, let him be accursed**. As we said before, so say I now again, If any man preach any other gospel unto you than that ye have received, let him be accursed.*

*For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ. But I certify you, brethren, that **the gospel which was preached of me is not after man**. For I neither received it of man, neither was I taught it, but by the revelation of Jesus Christ.” - Galatians 1:6-12*

In regards to the “Good Message”, Paul wrote to the Galatians in amazement on how quickly they left the true message given to them, for another message. He pointed out how this other message was not really a whole new message but in fact the message of Christ perverted. It was a

mixture of good and bad, which according to God in the beginning of creation leads to death and not life. **(Genesis 2:16-17)**

Paul continues, saying if anyone of them, God’s apostles, or even an angel from Heaven, or any other man on this planet preaches **ANY** other message than the one Christ preached, he should be accursed, he should fall under the curse, the death penalty. Paul even repeats it in order to emphasize this matter.

Then Paul tells us in what way this message of Christ is perverted. He says “For do I now persuade men, or God? or do I seek to please men?”, this new or other message was a message to please man and looking at our part we had to play in the message given by Christ, it said “**REPENT**” and “**BELIEVE**” the “**GOSPEL**”.

So this “other” message would either remove “repent” and/or “believe”, or it would distort the true meaning of either one of them. This would then be seen as a message after man’s ideas, a man-made message that would eventually lead to the death of those who embraced it.

Paul testifies that he never preached a message that pleases man, a distorted message, having elements of good and bad in it.

Repentance is where, after being drawn by Christ to the cross, we realize our sinfulness and we begin to have this sorrow of our past sins committed against God and through His enabling grace we turn away from our sins. **(Eze 33:11; Jer 31:3; John 12:32, 33; Phi 4:13)**

To Believe includes action, one cannot believe the gospel without following the gospel. (**James 2**)

In short Paul said concerning this “Message”,

- “Another Gospel (Message)” is a perverted Gospel (Message)
- Different from the one Christ came to give.
- One that pleases man;
- One that excludes Repentance and/or to Believe;
- Or one that distorts the meaning of what “Believe” or “Repentance” means.

The true gospel includes obedience and a turning away from sin and this is the part that the perverted or “other” gospel removes in order to please men by allowing them to continue in their sinful lives yet giving the false idea that they will still be saved.

Paul also warned the Corinthians about this “other” Gospel, but added to it.

*“For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ. But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ. For if he that cometh preacheth another Jesus, whom we have not preached, or if ye receive another spirit, which ye have not received, or another gospel, which ye have not accepted, ye might well bear with him.” – 2 Corinthians 11:2-4*

Paul makes it clear that if we are to receive this other gospel and follow it we not only receive a different Spirit but also a different Christ. Following this perverted message is following a different Jesus.

*“...go, and sin no more...” – John 5:14, 8:11*, Jesus could not be clearer on this matter. Since He does not advocate sin and teaches one to forsake his sin, it means that this is the requirements in order to be a follower of Christ, a Christian. Continuing in sin means you are following a false Christ and you are guided by another spirit, and if you then call yourself a Christian you are taking His name in Vain (**Exo 20:7**)

Paul says those deceived into following this perverted message are deceived in the same manner as Eve. They are very subtly led away from the simplicity that is in Christ; the simplicity of the true gospel.

The message Eve received from Satan was a perverted message cloaked in truth. It had aspects of truth in it but the core was rotten and poisonous.

It is obvious from the issues in Galatia and Corinth that there were some going about preaching this perverted gospel, and that people were actually believing this gospel and following it. Paul made it clear that by believing in a different gospel they were actually receiving a different spirit and following a different Christ. It did not matter how sincere they might have been, following this error would lead to their eventual death

*“And from Miletus he sent to Ephesus, and called the elders of the church. And when they were come to him, he said unto them, Ye know, from the first day that I came into Asia, after what*

*manner I have been with you at all seasons,... Testifying both to the Jews, and also to the Greeks, repentance toward God, and faith toward our Lord Jesus Christ... Take heed therefore unto yourselves, and to all the flock, over the which the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with his own blood. For I know this, that after my departing shall grievous wolves enter in among you, not sparing the flock. Also of your own selves shall men arise, speaking perverse things, to draw away disciples after them. Therefore watch, and remember, that by the space of three years I ceased not to warn every one night and day with tears.” – Acts 20:17,18, 21, 28-31*

Paul sending for the leaders of the church in Ephesus makes it clear to them which gospel he preached to them, the one with repentance and believing (faith toward Jesus Christ), he then warns them and tells them that when he is not there wolves will enter the church devouring the flock. Apart from this, even among themselves there will arise some preaching a perverted gospel.

When we read these things we tend to think we are smarter, we will be able to see these wolves and won't follow anyone who starts preaching a different gospel in our churches. If it was that obvious to spot them why did Paul labour in tears for three years trying to warn them?

*“Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravelling wolves.” – Matthew 7:15*

Jesus himself warns us of the manner in which these false preachers will enter into the church. They will be

coming in as Christian pastors, leaders, teachers, evangelists, laymen, elders or any position we can think of. But the important point to note is that they will come in as Christians, though they will not really be a Christian in the truest sense of the word. He may be sincere yet preaching a perverted message. Jesus sees him as a wolf.

If we continue in this same Chapter of Matthew, Jesus even highlights this matter.

*“Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.” – Matthew 7:21-23*

Here Jesus tells us that there will be Christians who will not enter into the Kingdom. Christians who say they worked for Jesus, they even did Miracles in His name, yet Jesus never recognised them. From the very start they were working under a different spirit, following a different Jesus, preaching a different gospel. It might even be projects supported by the church or the members of the church. It may be well known projects or people.

Jesus said the problem with these Christians were that they did not do the will of the Father and they lived a life of sin.

These were “workers for God,” leaders and members in the church. They were the false preachers or false prophets.

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Many will maybe feel that it's not possible today, Jesus and Paul only talked about the time they lived in? Is that true?

*"Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come."* – 1 Corinthians 10:11

All the things written down in the past, was written down for our warning and learning who live in the end times. Therefor if it was possible to happen in their day, it would be even more possible to happen in our day.

*"And as he sat upon the mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? and what shall be the sign of thy coming, and of the end of the world?... And many false prophets shall rise, and shall deceive many."* – Matthew 24:3, 11

When Jesus was asked about the signs of His Coming and the end of the World, He made it clear that one of the things that will happen is the rise of MANY false prophets who shall deceive MANY people. Jesus made it clear that the main problem with them was "Iniquity" - *sin*.

*"Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven."* – Matthew 5:19

We see that these leaders or wolves not only live a life of sin themselves but they also teach it to men. They may teach it in many different ways but the end result will be a person living a life of sin and disobedience because they were taught it is acceptable to God.

This is the perverted message Paul warned the churches about.

*"Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world."* – 1 John 4:1

We are to TEST every single person who is conveying a message to us.

*"To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."* – Isaiah 8:20

If they do not speak according to the Word of God there is no light in them.

*"And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil."* – John 3:19

Here in John the reason for preaching this perverted Gospel is once again made clear. Why are they not speaking according to the law of God? It is because they LOVE the darkness, they LOVE their sins. Let me make it clear, these people might come across as devoted loving Christians, and they usually do but we are to TEST them.

*"For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away their ears from the truth, and shall be turned unto fables."* – 2 Timothy 4:3-4

Paul informed Timothy about People in the church who do not want to hear sound doctrine, they do not want to hear truth, so they hold on to these false teachers, for the teachings of these men pleases the people, their

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teaching allows the people to continue in their sins.

*“And he said unto them, Full well ye reject the commandment of God, that ye may keep your own tradition.” – Mark 7:9*

*“All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.” – Isaiah 53:6*

When we follow and listen to this perverted gospel we will start to follow our own way, our own traditions instead of God's way. We will reject the truths of God and reject His commandments. The problem with traditions is that it could be a tradition that has come along many years. It could be a family, church, or national tradition in which you have grown up, and therefore it might seem ok to continue in it. The Bible says TEST it in accordance to His Word. If it does not measure up, get rid of it.

*“And all the people that heard him, and the publicans, justified God, being baptized with the baptism of John. But the Pharisees and lawyers rejected the counsel of God against themselves, being not baptized of him.” – Luke 7:29-30*

Here we see something the church or the leaders did not approve of, they rejected the counsel of the Prophet; therefore they rejected the counsel of God.

*“I will raise them up a Prophet from among their brethren, like unto thee, and will put my words in his mouth; and he shall speak unto them all that I shall command him.” – Deuteronomy 18:18*

(When a prophet speaks, it is God's words and not just that of a mere man. We should be careful in rejecting the counsels of a prophet lest we be found rejecting the counsels of God Himself. Rebellion like this against God has been seen before. In fact, many of the “church” leadership in the days of the apostles had rejected the truth. Due to this, the apostles' defence of truth (adhering to the counsels of God and the teachings of Christ) was contrary and necessarily had to go against the erroneous teachings of what was seen at that very time as “God's church”. For example, after Peter and John had been jailed for speaking in the temple, Acts 4:19 records, “*But Peter and John answered and said unto them, Whether it be right in the sight of God to hearken unto you more than unto God, judge ye.*” Thus, the words of the Bible and the prophets are the word of God, and they have higher authority than any “church”. )

We need to be like the faithful Bereans.

*“And the brethren immediately sent away Paul and Silas by night unto Berea: who coming thither went into the synagogue of the Jews. These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.” – Acts 17:10-11*

We need to search the scriptures daily, becoming acquainted with the Word of God, learning and becoming grounded in the truths the Bible teaches. We cannot just listen and accept whatever is being preached; it does not matter who that person is. Paul was a great apostle, yet the Bereans searched the scriptures to see if what Paul said agreed with God's word. We cannot just look at the verses the person is

using, and say “Ok, I see the verse he is using is in the Bible.” NO! Paul was speaking ALL Bible and yet they searched the scriptures. They were not searching the scriptures to see if the verses he was using were in the Bible. No, these people knew their Bibles. They knew the scriptures were there. They searched the scripture to see if his doctrine or his teaching was in harmony with God’s word.

*“Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.” – Matthew 4:5-6*

So if the Devil had been giving a sermon to us and we would have searched the scriptures only to see if the verses he used were in there, what would we have found? We would have found that verse was THERE and we would be tempted to say AMEN! Yet upon closer examination we would have found that the verse had been misquoted!

*“For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light. Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works.” – 2 Corinthians 11:13-15*

It can’t be given in more clear language! Satan has workers, apostles, ministers amongst God’s people, in His church, who are appearing as “apostles of Christ,” and “ministers of righteousness.” They use deception to

lead people away from the simplicity of Christ, the simplicity and truth of the gospel.

*“And account that the longsuffering of our Lord is salvation; even as our beloved brother Paul also according to the wisdom given unto him hath written unto you; As also in all his epistles, speaking in them of these things; in which are some things hard to be understood, which they that are unlearned and unstable wrest, as they do also the other scriptures, unto their own destruction.” – 2 Peter 3:15-16*

Scripture can be twisted and turned so that it says what the person wants it to say, just like Satan used scripture in the way that benefited him.

Therefore let us not just look to see if the scriptures they are using in their sermons are in the Bible; no, let us diligently study the subject matter out for ourselves, making sure it is truth.

Let’s hold on to the Gospel Jesus preached. Let us follow the Counsels God has given us through His prophets and study to show ourselves approved (2 Tim 2:15).

Jesus says, “But he that shall endure unto the end, the same shall be saved.” – Matthew 24:13

***“Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.”***

**1 Timothy 6:12**

In loving kindness,  
C Fourie



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# Health Page

## Health is all about LIFESTYLE! (Part 6)

### M Bunting

We discussed the Laws of Health, Godly Trust and Open Air, Daily Exercise, Proper Rest, and the next to be discussed is **Lots of Water**.

### G O D 'S P L A N.

**G** – Godly Trust  
**O** – Open Air  
**D** – Daily Exercise  
**S** - Sunlight  
**P** – Proper Rest  
**L** – **Lots of Water**  
**A** – Always Temperate  
**N** – Nutrition

When we think of water, we automatically think about the "8 glasses a day, ½ your body weight in ounces". Although the drinking of water is essential for life, most are unaware that water is also a healer. Because the body loses water through breathing, sweating, urination, digestion and stool, it is very important to remain hydrated by ensuring adequate water intake and eating foods that contain water. Foods containing the most amount of water are primarily fruit and vegetables, making water intake full of variety, especially for those beginning to drink water and also for children.

Have you had enough water today? We have to drink water as it cleanses/flushes the kidneys, colon and the blood stream. There are so many good reasons why we need to drink

water. There's up to 90% of water in some of the organs in the body...

**Gen 2:10** *And a river went out of Eden to water the garden....*

The reason I added this is just to show that when God placed our first parents Adam and Eve in the garden, they had all the laws of health to sustain them.

- Water is necessary to sustain life!!!
- Our bodies are 75% water, our brain and blood 80%, and other body fluids 90%.
- The body cannot perform its vital functions without it.
- Water increases circulation, oxygen and blood volume.
- Necessary for proper bowel function! This organ absorbs water, and if you are not drinking any you will be constipated. Over-the-counter medications for constipation are some of the most frequently sold pharmaceuticals.
- The average person eliminates 5pts of water in 24 hours.

### Water as a healer

Water cleanses internally and externally.

- INTERNALLY
  - Cleanses the cells
  - Eliminating wastes and purifies the blood
  - Builds the immune system
  - Lubricates the moving parts
- EXTERNALLY
  - Bathing – soothes the nerves, promotes perspiration and

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- energizes internal organs
- Skin brushing - removes dead cells
- Hydrotherapy – hot and cold treatments

The skin is the largest eliminatory organ of the body and through exercise and sufficient water intake, the body perspires, releasing toxins from the body. If there is not an adequate amount of water intake, the body cannot do its proper work by releasing toxins through the skin. Many become ill due to increased toxicity of the blood because the pores are clogged and cannot release the toxins through the skin. By drinking enough water we are assisting our bodies to be healthy and to be able to heal. In this manner, if one is ill, dehydrated and not able to

*impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.” - Ministry of Healing, page 237*

*"The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened. Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and the uterine organs, which are more or less congested are relieved; for the blood is brought to the surface, and a more easy and regular*



Interesting, yet important, fact:

“The Bible definition of seas, or waters, when used as a symbol in Bible Prophecy, is peoples, and nations, and tongues.”

produce sweat, we are able to aid the body in releasing toxins by taking hot baths, sitting in the tub, immersed in water to the neck. This way we aid the body by increasing the body's temperature, allowing it to begin to perspire, thus allowing the pores to open and toxins to be released.

*“The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of*

*flow of the blood through all the blood vessels is obtained.” - Testimonies for the Church, vol. 3, page 70, 71 (1871)*

*"Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed." - Counsels on Diet & Foods, Page 420*

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Drinking water 30 minutes before or after a meal is the best practice; it allows the digestive system to do its work through the salivary glands, requiring no further assistance by the drinking of water.

*"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drank freely, it helps to supply the necessities of the system and assists nature to resist disease."* – Ministry of Healing, page 237

*"God is the source of life and light and joy to the universe. Like rays of light from the sun, like the streams of water bursting from a living spring, blessings flow out from Him to all His creatures. And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing."* – Steps to Christ, page 77

**Baptism** - As our bodies are cleansed by the release of toxins through the skin by water intake. So our spiritual lives will be increased once we take in the living water of Christ and follow him in baptism, fully immersed in water, cleansing us from the toxicity of sin.

There are causes for the present coldness and unbelief. The love of the world and the cares of life separate the soul from God.

**The water of life must be in us,** and flowing out from us, springing up into everlasting life. We must work out what God works in. If the Christian would enjoy the light, of life, he must increase his efforts to bring others to the knowledge of the truth. His life must be characterized by exertion and: sacrifice to do others good; and then there will be no complaints of lack of enjoyment. - EGW

*"But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."* **John 4:14**

*"And now why tarriest thou? arise, and be baptized, and wash away thy sins, calling on the name of the Lord."* **Acts 22:16**

**"Therefore with joy shall ye draw water out of the wells of salvation." Isaiah 12:3**



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# RECIPES

## Relaxing Epsom Salt Bath

### Ingredients:

1 cup of Epsom salt  
3 table spoons of baking soda  
Three drops of lavender/ or fresh lavender

Welgeluksalig is die man wat nie wandel in die raad van die goddelose en nie staan op die weg van die sondaars en nie sit in die kring van die spotters nie; maar sy behae is in die wet van die HERE, en hy oordink sy wet dag en nag.

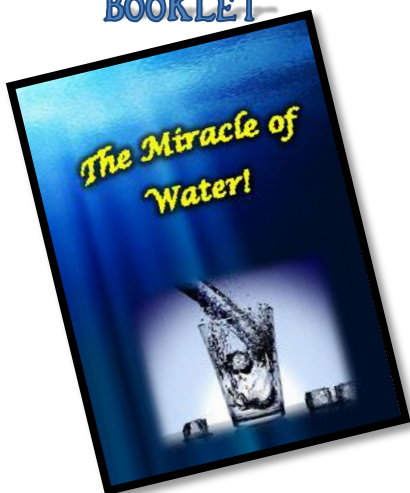
**En hy sal wees soos 'n boom wat**

**geplant is by waterstrome,**

wat sy vrugte gee op sy tyd en waarvan die blare nie verwelk nie; en alles wat hy doen, voer hy voorspoedig uit. – Psalms 1:1-3



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### HOW TO GET HEALTH

Live on air, water, and food only; ... Make cleanliness your motto, and watch against filth in both house and yard. Few starve for food, but many for air. Breathe deeply a hundred times, daily. Wear no tight clothing. Above all, ventilate your sleeping room. Beware of gluttony. If the appetite is dull, eat fruit only, or eat nothing. Use no fiery condiments, but live chiefly on natural foods; grains, vegetables, and fruits.

Never ask your stomach to chew your food-employ your teeth. Adorn your table not only with viands, but with flowers, and smiles, and kindly words. Thick blood causes colds and countless other diseases. Keep the lungs active by deep breathing, the skin by baths and friction, the kidneys by free draughts of warm water, the stomach by moderate eating, and the blood will be pure.—Selected.

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# BIBLE READINGS

Before Christ left the earth He instituted ordinances in the church to commemorate His death and resurrection and as reminders of His return to gather His people. It is important that we understand the instruction in regard to the celebration of these ordinances that we may receive from them the blessings God designed we should.

## BAPTISM

- **Eph. 4:5.** There is only one baptism.
- **Matt. 28:19, 20** [margin]. The Saviour directed that candidates for baptism should be Christians before they were baptized.
- **Acts. 2:38.** Repentance must come before baptism.
- **Acts 8:36, 37.** One must have mind enough to believe in order to be a fit subject for baptism.
- **Mark 16:16.** *"He that believeth and is baptized shall be saved."*
- **Matt. 3:14, 15.** The Saviour said baptism was necessary *"to fulfill all righteousness."*
- **John 3:23.** It requires much water to baptize.
- **Acts. 8:38, 39.** It is necessary for both the candidates and the administrator to go down into the water in order to celebrate the ordinance of baptism.
- **Matt. 3:16.** The Saviour came up *"out of the water"* after His baptism.
- **Rom. 6:4.** Baptism is a memorial of the burial and resurrection of Christ. The candidate is buried in a watery grave.
- **Col. 2:12.** It is a burial to the past life of sin and a resurrection to a new life of righteousness.

- **Rom. 6:3-11.** One is not prepared for baptism until they are *"dead"* to sin. It is a dreadful thing to bury a person alive, likewise it is a grief to the cause of God when one who is *"alive to sin"* is buried in the watery grave.

- **Acts. 2:38.** The Holy Ghost is promised at baptism.

- **Gal. 3:26, 27.** Baptism is the legal adoption, as it were, which testifies to the world and heavenly intelligences that the individual has left the family of Satan and has become a member of the family of God.

- **Matt. 28:19.** They are baptized *"in the name of the Father, and the Son, and of the Holy Ghost,"* henceforth they are entitled to the name of the heavenly family and are *"Christians."*

We are buried with Christ in baptism as an emblem of His death. We are raised from the water as an emblem of His resurrection. We are to live as newborn souls, that we may be raised at the last great day. You are pledged to live in newness of life; for you are dead, and your life is hid with Christ in God. **"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God"** [Colossians 3:1]. This is where you are to place your treasure. Finite man cannot do your believing. Come to the great source of power for your strength.



# Articles

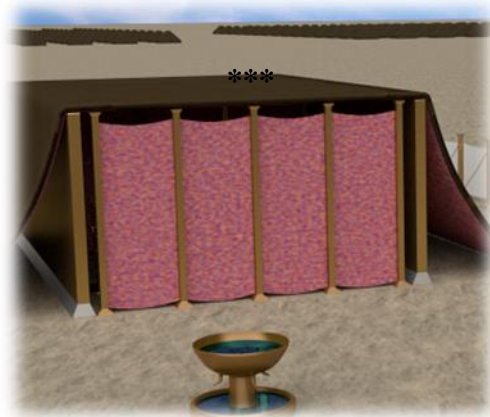
## Pillars of Truth (Bible Picture Pathways)

The Tabernacle in the wilderness primarily teaches us lessons about Jesus Christ- He is Our High Priest, He is The Lamb of God which taketh away the sin of the world and the Bread of Life. All the doors represent Jesus the Way, the Truth, and the Life. (John 14:6, John 10:7, 9)

But the sanctuary also is a wonderful object lesson of how God's church is to be built. (Eph. 2:19-22; 2 Cor. 6:16; Rev. 3:12, 1 Pet. 2:5) Another "layer" of truth in the sanctuary teaches us about the body temple. *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."* 1 Cor. 6:19, 20 (Also 1 Cor. 3:16,17) Today we will talk a little about both of these object lesson layers.

As we have proceeded through the sanctuary in our studies, we have passed the altar of burnt offering and the laver and we are now at the doorway of the tabernacle itself. At the door to the holy place, there are five pillars of Truth represented. The pillars were all made of wood covered in gold. (Ex. 26:37) They were set in sockets of brass. (Ex. 36:38) This demonstrates a transition point from a cheaper metal to one of great value. Gold represents faith (1 Pet. 1:7) Gold also represents the law (God's words/truth) and love. (Psalm 19:7, 10; Rev. 13:8, 10; Psalm 119:72)

In the body temple, there are guards or pillars stationed at the entries to the soul. Luke 11:21 tells us *"When a strong man armed keepeth his palace, his goods are in peace:"* Peter tells us how to go about "keeping the palace", by saying, *"Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;"* 1 Peter 1:13



The protection God has given for our souls is guarding the avenues to the soul. *"All should guard the senses, lest Satan gain victory over them; for these are the avenues of the soul. You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt thoughts from staining your soul. The power of grace alone can accomplish this most desirable work."* {CCh 166.1, 2}

This is where Eve fell in the Garden of Eden, *"Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? ...And when the woman saw that the tree was good for food, and*

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*that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.” Gen 3:1,6*

You can see immediately how, because she didn't guard her senses, everything went downhill from there. First she listened to the serpent's musical voice with her ears, then she looked with her eyes, then she touched with her hands, and I imagine she may even have smelled with her nose, and finally she ate the forbidden bite with her mouth. Eve chose to follow her senses instead of a plain "Thus saith the Lord." How different things might have turned out if she had covered her ears and run away at the first insinuation of doubt concerning God's words, that came from the serpent's mouth.

The five pillars at the door of the tabernacle remind us that we must choose to see, hear, taste, smell, and touch the gold of truth, faith and love and overcome the corrupting dross, the brass of the world. (*"They are all grievous revolters, walking with slanders:" they are brass and iron; they are all corrupters. Jer. 6:28 Son of man, the house of Israel is to me become dross: all they are brass, and tin, and iron, and lead, in the midst of the furnace; they are even the dross of silver. Eze. 22:18*)

*People should see a difference-- a transition in our life after we are baptized and become Christians. God says, For brass I will bring gold, and for iron I will bring silver, and for wood brass, and for stones iron: I will also make thy officers peace, and thine exactors righteousness. Violence shall no more be heard in thy land, wasting nor destruction within thy borders; but thou shalt call thy walls Salvation, and thy gates Praise. Isa 60:17,18*

Those who would not fall a prey to Satan's devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. {PP 460.2}

Like David we should say, *"I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me."* Psalm 101:3



But there is yet another lesson to learn from these five pillars. This object lesson reminds us of how God's church is to be built. The five gold pillars remind us of truth that must remain upright in God's church. These Pillars remind us of the five pillars of our faith that the courageous reformers preached, as God was building his church during the time Reformation.

It would be well to review the five pillars of the Reformation since they reflect the principles truth. The pillars were Sola Gratia-**Only Grace**, Sola Fide-**Only Faith**, Solus Christus-**Only Christ**, Soli Deo Gloria-**Glory Be to God Alone**, and Sola Scriptura-**The Bible Only**.

I think this 1915 article in Protestant Magazine sums them up well. *"It is important that we should know why we call ourselves Protestants. It is because we believe in the great principles of the Reformation."*

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1. We believe that we are justified by faith in Christ alone, and not by any works of ours. Good works are the fruits of faith and the proof of its sincerity. [*Sola Fide-Only Faith and Sola Gratia -Only Grace-Eph. 2:8*]
2. We believe in the sufficiency of the Holy Scriptures-that we need not go beyond them to learn how we should live and what doctrines we should hold. [*Sola Scriptura-The Bible Only*]
3. We believe in the priesthood of all believers-that sinful men can approach God directly without any mediation save that of Jesus Christ. [*Solus Christus-Only Christ and Sola Gratia -Only Grace-Heb.4:16*]
4. We believe in an open Bible so that all men may learn for themselves what is the will of God for their salvation. [*Sola Scriptura-The Bible Only*]
5. We believe that all should be encouraged to search Scripture at first hand and not be afraid of differing from "infallible" interpreters. [*Sola Scriptura-The Bible Only*]
6. We believe in full liberty of conscience and in the responsibility of each man to God for his faith and conduct"— J. M. Kyle, D. D., in *Protestant Magazine*, August, 1915.

Perhaps we could add Soli Deo Gloria-The Glory be to God alone—in the words of Jeremiah 9:23,24. *"Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD."*

These pillars of the reformation are made to lean dangerously or are completely broken and removed by such doctrines as the infallibility of

the church, placing tradition above the Bible, the veneration of Mary and the saints, purgatory, indulgences, and giving glory, blessing, and worship to a man instead of God. A good carpenter or architect knows that leaning or broken pillars inevitably will bring desolation to the structure they are holding up, causing loss of life to those within. *"Except the LORD build the house, they labour in vain that build it..." Psalm 127:1*

I urge you to study the sanctuary and the Word of God, guard well your senses—the avenues to the soul and *"earnestly contend for the faith which was once delivered unto the saints."* Jude 1:3

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## ONE BY ONE

**It will be well for us to learn, to speak to individuals singly. A congregation of one may be large enough to call forth all our powers, in proclaiming the good news of salvation.** Often we may save sinners one by one. If you had a bushel of bottles, and wanted to fill them with water, you would not think the quickest way would be to get a fire-engine and hose, and play over the heap - especially if the corks were all in; but you would be likely to take a single bottle by the neck, extract the cork, and then by means of a funnel turn in a little water at a time until it was filled; and then take another, and repeat the process. You would get more bottles filled that way, than with a hose and fire-engine playing upon them. So you may be able to accomplish more by working single-handed, than in crowds. You may preach the word by the wayside and by the fireside; for people need the same gospel in-doors as out. – *Christian Intelligencer*

\*~\*~\*~\*~\*~\*~\*

## PRESENT TRUTH

While some of the truths of the Bible are applicable to every generation of men, there are others that have a special application to a certain period, and to no other. The preaching of the flood by Noah is a case in point. The warning note sounded by Noah was not applicable to any preceding generation; neither could it be made the basis of a religious movement at any period since that time, as its fulfilment was limited to the generation to whom the message was originally given. But the case of the antediluvians is not an isolated one. God has ever warned the world,

through his prophets, when any momentous event was to transpire, that all who would take heed to the warning might be prepared to meet the issue. When Sodom and Gomorrah were to be destroyed, the Lord sent angels to inform Lot that he, and all others who would, might escape from the conflagration of those cities. Those who were overtaken by that destruction had an opportunity to escape if they would. But when they heard the warning, they chose rather to mock the bearer of the tidings, and thus brought swift retribution upon themselves. More than five hundred years before the first advent of Christ, the time of that event was revealed to a prophet, and recorded by him for the benefit of those who should live at the time when the Messiah would appear. "*Know therefore and understand, that from the going forth of the commandment to restore and to build Jerusalem, to the Messiah the Prince, shall be seven weeks, and threescore and two weeks.*"

**Dan. 9:25**, Sixty-nine weeks have four hundred and eighty-three days. These being prophetic days would, according to the Bible rule for interpreting symbolic days (**Eze. 4:6**), be four hundred and eighty-three years. Reckoning forward from the time when the commandment was given to restore and build Jerusalem, in 457 B.C. (**See Ezra, 7th chapter**), and the time ended about A.D. 27, the very year in which Christ was baptized, and started forth on his mission. The Jews who rejected Christ at his first advent, had the prophetic scriptures before them, and might have known from these alone, the time of the Messiah's appearance. More than this, just prior to the advent of Christ, God sent a man to herald the approach of the Messiah. When asked about his mission, he did not hesitate, but cried out in the presence of the assembled multitude: "*I am the voice of one crying in the*

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wilderness, make straight the way of the Lord, as staid the prophet Esaias."

**John 1:23.** Everything was done that could be to prepare the people for the reception of the Lord Jesus, and when the Jews rejected him, with all the evidences that existed in his favour, none could truly say that God was unjust in rejecting them from longer being his peculiar people. God has said he would do nothing without first revealing his intentions to his prophets.

**Amos 3:7.** Will he warn the world, through his chosen agency, of the second advent of Christ? The Bible everywhere speaks of that event as the glorious hope of the church. Read **Job 19:25, 26; Isa. 26:8, 9; 2 Tim. 4:7, 8; Rev. 22:12**, and many other texts of the same import. Our Saviour, when referring to what should immediately precede his coming, said: *"And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming upon the earth; for the powers of the heavens shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory."* **Luke 21:25-27.** In **Matthew, twenty-fourth chapter**, Christ tells his disciples when, in the order of events, these signs of his coming may be looked for. In verses **15-20** He briefly refers to the destruction of Jerusalem by the Roman army, after which he says there will be a time of trouble such as had never taken place to that time, nor ever should take place in the future.

This can have reference to no other than the long and bloody persecution of the dark ages, when for more than twelve hundred years the church of Rome mercilessly put to death those who dared to differ with her in belief.

In **verse 29** he further says, *"Immediately after the tribulation of those days the sun shall be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken, and then shall appear the sign of the Son of man in heaven; . . . and they shall see the Son of Man coming in the clouds of heaven with power and great glory."*

Open persecution of the church by the papal power ceased about A.D. 1772. To fulfil the prediction of the Saviour, the sun must be darkened immediately following that date. And did such a phenomenon occur? Let history answer. **President Dwight, in his Historical Collections, says of the notable dark day of May 19, 1780**, that *"candles were lighted in many houses. The birds were silent, and disappeared. The fowls retired to roost. It was the general opinion that the day of judgment was at hand."* **Under the heading of "The Dark Day," Noah Webster, in his Unabridged Dictionary, says:** *"May 19, 1780—so called on account of a remarkable darkness on that day which prevailed over all of New England. In some places persons could not see to read common print in the open air for several hours together. Birds sang their evening song, disappeared, and became silent; fowls went to roost; cattle sought the barn-yard, and candles were lighted in the houses .... The true cause of this remarkable phenomenon is not known."*

With reference to the moon refusing to give her light, the united testimony of historians is decisive. The night following May 19, 1780, was as remarkably dark as the day that preceded it. The fact of the moon having full the day before, has



baffled all attempts to account for the event on scientific principles.

In recording the matter, **Dr. Adams** says: - *"At nine, it was a darkness to be felt by more senses, than one, as there was a strong smell of soot."* **Mr. Tenny** said: *"A sheet of white paper held within a few inches of the eye was equally invisible with the blackest velvet."* On **the night of November 13, 1833**, was witnessed the most sublime sight ever beheld by mortals. A grand meteoric shower took place, not after the ordinary method, but in such a way as to be in exact fulfilment of the description given by the prophet in **Rev 6:13**, viz.: *"As a fig tree casteth her untimely figs when she is shaken of a mighty wind."* **Edward Dunkin, F.R.A.S. of the Royal Observatory, Greenwich, in a work, entitled The Heavens and the Earth, p. 186**, says of this wonderful display: *"The spectacle -must have been of the sublimest order. The apostle John might have had it before him when he indited the passage referring to the opening of the sixth seal:- 'And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind.'"* It was, in short, a display of divine power, which has perplexed the science of man.

There are those of the present generation who were eye witnesses of that thrilling scene, the last sign given, by our Saviour as a precursor of his second coming. How near, then, may we expect the crowning event? Hear the words of Christ upon this point: *"Now learn a parable of the fig tree; When his branch is yet tender, and putteth forth leaves, ye know that summer is nigh; so likewise ye, when ye shall see all these things, know that it is near, even at the doors."* **Matt. 24:32, 33**. But further, Christ says: -

*"Verily I say unto you, this generation shall not pass, till all these things be fulfilled."*

Truly his coming is near. **Reader, are you ready for it?** If you are not, do not delay longer to seek an interest in, the Saviour's blood or it may be too late. The Lord's coming is a *"present truth"* to this generation, the same as the coming flood was a present truth to Noah's generation. Only a few who heard that warning obeyed; it will be 'the same with this message. Christ says: *"But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be."* **Matt. 24:37-39**.

### Who will be among the faithful ones at that day?

#### HOW TO CONQUER.

Those of us who are inclined to give up to discouragement when things go wrong, might learn a helpful lesson from a young woman who had left home because her father was a drunkard. When she became a Christian, however, she announced her intention of returning and doing what she could to reclaim him. *"But what will you do when he finds fault with all your efforts to please him?"* someone asked her. *"Try a little harder,"* she answered, with a soft light in her eyes. *"Yes; but when he is unreasonable and unkind you will be tempted to lose your temper, and answer him angrily. What will you do then?"* *"Pray a little harder,"* came the answer, with a fearless ring in the words. The discourager had one more arrow in his quiver. *"Suppose he should strike you as he did before. What could you do but leave him again?"* *"Love him a little harder,"* said the young Christian, steadily. It is pleasant to add that her splendid faith conquered. Through love and prayer and patient effort, her father was not only reclaimed from his besetting sin, but proved Christ's power to save to the uttermost all that come unto Him. - Home Magazine.

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## Typical & Anti-Typical Day of Atonement

Esma'rie Wait

(Concludes from January 2016 Issue)

### No Work on the Day of Atonement

*And the LORD spake unto Moses, saying, Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD. **And ye shall do no work in that same day:** for it is a day of atonement, to make an atonement for you before the LORD your God. For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people. **And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people. Ye shall do no manner of work:** it shall be a statute for ever throughout your generations in all your dwellings. **It shall be unto you a sabbath of rest,** and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath. (Lev 23:26-32)*

Out of all four things which they were to do on the Day of Atonement (*all four being very important*) two things were emphasized...

3. Afflicting our souls
4. No work to be done.

Affliction we have learned is true confession and repentance, & the health message!

How do we do no work in the antitypical Day of Atonement?

God does not want us to be slothful and lazy and do no work whereby we

are to obtain an income and support our families.

*The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat. (Pro 13:4)*  
*Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men. (Pro 22:29)*

What then is Lev 23 talking about when it says we are to do no work?

This is speaking about the type of work that has us so caught up in worldly things that we forget about His righteousness.

We are not to do anything that takes our mind off of Christ.

*No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. **Ye cannot serve God and mammon.** Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? (Mat 6:24-25)*

Webster's Dictionary - **MAM'MON**, n. Riches; wealth; or the god or riches. Many people are so busy finding ways to make more money they forget or don't even think about their service to God!

*Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of*

*you by taking thought can add one cubit unto his stature? (Mat 6:25-27)*

We cannot be so busy taking care of the cares of this life and expect to grow spiritually; it takes up time to worry!

*And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. (Mat 6:28-32)*

This is what the lord expects of us on the Day of Atonement - ***But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Mat 6:33)***

**How does his righteousness come?**

**By Faith!!!**

*Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference: (Rom 3:22)*

On the Day of Atonement we are not to be “working” at all, (not doing anything that takes our minds off of God, or that cause us not to have time for Jesus.) When it comes to the day of atonement, our first work needs to be Christ and His righteousness!

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (Php 4:6)*

So let's review...

On the Day of Atonement we are to do no “work” - this does not mean that we are to be slothful or lazy, as mentioned, this means that we are not to be care worn, cause we can be lost if we are caught up in the cares of this world!

*Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: **Casting all your care upon him; for he careth for you.** Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you. To him be glory and dominion for ever and ever. Amen. (1Pe 5:6-11)*

Give Jesus the shoulder!!! (See our previous newsletter for an explanation) We are not to be thinking of anything else, but making sure our sins are blotted out, nothing is to engross our mind but the 3rd angel's message! The last message of mercy to a dying world.

*And these are they which are sown among thorns; such as hear the word, And **the cares of this world**, and the deceitfulness of riches, and the lusts of other things entering in, **choke the word, and it becometh unfruitful.** (Mar 4:18-19)*

That is why we don't bear fruit! We allow the cares of this life to choke the Word!

*Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But*

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*Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her. (Luk 10:38-42)*

Martha was occupied with the cares of this life, where Mary was sitting at the feet of Jesus, and we are to follow her example especially in this day and age we are living in!!

***Thou therefore endure hardness, as a good soldier of Jesus Christ. No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier. (2Ti 2:3-4)***

Imagine being a soldier in the Middle East, they have been fighting for years. Imagine a soldier in the middle of a war worrying about bills at home or taking out the trash etc... they would not be good soldiers!!! They would die.

We are engaged in a battle in the army of Christ, and we are to keep our focus completely on Jesus Christ!

So if we are not to Work on the day of atonement, what are we to be doing?

*Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread*

*to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. (Isa 58:5-12)*

***Here are presented the fruits of a faith that works by love and purifies the soul from selfishness. Faith and works are here combined. {HP 110.3}***

This is the work for the church! And if we are not doing this work we are not listed under the banner of Prince Emanuel.

Okay so back to the drawing board again...

If we are to do no work on the day of atonement, what are we supposed to do?

*Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings. It shall be unto you a sabbath of rest, and*

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*ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath. (Lev 23:31-32)*

What is it really asking of us?

*Wherefore (as the Holy Ghost saith, To day if ye will hear his voice, Harden not your hearts, as in the provocation, in the day of temptation in the wilderness: When your fathers tempted me, proved me, and saw my works forty years. Wherefore I was grieved with that generation, and said, They do alway err in their heart; and they have not known my ways. So I sware in my wrath, **They shall not enter into my rest.**) Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin. For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end; While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation. For some, when they had heard, did provoke: howbeit not all that came out of Egypt by Moses. But with whom was he grieved forty years? was it not with them that had sinned, whose carcasses fell in the wilderness? And to whom sware he that they should not enter into his rest, but to them that believed not? **So we see that they could not enter in because of unbelief.** (Heb 3:7-19)*

The only way one can enter into rest is through faith, through **belief**. Those who are faithless will never enter into rest.

**Let us therefore fear**, lest, a promise being left us of entering into his rest, any of you should seem to come short of it. (Heb 4:1)

It means exactly what it says, we are to fear if we are not in the rest of Christ!

*Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, **not being mixed with faith** in them that heard it. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. And in this place again, If they shall enter into my rest. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts. For if Jesus had given them rest, then would he not afterward have spoken of another day. **There remaineth therefore a rest [Grk. sabbatismos] to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his.** (Heb 4:1-10)*

We are to cease from our own works as God did from his, In order to enter into Christ's rest we need to cease working, working on our own righteousness thinking we can do it on our own. Trying to gain righteousness by the Law, when actually it comes by **Faith**.

Righteousness by faith is so simple, but in our minds we make it complicated for ourselves. We think it is so difficult, we fail, because we try to obtain it by our own works.

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There are two sides to keeping the Sabbath - Physically and Spiritually.

Did the Israelites keep the Sabbath?? Yes they did. They even kept it better than us today!

But the Bible says they will not enter into His rest, because they never had the true experience of Sabbath.

*Forty years long was I grieved with this generation, and said, **It is a people that do err in their heart**, and they have not known my ways: Unto whom I swear in my wrath that **they should not enter into my rest.** (Psa 95:10-11)*

*For I am not ashamed of the gospel of Christ: **for it is the power of God unto salvation to every one that believeth;** to the Jew first, and also to the Greek. (Rom 1:16)*

The gospel was preached to them, but they never entered in to His rest because of unbelief.

#### CHRIST DIED FOR YOU

It is said that when Cyrus had conquered Armenia, he said to Tigranes, the conquered king's son, "What would you do to save your wife from slavery?" He replied, "I would willingly lay down my life to save her from such a fate." Upon this Cyrus released and restored them to power. After Cyrus was gone one praised his beauty, another his clemency, another his valor; when Tigranes, turning to his wife, asked what she thought of Cyrus. "Indeed," said she, "I did not observe him." "What then were you looking at?" he asked in surprise. She answered, "At him who offered to lay down his life for me." How many for whom Christ died look first at any other object, in preference to him Who gave His life for them.

**What ingratitude! How base and degraded is man to neglect his Saviour!**

*"Laat die woord  
van Christus ryklik  
in julle woon in  
alle wysheid. Leer  
en vermaan  
mekaar met  
psalms en lofsange  
en geestelike  
liedere, en sing in  
julle hart met  
dankbaarheid tot  
eer van die Here."  
– Kolossense 3:16  
**Jesus lei ons uit  
ons donkerte na  
SY lig en dit gee  
ons rede om te  
sing en juig tot  
eer van SY groote  
Naam.***

- Annetjie Harmse

*For a day in thy courts is  
better than a thousand. **I had  
rather be a doorkeeper in the  
house of my God, than to dwell  
in the tents of wickedness.** -  
Psalms 84:10*



## FERMENTED AND UNFERMENTED WINE

By Mrs.. S. N. Haskell



Many people have gone down into a drunkard's grave sheltering behind, this counsel given Timothy: *"Use a little wine for thy stomach's sake and thine often infirmities."* **1 Tim. 5:23.** Too late to recover themselves they found that *"at last"* fermented wine *"biteth like a serpent, and stingeth like an adder."* **Prov. 23:32.** Every Christian ought to be able to reach out a helping hand and show plainly from the Scriptures that God never designed that any one should take fermented liquor at any time. There are many who are conscientious and shrink from using fermented wine, but when the family physician or some friend says, "Why, the Bible permits the use of wine," and quotes, *"Use a little wine for thy stomach's sake,"* they surrender their convictions and take the wine; when if they understood what the Bible taught they would not do it.

Wine has been used as a beverage from the earliest times. **Gen. 9:21; 27:25.** **One kind is injurious, while the other is a blessing.** In **Prov. 23:31** we have a plain command, *"Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright."* **Alcohol is formed in the wine by fermentation, and fermentation is the result of decay, and decay the result of sin; therefore alcohol is a child of sin and death.** The wine mentioned in **Prov. 23:29-32** contains death, while the wine of **1 Tim. 5:23** has healing properties. These two classes of wine are clearly defined throughout the Bible, as shown in the following texts:

**Prov. 23:29,30.** The use of, brings sorrow and contention.

**Prov. 23:31.** Forbidden to even look upon this kind of wine.

**Hab. 2:15.** A woe pronounced upon those who give intoxicating wine to others.

**Eph. 5:18.** Intoxicating wine forbidden.

**Prov. 20:1.** Infuriates the temper and deceives.

**1 Sam. 25:37.** Impairs the health.

**Isa. 28:7; Prov. 31: 4,5.** Enfeebles the memory and causes to stumble in judgment.

**Isa. 5:11.** Inflames the passions.

**Prov. 23:21.** The use of it brings poverty.

**1 Cor. 6:10.** No one addicted to the use of intoxicating wine can enter heaven.

This is a dark picture and in direct contrast to the Bible record of the unfermented wine, as follows:

**Gen. 40:11.** Pure unfermented grape juice.

**Judges 9:13.** It cheers God and man.

**Ps. 104:15.** Gladdens the heart.

**1 Tim. 5:23.** Healing in its effects.

**Mark 2:22.** Would ferment if put in old bottles; thus becoming unfit for use.

**Exodus 12:15.** Leaven causes fermentation; at the time of the Passover all leaven or fermented things were taken away from the homes.

**Matt. 26:17, 26, 28.** The Lord's Supper was instituted at the Passover supper, and the wine used was unfermented, because nothing fermented was allowed in their houses.

**The use of fermented wine excludes the drinker from heaven (1 Cor. 6:10);** but of the unfermented wine it is not only stated that those who use it may enter heaven, but that the Saviour and the redeemed will drink of it in the kingdom of God. (**Matt: 26:29.**)

The unfermented wine is a blessing and may be used freely by all, while fermented wine is a curse which brings sorrow, poverty and woe in this life; and forever debars the user from the kingdom of God.

The custom of bottling up the unfermented wine was so universal in the New Testament times that the Saviour used it to illustrate a spiritual truth. **Mark 2:22.** Timothy had been brought up in a Christian home, and was familiar with the unfermented wine, and understood its use. From a child he had known the Scriptures (**2 Tim. 3:15**) which condemns the use of fermented wine, and therefore had no difficulty in understanding Paul's advice. In traveling from place to place in his work, then as now it may have been a little difficult to always secure unfermented wine, hence the need of the advice to take pains to secure it. Timothy needed to care for his health and secure food that would strengthen him for his arduous duties.



### WHY IS IT?

WHY IS it that men and women will get drunk, and will not reform? Why? Everybody knows that intoxicating liquor is a bad thing. Everybody knows that anybody who begins with an occasional glass may become a drunkard. Everybody knows that half of the crime in the world is caused by whisky, and beer, and such stuff. A glance at the daily papers should soon convince anyone of that, if he is not convinced already. What we want to know is, why do people keep getting drunk?

One plea, urged as an excuse, is "*poverty and sorrow.*" People drink, they say, to drown their wretchedness. But it does not drown it. When a thing

is drowned it is dead, and there is no more about it. But while a poor unfortunate creature may gain a fleeting oblivion from sorrow in the power of alcohol, it is but for a few hours, and then comes a worse awakening; every misery increased by the poison, the nerves unstrung, the head confused, all moral courage blighted and hope blasted by its effects. No, sorrow and poverty do not offer a sufficient explanation for the persistence of drunkenness.

Then heredity is blamed. We are told that some people are born with a craving for intoxicants; that they come into the world with a devouring thirst for strong drink, inherited from their parents. But however this may be, many of the worst drunkards came of sober parents, and were not driven to the bottle by either heredity or sorrow. And, besides, heredity may be overcome. No man is obliged to obey the evil impulses of his sinful nature. Certainly, heredity cannot be blamed for all drunkenness.

We know that the training of children has much to do with it. Condiments, tea, coffee, smoking, and evil company, all of these have been tried and found guilty at the bar of moral and scientific inquiry. The blood of souls is on wrong habits, wrong food, wrong education; yet some who have been ruined by the drink have been brought up free from these. The licensing laws have been arraigned as the great cause of all the sorrows of a drunken people; the publican has been denounced as the chief agent of the infernal curse; and doubtless these are worthy of much condemnation, though drunkenness antedates both, and exists where neither are to be found.

Now, why is it that people drink? Let us tell you.

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It is because they are sold under sin. It is because the prince of this world, the devil, works upon people's hearts and inflames their evil passions. Make the people strong to resist the devil, and the drink curse will soon cease. And there is only one way in which this can be done - by getting them converted, by getting the new heart within them that Jesus gives to those who trust Him. That, and that alone, will save. Prohibit the traffic; abolish the publican and the brewer; do away with the nerve-fooling, mind-weakening tobacco and tea, and condiments that fire the blood; train the children to master their evil passions; comfort the sorrowful; relieve the distressed; brighten the lot of all men; - these are good deeds and will help, for they are godly deeds. But, above all, live the gospel, preach the gospel, lift up Jesus that the dying may look and live. No reform can avail that is not based upon the gospel of Jesus Christ. The gospel is God's remedy for all sin, and includes all true reforms.

Therefore, if you have the gospel in your heart you will have no difficulty in adopting such health reform with reference to dress, habits, food or drink as will strengthen the body and the soul to resist the devil. All who have the gospel in their hearts will know why men drink, and why drunkards do not reform. - W. A. Colcord.

**PROMISE**  
I can do all things  
through Christ which  
strengtheneth me.-  
Philippians 4:13

### THE JOURNEY TO EMMAUS

There are many things worthy of careful thought in the narrative of this evening walk. The disciples were thinking and talking about Jesus. This was the reason why *"Jesus Himself drew near and went with them."* If you wish Jesus to walk with you, think and talk about Him, and He will fulfil His promise, *"Lo, I am with you alway."*

They were sad and one word from Jesus by which they would have recognized Him would have sent them on their way bounding with joy; but He did not speak it. He considered an understanding of His Word more valuable to them than a happy flight of feeling.

When in a sorrowful frame of mind one is more apt to be thoughtful, and the Word of God has more effect. That is the reason so often we need to pass under the rod of affliction before we seek the Saviour's blessed presence. When our dear ones are laid low by death, how precious the Word of God becomes.

Christ gave them a Bible study, tracing through all the Old Testament *"the things concerning Himself."* They ever loved to think of that Bible study, and said, *"Did not our hearts burn within us while He talked with us by the way?"* A study of the Word of God brought them into a state of mind where it could be said that *"they knew Him."* Happy is the one who can say truthfully, *"I know God."*

Acquaintance with God comes through studying His Word. *"Acquaint now thyself with Him and be at peace: thereby good shall come unto thee. Receive, I pray thee, the law from His mouth and lay up His words in thine heart."* Job 22:21, 22.

## MISSIONARY REPORT

### OUTREACH IN OTAVI

By Admiral Tatalife

*The Lord desires that the truth shall come close to the people, and this work can only be accomplished by personal labor. . . . Many times minds are impressed with tenfold more force by personal appeals than by any other kind of labor. The family that is visited in this way is spoken to personally. . . . They themselves are spoken to, earnestly, and with a kindhearted solicitude. They are allowed to express their objections freely, and these objections can each be met with a "Thus saith the Lord." . . .* - Manuscript Releases, Volume 4, Page 36.1-2

It was sometime in October 2015 that I received a call to go labour in Otavi. The work in Otavi was different from that of my previous **labours** because this time we got an opportunity to go from house to house giving Bible studies and having prayers with various families. Though we were used to visiting families as literature evangelists, this time, as Bible workers we were able to bring the truth closer to the people through personal **labour**.

#### **How people responded:**

The response was different from house to house as each person or family was going through their own difficulties and personal battles. On one occasion we came across a woman who was so touched by the truths presented to her that she ended up sharing with us, how she was

planning to commit suicide because of personal reasons that left her feeling alone and unloved. But by the grace of God she changed her mind after a Bible Study and also requested that we visit her more often. Every time we were given the opportunity of sharing a few words, many of those who were busy with their daily house chores or were perhaps on their way somewhere else, ended up laying aside their plans and giving us more time.

Many were so convicted of the truths that they started asking questions and the more we directed them to the Scriptures for answers, the more questions they would ask.

On a different occasion, as I was conducting a Bible Study with a group of people, a man, joining us for the first time, was so convicted by the lesson that he requested for personal lessons, so that he would be able to express himself more freely. This man had a notebook that he always carried with him. This notebook was full of questions that he was seeking answers for. Questions that he had been failing to get answers for. That afternoon, to his joy, he got answers to most of his questions. He requested to have the lessons everyday because of his short visit to Otavi and was bound to return to Windhoek at any time. He lived 3 kilometres outside of town but he was always on time. He was so convicted by the lessons, he would call his wife every evening to share with her what he was learning.

#### **My Experience:**

The words quoted above in

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"Manuscript Releases" were being impressed upon me more and more as I saw the importance of personal labour. One thing I learned from our time in Otavi was that they were in the same position as Cornelius. *"There are many today who are in the same position as Cornelius. They are living up to the light they have received, and God speaks to them, as He spoke to Cornelius, and brings them by His appointed agencies to the place where they will receive the truth into good and honest hearts. God reveals Himself to those who are striving to form characters that He can approve. The prayers of those who fear Him, who recognize their obligations to Him, are heard and answered. The Lord takes special notice of those who walk in the light that He has given them, who testify by their deeds that they are trying to honor God. Through a Peter He will present the pearl of great price, and through a Cornelius and his family many souls will be brought to the light"* – Review & Herald, Aug 8, 1899 These souls like Cornelius and his family can only be reached if we by taking heed to the great commission given by our King, invite everyone to the wedding. **Matthew 22:1-14; Matthew 28:19, 20.** Everyone who attends this wedding is to have on the wedding garment which is Christ's righteousness and has been prepared for all the guests.

God's love for man, Christ as the only one through whom we are saved, the righteousness of Christ, justification by faith, the exceeding great and precious promises of God in His Word, free access to the Father by Jesus Christ, the comforts of the Holy Spirit, and the well-grounded assurance of eternal life in the kingdom of God; all these are to

be taken to the Cornelius' of today.

Notice that the injunction given is to "go", not to wait for the Cornelius' of today to come to our doorstep.

More labourers are indeed necessary in order to reach more souls, let us *"pray ye therefore the Lord of the harvest, that he would send forth labourers into His harvest."* – **Luke 10:2**

### **A CHALLENGE TO ALL**

- The Language Challenge -

*How many languages can you speak?*

*Why not learn a new one?*

*The more languages a person can speak, the larger his field of influence.*

**Good Morning – Owlalapo**

**One – Yimwe**

**Two – Mbali**

**Three – Ndatu**

**Four – Ne**

**Five – Ntano**

**Six – Hamano**

**Seven – Heyali**

**Eight – Hetatu**

**Nine – Omugoyi**

**Ten – Omulongo**

**Jesus loves you – Jesu ku ku hole**



*This is Oshiwambo, a native language spoken in Namibia.*

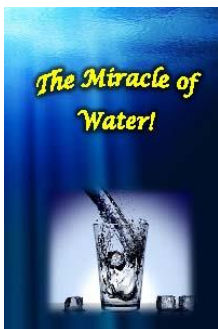
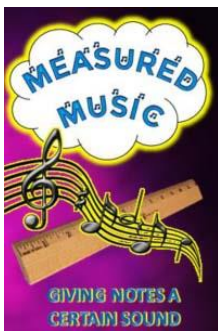
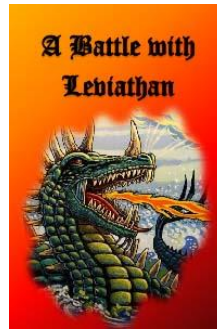
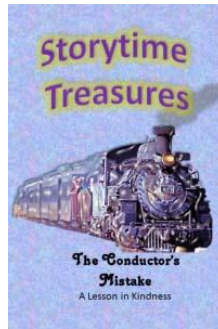
*Please share with us the language you are learning and let us keep one another in prayer concerning this challenge. - Cobus*

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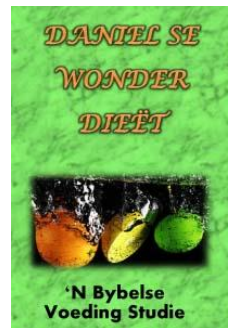
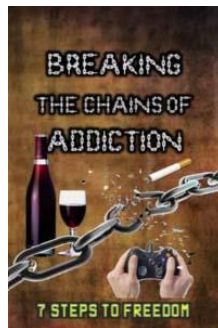
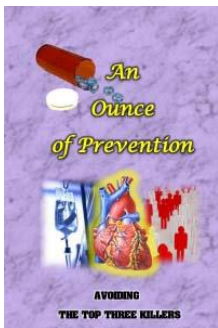


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