

Revelation 18:4

*"And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues."*

# 3RD ANGEL MESSENGER

VOLUME 3 ISSUE 3

AV/ELUL/TISHRI 5778/5779  
JUL/AUG/SEP 2018

## Making Sabbath a Delight

By Peter King'ori

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**T**he 3rd issue of volume 3 of the 3rd Angel Messenger marks our ninth issue. Since inception of the 3rd Angel messenger, we have seen and felt Elohim's power and guidance. As we release this issue, we thank Elohim for entrusting us with this noble task of conveying the 3rd Angel's message via the 3rd Angel Messenger. This task was completed by Elohim's power and for his glory.

As Messianic believers we should be happy of the gospel we received and convey the same with happiness. We should also make the Sabbath a delight by enjoying the day to the maximum as outlined in "MAKING SABBATH A DELIGHT". In this era of social platforms, it is imperative to avoid any defilement from the platforms. We should also suppress the urge to concentrate more on the social platforms than seeking Elohim via prayers or reading the Bible. The foregoing is well expounded by Martin Makokha in "REMAINING FAITHFUL IN THE DIGITAL ERA". Ezekiel Ngogoyo expounds on love in "THE PERPETUAL LAW OF LOVE". Most of us would give anything for them to have gold, because its value. The true faith is more valuable than gold, hence a lot of effort should be put to acquire the same. The aforementioned is well articulated by Solomon Macharia in "IN SEARCH OF GOLD". Lawrence Mugambi advises us with "OUR HEAVENLY FATHER IS ALL POWERFUL AND ALL MIGHTY". Our predecessors the prophets and the Apostles were full of miracles from Elohim. Therefore, in our era, the same is very possible since we are founded on them as attested in Ephesians 2:20. In our time we have an example of the same as narrated by John Michael Bett in "FOREIGN MISSION: THE MIRACLES PART 1". Njogu Mureithi continues with his column on Health, this time, matters diabetes mellitus. "MESSIAH AS A PACKAGE CONTINUES" ....

As we release this issue, I thank Elohim for the zeal he has bestowed to my two assistants in the editorial team. Those conversant with the making of a Magazine/Newsletter knows what it entails to have a professional work. In spite of their academic pursuance, they dedicate themselves to the task as if to Messiah and not Man (Colossians 3:23). That's why I cite Philippians 2:20-22 for them as I wish them the best in their endeavors Philippians 2:20 "FOR I HAVE NO MAN LIKE MINDED WHO WILL NATURALLY CARE FOR YOUR STATE: FOR ALL SEEK THEIR OWN, NOT THE THINGS WHICH ARE YAHSHUA MESSIAH. BUT YE KNOW THE PROOF OF HIM THAT, AS A SON WITH THE FATHER, HE HATH SERVED WITH ME IN THE GOSPEL" (Emphasis mine, K.J.V.). They are also officials in the M.S.A.K. (Messianic Students Association of Kenya), Njogu being the current Charitable Chairperson and Mackline being the current Secretary.

Last month, M.S.A.K had paid a visit to a Children's home in Bomet, where they supplied some donations including but not limited to clothing and foodstuffs. The foregoing is commendable. The association consists of Students and who, despite having meagre resources, can save some coins to help the needy. The 3rd Angel Messenger being a friend of the M.S.A.K, highlights the visit and also uses the visit's photo as the cover photo.

To know more on the 3rd Angel's message, engage us via the addresses herein. From me and the Editorial team, I wish you Elohim's blessings and guidance as you get the information inside.

Shalom!

**Peter G King'ori.****petergichs@gmail.com****3rdangelmessenger@gmail.com****NOT TO BE SOLD. MATHEW 10:8 "FREELY YOU HAVE RECEIVED, FREELY GIVE"****PERMISSION IS GRANTED TO COPY AND DISTRIBUTE THIS MAGAZINE ON CONDITION THAT CONTEXT OR MEANING IS NOT ALTERED OR CHANGED.****PETER G. KING'ORI****3RD ANGEL MESSENGER****P.O BOX 9774****NAKURU.****3rdangelmessenger@gmail.com****info@3rd-angel-messenger.org****Website: http://3rd-angel-messenger.org/****Facebook: 3RD ANGEL MESSENGER****WhatsApp: 0721576325****Cell: 0721576325, 0770740838, 0780976325.****Physical Address: Green center next to Greensteds International School.**



# Making Sabbath a Delight

By Peter G. King'ori.

When we realize the happiness that comes from obeying the Sabbath commandment, we delight in keeping the Sabbath. Elohim never gets tired. When he became the pioneer of the Sabbath rest in **Genesis 2:2**, he was doing it for our own benefit. When one keeps the Sabbath because he/she is tired of six days' work only and needs to re-energize, the Sabbath rest will eventually become a burden. In **Isaiah 40:28**, we find that Elohim never gets weary nor fainteth. This means that on the first Sabbath, he didn't rest because he was tired. He rested because he wanted us to get the true meaning of the Sabbath. Those who are grafted to the Israelites by virtue of Yahshua Messiah, should understand the need of delighting in Sabbath by being prepared physically and spiritually.

The Israelites prior to Yahshua in flesh used to keep the Sabbath as a forced commandment and feared the law enforcement more than they feared Elohim. The reason was If you broke the law without being seen, then you were free since the law required two or more witnesses for a penalty to be executed. That is why when Yahshua came, there was a conflict with the Pharisees on how to keep Sabbath. They never conflicted on the day of worship since the day of worship

from creation has never changed or ceased to be the 7th day of the week, and never will it cease in this age and or in the coming age of the new kingdom, as affirmed by **Isaiah 66:22-23**.

When Paul wrote to Timothy, he emphasized on the above in **1st Timothy 1:8-9** "But we know that the law is good if a man uses it lawfully. Knowing this that the law is not made for a righteous man, but for the lawless and disobedient, for the ungodly and for sinners, for unholy and profane, for murderers of fathers and murderers of mothers, for manslayers". If we only could understand the aforementioned verse in depth, we can understand the true happiness with keeping Sabbath as a delight rather than as a "burden". The Sabbath is to be **ENJOYED** but not to be **ENDURED**. There are those individuals who get bored when it is on a Friday and wish Sabbath was not a command, so

that they could not fulfill it. While there are those who, when it gets to Friday, they are exceedingly happy that the rest is come so as to rest physically and get nourished spiritually. These two lots are in the fraternity. If you are enduring Sabbath as some did in the Old Testament (**Amos 8:5**), then you should as well know that the Sabbath is a burden to you. On the contrary, the commandments (Sabbath being one) should not be burdensome as affirmed by **1st John 5:3**.

In **Isaiah 58:13**, we find that it's an individual prerogative to make Sabbath a delight. Verse 14 clearly shows that once you make it a delight then you delight in it. This calls for an individual preparedness since the delight is at an individual's capacity. "**Isaiah 58:14 Then shall thou delight thyself.....**". The moment an individual views Sabbath as bondage, the same is reflected in how he/she keeps the Sabbath. If you want to enjoy something, then you have to input what it takes for the enjoy-



ment to be achieved. There are a few who desire the arrival of Sabbaths, to get nourished and also cease from worldly engagements. On the other hand, most feel unprepared both physically and spiritually.

In **Joshua 24:14**, we find him making a choice at an individual's capacity and on his family's behalf. In my case, I did let everyone know that the Sabbath is Elohim's and not mine. From my wife to the kids, they clearly know that the Sabbath is to be kept as Elohim's command and one should be ready, physically and spiritually. On preparation day, when at work and the kids in school, we know apart from being a working and a school day, it is preparation for the best day of the week. Parents should also have the zeal of making sure that the kids especially the younger ones find Sabbath as a delight. There are those parents that would prepare the nicest meals on the other days of the week but when it comes to Sabbath meal, they prepare a totally opposite meal. When children realize it is Sabbath preparation time, they feel bad since it deprives them the nice meals and instead of anticipating for the Sabbath they loathe its arrival. Some children are not mature enough to know that the Sabbath is more of spiritual nourishment and as such, it is paramount to absorb them by what they can understand. As an example, kids dread the Sabbath because in the morning, they have to freshen up with cold water.

When one makes Sabbath a delight, it isn't about what you don't have for preparation, but rather what you

have at hand. I remember when we didn't have enough Thermos flasks (they keep tea or water hot) to keep water hot for freshening up on Sabbath with the kids, my wife used to boil water on a Friday (preparation day), put it in a 10 litre or a 20 litre container then cover it with blankets. On the morning of the Sabbath, the water would just be as hot as it had been, at the time of wrapping it. The kids would then wake up in the morning freshen up with hot water on a Sabbath. From what Elohim provided us with, we made a Sabbath meal that made the kids wish that every day was a Sabbath. Not that we had much, but we realized the moment we prepared just for the sake of it, they would take it casually, but the moment we showed them the importance they also reciprocated. I fail to understand why then, when it comes to Christmas and Easter, we teach them not to be part of such since they are not scriptural, but when it comes to the Sabbath, we want to treat it badly than the rest of the days... yet we tell them it is the day that was sanctified by Elohim. The younger children learn more from seeing rather than hearing. You can't tell them the Sabbath is to be enjoyed yet you are the one making it to be endured.

Most of the called people are of lower net worth, **1st Corinthians 1:26 "For you see your calling, brethren how that not many wise men after the flesh, not many mighty, not many noble, are called"**, but this doesn't mean we can't prepare for Sabbath adequately. Our predecessors in Macedonia were not in poverty but DEEP POVERTY as attested in **2nd Corinthians 8:1-2 "Moreover, brethren we do you to wit of the grace of Elohim bestowed on the churches of Macedonia: How that in great trial of affliction the abundance of their joy and their DEEP POVERTY, abounded unto the RICHES OF LIBERALITY"** (Emphasis mine). With the little we have or get, we can make the best of it. It is amazing to learn that when Israelites took twice bread as much on a Friday, it didn't go bad on the Sabbath. (Exodus 16:22-24). This was Elohim's way of communicating to them the importance of Sabbath and the blessing attached in keeping it to please Him, rather than viewing it as a Law and just fulfill it for the sake of adherence.

May Elohim help us to truly understand the purpose of Sabbath and make it a delight and receive the blessings as affirmed in **Isaiah 58:13-14**.

Shalom.

Peter G. King'ori

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# Remaining Faithful in the Digital Era

By Martin K. Makokha



One year ago, I was involved in a road accident and taken in a critical condition to a county referral hospital in one of the western Kenya counties. The doctor on duty was a young fellow who could not log off his phone so as to fully attend to me. With a phone in his left hand to what my wife thought was on WhatsApp chats and his right hand trying to serve me, he struggled with interruptions here and there. Indeed technology has developed and has given birth to a generation that value technology more than anything else, welcome to the digital generation.

Our loving Heavenly Father is at the centre of the technological advancement being witnessed over the centuries. He is the one that has given men and women wisdom to come up with various systems and gadgets as being seen today. It's not that our patriarchs and prophets were fools; it's only that Elohim never allowed them

to invent and discover what He has allowed our generation today.

“And he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding” Dan 2:21

“For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding.” Prov 2:6

“But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased.” Dan. 12:4

It's Elohim who has allowed men and women to have the increase of knowledge, He revealed through Prophet Daniel that in these last days “knowledge shall be increased” and surely this has been happening before our very own eyes. In 1807 the steam boat was invented, in 1811 the steam printing press, in 1819 the locomotive, matches in 1829, the reaper and mower in 1832, the photographic camera in 1840, the telegraph in 1844, typewriter in 1868, electric light 1876, telephone patented in 1876, talking machine in 1877, trolley car in 1879, typesetting machine 1884, wireless telephone in 1896. (Bible Home Instructor by Elder A.N.Dugger page 394). In this century we have seen the inventions of computers, mobile phones, etc.

In order to serve His divine purpose, Elohim prevented men of old from discovering what He has allowed us today, for everything happen at His own timing and plan.

Exodus 35:30-35, Moses explains to the children of Israel that it was Elohim who had





“.....each family member sitting in a corner of the room with a different gadget accessing different site”

filled understanding, knowledge and wisdom to a man named Bezaleel, this man was an expert in all manner of workmanship of gold, silver and brass and other stones. This knowledge came from Elohim and not from Bezaleel's carnal wisdom.

Just like all His gifts are good and perfect (Jas.1:17), the gift of wisdom towards technology is perfect and good. Technology is here with us and we can't run away from it, slowly by slowly even those brethren who taught that Computer and phones were the mark of the beast (666) have embraced technology and now boasts of having emails, Facebook accounts etc.

Most of the churches have their own websites and even some stream live their services across the globe. A question can now easily be answered even with someone who knows nothing about the subject matter; the answer is just a dial away. Some preachers too spent time on their computers looking for sermons or good 'spiritual' jokes to crack during their

sermons. Indeed technology is a great tool in today's world.

“Lo, this only have I found, that Elohim hath made man upright; but they have sought out many inventions.” Ecc. 7:29. I can't say it better than King Solomon in the quoted verse, indeed Elohim made man upright, any wisdom that He gives to mankind is to be used for the perfection of man and Elohim's creation. Yet in all these we fall short of His glory time and again.

Our greatest enemy the devil neither sleeps nor slumbers; he's very keen on the steps we take in the current inventions and just like a lion is to his prey, so is the devil to us. The devil too takes majestic and timely steps with the inventions waiting for the opportune moment to pounce. Technological advancement is an opportunity for the devil to trap a believer into a solitary confinement. According to a psychiatrist with the Ackerman Institute in New York, Evan Imber-Black, technological era has led to a general breakdown in quality family time. Family meetings and time are now taken over by technological gadgets with each family member sitting in a corner of the room with a different gadget accessing different site. Ministers of the Word too

have stopped knocking on the Heavenly door for the spirit led sermons and revelations and are now more on “disk sermons”. Those led by the Spirit of Elohim won’t need a whole day on the internet and surfing preparing for a sermon, but will spent their quality time on their knees deep inside their prayer closets.

One can get some clean sweet fishes from the ocean which are fit for human consumption and some unclean water creatures which are unfit for human consumption. Cyberspace also like an ocean has got many ‘creatures’. It is up to the fisherman to decide which one is suitable for him and which one is not basing his judgement on the Word of Elohim. Let the word of Elohim be the guiding principle in decision making as far as technology is concerned. There are sites and chats that are a NO GO ZONE for a Messianic believer even if alone under the covers of his/her blankets and bed-sheets.

Kenyan leading network provider Safaricom in their 2017 annual returns reported that most of their profit came from Mpesa transactions and data bundles. This clearly shows that many people these days prefer cyberspace more than even making calls. Technology is good and has given us another platform to spread the third Angel’s message, we can know upload our sermons both print, audio and video online and can be accessed by anyone in any part of the world. We have created various groups for the purposes of advancing the Kingdom course and that is commendable. On the other hand, cyberspace has the advantage of privacy as most of the chats are between two people. Our adversary the devil is very good in such private conversations. It’s from those conversations outside the watchful eye/ear of the third party that he strikes. Technology has succeeded in taking most of our time; let it not take your time with Elohim. “The modern culture worships at the altar of technology. If technology takes you away from having quality time with your Lord, it is time to wake up, unplug, stop surfing — altogether. Those who chat with Elo-

him always know His heart, purpose and plan. Set apart a specific time to meet with Elohim and you will be glad you did. Regain control of your spiritual life. Chat-room flings have become a tool for the devil to wreck many marriages.” M.Skariah

#### DANGER SIGNS.

There are danger signs that as believers we are to be alive to, once you find these signs starting to show up in you, then know that you are or have already entered the danger zone. Once you start finding it difficult to put down that gadget, whether in church, school, house, bus etc. Once you start finding that you can’t manage your time well, no time for prayers (I mean prayers, not the 5 minutes “Thanks Elohim for the day, amen”).

Once you realize that your Bible reading habits have changed to once a week (during Sabbath Service) while your cyberspace usage was a few minutes ago. WhatsApp last seen a few minutes ago, Facebook a few minutes ago, Instagram a few minutes ago, telegram a few minutes ago and the Bible only on Sabbath. Yet the Bible app just like those of social media is installed in that same phone!

Once you find yourself more attached to the cyberspace environment more than the people around you. These and many more not mentioned are signs that you are or have already entered the ground where victory is sure for the devil.

As believer’s our guiding principle should always be, “And whatsoever ye do in word or deed, do all in the name of the Lord Yahshua, giving thanks to Elohim and the Father by him” Col. 3:17 Set some spiritual boundaries in the tech-no-culture and ask Elohim for guidance as you strive to live a Messianic life in this digital era.

© Martin Makokha, May 2018

# The Perpetual Law of Love

**ROMANS 13:10**

**R** Love worketh no ill to his neighbour; therefore, love is the fulfilment of the law. If people have love they will not face judgement here on earth and the judgement of Elohim, and if they be judged they shall overcome **Romans 3:4**. with one another without any malice and with a strong bond from Elohim.



**By: Bro Ezekiel G Ngogoyo**

Church of Elohim 7<sup>th</sup> Day, Saika  
Nairobi



Look at these creatures they have nothing that seem to stumble them.

**Psalm 119:167.** *Great peace have those who love your law, And nothing causes them to stumble.* Love is coexisting with one another like the animals in the photograph shown.

“Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.” **Love is having the spirit of silence and getting closer to the needy and appreciating one another.**

The only one thing that shall enable anyone get to eternal life is love. This is the universal principle for mankind. The principle of our heavenly Father is summarised in the four letter word ‘**love**’.

I believe that without love for mankind, Elohim would not have given his only son to die for the sins of man.

I believe that without therefore the love of man towards another man nobody would be able to enter



into the kingdom of Elohim. The law of love is a moral law and must prevail in all life circumstances. Keeping Elohim's commandments and love for mankind is the fulfilment of love.

Nobody can love Elohim if he has no love for his fellow mankind. The greatest sin that man commits is to hate. Hatred is the source of all other sins you might think about. The motives of the mind are the source of all forms of sins.

When we manage to love everyone and everything that Elohim created, then we have the express right to His kingdom. To love is to cherish, it is to feed, is to cloth, is to support, is to respect, is to honour and is to do to mankind as you would want them do for you. Love is to fulfil the entire scripture. Obeying the scriptures and the natural moral laws of humanity.

It is easy to confirm and affirm if one is entitled and has the right to the kingdom. Simply weigh yourself on the way you deal with your friends, the way you deal with your enemies, what you do to the needy and how you deal with those who afflicted you at times. It is how you deal with day to day life situations and your morality in dealing with weak points.

The principles of love are clear. It shows how you deal with life situations and dealings with other people. **A person who has the true love will therefore manifest the same characteristics and exhibit these virtues. 1 Corinthians 13:4-7,**

Love suffereth long

Love is kind

Love does not envy

Love does not boast

Love is not puffed up

Love does not behave itself unseemly

Love seeketh not her own

Love is not easily provoked

Love thinketh no evil

Love rejoiceth not in iniquity

Love rejoiceth in truth

Love beareth all things

Love believeth all things

Love hopeth all things

Love endureth all things

Love never faileth

And now abideth faith, hope, charity, these three; but the **GREATEST** of these is **love**.

Making others feel great



If anyone falls short of all these, there will be no access to eternal life. The finest summary of law of Elohim is love. Love for Elohim and love for mankind.

**Mathew 22:37-39.**

**Mathew 5:43** You have heard that it was said, 'you shall love your neighbour and hate your enemy; but I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,

for if you love those who love you, what reward have you? Do not even the tax collectors do the same?

**Luke 6:32-35.**

Keeping Elohim's commandments is a great virtue; it confirms the true love of Elohim. In **John 14:2**. "He who has my commandments and keeps them, it is he who loves me. And he who loves me will be loved by my Father, and I will love him and manifest Myself to him"

The story of our love must correspond to the story of our Saviour, the Messiah. He loved us without condition. In fact, He loved us while we were still sinners.

**Romans 5:8** this is the true demonstration of Elohim's true love, that while we were still sinners, Messiah died for us. A true Messianic brethren must exhibit this character; one need not love another person on the basis of certain good factors. True love will not follow the norms. Human beings have the tendency to love those who are good to them and who they are affiliated in some way.

Let us give preference to one another. True Messianic brethren shall love the less privileged, the poor, the hungry, the naked and the people who are mostly marginalised on the basis of their economic and social background. It is very common that people who are well dressed and wealthy seem to be respected more than the poor and the poorly dressed. This is contrary to the true word of love.



Love is protecting the weak and taking care of them at all time and appreciating the universe creator, our Elohim and all people.

The perpetual law of love has no boundaries, has no race, has no economic, social or geographical orientation. True love is not discriminative, has no con-

tempt for others. It does not seek any form of affiliation. It is not selfish.

True love is about sharing with others and the less privileged in what you have. You don't need to have enough for yourself in order to share with those who have nothing. The perpetual love is about sharing the little you have with those who have nothing at all. Many people believe in "give and take", while this is not the principle of true love. True love's principle is "give and give" Love is about compassion. **Mathew 14:14-19**. The disciples wanted the multitude to go and buy food for themselves, Yahshua asked them to avail whatever little they had so they can share with this great multitude. In doing so, he demonstrated the true love and the spirit of compassion to mankind. The disciples were not only selfish but did not have faith in the power of Elohim's providence.

True love is giving when you have less but not when you have a lot. True love in giving is when you give whatever you have but not when you give whatever you can. **Mark 12:41-44** And Yahshua sat over against the treasury, and he held how the people cast money into the treasury: and many that were rich cast in much. **Vs 42** And there came a certain poor widow, and she threw in two mites, which make a farthing.

**Vs 43**. And he called unto his disciples, and saith unto them, verily I say unto you. That this poor widow hath cast more in, than all they which have cast into the treasury: **Vs 44** For all they did cast in of their abundance; but she of her want did cast in all that she had, even all her living.

True love is manifest in Yahshua in suffering for mankind. He bares the blame that did not belong to him. It is apparent that many people may rather dare suffer for a friend or good people. Our saviour suffered for sinners. This is the perpetual love which the people of Elohim, the Messianic brethren MUST have.

Yahshua may not have had more than two tunics. He clearly indicates that one must not have a lot in abundance in order to give. **Luke 3:11**. He answered and said to them, "He who has two tunics, let him give to him who has none; and he who has food, let him do likewise." It's true that two tunics is not a lot for man, but it is too much when someone else has none at all. It's surprising that we have so many people with several pairs of shoes or cloths to change every day, when someone else has only a pair of torn out sandals as he cannot afford even the simple repair. Brethren, you are aware of, the people who are with you, our own family members, our fellow church members, our neighbours and poor communities and families that languish in extreme poverty in our knowledge and we have the ability to share with them or to some extent remove them from such situations. Others just need the word of love. Others may just need a minimum provision for shelter. Others need food security. Others need resuscitation and reassurance in order for them to have the joy of life, while others need an extension of our love that we could share with them in our food. It is very ridiculous, that we feed our pet dogs, cats and other domesticated animals and we take care of them much more than the worry we have for the poor and less privileged people.



**"Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger,**

**a much greater poverty than the person who has nothing to eat."**

True love is about compassion. It is not loving the people who you affiliate with. **Luke 10:33-37**. But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. Yahshua admonished His disciples to do as the Samaritan, doing good to all people who are afflicted.

Brethren, the true virtue of love comes with a big sacrifice. It is not easy to attain this with the flesh. This is only attained by the help of the holy spirit of Elohim. Many at times people who try to practice this virtue, find themselves publicising it to other people. The principle virtue of true love does not allow even the counterpart on the left to know the acts of mercies that have been done **Mathew 6:3** **"But when you do a charitable deed, do not let your left hand know what your right hand is doing"**

True love is giving without taking back from those you gave. It is giving even when you don't have. It is going beyond the norm. Peter and John did not have silver, but they believed in giving what they had. **Acts 3:4-6** the beggar expected to be given silver and gold, however these disciples had something beyond the normal things that the beggar expected. They told the beggar. **"What I have I give you. In the name of Yahshua Messiah of Nazareth, rise up and walk."** This shows that we have the word of life and the power to bless in our mouth. We can speak word of blessings to the needy; we can encourage them and give them hope for future in situations where redemption is absolute answer to most life situa-



tions.

James 1:27

*Pure and undefiled religion before Elohim and the Father is this: to visit orphans and windows in their trouble, and to keep oneself unspotted from the world.*

Giving of alms is a great treas-

Without love we cannot be entitled to eternal life. Eternal life is all about the way we practise love to our fellow mankind. Giving alms to the poor and praying to Elohim are important ingredients of eternal life and a credible life in this world. The man Cornelius was a man who was prayerful and gave alms to the poor **Acts 10:2,31**. And said Cornelius, your prayer has been heard, and your alms are remembered in the sight of Elohim. ure in heaven that Elohim accounts for every mankind.

The perpetual law of love is a binding element and the summary of the true gospel. It is the perfect gospel without blame. **James 1:27. Pure and undefiled religion before Elohim and the Father is this: to visit orphans and windows in their trouble, and to keep oneself unspotted from the world.**

**The following quotes are from Mother Teresa of Calcutta, 1910-1947.**

"If you judge people, you have no time to love them."

"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love."

"I am not sure exactly what the kingdom of heaven will be like, but I do know that when we die and it comes time for Elohim to judge us, he will NOT ask, How many good things have you done in your life? rather he will ask, How much LOVE did you put into what you did?"

"If we want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it."

"I see Elohim in every human being. When I wash the leper's wounds, I feel I am nursing the Lord himself. Is it not a beautiful experience?"

"Love begins at home; love lives in homes, and that is why there is so much suffering and so much unhappiness in the world today...Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other and in the home begin the disruption of the peace of the world."

*The author of this article believe that "true love is going out your way and find and help the afflicted poor people and bring them out from their poor physical, material and spiritual conditions, but not living in comfort zones of pursuing our carnal desires" Give them the word of Elohim and physical needs, which is what they need.*



*Love is having compassion to the poor and the needy at their weakest point. "BRETHREN, WOULD YOU INVEST IN A MULTI THOUSADNS, MILLIONS PROJECT WHILE MANKIND IS LANGUISHING FOR FOOD AND SHELTER?" (Bro Ngogoyo). Look at the photo on the right-top. Mother Teresa, shown in a white robe, helping a malnourished person, and providing food for the poor.*

It is difficult to achieve anything without LOVE. Indeed, the reason of many ill motivated activities is lack of love. Great is the power of love. Love is feeding the poor and taking care of them. There can be no prosperity without love. And it is difficult to enter the kingdom of Elohim without the true love of humility. A few puzzles about love as articulated and researched by the author shows the contrasts of the true perpetual love.

Without love, there can be no peace, war and atrocities shall prevail.

Without love there can be no patience, we shall be haste in reprimanding.

Without love there can be no perseverance, we shall quickly judge.

Without love there can be no unity, separation, barbarism and hate.

Without love there can be no mercy, but malice shall abound and dominate.

Without love it is difficult to overcome, but shall be overcome by sin.

Without love it is difficult to have humour, but shall be haters.

Without love it is difficult to forgive, we shall always have grudge.

Without true love it is difficult to love our enemies, but we shall hate and curse them.

Without true love it is impossible to care, we shall be careless in deeds and speech.

Without love we cannot be our brother's keeper, but we shall betray them.

Without true love we cannot endure afflictions from people, but we shall afflict them.

Without true love we shall soon be tired of giving alms or not give at all.

It is because of lack of true love that people seek for self-edification and gratification.

It is due to lack of love and selfish ambitions that people kill each other, that people kill by hatred and jealousy. LOVE is not criticising but LOVE is the solutions to all problems. The essence of love is to Look and

**Offer Voluntary to Enrich.**

We become poor because we have no love. Sharing our wealth is keeping great treasures.

We are defeated because we have no love, giving in to our enemies is the greatest victory.

Distinguish true love from the false love.

Indeed, true love is to love the unlovable. To do what others do not commonly do. True love is being unpopular in kindness, helping the deserted and the oppressed, unbinding the bound and sharing what you have with those who have nothing. True love is treating the strangers as your kinsmen. True love is sheltering those who have no shelter. True love is clothing the naked. True love is caring for the sick, and visiting the people who are in prison. True love trusts your fellow mankind. True love cannot be found in riches; true love is sharing your food with the poor. True love is mending the heart broken and taking care of the lame, help in healing process of the sick. True love cannot not discriminate your fellow mankind. The only way to distinguish true love from the false is when you take food to your enemy who is stuffing.

False love is short-lived and gets tired soon of doing good things to others. False love is so selfish that it only takes care of the closest next of kin. False love has both small and big boundaries, yet true love has no boundaries at all. True love knows not race, not tribe, not rich. True love does not exist in a vacuum, it is found in our ability to be on time to help the people in need, extending our hands to reach out the destitute.

We have true love if only we trouble ourselves in finding solutions for other people. We have true love if we share our meals or give completely our food to the needy. We have true love if we can sacrifice not only our wealth but our bodies for the sake of the weak.

Love is the perpetual law. If we love Elohim will love us, Elohim will allow us to His kingdom. The kingdom of Elohim is of peace and love only to be for the meek and humble. And remember true love is appreciating all Elohim's creation at its weakest point of your view and lifting up other people for better.

**From the author;**

**"Brethren, take self-initiative and make your decision to love all people, and take a step and do it, do not wait for anyone to speak to you about it, this article has spoken it. Come out of the hate cocoon where people speak of ideal situation of love, but they do not practice the actual love, it is unfortunate that hatred abounds much more in our Churches, where people would run for shelter and care when they get afflictions. True love lives no more in the homes; true love does not live any longer in Church. BUT am sure there remains the true and genuine people of Elohim who have the true love in their heart, the love that Yahshua spoke about, it is also the same love I have reminded you about"**

**1 John 2:9** He that saith he is in the light, and hateth his brother, is in darkness even until now.

**By Brother:**

**Ezekiel G Ngogoyo**

**Church of God 7<sup>th</sup> Day**

**SAIKA, NAIROBI**

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# In Search of Gold

By Solomon Macharia

“Nitutigite na thutha maundu maria ma tene, mothe ni mariganiru nitugithie na mbere” (we have left behind all things of past, all are forgotten let us forge forward) goes the words of a song amidst the drum beats rhythmically conjoined. “Uhoru uyu” (this word) goes again from the soloist as men, women, youths and children join into the chorus “niguo tawa utheragira makinya- ini, niguo utheri uria wama undongoragia njirani (is the light upon the footsteps, it’s the true light that leads the way). The singing soon come to an end and the service brought into order as the middle-aged man take on the microphone.

The day is Yom shishi 3rd Shevat 5778 (Friday 19th January 2018). We are at the foot of the Aberdares mountain, Nyandarua county. We have gathered here to bid farewell to one of the first fruits of Messianic endeavours in Kenya. This week has not been kind to the messianic fraternity at large for we have lost 3 of such first fruits. It was only yesterday that we said good bye to another in Nakuru county and only two days ago that we laid to rest yet another in Kiambu county and my heart weeps.

1 Peter 1:7

That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Yahshua Messiah.

Tributes are made, much is said but the story

by a friend who is also a first fruit arouses my penning nerve. In the late 70s, Machua together with others started a journey towards the West in a bid to get gold that was said to be deposited at the foot of Mt Elgon. Destination is West Pokot. In their journey they pass through Timboroa (some call it Maji mazuri) and here they find one or two believers led by John Kihara and Paul Karuitha. They continue with their journey and soon come to Transzoia, here they do not find believers but did not relent in sharing the good news of the kingdom. One Mr. Kenneth Kimani heard them and offered his home as their resting place where they would always find refuge after daily labour but more to tell others about the Kingdom of heaven.

## TIMBOROA, KENYA. —

Dear Brothers and Sisters in Israel,

We thank you all in the work of Yah. We were lost sheep and our Elohim searched for us and found us. We trust that we can get the truth of God from you in Israel because all parts of the world are darkened by the riding woman on the beast. (Rev. 17:1-6; Isaiah 60:1, 2). Now we turn to Zion, Jerusalem. (Isaiah 2:2, 3; Jer. 12:14-16; Zephaniah 3:10-14. May God bless you all.

Elder John Kabui Kihara,  
J.S.D. Church of God



Elder John Kabui Kihara and Church Group

Excerpt From Mt. Zion Reporter

**Acts 3:5-7 King James Version (KJV)**

And he gave heed unto them, expecting to receive something of them. Then Peter said, Silver and gold have I none; but such as I have given I thee: In the name of Yahshua Messiah of Nazareth rise up and walk. And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength.

Their efforts were not in vain for after a few weeks, people started desiring baptism. Since they were not baptizers, they requested pastors from Nyandarua to come and perform the service and soon a church was established at Kiambu part of Kitale near Kesogon. The events are enumerated in the book "THE CALL"

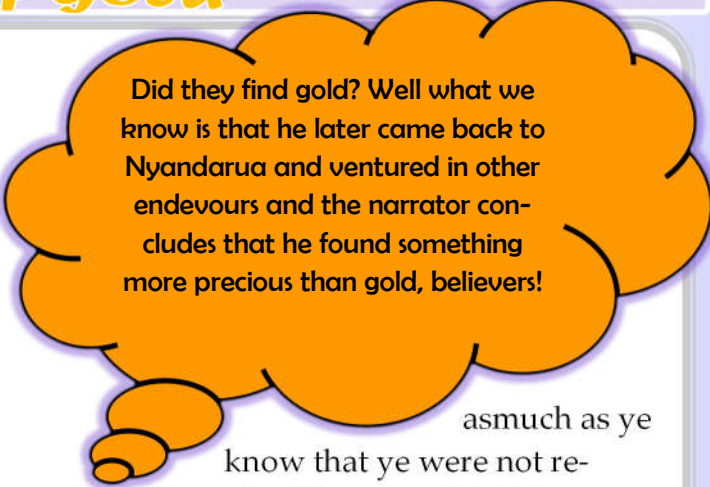
**1 Corinthians 3:11-13 (KJV)**

For other foundation can no man lay than that is laid, which is Yahshua Messiah. Now if any man builds upon this foundation gold, silver, precious stones, wood, hay, stubble; Every man's work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is.

They went all the way to West Pokot and from evening to morning they did not stop sowing in many waters. To date many churches have been planted in these regions. Did they find gold? Well what we know is that he later came back to Nyandarua and ventured in other endeavours and the narrator concludes that he found something more precious than gold, believers.

**1 Peter 1:17-19 King James Version (KJV)**

And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear: For-



Did they find gold? Well what we know is that he later came back to Nyandarua and ventured in other endeavours and the narrator concludes that he found something more precious than gold, believers!

asmuch as ye know that ye were not re-deemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; But with the precious blood of Messiah, as of a lamb without blemish and without spot:

The preacher of the day soon stands after yet another song. Among the mourners are many messianic brethren from various groups and I can count a few of the 284 baptized by Shoemaker.

We finally fill the grave with soil and my heart weeps more. I beg to evaluate the church of today and I could not help but remember the counsel to Laodecians.

**Revelation 3:17-19 (KJV)**

*Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent.*

**By Solomon Macharia**

# OUR HEAVENLY FATHER IS ALL POWERFUL AND ALL MIGHTY

By Lawrence Mugambi

*Adapted from: The Mt. Zion Reporter May, 1979, p.g 4 & 5*

## THE HOLY ONE OF ISRAEL

**"H**e changeth times and seasons. He removeth kings and setteth kings." — Daniel 2:21. The will of the Father is going to be carried out in the affairs of man, whether civil or religious. He has a definite program to be put over, which He has made known in the scriptures of truth, and He is abundantly able to see that it goes over. His arm is not shortened neither is his purpose changed. He is "the same yesterday, today and forever."

Therefore, the only safe course to follow is daily seeking wisdom from the guiding hand of Him who has "declared the end from the beginning and from ancient time the things that are not yet done." — Isaiah 46:10. All of His counsel shall stand and He will do all of His pleasure (verse 10). If we are fully in line with the purpose and work of the Lord, our efforts will be assured of His blessings and will be crowned with success. It may not be success as men see it, but it will be according to the purpose of Him who has called us, and will be for the glory of His Name.

## Don't Worry about the Church

We often see people worried about the affairs of the church, and some even smite their fellow servants with gossip about the things they hear, because certain ones do not go along with or exactly follow them. Such things only bring down the wrath of heaven upon the cause they try to build. It is like the golden wedge and the Babylonian garment were to Israel. Such of course permitted and encouraged by any group of the Church of Elohim, will assure their defeat today just the same as it brought defeat to Israel then. (See Joshua 7:1-20).

While this sin was stealing, which brought upon them defeat from their enemies, the other is bearing false witness and there is no difference. Minis-

ters of any group bearing false witness, condemning and judging ministers of another, which has been practiced by some in the past, will bring the wrath of Elohim with defeat upon them, and also upon the group by which they are authorized and sent out; just the same as it brought defeat upon Israel, as given in this chapter.

The Holy Spirit will not operate among any people who are openly violating the holy precepts of Elohim. Any group that permit this will be overcome by this world, and Satan will soon have complete victory over them. Their ambitions will be for worldly show, and a display of ownership of the things of this world, just like uncovered Peter, who thrice denied the Lord.

It was also while in this same condition that his ambition was to build a great tabernacle: one for Moses, and one for Elijah and one for Messiah. - Luke 9:28 to 33. Our Savior told him that after he was converted he would strengthen the brethren. - Luke 22:32. How true it was! After the experience of the baptism of the Holy Spirit, he became a powerful magnet, and drew sinners by thousands, as on the day of Pentecost when three thousand were baptized! — Acts 2nd chapter. His ambitions were then to "feed the lambs and the sheep," instead of to build great tabernacles for a show, and in this worldly way appeal to the lost and unsaved.

The minister of any group, who tries to make an appeal by driving a brand new up-to-the-minute model car, is on the wrong track, and needs just what Peter received on the day of Pentecost. The appeal of the gospel is the presence of the Holy Spirit, with the minister that spreads abroad a divine virtue of Holy magnetic power touching the hearts of sinners until they cry out: "What shall I do to be saved?"

## The Power of Money, or the Power of the Gospel?

Any group of the "Church of Elohim" that may set their affections on the ownership and control of property, either to make an appeal to the world, or to hold a church congregation within a certain line,



has drifted far away from the teachings of their Master whom they try to follow. Such conditions are always the fruit of the spirit. They spring forth from the lives of leadership void of the baptism or the anointing of the Holy Spirit, and as a result of a lack of prayer and holy consecration.

Any group looking to the power of money instead of the power of the gospel of Messiah will be a spiritual failure. They may by erecting a mercenary system which makes a big show here from the viewpoint of the world, but will only be a very small spot in the kingdom of Elohim.

### Exercising Authority over Elohim's Children

"Yahshua called them unto Him (James and John), and said unto them: Ye know that they which are accounted to rule over the gentiles exercise **AUTHORITY UPON THEM**. But so shall **IT NOT BE AMONG YOU**." — Mark 10:42, 43.

Whenever church leaders begin to practice this thing which our Savior here has positively forbidden, their power will cease in converting the unsaved to the way of eternal life. They may build up a big mercenary system with a show of worldly wealth, but void of the real Spirit and the "Power of the Gospel", it will be mostly wood, hay and stubble. Therefore, let the laity watch, and the ministry beware how they proceed, and weigh carefully the precious words of the **MASTER**, in the foregoing text.

### There Are Others Besides Ours

There were different groups of the Father's children two thousand years ago, just as there are today, according to the record of the gospel. The apostle John came across one of these, according to the following text. "John answered him saying, Master, we saw one casting out devils in thy name, and **HE FOLLOWETH NOT US**." How similar is this conditions today, where one condemns and forbids another because he "**FOLLOWS NOT US**."

What did the Master say? Dear reader, it was just exactly as He would say today. Here is His answer: "Forbid him not: for there is no man which shall do a miracle in my name, that can lightly speak evil of me. For he that is not against us is on our part. For whosoever shall give a cup of water to drink in my name, because **YE BELONG TO MESSIAH**, verily I say unto you, **HE SHALL NOT LOSE HIS REWARD**." - Mark 9:38-41.

In the first part of Paul's letter to the Corinthians brethren,



ren, he speaks of these condition also and of finding those who were of Paul and some of Apollos, and some of Cephas and some of Messiah. - 1 Cor. 1:12, 2:5. He condemned this condition as one of carnality. - 1 Cor. 7:4. Just so it is today. Let all of the groups of the Church of Elohim remember that every member among each of them, if living the life according to Revelation 12:17, is one of the true Church of Elohim, the body of Messiah, with the only true record in heaven the Lamb's Book of Life. Let us pray that every wall between them, that the enemy erects, shall crumble and fall.

When speaking of these carnal conditions in which the apostle Paul mentions the Apollos and Cephas groups, he also says in verse 8: "For we are laborers together with Elohim. Ye are Elohim's husbandry, ye are Elohim's building." - 1 Cor. 3:9. "For other foundations can no man lay than that is laid, which is **MESSIAH YAHSHUA**." - Verse 11. "Fire shall try every man's work of what sort it is." - Verse 13.

### Vengeance Is Mine - I Will Repay

The apostles were winning the souls to Messiah under the power of the Holy Spirit, and their enemies rose up to kill them. Gamaliel, a doctor of law, under whose teaching Paul had been taught the perfect manner of the law, etc., rose up in the council of the Pharisees and said:

### The speech of Gamaliel

"He said unto them: Ye men of Israel, take heed unto yourselves what ye intend to do as touching these men. For before these days rose Theudas, boasting himself to be somebody; to whom a number of men, about 400, joined themselves: who was slain, and all, as many, as obeyed him, were scattered and brought to naught. After this man rose up Judas of Galilee in the days of the taxing, drew away much people after him: he also per-

ished; and all, even as many as obeyed him, were dispersed.

"And now I say unto you: Refrain from these men, and let them alone: for if this counsel or this work be of men it come to naught. But if it be of Elohim ye cannot **OVERTHROW IT**, lest happily ye be found to fight against Elohim. And to him they agreed. And when they had called the apostles and had beaten them, they commanded that they should not speak in the name of Yahshua and let them go." - Acts 5:35 to 40.

Here they smote them with lash, but today men of different groups in some cases are smiting one another with tongue, by spreading every evil report they can get, which in most cases is not true. Hence they break the commandment that forbids "bearing false witness", and drive away the Holy Spirit from their midst. The work of the Church of Elohim is to feed the "lambs and the sheep" (John 21:15-17), to strengthen the brethren (Luke 22:32), and to spread abroad "good tidings of good that publisheth salvation." — Isa. 52:7. "By this shall all men know that ye are my disciples. IF ye have love one to another." — John 13:35

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Be blessed!

Yours in Messiah,

Lawrence Mugambi.

# FOREIGN MISSIONS: THE MIRACLES (PART I)

By John Michael Bett



*Elder Paul Bor speaks to the new converts on the new life they have chosen after baptism*

**T**he Gospel ministry of preaching is a noble and humbling engagement. It is one of those activities that deeply appeal to the heart for oozing love, mercy and empathy. As you engage with the sinner, you realize how wretched beings we are before our Creator. There is a sense of helplessness and surrender to sin. Apostle Paul put this so clearly in Romans 7:23-24;

*"But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched that I am! Who shall deliver me from the body of this death?"*

Before sin, man is helpless and powerless. A true Preacher therefore, must possess enough power from above to be able to preach redemption to the sinner and enough compassion to lead him out of the shackles of sins. We follow after the Master, who, in his ministry was full of compassion and Power from heaven to do the Father's will. He gave us a perfect example.

*"And Yeshua went about all the Cities and Villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing*

*every sickness and every disease among the people. But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad as sheep having no shepherd.” Matthew 9:35-36.*

Yahshua’s compassion to the people he ministered to was often manifested in ministry. The sinners went following after him because they knew he possessed the power of redemption, both for the flesh and the Spirit. Many were healed by him, he led the captives to freedom, he unshackled those who were under the power of demons, and he fed the hungry, raised the dead and performed many more innumerable wonders.

Without love and compassion this ministry won’t be realized. It is the power that converts the sinner’s soul. It is the power that bring through redemption. This alone is the greatest of miracles.

In our ministry in the foreign missions field, we have witnessed great and precious miracles that the Elohim of heaven has wrought through his servants. We testify to the words of Yahshua’ in Mark 16:16-17 as I recount some of the miracles that Elohim has manifest in the mission fields;

*“And he said unto them, Go ye unto all the world, and preached the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned. And these signs shall follow them that believe; In my name shall they cast out devils; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick and they shall recover.”*

### Healing miracle in Burundi

On the last day, of our visit to Burundi, the third of our stay in Bubanza town, early morning, we saw a young girl with a big sore on her right leg. The wound was oozing pus and the innocent girl was obviously in pain. We tried talking to her but she couldn’t understand because of language. We called our host, Jeremie Icoyashinze, to do translation and probably tell us more about the curse. We were informed that the girl’s condition was a fami-

ly curse. She had been taken to several hospitals for medication but there was no improvement. We told her she would be healed when prayed for.

We went back inside the house and told the story of the young girl to our elders, whom we had accompanied in the mission. The elders asked that the girl be brought to them for prayer. The elders prayed for her and anointed her with oil as we are guided by James 5:13-16. Then we left immediately thereafter. A few weeks later we received news from Pastor Jeremie that the girl completely healed.



*The sick young girl presented before the elders. The girl’s sickly leg being anointed with oil.*

### Salvation most amazing

While still in Burundi, and after three-day evangelism, many people believed the gospel and wanted baptism. As we were



*Converts, including the two mentioned, lined up for baptism in Lake Tanganyika.*



boarding the van to Lake Tanganyika where baptism were going to be done, Pastor Jeremie approached us and told us that two of those who had confessed their sins and wanted baptism were not eligible. One of those was a young woman and a young boy.

We wanted to know the story behind that refusal. He told us the woman was a known sex worker in the town and would embarrass them if she fellowshipped with them. The elders explained through Scriptures that she was one of those that Yeshua died for and if she had accepted the saving grace, nothing would prevent her from being baptized. When she was asked if she indeed understood what was about to happen, and she said she did and had truly repented of her ways, we shouted Halleluiyah!

On the other hand, the young boy's story was intriguing. He was a son to a single mother. Tradition and country's law dictated that he had no right to choose a different way from his mother. His mother was catholic. But when he was shown the kind of risk he was taking of being an outcast, though he was still very young, he boldly declared he was prepared to face anything for the sake of his Saviour. That settled, we left, rejoicing all the way to Lake Tanganyika where baptism was done amidst joy and happiness.

### The guns go silent

When we were preparing to send another team for the fourth trip, civil war suddenly began in Burundi. The sitting President, Pierre Nkurunziza decided to change the constitution to extend his term and the opposition protested. Fight ensued. Many people were killed.

Though the situation was worsening, the Holy Spirit insisted the visit had to be made nonetheless. We prayed. We recalled the message given by the prophets to our Deputy General Overseer that peace would prevail in Burundi once we stepped our feet there. So, despite the fears, the trip was organized and it took off. This time a bigger delegation was sent to visit the regions of Bubanza, Cibitoke, Gihanga and Muyange.

And indeed, as the Spirit had testified, the fight died down though there were still erratic gun fire in Bujumbura when the evangelism team was there. It goes without saying that indeed, *"Behold, he that keepeth Israel shall neither slumber nor sleep"* Psalms 121:4.

Shalom!

By John Michael Bett



*Baptism by Elder  
Joseph Soy  
assisted by Pastor  
Jeremy  
Icoyashinze  
(Trainee Pastor)*

# Messiah As a Package

By Peter King'ori

*Mundoro, Kiambu.*

In everything we do, we should know it is a seed we are planting and one day we shall reap from the same. When a farmer prepares the land and plants, he expects positive results. No one would wish to get negative results for his labors. Elohim likens the true believers as a farm and he himself as the farmer as attested in John 15:1 "I am the vine and my father is the husbandman". Therefore, we should learn from the foregoing scripture, and get conversant with Elohim's input on us. He gives us the needed input to make us blossom, so that, at the end of times he will "harvest" bountifully. He expects us to reciprocate. Being under him, we can fully depend on him and he will give us all that is needed for our reciprocation.

Mundoro is a small town or center in Kiambu County. It is not very far away from the Thika super-highway; to commute to and fro is relatively easy. The church that had invited us for the "Messiah as a package" is very different from most churches in the Messianic fraternity. The difference is not in terms of doctrine but in terms of leadership. The church has only women believers who congregate and worship together. Hence, everything is done by women, from the teachings, leading prayers and everything else that pertains worshipping Elohim. It is very rare to find such a scenario in many factions and that is why it seemed unique from our preceding "Messiah as a package".

The great commission by Messiah to the Apostles; Mark 16:15-16, was all inclusive. As a matter of facts, the foregoing scriptures states "and preach the gospel to every creature". When we received the invitation, there were no hesitations. We embarked on documentation and logistics for the mission. I arrived some few days prior the team {3<sup>rd</sup> Angels Messengers} to





work on the legal documents. As usual, like the entire "Messiah as a package", we engage the local authorities in our preparations before the mission because the same is directed by the government hence it is imperative to concur and avoid any inconvenience. Paul also advised us on the same in Romans 13:1-4. I engaged with the area chief, who in return directed me to get further recommendation from the area chief commander. The reason being that our mission happened during a time when the country was facing many terror attacks; the government had tightened the security in and outside the borders. On meeting the police commander of the area, he also did ask for recommendation from the AP [Administration police] counterpart in the area.

The process seemed impossible because of the time frame. I called back my team and communicated about the process. We were positive; Elohim would see us through, as he had seen us through in many other situations that seemed insurmountable. We saw Elohim's hand in the matter and everything worked very well that I received every paper on time and hence the mission commenced.

The open air meeting was done near the chief's camp office, which happened to be in the center of the town. This made it very easy for us to get a lot of audience and convey the 3<sup>rd</sup> Angel's Message to the people who frequented the center for their shopping. Since the town borders a lot of other rural villages, it was visited by different kinds of people surrounding the area.

On the last Sabbath of the mission, we got reinforcement from brethren coming from Nairobi, Thika and other places that are near the town {Mundoro}. After finishing our mission, we held a meeting with the church and it was decided that we allot two or more brothers who would be attending interchangeably on Sabbath to strengthen the members and also engage any queries that would arise after our departure.

After the departure, personally, I have visited the church for a number of times and I can attest that Elohim is at work. We should not get weary of doing Elohim's work, knowing that in due time we shall reap from our work {Galatians 6:7}. It's time we used our time and resources in bearing fruits to Elohim via being zealous in his vineyard. There are still many people in Babylon that we need to call out as affirmed in Romans 18:4.

"Messiah as a package" continues.....

SHALOM.

Peter G. King'ori, [Ptergichs@gmail.com](mailto:Ptergichs@gmail.com), 3rdangelmessenger@gmail.com





# My Health Today...



**Y**ou've probably come across the term 'ugonjwa wa sukari' (a disease of sugar) and you wondered what on earth could be 'ugonjwa wa sukari'. Could it be that the sugar I take every day is the one that causes diabetes mellitus disease? What exactly is diabetes mellitus? Worry no more.

Diabetes mellitus is the inability of the body to control blood glucose levels and maintain it at a close range that is normal for the body. This glucose, what we normally call sugar, is not only derived from the domestic and commercial sweeteners i.e. processed sugar, but is also contained in other foods made of simple and complex carbohydrates. It is there in our githeri, ugali, potatoes, cassava and other carbohydrates as well as some fruits. So, it is not how much sugar you consume but whether the body is able to regulate the sugar content in the food you eat.

The regulation of blood sugar level is primarily done by two hormones produced by the body. The most important is insulin. A defect in insulin production or insulin working mechanisms brings about defective sugar control.

There are four types of diabetes: type 1 is due to inadequate production of insulin and is found mostly in children. Type 2 is due to inability of the intended cells to detect insulin and therefore control sugar levels in circulation (insulin resistance). It is mostly in the adult and the aging age group. Type 3 is gestational diabetes that only occurs in pregnancy and type 4 is diabetes caused by other diseases such as a tumor of the adrenal glands.

Of the four, the most bothersome is type 2 and to a lesser extent type 1. Type 2 is a lifestyle disease with association with genetics. Lifestyle disease because people who are overweight or obese, eating just processed foods with a lot of starch (carbohydrates), and do not exercise, have been shown to develop type 2 diabetes. This

# Ugonjwa wa Sukari?



is particularly so if there is a close family member with the disease: father, mother, brother or sister. It is the commonest.

Type 1 is as a result of destruction of the part of the pancreas that produces insulin due to an infection or an autoimmune (excess body immune reaction) process.

How do I know I have diabetes?

Going for short calls more than normal where the urine produces a lot and clear in colour, taking a lot of fluid due to thirst and eating a lot are the primary signs. Other additional ones include easy susceptibility to infections and light-headedness or even loss of consciousness when you've skipped a single meal.

Treatment?

If the above symptoms are present, visit a nearby health centre and get tested for diabetes. A simple test is used for screening using a glucometer. If diabetes is confirmed, blood sugar level more than 11.1mmol/L, medications will be prescribed. If less but beyond 6.1mmol/litre, further tests may be required to confirm. Treatment depends on cause and the symptoms present and may be lifelong. Early treatment is very important because late interventions are associated with devastating complications. You can get a stroke, diminished vision, heart attack, kidney failure, leg ulcers and/or leg amputations.

Prevention?

Eat healthy. Avoid processed carbohydrates at all costs where necessary. Exercise daily. Cut off excess weight by maintaining a BMI of between 18.5 to 24.9. Finally, get screened for blood sugar whenever you get an opportunity to get tested.

3John 1:2 Beloved ones, I pray for you to do well in every way, and be in health, as your life is doing well.

Njogu Mureithi-MBChB VI

## About the Cover Page



What another MSA Kenya milestone! Last month, MSA Kenya and friends organized a children's home visit to Silibwet Umoja children's home at Bomet. It turned out to be one of its kind. It took two months of rigorous preparations; monetary, material donations and prayers were core. We were welcomed by Chepngaina Congregation in Bomet Town and the neighbouring fellowships joined in regardless of affiliations... a miraculous show of brotherly love! We held a fruitful Sabbath and proceeded to the home on the Sunday after. We prayed and played with the children, we sang and danced Messianic songs with the children, we interacted with and mentored a few who are in secondary school, we shared a meal with the children, we preached the good news to the children, we gave talks and as icing on the cake, we shared the little we managed to collect as material donations. The children and the management enjoyed. They even requested for a permanent relationship with MSA Kenya. Donations towards the home are still welcome.

The name of Elohim was glorified.

It acts like this that give hope to the hopeless. May Elohim continue blessing MSA Kenya and all our friends. Never grow weary of doing good. Keep a treasure for yourself in heaven. In the spirit of pure and undefiled religion.

Njogu Mureithi - Charity

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