

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."

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In this World but not of this World

By Peter G. King'ori.

We are in the world but not of the world as attested in 1st John 2 verse 15. As Messianic believers, we should endeavor to live a righteous life despite being in a wicked world that is not in

Continued on page 3

CHRISTIANITY TODAY AFRICA



Elijahs of Elohim wanted...pg 4

Plug in and Charge...pg 6

THE POWER IN MEDITATION, PRAYERS AND PROVERBS...pg12

A Sad Phase for The Youth Generation...pg 16

Preach to them about Yahshua the Messiah...pg19

Claiming to be Messianic?...pg23

IN THIS ISSUE...

In this World but not of this World

By P. Kings
(Pg3)

Be an Elijah!

By M. Makokha
(pg4)

Plug in and Charge

By Solomon Macharia
(pg6)

The Power in Meditation, Prayers and proverbs

By E. Ngogoyo
(pg12)

A Sad Phase for the youth Generation

By L. Mugambi
(pg16)

Preach to them about Yahshua the Messiah!

By John Michael Bett
(Pg19)

Claiming to be Messianic?

By Ken Rotich
(pg23)

Messiah as a Package

By Sammy Wambiru and P. Kings
(pg24)

My health today - Peptic Ulcers and Fasting

By N. Mureithi
(pg28)

Editor's Note

The world is becoming wicked every minute as attested by events worldwide. Henceforth, it is paramount to avoid being defiled by the wickedness in it and stand blameless in the day of our Saviour (Jude 1:24). The prophets and the Apostles were in the same world and overcame. This means we have no excuse since our predecessors in faith are a good example to be emulated. We are founded on the same foundation (Ephesians 2:20), Messiah being the chief corner stone. We should emulate Messiah as Paul did emulate him (1st Corinthians 11:1) and he overcame (1st Timothy 4:7-8).

"IN THIS WORLD BUT NOT OF THIS WORLD", emphasizes on the issue of avoiding defilement from the wicked world and encourages us on living righteously. As much as we have challenges in the world, we have assurance of overcoming the world from Elohim through Yahshua Messiah. Martin Makokha reminds us of one of the prophets and his input in Elohim's vineyard, which he harmonizes with our time, hence "ELIJAH'S OF ELOHIM WANTED". In the 21st century technology is more advanced than the preceding centuries, as Messianic believers we can capitalize on the same to bear more fruits for Elohim in his vineyard. The foregoing is well expounded in "PLUG AND CHARGE" by Solomon Macharia. From Lusaka, Zambia, Ezekiel Ngogoyo pens down "THE POWER IN MEDITATION, PRAYERS AND PROVERBS". Youths and old alike are admonished by Lawrence Mugambi in "A SAD PHASE FOR THE YOUTH". In our foreign mission input, Michael Bett tells us "WHEN YE GO PREACH TO THEM ABOUT YAHSHUA". "CLAIMING TO BE MESSIANIC?" is a timely poem for us by Kenneth Rotich. Njogu Mureithi inputs about "PEPTIC ULCERS AND FASTING" in my health today. "MESSIAH AS A PACKAGE" continues...

Elohim willingly, The Nairobi University will be the next forum venue for M. S. A. K (Messianic Students Association of Kenya). As usual the 3rd Angel's Messenger being a friend of M. S.A.K prays and asks others to pray for the Forum and offer any support for a Fruitful mission.

From myself and the editorial team, we wish all the best to all those who are working tirelessly in Elohim's vineyard.

Shalom.

Peter G. King'ori.

3rdangelmessenger@gmail.com.



NOT TO BE SOLD. MATHEW 10:8 " ..FREELY YOU HAVE RECEIVED, FREELY GIVE"

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PETER G. KING'ORI

3RD ANGEL MESSENGER

P.O BOX 9774

NAKURU.

info@3rd-angel-messenger.org

3rdangelmessenger@gmail.com

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.

In this World but not of this World

(Continued from page 1)

harmony with the scriptures. Our predecessors in faith, the apostles, lived a righteous life amidst challenges. Since we are founded on them as affirmed by Ephesians 2:20, we should emulate them and pursue a righteous life. No one will have an excuse for not living righteously since the scriptures are full of people who overcame the world and are all asleep awaiting the resurrection morning (Hebrews 11:39). Messiah prayed for his followers and those who would come after them as outlined in John 17. He knew the challenges that were to face his followers hence the prayer was needed. We are to light the world with our deeds and words. As the light of the world, we should take the initiative of spreading the same and engage the darkening world before the second coming of Messiah.

There will be a resurrection morning for the righteous and resuscitation for the wicked. I am using the word "resuscitation" for the wicked since after awaking they will face the second death (Revelation 21:8). The seven churches in the book of Revelation are all advised to overcome. Our church era coincides with the seventh and the final church period, that is, LAODECIA. The word LAODECIA means people (LAO) and judgment (DECIA). It is in our era when we expect our savior to return as he promised. We expect him to deliver his promises but we should also fulfill his requirements as attested by Hebrews 12:14. The aforementioned verse makes it clear, that without righteousness, we won't be able to meet Messiah at his second coming. Paul, when brought before the Roman governor, passed a resurrection message based on righteousness and

unrighteousness prior to death as attested by Acts 24:15.

The world is becoming wicked day by day hence it is imperative for Messianic believers to avoid being absorbed into its wickedness. It is paramount for each Messianic believer to do accounting on their input in the Messianic faith. In everything we do as individuals, there must be repercussions for and consequences of our actions. Paul, by the help of the Holy Spirit, was able to input on the issue by stating that Elohim is never mocked and that whatever a person plants, the same is to be reaped (Galatians 6:7). As the end of time come to a close, we should be endeavoring into purifying ourselves from the impurities of this world. When Messiah was admonishing his hearers in the 16th chapter of John, he plainly told them that the worldly were to be happy but for a short time then they would face the repercussions from the same (John 16:20).

It is the highest time we brought ourselves to sobriety and pursue righteousness in deeds and words so as to be counted in the first resurrection. Our predecessors in faith overcame and are awaiting the resurrection morning. We have no excuse of not living righteously since our predecessors in faith were also in this wicked world and overcame it. In fact, they have not received the promise, and they won't receive it, until the resurrection morning where they will receive the promise together with us as attested in Hebrew 11:40.

Shalom.

Peter G. King'ori

Ptergichs@gmail.com

3rdangelmessenger@gmail.com.

Be an Elijah!

By Martin Makokha.

Elijah the prophet is first introduced to us in first Kings Chapter 17, the Bible doesn't tell us about his parents, childhood or even his growth. But only introduce a grown up man who is already a prophet. Elijah is said to be a Tishbite probably implying that he came from Tisbeh a place some say was east of Jordan and inhabitant of Gilead. That's all we are allowed to know about Elijah's background.

Some have argued that just like Melchisedek, Elijah had no parents and that he was possibly not of this world. This argument is however countered by James the Apostle when he says, "*Elias was a man subject to like passions as we are ...*" **Jas. 5:17**. Here we are meant to understand that he was a "man" something that isn't mentioned in reference to Melchisedek.

This man, who was subject to human weaknesses just like us, came into the scene when the Israelites had drifted far away from the one Living Elohim. The king and rulers had led the Israelites towards idolatry and corrupt state sponsored religion. Elijah had one task and that was to speak against the idolatry and state sponsored religion with possibility of leading Israelites back to the only one true Elohim.

The name Elijah (EliYah) means Yahweh is my strength, and true to his name Elijah lived de-

pending on Heaven for all his provision and only spoke when Elohim spoke but kept mute whenever Elohim was silent. Elijah was up against King Ahab and Queen Jezebel, he was up against the 450 false prophets of Baal, and he was literary up against the ten tribes of Israel. He was the only last man standing in the limelight against the rest.

Elijah understood his Elohim; he knew how to listen to His voice and how to follow his steps. He had taken up the yoke of which we are told is easy and the burden is light (**Matt.11:27**). He knew to cast all his cares and worries to the Almighty and deep in his heart knew that Elohim will never disappoint. That's why when he was told to go to the brook cherith with a promise that ravens shall feed him (**1 Kings 17:3-6**), Elijah of Elohim never questioned nor doubted.

Elijah of Elohim never feared calling sin by its rightful name. When king Ahab led Israelites into Baal worship, Elijah spoke against it and called it by name to the extent of leading the Israelites in killing 450 prophets of Baal (**1 Kings 17,18**). When king Ahab took over Naboth's vineyard after Jezebel had commanded Naboth's killing, Elijah spoke against it and called it by name (**1 Kings 21**).

Elijah of Old Testament is portrayed as a man who stood against sin whether is being done by the king or a pauper. In the New Testament, we are meant to understand that John the Baptist came with the spirit of Elijah.

“And he shall go before him in the spirit and power of Elias, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord” **Luke 1:17.**

Just like Elijah of old, John the baptist of the New Testament stood against sin and called it by its name. When many of the Pharisees and Sadducees came for John’s baptism, he rightly called them ‘generation of vipers’ (**Matt. 3:7**). When king Herod took his brother’s wife Herodias, John spoke against it to the point that he lost his life (**Mark 6:25**). That is Elijah of Elohim!

Malachi prophesied that in these last days Elohim of heaven shall sent forth Elijah His prophet before the coming of the great day of the Lord.

“Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD.” **Malachi 4:5**

Many Bible scholars hold to the interpretation that a man shall arise in the spirit of Elijah just like John the baptist was, these scholars believe that the person to arise will speak against all the evils happening around. Should we sit pretty down and wait or pray for this mighty Elijah of Elohim to come?

Elijah of old was a man just like us but was available to the call of Elohim; he was always present when called upon by Elohim. He fully depended on Elohim to deliver His promises and for strength. To Elijah of Elohim all people were equal, king or a civilian (**Rom.2:11, Jas. 2:1**). He knew what sin is and

Where are these Elijahs of Elohim of these century, where are the godly men and women who would stand against the kings of this days?

would not hesitate to call it by its rightful name irrespective of the culprit.

Where are these Elijahs of Elohim of these century, where are the godly men and women who would stand against the kings of this days? Where are they to call it by the name and rebuke the world of today? Where are they to remind the world that Elohim is the only one worth of our worship and not the dollar? Where are they to challenge the modern dollar religions, materialistic religions, celebrity worship etc.?

Let them shout from the rooftops, from the market place, from vineyards, from the offices and roadsides, for no one knows when the Master comes, be it morning, noon time, evening or at night. Let them destroy and kill the false prophets of Baal (Babylon) (**Jer.51:6-9**) before the time runs up. Let them tell the world that a ‘prostitute’ is not a ‘slayqueen’, that ‘adultery’ is not ‘mpango wa kando’, that ‘Lord’s Day’ is not ‘Sunday’, that ‘stealing public funds’ isn’t ‘hustling’ etc. Let them call sin by its rightful name.

Are you available and ready for Elohim’s call? Be an Elijah!

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Plug in and Charge

By Bro Solomon Macharia

"Riu nikio giki tukite, twi haha mbere yaku baba" (Now this is it that we have come, we are before thee father) goes a song that I have heard many times during this occasion and you can feel the spirit hovering as the soloist goes yet to another stanza and the congregants join in unison. As the song comes to an end the soloist enjoins yet another song to emphasize the occasion. "Kai ni kurathimwo uuu, ukai uuungano-ini wake mweri ikumi na inya mweri wa mbere wa Abib" (indeed it's a blessing, come to his congregation on the 14th day of the first month Abib). The songs soon come to an end and rises an old man, he narrates the story of the Israelites from Egypt and comes all the way to Golgotha to confirm once again why we are gathered there, he says he has done this for more than 40 years now. We soon embark on confirming the humility emblem and later partake of the bread and we all feel rejuvenated. We have gathered in a town at the foot of Mt Kenya and the cold night could not deter us from enjoying the heavenly providence.

Fast forward, 50 days later, we are gathered at the foot of Gong hills, the weather again is quite chilly and it even drizzles but we brave all as we blast the air with yet another song "Roho wama uka, nigatutongoria atuumiriie uhoro uria wama (when the true spirit comes he will lead us to the true word). The date is 6th Sivan and rises another man, this time a middle aged, strong one who explains

how on the same day the heavens opened and YHWH gave out the commandments. As if that is not enough on the very same day the spirit was poured and filled the apostles as they gathered in that room. I look up and look for the sign, I am optimistic to see the heavens opened, I roll my eyes from east to west but could only land on the huge windmills and the motion they created when wind blew them off. I am told that the act produces electricity.

During such occasions food is normally in plenty and therefore many including children look forward to them. A few activities happen that make my attention focus on food and that sends a signal to my digestive enzymes making my mandibles prepare themselves. The feeling is interrupted by the sound and vibration in my pocket. It's my cell phone informing me that one of our brethren was looking for me, it's then I remembered that the hosts had warned of poor network. So it made me think, what is a cell phone without network? A cellular network or mobile network is a communication network where the last link is wireless. The network is distributed over land areas called cells, each served by at least one fixed-location transceiver, but more normally three cell sites or base transceiver stations. These base stations provide the cell with the network coverage which can be used for transmission of voice, data, and other types of content. This enables a large number of portable transceivers (e.g., mobile phones, tablets and laptops) to communicate with each other and with fixed transceivers and telephones anywhere in the network, via base stations, even if some of the transceivers are moving through more than one cell during transmission. So in simple terms a cell phone without network is as good as nothing.

My mind now could not stop racing. So even if

you acquire the best handheld phone latest in technology and you insert a sim card that receives no network that phone becomes useless? I sought to know more about the phone, I know we hold them dearly and we can barely survive without one nowadays, so what are they? A handheld mobile radio telephone service was envisioned in the early stages of radio engineering. Early predecessors of cellular phones included analog radio communications from ships and trains. The race to create truly portable telephone devices began after World War II, with developments taking place in many countries. The advances in mobile telephony have been traced in successive "generations", starting with the early zeroth-generation (0G) services, such as Bell System's Mobile Telephone Service and its successor, the Improved Mobile Telephone Service. These 0G systems were not cellular, supported few simultaneous calls, and were very expensive.

The first handheld cellular mobile phone was demonstrated by John F. Mitchell and Martin Cooper of Motorola in 1973, using a handset weighing 2 kilograms (4.4 lb.). The first commercial automated cellular network was launched in Japan by Nippon Telegraph and Telephone in 1979. This was followed in 1981 by the simultaneous launch of the Nordic Mobile Telephone (NMT) system in Denmark, Finland, Norway, and Sweden. Several other countries then followed in the early to mid-1980s. These first-generation (1G) systems could support far more simultaneous calls but still used analog cellular technology. In 1991, the second-generation (2G) digital cellular technology was launched in Finland by Radiolinja on the GSM standard. Ten years later, in 2001, the third generation (3G) was launched in Japan

by NTT DoCoMo on the WCDMA standard. This was followed by 3.5G, 3G+ or turbo 3G enhancements. By 2009, it had become clear that, at some point, 3G networks would be overwhelmed by the growth of bandwidth-intensive applications, such as streaming media. Consequently, the industry began looking to data-optimized fourth-generation technologies, with the promise of speed improvements up to ten-fold over existing 3G technologies. You now have 4G capable phones and only Elohim knows where we are going with this



What am I driving at? We are still exploring that treasure you hold dearly in your hand without having to actively think how it works. We have seen that without a cell phone network your fancy gadget is useless and even so if internet was not discovered then no phones could work today. The Internet is the global system of interconnected computer networks that use the Internet protocol suite (TCP/IP) to link devices worldwide. It is a network of networks that consists of private, public, academic, business, and government networks of local to global scope, linked by a broad array of electronic, wireless, and optical networking technologies. The Internet carries a vast range of information resources and services, such as the inter-linked hypertext documents and applications of the World Wide Web (WWW), electronic mail, te-

lephony, and file sharing. Now assuming you have the gadget, the network and internet but you have no power, will you still use your cell phone? Woe unto you it will be more useless. So you have to always charge your gadget's battery and again without a good battery you will often be frustrated. It's with this that I appreciated that passage in Roman 8.

Romans 8:26-30

26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groaning which cannot be uttered. 27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of Elohim.

28 And we know that all things work together for good to those who love Elohim, to those who are the called according to His purpose. 29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. 30 Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.

What is the true spirit? To me the true spirit is like electricity, or let me call it power. You cannot touch and see electricity but you feel and witness its power.

John 14:15-17

Although the riches of the earth or the glory of kings may be acquired, yet time in her match will bring the possessor to naught. It is the spirit of Elohim with the treasures of heaven that remain forever. Have you. Prayed earnestly for the true spirit? It is promised to us for the asking in Luke 11:11-13. Let's be like David who prayed for the true spirit not to be taken away (Psalms 51:11). Always PLUG IN and charge.

Yahshua Promises another Helper

15 "If you love Me, keep My commandments. 16 And I will pray the Father, and He will give you another Helper, that He may abide with you forever— 17 the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.

Long before any knowledge of electricity existed, people were aware of shocks from electric fish. Ancient Egyptian texts dating from 2750 BCE referred to these fish as the "Thunderer of the Nile", and described them as the "protectors" of all other fish. Electric fish were again reported millennia later by ancient Greek, Roman and Arabic naturalists and physicians. Several ancient writers, such as Pliny the Elder and Scribonius Largus, attested to the numbing effect of electric shocks delivered by catfish and electric rays, and knew that such shocks could travel along conducting objects. Ancient cultures around the Mediterranean knew that certain objects, such as rods of amber, could be rubbed with cat's fur to attract light objects like feathers. The presence of charge gives rise to

an electrostatic force: charges exert a force on each other. Discovery in 1821 that a magnetic field existed around all sides of a wire carrying an electric current indicated that there was a direct relationship between electricity and magnetism. Now you know how a magnet works but just remember that if you connect a rod to a magnet it also gets charged with the magnetic power and becomes a magnet itself.

John 14:12-14

The Answered Prayer

12 "Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. 13 And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. 14 If you ask anything in My name, I will do it.

So how do we get to know the power and connect to it? By plugging into the electric current. Being charged. A charger is a device used to put energy into a secondary cell or rechargeable battery by forcing an electric current through it.

John 14:7-11

The Father Revealed

7 "If you had known Me, you would have known My Father also; and from now on you know Him and have seen Him."

8 Philip said to Him, "Lord, show us the Father, and it is sufficient for us."

9 Yahshua said to him, "Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, 'Show us the Father'? 10 Do you not believe that I am in the Father, and the Father in Me?

The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works. 11 Believe Me that I am in the Father and the Father in Me, or else believe Me for the sake of the works themselves.

Ephesians 1:12-14

12 that we who first trusted in Messiah should be to the praise of His glory.

13 In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, 14 who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

What is the nature of the true spirit?

John 14: 19-23

Indwelling of the Father and the Son

19 "A little while longer and the world will see Me no more, but you will see Me. Because I live, you will live also. 20 At that day you will know that I am in My Father, and you in Me, and I in you. 21 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." 22 Judas (not Iscariot) said to Him, "Lord, how is it that You will manifest Yourself to us, and not to the world?"

23 Yahshua answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him. 24 He who does not love Me does not keep My words; and the word which you hear is not Mine but the Father's, who sent Me.

1 John 5:6-8**The Certainty of Elohim's Witness**

6 This is He who came by water and blood—Yahshua Messiah; not only by water, but by water and blood. And it is the Spirit who bears witness, because the Spirit is truth. 7 For there are three that bear witness [a]in heaven: the Father, the Word, and the Holy Spirit; and these three are one. 8 And there are three that bear witness on earth: the Spirit, the water, and the blood; and these three agree as one.

The true spirit will convict us of sins, acts just like a memory card that reminds us and basically all those functions you enjoy on your cell phone properly used symbolizes the power and abilities of the true spirit. How do you feel if you forgot your phone at home, how is such a day? Sorrowful is it not?

John 16:5-12**The Work of the Holy Spirit**

5 "But now I go away to Him who sent Me, and none of you asks Me, 'Where are You going?' 6 But because I have said these things to you, sorrow has filled your heart. 7 Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you. 8 And when He has come, He will convict the world of sin, and of righteousness, and of judgment: 9 of sin, because they do not believe in Me; 10 of righteousness, because I go to My Father and you see Me no more; 11 of judgment, because the ruler of this world is judged.

12 "I still have many things to say to you, but you cannot bear them now. 13 However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but what-

ever He hears He will speak; and He will tell you things to come. 14 He will glorify Me, for He will take of what is Mine and declare it to you. 15 All things that the Father has are Mine. Therefore, I said that He will take of Mine and declare it to you.

John 14:25-28**The Gift of His Peace**

25 "These things I have spoken to you while being present with you. 26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. 27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. 28 You have heard Me say to you, 'I am going away and coming back to you.' If you loved Me, you would rejoice because I said, 'I am going to the Father,' for My Father is greater than I.

Summary

The True Spirit is spoken of also as the Holy Ghost as virtue and power. It is a portion of the father human temple of ours and makes us spiritual. It fills us with goodness and imports to us. Those heavenly attributes that so miraculously adorned the Messiah our savior. It's only by the reception of this power into our body that we will be filled with righteousness. There is a divine power constantly being broadcast from the throne in heaven. It's part of the father himself. The precious spirit but unless we desire it, hunger and thirst after it and ask the father earnestly to give it to us, our life will be void and empty of his power. We will be like the phone without charge or car with the generator disconnected or electricity without tokens. There will be no light or strength within us. The spirit is the power that ignites divine virtues in the soul and

give us high and noble aspirations assisting us in acquiring them.

Most of the people at this present time are hungering and thrusting after the things of this world, popularity, position, pleasure all of which is vanity and soon will pass away.

Isaiah 63:10-12

10 But they rebelled and grieved His Holy Spirit; So He turned Himself against them as an enemy, And He fought against them. 11 Then he remembered the days of old, Moses and his people, saying: "Where is He who brought them up out of the sea with the shepherd of His flock? Where is He who put His Holy Spirit within them, 12 Who led them by the right hand of Moses, With His glorious arm, Dividing the water before them. To make for Himself an everlasting name,

1 John 1-4 admonishes us to test the spirits some are destructive, just like the charger that you use to charge your phone, you can easily damage your phone battery by using the wrong charger. We must not go to one extreme or the other as we find so many doing today, some emphasize the truth as if that which you have in your mind will save you, but it requires the presence of the spirit also. Others emphasize the spirit as if that is all you require to be saved and they know but very little about the real truth of the word. The father is seeking a people who will worship him both in spirit and in truth.

Although the riches of the earth or the glory of kings may be acquired, yet time in her match will bring the possessor to naught. It is the spirit of Elohim with the treasures of heaven that remain forever. Have you. Prayed earnestly for the true spirit? It is promised to us for the asking in Luke 11:11-13. Let's be like David who prayed for the true spirit not to be taken away (Psalms

51:11). Always PLUG IN and charge.



Mark 13:10-11

10 And the gospel must first be preached to all the nations. 11 But when they arrest you and deliver you up, do not worry beforehand, or premeditate what you will speak. But whatever is given you in that hour, speak that; for it is not you who speak, but the Holy Spirit

By Solomon Macharia

THE POWER IN MEDITATION, PRAYERS AND PROVERBS



By Ngogoyo Ezekiel

1. **A beggar may not be a beggar all his life.**
2. Accident and incidents occurs to all men.
3. A man afflicted is a man to be uplifted.
4. A moment of joy is the moment of reflection in the heart.
5. Avoid the pressure of wrath before blood is shed.
6. A person who is clean in his own eyes deceives himself.
7. A person may be closer to the temple but far away from Elohim.
8. Attitudes are better changed, but altitudes need not.
9. **Be careful how you treat people, angels come in form of men, account all people worthy.**
10. Blessed is not the hand that gives, but it that gives joyfully.
11. Before you speak, think and before you point someone, point to yourself.
12. Better a Jew without a beard than a beard without a Jew.
13. **Cheating came with Satan but it was perfected by man.**
14. Changing your attitude is changing the world.
15. Chances and opportunities lost are never recovered anyway.
16. Challenges should make a person firm and strong in all life situations.
17. **Disease, hunger and loneliness are infirmities, but the worst of all is Loneliness.**
18. Do not mock both the work and the workmen like Saniballat.
19. Do not be too familiar with someone's husband or wife or servant.
20. Do the most important and urgent things first like the Samaritan.
21. Do not just look at people and conclude they are fine.
22. **Every Broken, damaged or injured heart needs a physician.**
23. Every man is unique in order to demonstrate the great art and architect of Elohim.
24. **Faith in adversity shall be rewarded with life and prosperity.**
25. Falling and fainting are marks in life, but the best landmark is when one rises above them.
26. Fictitious glory is of world fantasy, but better be a legend to life solutions.
27. For the world to be a haven of peace, all kings shall humble to one King.
28. **Elohim winks for men to change and repent but men think Elohim does not see.**
29. Great minds are hindered by mediocre people.
30. Giving joyfully and loving people is both an art and a science that few can attain.
31. Guilty conscience devises defensive ploys even without any accusation.
32. Greater are the modern weapons of war, but best of all is prayers.
33. **Hatred to people is a disguise to their maker.**
34. Habits and characters must not be inherited; they can be acquired through learning.
35. Having your name in the book of life can be easier than retaining it in the same book.
36. Humble yourself now and you will be uplifted in due time.
37. **If you are astonished by creation, obey the creator.**

38. If you despise your own family, the world should despise you.
39. If you carelessly live your life, do not expect compassion from earth or from heaven.
40. If you ignore the poor, you despise their maker.
41. It is always prudent to guard your tongue to avoid many sins.
42. Is it a meaningless life without wife or family? But is it meaningful with bullying wife and disobedient children? It is meaningful to have them anyway.
43. It is good to make friends, wise to hold on them, but clever to trust on a few and never hope on any.
44. It was said "do as the Romans do when you go to Rome" but I say I shall not do as they do to please them.
45. I wonder if there is a hotter place in hell, but more concerned to whom it is reserved.
46. I love to be content with both what I have and what I do not have.
47. **Justice is not common just like just men are not, even judges are not just.**
48. **Kindness, sympathy and mercy shall follow love to find their way to eternal kingdom.**
49. Kindness to the afflicted, mercies to the neglected, love to the oppressed and food to the poor is the best gospel.
50. Kindled fire is set for purpose of consuming, guard your tongue for it is such a fire.
51. **Love is only extraordinary and genuine if you love without end and without conditions.**
52. Life is meaningless unless you assign a meaning into it.
53. Looking beautiful and handsome deceives the beholder, beauty is in the heart.
54. **Many are those that have shed innocent blood.**
55. **Man's defence is on forces and horses but verses are a sure defence.**
56. Making choice is every man's responsibility, but men fall due to oversight and ignorance.
57. Marriage is the beginning of obliged commitments and responsibilities.
58. **Never despise your parents and do not neglect your friends.**
59. Never ignore those that did not ignore you in your distress and never cease to pray for them that neglected you.
60. Never let anyone control you not even yourself.
61. Never think yourself better than other people; they may be better than you are.
62. Never be sorry to a fool and arrogant, you will perfect their behaviour.



63. Nothing is bitter than gall, but more bitter is to be rejected by Elohim.
64. **Offers and sacrifices are good, but not as acceptable as love, mercy and kindness.**
65. **Peace does not come from material possession but from the possession of the heart.**
66. People may be good and clean to the eyes of men, but they are evil and dirty in the eyes of Elohim.
67. Physical injury heals even quickly, but an injured soul slowly or never heals.
68. **Reading the Torah is not a guarantee to eternal life but doing what it says.**

(Continue reading.....next page)

69. Reason is stronger than passion.
70. Realities of life are the facts which are concealed by men.
71. **Satan can certainly come in any form, even in the form of an angel.**
72. Something is important when we don't have them, but when we have them we don't treasure them; take care of what you have.
73. To the whole world may it be known that prosperity comes by pleasing Elohim and serving people.
74. Sweet words and good looks all are the snares used by the devil.
75. Sweat drops, and tear drops have different meaning, no one need be taught.
76. The beauty of living is found in serving others.
77. **The righteous shall be honoured not by age or grey hair.**
78. The essence of love is not to be loved but to love. "love" Not "be loved".
79. The greatest torment is the torment of the soul in hell.
80. The liberty to serve people is the liberty to serve Elohim, we all have this liberty.
81. The heaviest burden is not to love your adversaries; it is the burden of sins.
82. The devil has no weapons; he uses men as his weapons.
83. The fewest and least commandments are ten, the commandments of Elohim.
84. The most essential commodity freely given by Elohim is life, time and opportunity on earth.
85. Those in dungeons are not the greatest sinners; they could be the ones living in mansions.
86. There is joy in giving but happiness in receiving.
87. The biggest failure in life is to die a sinner and without hope.
88. The biggest blessing is peace, good health and sober spirit.
89. The strongest battle instruments rarely used is prayer, and the loudest is silence.
90. The priorities of men are not of Elohim.
91. The bigger the responsibility, the more the accountability.
92. There are three types of people, the positive, the neutral and the negative, but the worst of them all is the neutral person.
93. The world has been made a place of regulated mischief and orchestrated vices.
94. The most popular people are not the most noble.
95. The transgression of the Law, be it in small thing or in great, is equally heinous; for in either case equally the Law is despised.
96. True virtues should not be referred from the books but **MUST** be referred from our own life testimonies.
97. What you have done does not matter more than you ought to do now.
98. **When a river of tears dry up, a stream of joy springs up.**
99. **When women and children cry and suffer the whole world is afflicted.**



100. With fewer or many sins people shall miss the heavens, for not any fault shall enter.

101. When you are a youth make positive impacts from your energy, you will never be despised.

102. When you stop learning you start venturing into sins.

103. **Young men, do not be unmanned by your young age, but when righteousness is at stake the strength of your youth should return to reason.**



104. Young people must be instructed to live plain lives without extravagance and debauchery.

105. You need not gather more than what satisfies the necessities of life, your women need to be modest and not talebearers, and our youth need to shun folly and levity.

106. You need not live a selfish life, reach to others, in your own way, in your own time, in your own resources and do not forget to visit the poor, the orphaned and windowed. All they need is love.

107. You can acquire what you want before you get it.

By: Bro Ezekiel G Ngogoyo. Church of God 7th Day, Saika, Nairobi +254 727709870/+260 974468719

ngogoyo@gmail.com

A Sad Phase for The Youth Generation

By Lawrence Mugambi.

Shalom to you all, I trust you're doing well in Yahshua Messiah our soon coming King.

1 John 2: 13 I write unto you, fathers, because ye have known him that is from the beginning. ***I write unto you, young men, because ye have overcome the wicked one. I write unto you, little children, because ye have known the Father.***

Would the words of Apostle John above have meaning to the youth generation? The answer is *yes* and also *no*. Why is that so? Yes, because some have knowledge of what faith is and are always ready to fight for what is true. No, because others don't have knowledge of what faith is and don't have the attitude of searching the scriptures since they have been brought up that way.

I would wish to focus mostly on the latter group. From the look of things and the trend that is in today we may end up with a crippled congregation in future. This is mainly attributed to the past and the current happenings with today's congregants.

It is more than 40 years now since the first group of people were converted. Almost every person is familiar about the discords and divisions that have been prevalent for so long. The sad thing is how the history has been passed to us, quite biased. Always one sided history, it is very harmful indeed. The issue here which has always affected this generation is that they have been brought up with untruths and unverified facts about the others (*other believers who keep the ten commandments and the testimony of Yahshua, Rev. 12:17*). The hatred passed to them about the others is always destructive

and has hindered the growth of most of the youths.

Where there is hatred love is void and hence truth can't survive. That is the condition that most believers are in to this date. I have visited many groups, and most suffer from the above condition. That's the trend that have been passed maliciously by some of the first generation believers. It behooves each and every person to stop and think about what our future will be if we continue sowing the seeds of discord. The youths are most affected in this and cannot make clear and right choices in their life because such kind of restrictions. How do we expect the faith to stand if we don't care about the future torch bearers of the faith?

Many are times we have heard and witnessed issues about a young man and young woman from different groups who purposed to marry and start their marriage life. Mostly such kind of relationships end up too soon because the leaders discourages such moves. This is something we should seriously think about because this is discouraging most youths in faith. Some end up leaving faith all together and others end up making wrong choices in their marriage partners.

Proverbs 22: 6, *Train up a child in the way he should go: and when he is old, he will not depart from it.* It is always the duty of parents to teach their children about the matters of faith, and not only teaching but they should be good role models to their children. Some have taken this seriously and their children can now stand on their own ground in matters concerning faith. They are surely doing a very

commendable job. However, there are some who don't live according to the faith and don't care much about teaching their children the way they should go. To them, as so long as their children attend the Sabbath weekly they are much comfortable with that. They wrongly think that it is the duty of the teachers in the congregation to teach their children. This quite often does not work. One day in a week is not sufficient for a child to learn matters concerning the faith. Therefore, we got many uninformed youth in matters concerning faith.

Gone are the days where parents used to sit together with their children and teach them about every aspect of the faith. Nowadays, people have become so much busy in their daily chores. Little do they realize that this is the devil most successful snare. Parent need to have much time with their children and play their role. Most children nowadays study in the boarding schools and unlike in the past where parents used to meet with their children during the evenings, that is difficult nowadays. So, the children end up having much knowledge of this world which benefits a little and quite destructive and less of knowledge about the faith. This has made me think that **we need to wake up and join hands as the children of our heavenly Father and set up Messianic learning institutions which will teach much of the basic**

faith. Surely, we have been blessed much by our heavenly Father and that would be less of an effort to accomplish.

It is so disheartening to learn that some believers still think in tribal lines. What do I mean? How does it feel when we treat others with partiality just because they don't belong to our clan, tribe, region or race? These are some other bad traits that have been passed to this generation. Who chose to be born from a specific clan, tribe, region or race? Is there any special clan, tribe, region or race? It is so sad to preach Messiah as our Savior yet we treat each other in partiality. This is a vice that should not be heard among the believers. It is something we need to crash completely. Messiah died for all the mankind.

There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Messiah Yahshua. And if ye be Messiah's, then are ye Abraham's seed, and heirs according to the promise. Galatians 3: 28-29.

For the few bold youths who are good in matters concerning faith, I commend them. This group would question everything without fear in order to have the necessary knowledge about everything just like the Bereans. However, Satan is still subtle and always finds his way to bring confusion to this group. It is so sad to note that



the elderly group feels unsafe when such bold youth would question about certain things in faith. This has led some elders to withhold certain materials (MZR newsletters, tracts, articles of faith) to the congregants. Some have discouraged or made non-effect the earlier doctrines that were recorded by our dear Jerusalem headquarter. This is in the reasoning that it will encourage believers to interact with other believers from other groups and therefore they fear that the believers would make choices which can lead their groups with less members. So, if some youths raises a question or get a different understanding of scriptures they would be just brushed off for the fact that they are just youth and are not considered as mature in matters concerning faith. There are some instances where youths would be summoned and there would be much intimidation. This makes most youths discouraged and suffer low self esteem because they feel like they are not part of the congregation.

Dear reader, faith is not about how many years you have been a believer. It is the Holy Spirit that is our teacher. **John 14: 26**, *But the Comforter, which is the **Holy Ghost**, whom the Father will send in my name, **he shall teach you all things, and bring all things to your remembrance**, whatsoever I have said unto you.* We are also talented differently, **Ephesians 4: 8-12**, *Wherefore he saith, When he ascended up on high, he led captivity captive, and **gave gifts unto men**. (Now that he ascended, what is it but that he also descended first into the lower parts of the earth? He that descended is the same also that ascended up far above all heavens, that he might fill all things.) And he gave some, **apostles**; and some, **prophets**; and some, **evangelists**; and some, **pastors and teachers**; For the perfecting of the saints, for the work of the ministry, **for the edifying of the body of Messiah**.*

With that in mind, there are many gifts in this generation that need to be nurtured for the edifying the body of Messiah. We should make each and every member feel part of the body of Messiah. That way, we will be sure that the young generation will faithfully pass the faith to the next generation. Like Apostle

Paul told Timothy, ***Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.*** **1 Timothy 4: 12.**

It is very much commendable for the congregations that take youths as the part of the body of Messiah. It is always encouraging to see youth playing a part in the gospel mission and in other activities concerning the believers. That way, no one would be idle. All would be busy working in the vineyard of our Master Yahshua. Satan targets the idle and use them as his tools. As they say, **an idle mind is devil's workshop**. The remnants of the saints have a lot of work to do, let's not waste time in things that don't benefit.

How much do we know about technology, the generation of today? Much than we know the principles of faith, that's very much worrying. There is a dire need of teachers who are much acquainted with the technology to use the technology to the benefits of everyone in the faith. Used well, technology can create awareness to the believers. It has led much gain in connecting Messianic from different walks of life. Therefore, many have come to realize "*there are others besides us*" a thing that has been played down by some believers. Those who we share much of the same faith (Rev 12: 17). Online Biblical study group have much benefits to the youths because in such platforms they feel free to interact with others and share much of the scripture knowledge.

Finally, I have this for the youth generation. **2 Timothy 2: 15**, ***Study to shew thyself approved unto Elohim, a workman that needeth not to be ashamed, rightly dividing the word of truth.***

Useful study materials can be accessed online for free at <https://jsd-cog.org/downloads>

May the peace of our Master Yahshua Messiah be with you all.

Yours in Messiah,

Lawrence Mugambi

Preach to them about Yeshua the Messiah!



By John Michael Bett

Brothers Kenneth and Henry were set for departure on a mission trip to Zambia, a new frontier in the Gospel ministry for the church, when a call came through from Elder Soy. The message was curt and straight; "When you reach there, preach to them about Yahshua". This instruction though straight and simple was weighty and made the evangelists wonder what that meant. As much as it was easy to understand, they could not stop asking themselves why the Elder had emphasized on the part about Yahshua.

These two brothers were young lay preachers. The church had appointed them to answer a call to preach and teach in Zambia. They had no prior experience of starting up a church by themselves and the Zambian field was a totally new experience to them. Apart from the strange land and their culture, there was the language barrier that has been experienced in the other mission field of Burundi.



Pic. 1. **Preaching in Burundi. Brother Messiahopher Koech preaching and being translated to Kirundi by Pastor Jeremie Icoyashinze**

But the instruction from their Elder was puzzling. It kept ringing in their minds even as they boarded the Bus at Nairobi's bus stage near Tea room for the onward journey through Tanzania to Tunduma on Tanzania-Zambia South Western border, a distance of about 2000 kilometres from Nairobi, the Capital City of Kenya.

When you reach there, preach to them about



Yahshua!

So why was the Elder so particular about preaching about Yahshua? Don't people know about Yahshua? Everyone believes this topic is so elementary that even non-believers naturally know who Yahshua is. And the church often ignores this truth. Many a missionary activity centers on the more complex items of doctrine; lofty prophetic messages, winding genealogical histories, complicated exposition on covenantic relationships, the complexity of the law etc.

that leave the hearer awed but unconverted.

The message about Yahshua a Messiah, the son of Elohim, is so deep and life giving. It is the message that transforms the sinner. It is the definition of Elohim's saving grace on earth. No wonder the name itself bears heavenly aura and carries the mighty power of Elohim that is able to save mankind from sin.

Were you to be asked to speak about Yahshua, as these brethren were instructed, what would you have said? What would your sermon look like for three days of constant engagement with an eager congregation who believe you bear the solution to their fight against sin and confusion? Would your message reflect who the Messiah truly is? Would you be able to sustain engaging them about Yahshua for all that time and at the end manage to lead them to repentance?

The missionary brothers soon found out that indeed there was a lot to be spoken about Yahshua. It starts with who Yahshua is to you. Who is He to you? Is he your Saviour? Or is he just the greatest man that ever lived on earth? They realized that from this alone, they could speak hours on end about Yahshua the Saviour. It was predesigned from the beginning that Yahshua would indeed be the Saviour of the World and only through him would salvation be obtained. His name was given from the Father in heaven and bore salvation power in it; *"And she shall bring forth a son, and thou shalt call his name Yahshua: for he shall save his people from their sins."*

Matthew 1:21. It is the name above all names, not comparable to any other human name and the only

name that can save. Acts 4:12.

The evangelists also realized they could speak about the righteous living of Yahshua. In all his life on earth, Yahshua gave an example of the perfect life that we should all emulate. He was righteous and blameless despite living in a world full of sin. He served in humility and glorified Elohim in all he did and said. From when he was a child, Yahshua demonstrated he was no ordinary man. He bore the aura of heaven, the extra-terrestrial wisdom that could not be matched by human understanding. He had compassion on the sinners, the sick, the lame and the hungry. He performed innumerable miracles among the people he preached to and freed many from demonic powers and the dungeons of sin and self-pity. As a way of life, he was obedient to the Father's will. He kept His commands. He loved. He suffered in the hands of the oppressors but he blessed them.

His mantra, *"For I have given you an example, that you should do as I have done to you."* **John 13:15**; 1 John 2:6.

The Missionaries were humbled. The words of Paul to the Philippians set them thinking, *"Let this mind be in you, which was also in Messiah Yahshua: Who, being in the form of Elohim, thought it not robbery to be*

equal with Elohim: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

Wherefore Elohim also hath highly exalted him, and given him a name which is above every name: That at the name of Yahshua every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Yahshua Messiah is Lord, to the glory of Elohim the Father." **Philippians 2:5-11.**

Did they have enough compassion to serve? Did they have enough love to touch the lives of the people they were going to preach to? Did they have



Zambia Church in Nakonde

enough wisdom to answer all their questions? Did they have enough faith to respond to their needs?....

Yahshua lived an obedient life. He was sent by the Father, he didn't resist. He humbled himself, left his throne and came down to a suffering humanity. Are you comfortable where you are while your Saviour left the splendour of heaven to come down?

They realized they would also tell them about Yahshua the King and Judge of all the world. In the words of Yahshua, *"As you go, proclaim this message: 'The kingdom of heaven has come near.'"* **Matthew 10:7.** It is impossible to preach about a Kingdom without its King.



*Bro. Henry (middle) with two
Zambian Elders*

Yahshua is an anointed King of an everlasting Kingdom. He was ordained King from the beginning; *"For to us a child is born, to us a son is given: and the government shall be on his shoulder: and his name shall be called Wonderful, Counsellor, The mighty Elohim, The everlasting Father, The Prince of Peace."* **Isaiah 9:6**. This Kingdom will soon be established on earth and Yahshua shall be its King. And peace shall be its sceptre. Isaiah 11. Before him, all the kingdoms of men shall melt. At the end of the age, Yahshua shall rise to judge the sinners and reward the righteous from his throne, *"Because he hath appointed a day, in the which he will judge the world in righteousness by that man whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead"* **Acts 17:31**.

The missionaries soon realized they would not exhaust talking about Yahshua. There was a lot to say about him. They then asked themselves, why haven't they ever considered this? Why was it not so often taught by the church? Why was there no emphasis in the church about this topic? Was it that the church had taken a more condemning view about the world and its inhabitants so much so that the approach has been judgmental rather than compassionate? Why was there

a shift from teaching about Yahshua and settling on the less important aspects of faith? They realized that salvation was not as complex as it was made to be. It is all hidden in this great name, Yahshua a Messiah; *"That if thou shalt confess with thy mouth the Lord Yahshua, and shalt believe in thine heart that Elohim hath raised him from the dead, thou shalt be saved."* **Romans 10:9**. All Scripture is replete with this truth. **Acts 16:31**, *"So they said, 'Believe on the Lord Yahshua Messiah, and you will be saved, you and your household.'"*

The evangelists finally concluded that their Elder was right. Their message should revolve around the name; Yahshua of Nazareth! This is the message to take to the thirsty world. He is the only one with the power to save, to heal, to raise the dead and to give freedom and a Kingdom to an oppressed people.

"In the last day, that great day of the feast, Yahshua stood and cried, saying, If any man thirst, let him come unto me, and drink." **John 7:37**.

This world needs Yahshua. They need salvation. Are you ready to Preach Yahshua?

**This world needs
Yahshua. They
need salvation.
Are you ready
to Preach
Yahshua?**

John Michael Bett



Claiming to be a Messianic?

By Ken Rotich

Professing to be a messianic,
Yet just living for yourself,
Claiming to help the needy,
Yet more concerned about your wealth.

Priding yourself in going to church,
And singing loud songs of praise,
Saying you love your brother,
Yet behind him you spit in his face.

Looking so righteous,
Yet so much guilty, misery within,
Claiming you are washed in the blood,
Yet keeping hanging on to sin,

Continually putting others down,
Who somehow put you in shame?
Carefully exclaiming to messiah,
Yet to the world you know not even his name.

Wake up! Wake up! Ye professing messianic,
No more time to waste,
Elohim need real true messianic,
To proclaim His wondrous grace.

Time short time short you sleeping messianic,
Stop fooling around with the lord,
He longs, he begs for his true people,
To be one accord.

Labour hard! labour hard! you lazy messianic,
The harvest is truly great,
Get on the whole armour of Elohim,
Before you wind up in fate.

Walk fast! Walk fast! all Elohim's people,
No more time to wait,
There's a dying world which need redemption,
Take off self and put on messiah,
Before it's too late.

Githunguri

Messiah as a Package

This issue's Messiah as a package is different from its precedents. I allotted someone to tell us about a just concluded mission of conveying the 3rd Angel's Message.

Over 2000 years ago, Yahshua, the Living Word of Elohim, commissioned us to a noble work (Mark 16:15-16)



Githunguri Open Air Evangelism

Having been given all the power and might, the Church of God has actively been involved in transforming the world and reconciling men unto their Creator in all dispensations. From the glorious **Apostolic church**, through the **Dark Ages** and coming to the end of **Gentile Times**, inspired men of Elohim being led by the spirit have converted many unto the way of life. Having this ministry as Paul once wrote, there has been no shying off. "...and all things are of Elohim, who have reconciled us to himself by Yahshua Messiah, and has given unto us the ministry of reconciliation; To wit, that Elohim was in Messiah, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. Now then we are ambassadors of Messiah..... 2 Corinthians 5:18-20."

Conveying The 3rd Angel's message (Rev 14:6-9) has been core of our Gospel throughout all generations, making all men come into the knowledge of the Only True God **Elohim** and of his only begotten son **Yahshua** has been a necessity for eternity (**John 17:3**) Calling people to come out of Mystery Babylon and informing all nations of the coming judgment and the wrath of Elohim to those worshiping the beast and its image. Prophet Daniel emphatically praised those who the savior will find doing so ... "those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever. **Dan 12:3** "... **"Those who are wise will instruct many, though for a time they will fall by the sword or be burned or captured or plundered. Dan 11:33"**. It's in our time! The End Times, which we should wake up and keep our lamps burning. Let the world know of its impending fate and of the coming king of righteousness

This Quarter's Focus

The Githunguri Mission

The Church of God youths drawn from the central parts of Kenya and Nairobi zone gathered in Githunguri, Kiambu County for a week of evangelical work. This was the first time in many years, the youths in these regions organized such a mission supported and fully funded by the youths themselves. Githunguri is such a vibrant town, the hub of Kenya daily farmers. Fresha milk is a national brand associated with the githunguri farmers, not to mention tea and coffee plantations around this highlands part of Kenya. The population is huge and the entrepreneurship nature of the town from a look was interesting.

Brethren gathered on Sunday 5th of August for preparations, these included a team of evangelists, technical team and youth leaders. To their amazement, the Githunguri local church had already started the mission. On Friday the 3rd and Sabbath the 4th of August, the locals gathered warming up the grounds for the youths. It was such a joy for the young youthful ministers who found the town in waiting. From onset we noticed a lot of interest from people around who had noticed our peculiar nature in the manner of our grooming, how we worshiped and praised the Lord of Heaven and in mat-



ters we preached.

As apostle Paul wrote to the believers at Corinth, our work is to reveal the truth. **But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of Elohim deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of Elohim. 2 Cor 4:2.** A program was in place and a number of lessons which were to introduce our audience to our doctrine. These included; -

The church of God past and present -

- ⇒ **Where the Word of Elohim shall come from,**
- ⇒ **Salvation, True Repentance and Baptism,**
- ⇒ **Grafting of the Gentiles to the commonwealth of Israel,**
- ⇒ **The Ten Commandments, Sabbath day or Sunday, the law**
- ⇒ **Hope, 1000yrs of Yahshua reign and Judgment.**

We had also carried the word of prophecy with us. A variety of bible lessons were preached and taught by various ministers. These lesson were taught at the evening, where ministers used the aid of Bible Charts and big projection screens to truly demonstrate to the audience. People from all walks were drawn closer by these pictures, images and videos we played

Among them:

- ⇒ **The Daughter of Zion and Revelation 12; the church of God throughout history**
- ⇒ **the 5 Earthly kingdoms in Dan 2 and Dan 7 where the 4TH BEAST and the Little Horn were given the major focus**
- ⇒ **Babylon The Great and Rev 17 and Her false teaching and deceptions and her imminent judgment**
- ⇒ **Pagan holidays and idol worship in Messianism**
- ⇒ **Revelation 13 and the mark of the beast**



⇒ **The 3rd Angels message. And the vials of Elohim**

Wednesday was the highlight day, ministers received a boost from a powerful delegation of the church leadership. Lead by the Pastors and Elders and members drawn from the church, the delegation had come to oversee the mission and encourage the youths. This was of great help and relieve to the ministers who felt energized and motivated to continue with the good work.

Other youths started streaming in as early as Thursday, this added energy and power; praising Elohim became more exciting and more vibrant. The local church members were constant in their attendance throughout the week. The audience grew larger day by day and questions about our teachings streamed in in large numbers. Evangelist engaged groups and persons who were very interested in what we were saying. On Friday to be specific, a group of around fifty youths arrived for the mission. I remember the kind of praises and songs that were sang were breathtaking that day.

On Sabbath day, parents from every corner of the region arrived in Githunguri for the Sabbath service and to show solidarity to the youths. About three hundred brethren were present for the service and by midday they all flocked at Githunguri town for evangelism. We had visitors at church that came after hearing our gospel during the week. The town was in a stand still watching in admiration as believers sang and praised the Almighty Elohim with all their and vigor. The preaching that day was short and precise bring-

ing out what we had been teaching the whole week. On Sunday, we concluded the mission on a high note and we saw the hand of ELOHIM by the responses we got from the locals.

Conclusions

The end of the world comes as the gospel is preached to all the nations. **Matt 24:14**. The Githunguri mission was just a part of a continuing work in these last days. Messiah wants to find us giving all our energies in his vineyard and giving much fruits. **John 15:5-12**. Preaching Messiah as a package is work for everyone who awaits Yahshua. Everyone and everybody is called for this work, we are all made ministers of the gospel. **Whereof I was made a minister, according to the gift of the grace of Elohim given unto me by the effectual working of his power. Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Messiah; And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in Elohim, who created all things by Yahshua Messiah: To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of Elohim. According to the eternal purpose which he purposed in Messiah Yahshua our Lord: Eph 3:8-11**

The call is beyond all boarders, **And 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. Rev 22:17**. Let's all hold hand in supporting the ministry and we shall reap in due time. Thank you

Shalom.

Penned by Samuel Wambiru.

Peter G. King'ori

3rdangelmessenger@gmail.com.

My Health Today....

Peptic Ulcers and fasting



Mark 9:29 And he said unto them, **This kind can come forth by nothing, but by prayer and fasting.**

These are the exact words Yahshua used when His disciples were unable to cast out a deaf and dumb spirit from a child.

The same words ring in every Messianic believer's mind, whenever we feel inadequate in terms of spiritual strength. Some have coined a phrase in this regard, *refilling*, a term used to denote deep prayer and fasting. Some works of the Holy Spirit cannot be done except by prayer and fasting. In deed, prayer and fasting is synonymous with a Messianic Believer who is looking forward to please Elohim.

However, if fasting is not done with precautions, it can result in some devastating consequences. Many are times I come across brothers and sisters struggling with peptic ulcer disease - PUD - (erosion or ulceration of gastric{ stomach} and/or duodenal wall). Just as much as fasting is common in Messianic believer circles, so are peptic ulcers. This can be minimized if not totally prevented by following a few simple steps.

First, one would ask, how are peptic ulcers related to fasting? Naturally, the gastric inner lining produces hydrochloric acid (HCL) which is particularly important in digestion and immune (antimicrobial) functions of the body. Most of the acid is produced at specific times especially when we have conditioned the body to expect food. At the same time, the same wall produces mucous which protects it from the erosive properties of the acid. Food also acts as a washout of the excess acid. When there is an imbalance, like the case is in fasting, excess HCL corrodes the normal mucosal lining resulting into erosions or ulcers. You see? There are many other contributors to these effects including the popular *Helicobacter pylori* (*H. pylori*),

a bacteria that is found in more than 80% of those who suffer peptic ulcer disease. Others include some painkillers called NSAIDS (Aspirin, Ibuprofen, Diclofenac etc.), steroidal drugs, Alcohol and Smoking, use of spices and in physically stressful situations such as surgery or severe burns. Note: emotional stress does not cause ulcers but there is positive evidence that there is exacerbation in those with symptoms (pain, indigestion etc.) during emotionally stressful situations.

Control and Prevention: Immediately before and after a fast, avoid fried, fatty and acid-containing foods and fruits (e.g. citrus fruits like lemons, limes and oranges) along with tomato-based products (tomato is technically a fruit containing a lot of acid). Avoid extra-spicy foods and tinned/processed foods, especially tomato-based products. Avoid foods containing too much sugar and refined carbohydrates. Avoid drugs (listed above) that can exacerbate ulcers. If on active medications for PUD, do not stop taking the drugs. Do not overeat after breaking a fast. Start with non-acidic drinks like pure water and progress to soft then complex solid foods. Finally, seek medical attention as early as symptoms manifest. Relief medications such as antacids may be used but they do not really cure the ulcers.

Finally,

3John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Njogu Mureithi, MBChB VI, UoN

PETER G. KING'ORI

3RD ANGEL MESSENGER

P.O BOX 9774

NAKURU.

info@3rd-angel-messenger.org

3rdangelmessenger@gmail.com

Website: <http://3rd-angel-messenger.org/>

Facebook: 3RD ANGEL MESSENGER

Whatsapp: 0721576325

Cell: 0721576325, 0770740838, 0780976325.

Physical Address: Green center next to Greensted International School.

