

Revelation 18:4

"And I heard another voice from heaven, saying, Come out of her, my people,

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Editor's Note



The new biblical year is here with us. The world might not understand the foregoing, but for us who take the bible as the guide, we are conversant of the aforementioned. The first month of the year is when the Messianic believers celebrate the second most important ordinance in the faith, the first most important being baptism. It is in this second most important ordinance that they partake the communion (John 6:53 harmonized with 1st Corinthians 10:16). The ordinance should be celebrated on yearly basis and not on quarterly, monthly, weekly or daily basis as others do. That's why the scriptures regard us as peculiar people as affirmed in 1st Peter 2:9.

Currently in the world, many events happening were foretold by Elohim's prophets, and the same is being fulfilled to the letter. The aforementioned is well expounded in "THE FULFILLMENT OF THE BIBLE PROPHECY". Recently in main and social media we were shown a dead man resurrecting. Was it authentic or not? the query is answered in "THE MIRACLE LIE" by Martin Makokha. From Zambia, Ezekiel Ngogoyo emphasizes on "THE UNITY OF SPIRIT IN THE BOND OF PEACE". When Messiah was in his ministry on the earth, he used parables to convey the message to his disciples. In our age, Solomon Macharia emulates Messiah in "A LESSON FROM THE FIG TREE NEAR OUR COMMUNITY". There has been a debate on the Sabbath, is it Lunar Sabbath or the seventh day Sabbath? the foregoing is answered in "LUNAR SABBATH OR THE SEVENTH DAY SABBATH" by Lawrence Mugambi. "CRUCIFIXION AND RESURRECTION OF THE MESSIAH", by James Njenga is timely since it coincides with the remembrance of Messiah's death in the Lord's Supper (Communion). Abigail Chepkoech a 3rd Angel Messenger editorial team member inputs in "NO SIGN SHALL BE GIVEN THIS GENERATION". We have two new contributors, who premier with, "THE BIBLE (WORD OF ELOHIM)", "KNOW YHWH", by Benjamin Ngenoh and Christopher Nyongesa respectively. Dr. Njogu Mureithi in the health corner advises us in "WHAT IS MY BLOOD PRESSURE LIKE?" "MESSIAH AS A PACKAGE" continues....

We glorify Elohim for the completion of the second issue of Volume 4 of the 3rd Angel Messenger. It is by his provision, energy and sufficiency the task was completed. We also thank our readers who have increased and we now have positive response from as far as the Caribbean, Nigeria, Jamaica, South Africa, etc. requesting the 3rd Angel Messenger. We believe Elohim will fulfill his word, that is, the 3rd Angel's Message will be proclaimed to all parts of the world. Due to the aforementioned, the 3rd Angel Messenger Columnists and contributors will be inputting from an international perspective so as to be all inclusive.

From myself, the editorial team and the 3rd Angel Messenger fraternity, we wish all the Messianic believers a happy and blessed Communion.

1 Corinthians 10:16 The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? 10:17 For we being many are one bread, and one body: for we are all partakers of that one bread.

Shalom.

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THE FULLFILLMENT OF THE BIBLE PROPHECY.

by Peter King'ori

All bible believing persons agree that Elohim is omniscient. In his aforementioned attribute, Elohim's knowledge is infinite, that is, he knows everything. In this attribution he revealed to his prophets on what would happen in the world prior the foretold events happening. From the prophets and Messiah himself we learn of events that happened exactly as they were foretold. As matter of fact, prophecy began in the first book of the bible, that is, Genesis. From Genesis chapter 3 verse 15 we read of the prophecy between Satan and the Church.

Genesis 3:15 *And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.*

Some of the bible prophecies have been fulfilled while others are to be fulfilled. Nevertheless, one thing is sure, that all the prophecies must be fulfilled as attested in Luke 24:44 *"And he said unto them, These are the words which I spake unto you, while I was yet with you, that all things must be fulfilled, which were written in the law of Moses, and in the prophets, and in the psalms, concerning me."*

In Genesis we find the Messianic prophecy of the Millennium reign in the world as outlined in Genesis 49:10 harmonized with Luke 1:32-33.

Genesis 49:10 The scepter shall not depart from Judah, nor a lawgiver from between his feet, until Shiloh come; and unto him shall the gathering of the people be.

Luke 1:32 He shall be great, and shall be called the Son of the Highest: and the Lord God shall give unto him the throne of his father David: **1:33** And he shall reign over the house of Jacob forever; and of his kingdom there shall be no end.

Elohim knows what will happen prior an event happening in the world. Prophet Amos tells us, that Elohim will not do anything in the world without letting his Prophets know. **Amos 3:7** *Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets.*

Unfortunately, most people who take bible as the Supreme book are not conversant with information therein. Most Christians don't even read the book of Daniel and Revelation in their churches. Most of the prophecies in Daniel and Revelation enlightens us on the events happening currently and the events to happen in the near



future. As the Messianic prophecy was fulfilled to the letter. There are more than two hundred prophecies that were foretold about Messiah and which were fulfilled in the first century when Messiah was born, killed, resurrected and ascended to heaven. For example, in Micah 5:2, the prophet had foreseen the precise place for the birth of the Messiah. The aforementioned prophecy was fulfilled in Mathew 2:1. **Micah 5:2** *But thou, Bethlehem Ephratah, though thou be little among the thousands of Judah, yet out of thee shall he come forth unto me that is to be ruler in Israel; whose goings forth have been from of old, from everlasting.*

Matthew 2:1 Now when Jesus was born in

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Bethlehem of Judaea in the days of Herod the king, behold, there came wise men from the east to Jerusalem,

The bible prophecy is the light in the world full of darkness as affirmed in 2nd Peter 1:19... "We have also a surer word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts:"

Meaning if we study the prophecies in Daniel and Revelation we will be to understand the events unfolding in the world with a prophetic eye. It is very sad to see those people purporting to be believers of the bible doing contrary to what the bible affirms. Prophetically we should redeem time since most of the prophecies that were foretold pertaining the close of the ages have been fulfilled and others are being fulfilled right before our eyes. Elohim being faithful will give a faithful judgment, hence we should live as the bible outlines since it is his word.

Messiah in Mathew chapter 24, did foretell on what would happen prior his Second coming. Since he had foretold about the invasion of Jerusalem in 70 AD, the Apostles and their followers were able to escape the invasion because

they were conversant with the prophecy on the invasion. The true faith believers are founded on the Prophets and the Apostles as attested in Ephesians 2:20 "And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;"

From the preceding Scripture, believers in this age should be conversant with the prophecy, so as not to be destroyed together with the Wicked. Paul advised the Thessalonians believers to be awake as affirmed in 1 Thessalonians 5:6 "Therefore let us not sleep, as do others; but let us watch and be sober."

As events unfolds in the world, let's be watching the events with a prophetic eye.

Shalom.

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The Miracle Lie!

...continued...

... 'resurrecting a dead **man**' to the shouts of halleluyah from his faithfuls and some Christians around the world. Songs and praises filled the parked church as members sang and danced, praising the powerful god they serve. As expected all was confirmed to be a pre-determined and fake a few days later. This **wasn't the first nor is it going to be the last**, just a few months ago, another popular Kenyan televangelist who claims to be the two prophets of **Revelation 11**, claimed to have 'resurrected' a woman just through a text message, 'it's well'. His

By Martin Makokha.

followers were all over the streets around the globe chanting on how powerful their god is to have resurrected a dead woman!

Welcome to the 21st Century Christianity! After decades of fake miracles, healing of all forms of diseases ranging from cancer, HIV-AIDS, crippled, blindness etc. The 21st century Christians have realized that they need more than diseases, and thus their ministers feeling more heat from the members and the urge of being the most powerful

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men of god, they are resulting in more and great fake, wizardry and setups.

The Scriptures are full of miracles starting from the creation story to many other mentioned and documented acts beyond the human mind and powers. Also documented are powers of the evil one which worked against the Almighty God amidst men.

Moses the servant of the Almighty God is being sent to Egypt, this is a nation that he fled due to a murder case which was punishable by death. He knew that Israelites and even Pharaoh could not believe him as a savior! After all, how can a fugitive convert himself into a savior? Moses asked a worthy question, "But, behold, they will not believe me, nor hearken unto my voice" Exo.4:1. Reading from verses one to eight, one realizes that God gave Moses **three miracles which weren't to be released at the same time but one after the other if Pharaoh still didn't believed.**

"And it shall come to pass, if they will not believe thee, neither hearken to the voice of the first sign, that they will believe the voice of the latter sign. And it shall come to pass, if they will not believe also these two signs, neither hearken unto thy voice, that thou shalt take of the water of the river, and pour it upon the dry land: and the water which thou takest out of the river shall become blood upon the dry land" Vs 8,9

Moses armed with the three miracles faced Israelites and the great Pharaoh of Egypt. He wasn't prepared at all to the fact that Egyptian magicians would counter his miracles by doing the

same with their rods. Moses was being **taught that miracles/wonders aren't a sign** of Godliness and that is why he reminded Israelites not to follow anyone just because of miracles Deut.13:1, 2.

Christians of this century have really drifted away from Biblical teachings and

that's why they easily believe anyone who claims or has done a miracle.

Were these Christians alive during the time of Moses when the magicians performed miracles before Pharaoh indeed their

hearts would be harden just like Pharaoh's. Once King Saul seeked the help of a witch of En-dor to bring forth the spirit of Prophet Samuel and it happened! (1 Sam.28:7-14). **This woman wasn't a god fearing person but** indeed she performed a miracle through the power of darkness! Yahshua warned that **at the close of the world's arena, many false prophets shall arise and do lots of miracles** (Matt.24:24) and in Revelation 16:14 says point blank that the spirits of the devil in this **end times shall do miracles! Thus it's clear** that miracles should not be used as the gauge to righteousness.

True Biblical miracles happen for two main reasons;

To confirm the gospel - Mark 16:20; Acts

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14:3; Rom 15:19; Heb 2:4.

For the edification of the assembly -
1Cor. 12:7; 14:12,13

True miracles from God are neither for showoffs nor a means of winning over souls, many of the miracles of Messiah Yahshua recorded in the Scriptures were done not for publicity, in some of the instances He warned his disciples not to tell anyone. This is contrary to the current miracle lies that are peddled and projected all over the globe which are purely for merchandise. Apostle Peter once rebuked Simon Magus who taught that he could buy the gift of miracles for his own selfish interest (Acts 8:9-24).

The Bible gives the following as pointers to a miracle not of God;

"If there arise among you a prophet, or a dreamer of dreams, and giveth thee a sign or a wonder, And the sign or the wonder come to pass, whereof he spake unto thee, saying, Let us go after other gods, which thou hast not known, and let us serve them; Thou shalt not

hearken unto the words of that prophet, or that dreamer of dreams: for the LORD your God proveth you, to know whether ye love the LORD your God with all your heart and with all your soul." Deut. 13:1-3.

Any person who claims to perform miracles from our Heavenly Father yet he/she follows other gods and serves not the one and only Heavenly Father, Elohim of Israel, such a miracle worker is either faking or using other powers that are not of the Holy Spirit.

Prophet Isaiah clearly says that some uses familiar spirits and wizards in answering some **of the human dilemma's and that if one fails** to walk according to the law of God and the testimony, such a person has no light in him (Isaiah 8:19,20)

This familiar spirits and wizardly are now widely used by false preachers to deceive those who have a hunger and cravings for miracles. To them miracles are more important than obedience to the Word and knowingly they have tumbled down the commandments of God and just like Simon Magus of old, are mincing millions of dollars from their unsuspecting masses because of their wizardry.

Let's all watch and pray that we may not fall into the miracle lie and that we are given additional grace to reach others with the salvation message as we wait for the curtains to fall in this ancient world drama.

© Martin Makokha, 2019, March.

Dominican (Caribbean Island) Messianic during an evangelism



THE UNITY OF SPIRIT IN THE BOND OF PEACE

PSALM: 133: 1

See how good and pleasant it is for brothers to dwell together in unity.

The emphasis here is **NOT dwelling together**, but essentially **living together IN UNITY**.

Many people have the tendency to be together with all signs of being united but they are too far from the reality of this topic.

Our heavenly Father embraces on the need of **UNITY amongst brethren**, without which, there can be no love.

Below are Ethiopian brethren spreading the message in unity and togetherness



EPHESIANS 4:1-6

I call upon you therefore, I the prisoner of the Master, to walk worthy of the calling with which you were called, with all humility and meekness, with patience, bearing with one another in love. **Being eager to guard the unity of the Spirit in the bond of peace.** There Is One body and one Spirit, as you also were called in one expectation of your calling. One Master, one belief, one baptism, one God and Father of all, who is above all. And through all, and in you all.

When the Church gets to this level we shall no longer be tossed and borne about by every wind of teaching.

The true Church stands for the Ten Commandments of God (The Torah), and the faith of Yahshua, dispensed in the New Testament. There need be no more discussion leading and warranting divisions in our Churches.

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Ephesians 4:14

However if we do not stand firm and stand in for the unity of the spirit, we shall not cultivate peace. The following perpetrates the hatred and distracts the focus in spiritual growth of our churches and our youths.

People come with trickery teachings, clever devices and the crafty methods being eager to lead astray the young ones away from the true faith.

The best way out is to maintain the truth in love, grow up in all respect and in knowing the Messiah Yahshua. **Verse 15**

Let us be joined and knit together by what every joint supplies, according to the working by which each does its share, causing the growth of the body for building up of itself in love.

Let us all put off the falsehood and let's speak truth, each one to his neighbor, for we are members of one another.



Here are Kenyatta university messianic students (KUMESA) who are members from different factions and interestingly enough they are United together and working earnestly to achieve a common purpose of winning souls to the kingdom and most importantly seeking for eternal life .

John 17: 21.

So that they all might be one, as you Father, are in Me, and I in You, so that they too might be one in Us, so that the world might believe that You have sent Me.

Unity is a great prerequisite for the continued harvest of souls. People cannot believe in the message of salvation when the messengers themselves are not in one accord, and do not speak of the single truth about the Torah and Faith.



The Church of God is not made of one faction, but of many. All the parts are of one fundamental goal, to make the Church function as a whole package.

Unity is brought about by humility and simplicity of heart, not egocentric mind. Read Acts 2.46 and day by day, they continued with one mind in the set-apart Place, and breaking bread from house to house, they ate their food with gladness and simplicity of heart.

Vs 47. Praising God and having favor with all the people. And the Master added to the assembly those who were being saved, day by day.

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Paul also appeals to Euodia and Syntyche to be united, joyfully and in prayer and to be of the same mind. This shows that when people are united in the Lord, it brings a true reflection of the true unselfish service. Where there is disunity, there abounds strife and the Spirit of God shall never dwell amongst such people.

I wish to applause the enormous activities undertaken by the third angel messenger. Preaching Yahshua as a package. Bringing people of all nations and the world in understanding the true salvation, The true doctrine. **There is a enormous increase and growth of converts into the Church of God 7TH Day.** This is a true indicator that people are now realizing the deceit in which the devil led them for ages. More and more are coming to Yahshua (Jesus) and getting out of Sunday worship without any more discussions, I pray that God may send out many workers in the vineyard.

The third angel messenger is now reaching out to people in many countries of the world. The platform in which the message is being relayed is far reaching. Recent photos confess the impact of the third angel's message of salvation to all mankind and huge numbers of converts.



The message is about the open door for salvation. The door is still open, more especially to the gentiles at these last days of prophecy. When the door shall be closed, no doubt there will be nobody to open it again, for God has opened and will Himself close it. The door is entered through Yahshua and baptism by immersion.

The best way out is to maintain the truth in love, grow up in all respect and in knowing the Messiah Yahshua.

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The preaching of the last message to the nations has been enhanced through the unity of purpose. The unity of spirit in the bond of peace.

Many at times the Church lost a lot of time to preach while it concentrated on religious battle. The sense of urgency and unity did not prevail.

In the early 1970s, the church had zeal in working in the vineyard. The church had many converted into the true faith. However, later in the early 1990s, there was increased strife which saw the Church splinters and less attention to dispensing the third angel message.

Today the wakeup call is extraordinarily, a true manifestation of true kingdom seekers, with zeal to win many souls for the Master. In realizing that time is far much gone. And the world is still wasted with many people seeking for the true salvation in Yahshua. Many churches have fully flinched evangelical department. Thanks to God [Elohim] for the renewed spirit of unity and peace amongst the true Church of God.

No doubt the forerunner on the frontier of the unity of brethren is the third angel messenger.

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Pictured above are Messianics youths from Githurai church in conjunction with KU messianics Students who work together in unity

All calibers of students in Kenyan Universities are now worshipping together and dispensing off the third angel's message in one accord regardless of the factions. Thanks to the leadership of such youth forums. No more factional differences that has always been working against this new

Pictured here are Messianic students from Karatina University who are United together to the service of Elohim



united front. The old mentality and ignorant of the truth is no longer an issue to deal with when dealing with the diplomatic brains.

There is a complete blend of love and unity of spirit, which brings about peace and harmony in the body of Yahshua.



Youth forums in Nairobi for Unity and strength.

The church and the youth leaders need to uphold this impressive trend, as long as true doctrine of faith is not compromised. There is need to encourage cohesion among brethren and indeed in the students fraternity as they are the leaders of tomorrow's church. The tomorrow's church should not be outplayed by the devil with his devices, when credible and strong leaders abound. Also the unity is healthy for purposes of winning more souls for the Master.

The future unity and peace in the church can be determined by the way in which we nurture our youths for the leadership roles. By arming them with the right morals, virtues and principles of love, harmony, patience and peace amongst themselves. Through this, they will be able to also inculcate the same into the future Church leaders. The church has strongly been affected by a curdle of elements that were put in place at the period when supremacy battle and leadership strife were launched.

There is need for the youths to be spiritually strong, focused and objective. The growing trend

in youth coverts in the church is one that now calls upon the church leadership to support the course. Provide the desired leadership support and harness the potential in our youths for the good of the church today and in future. Support structure to develop the skills of our youth for leadership preparation. There is need to identify talents and abilities that our young people have and help them raise above in bringing such to beneficial use.

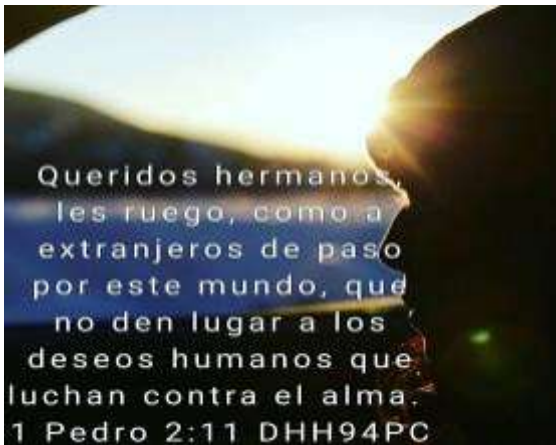


Prepare our youth for leadership roles.

In conclusion this article encourages the church to preach in the spirit of bringing unity, cohesion and peace amongst our members. Thus in order to reach many people who are in dire need to get the true salvation. We should not take for granted the essence of coexistence and that each and everyone needs the support of the other to take the message of the third angel to the people of the world.

When the unity of Spirit in the bond of peace prevails, the work in the Master's vineyard shall continue to be successful.

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A bout cover page



MSAK rally at the Maseno university

Dominican brethren during an evangelism



**Evangelism in Bunyore,
Kima Market**



A LESSON FROM THE FIG TREE NEAR OUR COMMUNITY

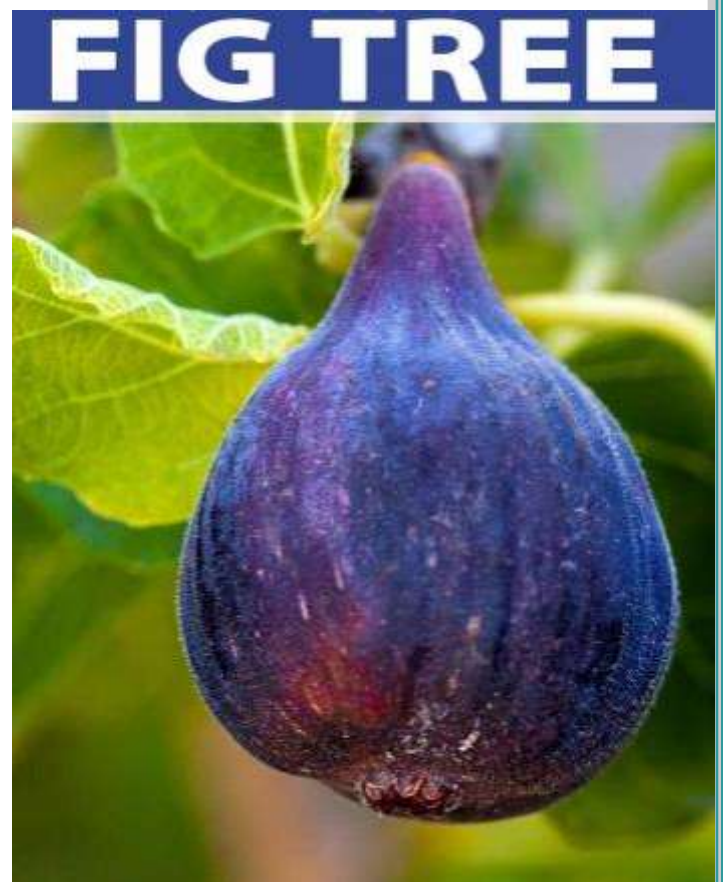
In Kenya and more so in the central region, we call the fig tree "mukuyu" and its fruits "nguyu". Near (not so near) one of our Messianic worship center is a big mukuyu tree and we took a journey to learn a lesson from it. Majorly we wanted to know whether it **follows** seasons as depicted by Yahshua and why largely its fruits are not edible as those in the bible.

The fig tree is the third tree to be mentioned by name in the Hebrew Bible. The first is the Tree of life and the second is the Tree of the knowledge of good and evil. Adam and Eve used the leaves of the fig tree to sew garments for themselves after the Fall, when they realized that they were naked. "And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons." (Genesis 3:7).

In Deuteronomy, the Promised Land is described as "a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey; a land where you will eat food without scarcity, in which you will not lack anything;" (Deuteronomy 8:8-10). During Solomon's reign Judah and Israel, from Dan to Beersheba, lived in safety, each man "under his

own vine and fig tree" (1 Kings 4:25), an indicator of national wealth and prosperity. 2 Kings 18 states that Hezekiah rebelled against the King of Assyria, of whom he had become a vassal. In response, the Assyrian commander attempted to sway the army of Jerusalem by offering deserters each his own vine and fig tree.

Proverbs 27:18 likens tending a fig tree to looking after one's master. There was a fig tree in the garden of the Song of Solomon, and in the year of love the tree formed its fruit early (Song 2:13).



The fig tree and figs are featured in the Book of Jeremiah (Continue reading.....next page)



and mentioned briefly in the Book of Micah.

Fig trees are equally found on the gospels more so where the son of man curses it for lack of fruits and when teaching about His soon coming.

ARE ALL FIGS EDIBLE?

There are several variety/es of male Capri figs and hundreds of varieties of female *Ficus carica* trees, some of which develop delicious, seedless, parthenocarpic fruits that do not require pollination. There are also varieties in which the female trees will shed their entire crop if they are not pollinated by a fig wasp.

These varieties have been selected by people over countless centuries. The trees are readily propagated by cuttings and were transported and cultivated by people thousands of years ago. Apparently many ancient civilizations were aware of the fact that *Ficus carica* required pollination in order to produce edible, seed-bearing fruits, a process called caprification.

The actual edible "fruit" of a fig tree is called a syconium--a hollow structure lined on the inside with hundreds of tiny unisexual flowers. A tiny female wasp (*Blastophaga psenes*) enters an opening on the syconium to pollinate the flowers. In *Ficus carica*, only the syconia of female trees are edible, and without pollination they typically do not ripen and fall from the branches. The case with the one near us.

The fig tree and fig wasp share a long and unique mutualistic association, one that



benefits both equally.

To really understand, you have to first look at the closely connected life cycles of both the plant and the insect. Figs depend on wasps to make their seeds and distribute their pollen. In turn, the fig tree acts as a womb where the fig wasps can reproduce. Wasps and seeds take a similar amount of time to develop.

The figs and the wasps are utterly dependent on each other. The fig plant and the fig wasp both have the same goal: reproduction. For this to

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happen, a fig plant needs to share its genetic material (in the form of pollen) with another of its kind, and the fig wasp needs a place where its larva can grow and feed.

ARE WE GOOD OR BAD FIGS?

We should not make assumptions, out of complacency or pride, that we are okay in the eyes of God.

Adhering to the 10 commandments is only a start. We must examine our attitudes, and hearts.

Are we proud or vain? Are we worldly, and spend little time with God? Are we jealous, greedy, desiring to possess more than we need? Are we lustful? Do **we** have feelings of wrath, hatred or anger, revenge or denial, or take justice into our own hands? Do we overindulge in food or drink? Do we envy others because of their possessions or status? Are we lazy or wasteful? Are we inconsiderate of others? Do we use people for our own gain? Do we gossip about others, or discredit them? Do we look the other way when someone is in need? Are we manipulative and selfish? Do we lack the faith we need to have?



WHAT DO WE LEARN?

That we should not be arrogant, and make assumptions about how worthy we are to escape tribulation.

If we are doing the minimum in our spiritual life, we may be in trouble. We should examine ourselves

intensely, and see if we are good figs or bad ones.

In this examination, we should not use the

church's standards, or the **world's standards,** but **only God's standards.** We must equally fully depend on God for our survival now and eternally.

SHALOM!

BY SOLOMON MACHARIA.

CRUCIFIXION AND RESURRECTION OF MESSIAH.

In dealing with Sabbath subject, if it is for us today, some people bring in the Resurrection of Messiah to try to prove that Sunday has been chosen as the New Testament Sabbath because they believe that Messiah (Christ) rose from the dead on that day. Even if He had, would this be proof enough, without a direct Command from Elohim (God). If Messiah had risen on Thursday, do you think people then would be keeping Thursday as the day of worship? This is something to think about. If another day is to be kept as the Sabbath, then there must be a direct Command of Elohim to change the day.

The following question might seem unusual to you, as most feel so sure it is true. Was Yeshua (Jesus) resurrected on Sunday? Many have been taught probably all their life this was true, but I would like to ask, just find ONE Scripture that says Messiah rose on the first day of the week. You can read and search, but you will not find it. Surprised! Incredible as it may seem, this is true. Messiah did not resurrect on Sunday. Is it possible that so many people could be deceived on **this subject? Hard to believe, isn't it?**

One might wonder why such a topic is important to study. What difference does it make what day Messiah arose, as long as He did? The importance is that when people try to do away with the Sabbath because of the day of His resurrection, then it becomes important to know on which day He rose from the dead. If people keep a day because of His resurrection, then it becomes very important.

Let's take our Bibles and see what day Yeshua did rose from the grave. Let us put away our preconceived ideas and see what

the Bible really says.

1. The sign of Yeshua' true "Son Ship."

Matthew 12:38-40 KJV *"Then certain of the Scribes and of the Pharisees answered, saying, Master, we would see a sign from Thee. [39] But He answered and said unto them, an evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas: [40] For as Jonas was three days and three nights in the whale's belly; so shall the Son of Man be three days and three nights in the heart of the earth"*

Being in the grave three days and three nights was a SIGN, and Yeshua said it would be the ONLY SIGN. Then if this sign failed, according to Yeshua Himself, He is not the Messiah.

We learn from three Gospel (Matt 27:45, 46,50; Mark 15:33,37; Luke 23:44), that from the 6th hour until the 9th hour there was darkness over the earth, and that about the 9th hour Yeshua died. Can there be three days and three nights from Friday evening and Sunday morning? There cannot. But many are taught that was the way it happened, that Yeshua was crucified on Friday and arose Sunday morning.

2. When should one start counting, before or after His death?

Mark 9:31 KJV *"For He taught His disciples, and said unto them, The Son of Man is delivered into the hands of men, and they shall kill Him; and AFTER that He is killed, He shall **rise the third day**"*

We are to start counting the time AFTER He was killed, not before.

3. Is RISEN.

Mark 16:2-6 KJV *"And very early in the morning the First day of the week, they came unto the sepulchre at the rising of the sun. [3] And*

(Continue reading.....next page)

they said among themselves, who shall roll us away the stone from the door of the sepulchre? [4] And when they looked, they saw that the stone was rolled away: for it was very great. [5] And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted. [6] And he saith unto them, be not affrighted: Ye seek Yeshua of Nazareth, which was crucified: He is risen; He is not here: behold the place where **they laid Him**"

Luke 24:1-6 KJV "Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them. [2] And they found the stone rolled away from the sepulchre. [3] And they entered in, and found not the Body of the Lord Yeshua. [4] And it came to pass, as they were much perplexed thereabout, behold, two men stood by them in shining garments: [5] And as they were afraid, and bowed down their faces to the earth, they said unto them, why seek ye the Living among the dead? [6] He is not here, but is risen: remember how He spake unto you **when He was yet in Galilee**"

As you read these references, you will notice that when the visitors came to the tomb on the first day of the week; very early in the morning, the tomb was empty. If the tomb was empty, then Yeshua had to come out sometime before they got there. Right? The **angels said, "He is risen."** Now what does "is risen" mean? It is **past tense**; something has already happened. So when they said "He is risen" they meant He had already risen and was gone. So Yeshua had already risen when the visitors got there Sunday morning. There is no indication in these two verses that Yeshua rose on Sunday.

4. Mary came while it was yet dark

John 20:1 KJV "The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the **stone taken away from the sepulchre**"

Now Mary came Sunday morning while it was yet dark and the tomb was empty. If Mary came early while it was yet dark and the tomb was empty, how can you count the day light part of Sunday in the three days and three nights? You cannot! Now this is worse, for we have only Friday and Saturday and that makes only two days, then Friday night and Saturday night are only two nights. Yet Yeshua Himself said, He would be in the grave **THREE DAYS AND THREE NIGHTS**. We have examined several texts that say visits were made on the first day of the week, but so far none of them tell us that Yeshua was resurrected on that day. These verses only tell us the tomb was empty when they came. How then, can we say these verses tell us that Yeshua arose on the first day of the week. We cannot.

5. When was Yeshua resurrected?

Matthew 28:1-6 KJV "In the end of the Sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre. [2] And, behold, there was a great earthquake: for the angel of the Lord descended from Heaven, and came and rolled back the stone from the door, and sat upon it. [3] His countenance was like lightning, and his raiment white as snow: [4] And for fear of him the keepers did shake, and became as dead men. [5] And the angel answered and said unto the women, Fear not ye: for I know that ye seek Yeshua, which was crucified. [6] He is not here: for He is risen, as He said. **Come, see the place where the Lord lay**"

Here we learn of the first visit made to the **sepulchre, was "IN THE END OF THE SABBATH..."** The Sabbath had not ended yet, but it was in the end or at the close of the Sab-

bath and it was when the earthquake occurred, and when the stone rolled from the tomb.

Now when does Elohim's Day begin and end? Man says from midnight to midnight.

But Elohim's Day is from sundown to sundown, never anything else. (See Gen. 1:8, 13, 19, 23, Lev. 23:32, Mark 1:32.).

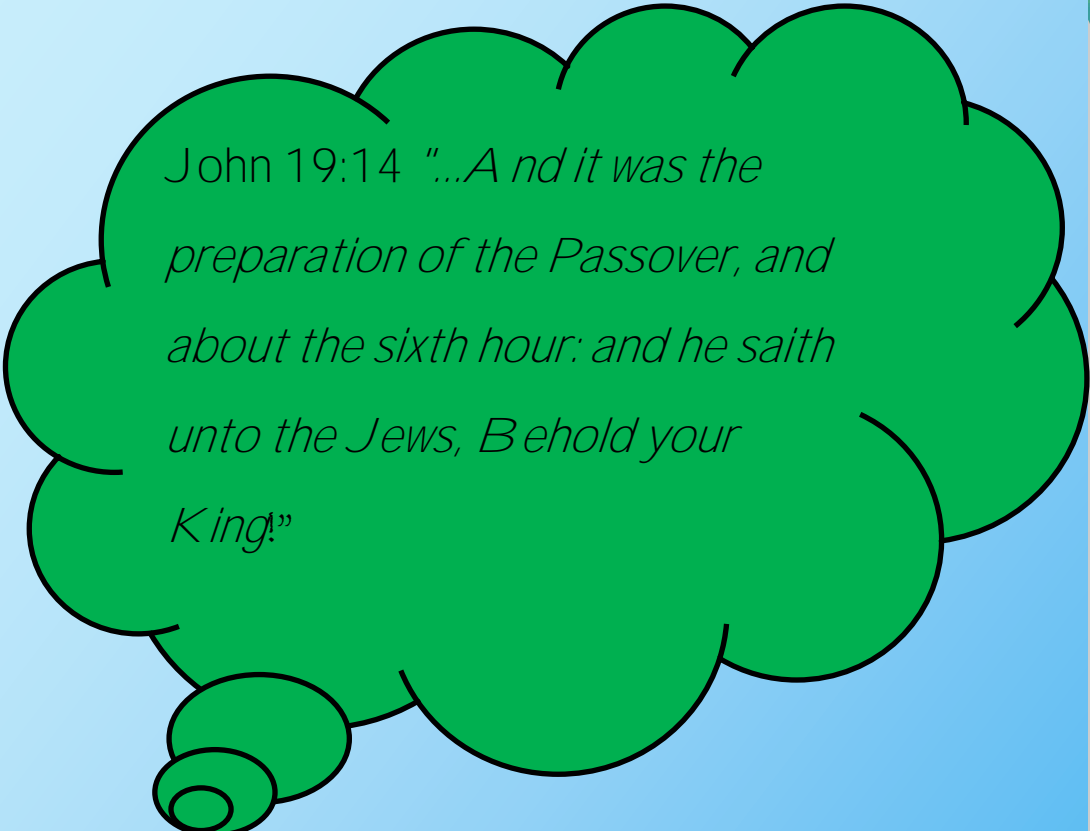
The midnight-to-midnight reckoning is **man's and not Elo-**

him's. This reference says the women came in the end of the Sabbath, there was an earthquake and the women saw the tomb was empty. Messiah Yeshua was resurrected "in the end of the Sabbath" just before sunset. Unbelievable! Yet this is what the Scripture says.

6. When was Yeshua put into the tomb?

This is very easily to calculate. In Matthew 28:1-6 we note Yeshua arose "in the end of Sabbath" that is, late on the Sabbath. Apply the Words of Yeshua, that He would be three days and three nights in the heart of the earth, so you count back three days and three nights, and you will see He was put in the tomb late on Wednesday just before sunset or Wednesday afternoon.

Prophet Daniel also said Messiah would be crucified or cut of in the midst of the week. We read; "And He (Messiah) shall confirm the Covenant with many for one week: and in the MIDST OF THE WEEK He shall cause the sacri-



John 19:14 "...And it was the preparation of the Passover, and about the sixth hour: and he saith unto the Jews, Behold your King!"

fice and the oblation to cease ..." (Daniel 9:27)

While the week here has a prophetical meaning, and application with the seventy weeks, it also has a literal significance, and to this prophecy is given a two-fold meaning, as is the case with the seven heads of the beast in Revelation 17:9,10.

7. Placed in the tomb the day before the Sabbath

Read Mark 15:42-47

I will quote verses 42,43 "*And now when the even was come, because it was the preparation, that is, the day before the Sabbath, [43] Joseph of Arimathaea, an honourable counsellor, which also waited for the Kingdom of Elohim, came, and went in boldly unto Pilate, and craved the Body of Yeshua."*

Verse 42 very plainly says it was the day before the Sabbath. Yet I made the bold statement it was on Wednesday. Am I wrong? Now if you will notice careful the wording of the

reference, you will notice it speaks of that day as being the preparation Day. Preparation day for what?

Now let's refer to John 19:31 "... *The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the Sabbath Day, (for that Sabbath Day was an HIGH DAY.) besought Pilate that their legs might be broken, and that they might be taken away*"

We see that Yeshua died on the preparation day, the day before the HIGH SABBATH. The High Sabbath here refers to an unusual or special Sabbath, a Sabbath that did not come too often. Which was this special Sabbath then?

let's check John 19:14 "...*And it was the preparation of the Passover, and about the sixth hour: and he saith unto the Jews, Behold your King!*"

Here we see it was the preparation of the Passover. This Sabbath then was in connection with the Feast of Unleavened Bread and not the weekly Sabbath. See Lev. 23:4-7. Verse 5 and 6, of Lev.23, we read: "***In the Fourteenth Day of the first month at even is the LORD'S Passover. And on the Fifteenth Day of the same month is the Feast of Unleavened Bread unto the LORD.***" This fifteenth Day of the month is kept as a Sabbath. The Day before was the Passover, when the lamb without blemish was slain and offered as a sacrifice for the sins of the people, (Exodus 12:3-6). This lamb was a true type of Messiah who was often mentioned as the Lamb of Elohim. Messiah was also crucified on the Passover, which was fourteenth Day of this month, the same Day the lamb had for hundreds of years been slain. The Day **after Messiah's crucifixion, therefore would be the High Sabbath.**

8. **The two Sabbaths** Luke 23: 50-53, 54-56

Luke 23:50-53 KJV "And, behold, there was a

man named Joseph, a counsellor; and he was a good man, and a just: [51] (The same had not consented to the counsel and deed of them;) he was of Arimathaea, a city of the Jews: who also himself waited for the Kingdom of Elohim. [52] This man went unto Pilate, and begged the Body of Yeshua. [53] And he took It down, and wrapped It in linen, and laid It in a sepulchre that was hewn in stone, wherein never man before was laid"

Luke 23:54-56 KJV "And that Day was the preparation, and the Sabbath drew on. [55] And the women also, which came with Him from Galilee, followed after, and beheld the sepulchre, and how His Body was laid. [56] And they returned, and prepared spices and ointments; and rested the Sabbath Day ACCORDING TO THE COMMANDMENT"

Now there is a Sabbath mention in verse 54 and another Sabbath Day in verse 56. Are they the same? If one reads carefully, you can see they are not. The Sabbath in verse 54 is in reference to the Passover and the feast, for again it speaks of the preparation Day.

The Sabbath in verse 56 is the Sabbath Day ACCORDING TO THE COMMANDMENT or the 7th Day Sabbath. Yeshua died on Wednesday afternoon and Thursday was a High Sabbath. To prepare the spices and ointments for His burial from the time He was put in the tomb and sunset or the beginning of the Sabbath was not possible. But Friday they could and did, according to verse 56, then rested on Sabbath or Saturday.

9. **The 3rd day since these things were done**

Luke 24:1 KJV "Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which

they had prepared, and certain others with them”

Then read from verse 13-21 please

Verse 1 speaks of the 1st day of the week, verse 13 says they went that same day (still being the 1st day of the week) and then verse 21 says, “...**to day is the third day SINCE these things were done.**” Now the average person would think that since Messiah was (they think) crucified on Friday, that Sunday would be the 3rd Day since He was crucified. But this calculation could not be correct. If Messiah was crucified on Friday, then Saturday would be the first Day and Sunday would be the second day. This is not what Luke is talking about. Whatever it is, he says, “to day (Sunday/the First day) is the third day SINCE these things were done.” What are these two men (on the road) talking about? Notice v. 14 says, “...**And they talked together of ALL THESE THINGS WHICH HAD HAPPENED**” (plural). Now what had happened concerning Messiah? He had been taken prisoner, tried, crucified, put in the tomb, then guards were set at His tomb. These all had taken place in the last few days. Now what was the LAST THING that was done.

Let's see Matthew 27:62-66 KJV “**Now the next Day, that followed the Day of the preparation, the chief priests and Pharisees came together unto Pilate, [63] Saying, Sir, we remember that that deceiver said, while He was yet alive, after three days I will rise again. [64] Command therefore that the sepulchre be made sure until the third Day, lest His Disciples come by night, and steal Him away, and say unto the people, He is risen from the dead: so the last error shall be worse than the first. [65] Pilate said unto them, ye have a watch: go your way, make it as sure as ye can. [66] So they went, and**

made the sepulchre sure, sealing the stone, and SETTING A WATCH”

You will see the last thing that was done was setting a watch or putting the guard. This was done the Day after Messiah died or Thursday. Now Friday was the first day SINCE, Saturday the second day SINCE, and



Sunday the third day SINCE these things were done. Complete harmony in all the Scripture.

SUMMARY

There is not one verse in all the New Testament that says Messiah rose on the first day of the week or Sunday. Messiah was put in the tomb late on Wednesday, and arose three days and three nights later... “**IN THE END OF THE SABBATH**” (Saturday). So the Sabbath has not been replaced by Sunday as the day of worship.

By Bro James Njenga.

Shalom.

LUNAR SABBATH OR THE SEVENTH-DAY SABBATH?

“Then Elohim blessed the seventh day and sanctified it. . . .”— Genesis 2:3

For millennia, most of the world has been using a week of seven days. These seven days continuously repeat in their accustomed order week after week after week. The first day of the week invariably follows the seventh day of the previous week with enduring regularity. That is how it has always been.

Some people who keep the Sabbath are attempting to change that, believing that we have been wrong all along on how to determine the weekly Sabbath. They call this Sabbath the **“lunar Sabbath,”** so designated based on its relationship to the new moon, which is the marker for the start of Hebrew months. In their conception, our lunar Sabbaths occur during each Hebrew month, incrementally at intervals of seven days from the new moon. Hence, lunar Sabbaths fall on the **8th, 15th, 22nd and 29th** days of each Hebrew month.

(Instead, some lunar Sabbatarians observe the **7th, 14th, 21st and 28th** days of each Hebrew month.)

The lunar month, designated in the Hebrew calendar from new moon to new moon, is 29.5 days long. Since a calendar cannot divide days in half, in practice, some Hebrew months last 29 days, others last 30 days.

(Lunar Sabbatarians express divided convictions concerning the way the “extra” days are handled. Not all of them treat them in the same way.)

These extra day(s) in the lunar month mean that the lunar Sabbath falls on a different day of the week from lunar month to lunar month. The lunar Sabbath will fall on the same day of the week only four consecutive times before the end of the lunar month arrives and the lunar Sabbath is “reset” based on the next new moon.

For example, it may fall on a Thursday in one Hebrew month, but on a Sunday in another lunar month, since the lunar Sabbath is reset after the passage of 29 or 30 days, that is, reset with the coming of another new moon. (The “mathematical” way of looking at this is that seven, the number of days in a week, does not divide evenly into either 29 or 30.)

How Does the Lunar Sabbath Differ from the Seventh-Day Sabbath?

The weekly Sabbath observed by the Jews and by the churches of Elohim is called the “seventh-day Sabbath.” It is so named because it is the seventh day of a recurring seven-day cycle that came into existence at the end of Creation Week, when Elohim pronounced the seventh day as holy (Genesis 2:3). He taught the seventh-day Sabbath to the children of Israel just after they left Egypt by controlling the way manna fell during the week, as related in Exodus 16. It fell every day except on the seventh-day Sabbath. The Sabbath became enshrined in the Hebrew calendar. The Jews have been observing that recurring seventh day ever since that time.

The primary difference between the seventh-day Sabbath and the lunar Sabbath is this: The seventh day Sabbath does not “reset” with the coming of each lunar month. The lunar month is irrelevant to determining the arrival of the seventh-day Sabbath, which is based simply on a recurring seven-day cycle. Hence, the seventh-day Sabbath always falls on the same day of the seven-day week. It falls on a day the Jews call Sabbath, which the Romans named Saturday.

Is There Scriptural Basis for the Lunar Sabbath?

Lunar Sabbatarians defend their notion of pegging the weekly Sabbath on the lunar month by citing primarily two scriptures. One is Genesis 1:14 (Holman Messianic Standard Bible [HCSB]): *“Then Elohim said, ‘Let there be lights in the expanse of the sky to separate the day from the night. They will serve as signs for festivals and for days and years.’”*

The Hebrew word translated as “festivals” is moedim, a word that is key to lunar Sabbatarians’ arguments. Moedim, a plural noun (#4150 in Strong’s Hebrew Concordance) occurs for the first time in this passage. Translators often render it as “seasons” or “times.” Properly, it denotes “appointed seasons” or “appointed times,” referring to the festivals of Elohim, His feast days. Today, we generally call these festivals

by the term “holy days.” Lunar Sabbatarians, looking at Genesis 1:14, correctly conclude that the sun—and particularly the moon—play a key role in establishing the seasons, and most specifically, the appointed feast days, the holy days of Elohim. The biblical chapter that summarizes these festival days, these moedim, is Leviticus 23. This is the second passage on which lunar Sabbatarians focus. Most specifically, they cite Leviticus 23:1-4. (Note: Moedim is translated as “appointed times” in verses 2 and 4.)

The Lord spoke to Moses: “Speak to the Israelites and tell them: These are My appointed times, the times of the Lord that you will proclaim as sacred assemblies. Work may be done for six days, but on the seventh day there must be a Sabbath of complete rest, a sacred assembly. You are not to do any work; it is a Sabbath to the Lord wherever you live. These are the Lord’s appointed times, the sacred assemblies you are to proclaim at their appointed times.” (HCSB) (emphasis ours)

The remainder of Leviticus 23 discusses the moedim, the holy days, in their sequence through the year.

Here is the thrust of the lunar Sabbatarians’ arguments. They note that the weekly Sabbath, discussed in Leviticus 23:3, appears in the midst of the discussion of the moedim, the appointed times, mentioned in verses 2 and 4. They submit that the inclusion of the weekly Sabbath in verse 3, in the context of the moedim, the focus of the chapter, proves that the weekly Sabbath is connected to the moedim. Hence, they conclude that the moon, as mentioned in Genesis 1:14, is the basis for determining the weekly Sabbath, just as it is basic in determining the arrival of the holy days.

In other words, lunar Sabbatarians argue that the moon, which determines when a new month begins, also determines when the count toward the weekly Sabbaths begins.

The Holy Days: One Cycle

Lunar Sabbatarians’ a priori dismissal of an important fact has led them to a wrong conclusion. That fact is this: Elohim recognizes two distinct cycles in

determining Sabbaths: He created an annual cycle.

He also created a weekly one. They are not the same.

The annual cycle, which defines the appointed feasts (moedim), is intrinsically connected with the moon, as Genesis 1:14 says. Specifically, the annual cycle is connected with the new moon, which in Hebrew is khodesh (Strong’s#2320). The annual cycle actually begins on a new moon, the one starting the Hebrew month of Abib. The fall of most moedim, that is, most appointed festivals, is determined by the occurrence of a new moon.

For example, the first day of the Feast of Unleavened Bread falls on the fifteenth day of Abib. It falls fifteen days into the month of Abib—fifteen days after the new moon that ushered in Abib. Likewise, the Feast of Trumpets is the first day (that is, the new moon itself) of the seventh month, Tishri. The Day of Atonement falls on the tenth day of Tishri.

As an illustration of the importance of the new moon in determining the “appointed feasts,” notice Leviticus 23:4-6 (HCSB), which renders khodesh as “month”: “The Passover to the Lord comes in the first month, at twilight on the fourteenth day of the month. The Festival of Unleavened Bread to the Lord is on the fifteenth day of the same month.”

Khodesh appears ten times in Leviticus 23, always in reference to determining the day on which the moedim arrive. This stress on the new moon is consistent with Elohim’s comments in Genesis 1:14 that the moon would “serve as signs for festivals.”

So, the fall of the annual “appointed feasts” is based on the arrival of new moons, which define the start of the Hebrew lunar months. The annual holy days define one cycle, a cycle of seven holy days throughout the year.

The Weekly Sabbath: Another Cycle

The fall of the seventh-day Sabbath is defined according to a second cycle. It is a separate cycle, a different one. Importantly, in the description of the seventh-day Sabbath, the concepts of moedim and khodesh are not at all present. For example, neither word appears in Leviticus 23:3: “Work may be done for six days, but on the seventh day there must be a Sabbath of complete rest, a sacred assembly. You are not to do any work; it is a Sabbath to the Lord wher-

ever you live” (HCSB). Genesis 2 records Elohim’s creation of the seventh-day Sabbath and hence, the institution of the weekly occasion. In this passage as well, neither the word *moedim* (appointed feasts) nor *khodesh* (new moon) appear even once:

By the seventh day Elohim completed His work that He had done, and He rested on the seventh day from all His work that He had done. Elohim blessed the seventh day and declared it holy, for on it He rested from His work of creation.

(Genesis 2:2-3[HCSB])

What is strikingly stressed in this passage is the cycle of the seventh day, not the arrival of a new moon.

Other verses that stress the concept of “the seventh day” as a definitive element in the seventh-day Sabbath’s timing include Exodus 23:12; 31:15, 17; 34:21; 35:2; and Deuteronomy 5:13-14. Finally, *khodesh* and *moedim* are conspicuous by their absence in the Sabbath commandment itself—not even a hint:

Remember the Sabbath day, to keep it holy: You are to labor six days and do all your work, but the seventh day is a Sabbath to the Lord your Elohim. You must not do any work—you, your son or daughter, your male or female slave, your livestock, or the foreigner who is within your gates. For the Lord made the heavens and the earth, the sea, and everything in them in six days; then He rested on the seventh day. Therefore the Lord blessed the Sabbath day and declared it holy. (Exodus

20:8-11[HCSB])

*In each of these pivotal passages concerning the weekly Sabbath, the word *moedim* is absent. Its*

absence shows that the weekly occasion is not an “appointed feast” and therefore not part and parcel with the annual occasions, which are defined by a separate cycle. In addition, in each of these same passages, the word *khodesh* is also absent, indicating that the new moon is not a factor in determining the coming of the seventh-day Sabbath.

In summary then, lunar Sabbatarians ignore the clear fact that Elohim has instituted two discrete cycles and with them, two different methods of determining the fall of Sabbaths. Lunar Sabbatarians apply the method of counting the holy days—which at its core does involve the new moons—to determining the occurrences of the weekly Sabbaths. However, the Scriptures do not support using the same method for both cycles.

To reiterate: The new moon and

the lunar month are irrelevant in determining which day the seventh day Sabbath falls on.

Did Messiah Keep the Lunar Sabbath?

Messiah, our example, did not observe the lunar Sabbath. As recorded in Luke 4:16-17 (HCSB), Messiah “came to Nazareth, where He had been brought up. As usual, He entered the synagogue on the Sabbath day and stood up to read. The scroll of the prophet Isaiah was given to Him. . . .”

The Jews, as Paul wrote in Romans 3:2, had received the “oracles” (that is, the revelation or the words) of Elohim. The Torah contains many of those “oracles,” including the oracle of the seventh-day Sabbath. Elohim deeply ingrained the correct Sabbath day into the consciousness of the children of Israel during their wanderings in the wilderness of Zin, and, as a result of this weekly reminder by the absence of manna on the Sabbath, they came to enshrine that



day into what has come to be called the Hebrew calendar.

During Messiah's time on earth, the Jews continued to keep the correct weekly occasion. If Messiah had kept the lunar Sabbath, chances are He would have been reading to an empty room that day in the synagogue. There would have been no one present there to hand Him the scroll of Isaiah. The Jews would have been elsewhere.

The Jews certainly took exception to the way Yahshua kept the Sabbath. For instance, they expressed their dismay when His disciples plucked corn on the Sabbath or when He healed on the Sabbath.

However, the Jewish leadership had no issue with the day He kept. If they had such an issue, we certainly would read about it in the Gospels. Yet, that issue never arose.

The absence of any dispute over the correct day is an "argument from absence" that Messiah kept the same weekly Sabbath that the Jews did—the same day they still keep. He kept the same weekly occasion the church of Elohim keeps today. It is the seventh-day Sabbath, the Sabbath described in Genesis 2:2-3 and in Exodus 20:8-11.

Pentecost and the Lunar Sabbath

Probably one of the best arguments against the lunar Sabbath concerns Pentecost. Elohim instructs that the Day of Pentecost, correctly counted, will always occur on the day after a Sabbath:

You are to count seven complete weeks starting from the day after the Sabbath, the day you brought the sheaf of the presentation offering. You are to count 50 days until the day after the seventh Sabbath and then present an offering of new grain to the Lord. (Leviticus 23:15-16[HCSB])

So, the requirement that Pentecost fall on the day after the seventh Sabbath becomes a "check point" to ensure that we have counted correctly.

A person keeping the lunar Sabbath will never find an occasion where the count of those fifty days brings him to the day after the Sabbath he is keeping. Try it for yourself with paper and pencil; it will soon become clear that absolutely no scenario exists where Pentecost falls on the day after a lunar Sabbath. It will never happen.

If the concept of the lunar Sabbath were correct, the requirement that Pentecost fall after a Sabbath would be impossible to meet. The model that lunar Sabbatarians use to determine the Sabbath does not mesh with the instruction concerning Pentecost, as stated in Leviticus 23:15-16.

Creation Week

It is important to notice that the Sun, Moon, and Stars were not even created until the 4th day, so we are already running into some problems with this theory that the Sabbath is based on the moon phases.

However, as we examine it even closer, we see that Elohim rested on the 7th day, but the Lunar Sabbath calendar says the 8th day of the month is the Sabbath. Elohim would have had to skip day 1, and began creating on day 2 for this to work according to the Lunar Sabbath theory.

Here is a calendar that illustrates the error of the Lunar Sabbath according to the Biblical record of creation week.

| Lunar Creation | | | | | | | |
|----------------|-------------|----------------------|-----------|---------------------|-----------------------|------------------|---------------------------|
| 1 Light | 2 Heaven | 3 Land, Plants | 4 Moon | 5 Fish, Birds | 6 Animal s, Man | 7 Sabbat h | 8 Lunar Sabbat h |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Since the moon was not created until the middle of the week, we can safely believe that the first Sabbath was not based on the moon.

Below is a calendar that illustrates what the Bible actually says about creation week.

| Biblical Creation | | | | | | |
|-------------------|-------------|----------------------|-----------|---------------------|-----------------------|--------------|
| 1 Light | 2 Heaven | 3 Land, Plants | 4 Moon | 5 Fish, Birds | 6 Animals , Man | 7 Sabbath |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

Manna Week

In all reality, Creation week has already given us good reason to doubt this Lunar Sabbath theory, but let's continue to see if there is more solid evidence to prove its error. After Elohim led the people out of Egypt, He wanted to remind them of His Sabbath, and he established a pattern that was to guide their Sabbath observance for the next 40 years as they lived in the wilderness. Elohim established this pattern by supplying manna for 6 days, then no manna on the 7th day.

"Six days you shall gather it, but on the seventh day, which is the Sabbath, there will be none." Exodus

16:26

We are also told that on the 6th day there was extra manna for the people to store up and eat on the Sabbath.

"See! For the Lord has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day." Exodus

16:29

This was the pattern that would solidify Israel's Sabbath observance for the next 40 years

and beyond.

“And the children of Israel ate manna forty years, until they came to an inhabited land; they ate manna until they came to the border of the land of Canaan.” Exodus 16:35

Now, let's examine how the Lunar Sabbath theory compares to the Biblical record concerning the pattern of manna that Elohim provided each week. We know that Elohim began giving them manna on the 16th day of the second month, because the people were complaining about having no food on the 15th day.

“And they journeyed from Elim, and all the congregation of the children of Israel came to the Wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they departed from the land of Egypt. Then the whole congregation of the children of Israel complained against Moses and Aaron in the wilderness.” Exodus 6:1-2

If we look at the Lunar Sabbath calendar for two consecutive months according to the instructions regarding the giving of manna, we should immediately start to ask questions about the 1st and 30th days of the month.

- i. Should these days be treated as work days or Sabbath days?
- ii. Was manna provided on the 1st and 30th of each month?
- iii. Was there an expectation that 4 days of manna would be stored up on the 28th day of the month?
- iv. Were those days meant to be fasting days?
- v. It would seem that Elohim must have forgotten to mention those details concerning the “transition days” between each new Lunar month. But that was not the case.

More Than a Minor Miracle

If we counted the number of days from any seventh-day Sabbath back to the original (seventh-day) Sabbath, that is, all the way back to the one described in Genesis 2:2-3, we would come up with a large number. As we tirelessly counted, we could “count” on this: Whatever number of days defines that interval of time, it would always be divisible by seven, the num-

ber of days in a week. The number of days from any seventh-day Sabbath to the original Sabbath will be divisible by seven.

That is an amazing fact. Throughout history, Elohim has preserved the knowledge of the seventh-day Sab-

MATHEW 5:17

“Don't think that I came to destroy the Torah or the Prophets. I didn't come to destroy but to fulfill.”

Considering all the various calendars that have been developed over the years by pagan, nonbeliever individuals, some of those calendars basing their weeks on more than seven days, it is indeed a miracle that Elohim has preserved the knowledge of the true Sabbath day to the present. Considering all the troubles that the Jews, who preserved that knowledge in their calendar, have encountered, it is more than a minor miracle.

It is fitting that we thank Elohim for preserving knowledge of the seventh-day Sabbath over the years for us. He did not command that the seventh day be kept and then hide it from us. Rather, our Provider has taught us the correct day; not a day has been lost in the count. We should not be deceived by the false notion of the lunar Sabbath, which is in fact one of the lies Satan has developed to hide the correct seventh day.

People who claim that the Sabbath is connected to the moon are ignoring the commandment to work six days and rest on the seventh.

I hope this study will help to put an end to any confusion that has been caused by the Lunar Sabbath theory.

Part of this article has been adopted from <https://www.cgg.org/index.cfm/fuseaction/Library.sr/CT/RA/k/1652/Lunar-Sabbath-or-Seventh-DaySabbath-Which.htm> and Edited by Lawrence Mugambi.

More study materials can be accessed online on <https://jsd-cog.org/tracts-books> Shalom.

NO SIGN SHALL BE GIVEN THIS GENERATION

Suppose a wonder is worked today in church, tomorrow you would find streets flocked with people heading to that particular church, to congestion and need for expansion. **Today's preachers use this idea to lure people and earn themselves followers and 'sadaka'. The people of Bethlehem and Nazareth were used to signs and wonders but hadn't any clue what it was all meant for.** At a particular time, the Pharisees asked Yahshua for a sign, despite the many they had learnt of. They couldn't believe Him either way, as the Son of Elohim nor as a descendant of Abraham just as they too were. They saw but never perceived, heard but never listened to the voice calling behind the wonders before them.

The gifts of wonder working were given to the disciples and the people after, those who received the Power of the Holy Spirit- 1 Corinthians 12:9. People misuse them, that rather than to give Elohim the glory (John 15:8), they use it to promote evil in the society. The

church today has turned into a business center where preachers are dressed and fed, honored and glorified as lords for more signs to be performed to the believers. It is no longer a place to review the WORD of salvation as it ought to be, but a place to obtain good health and wealth and prosperity.

The previous issue on 'In This World but Not of This World' is an eye-opener, proving to us that the harvest is not for the treasurers of this world but for the righteous souls during the first generation. Yahshua urges us to deny ourselves and surrender to Him-Luke 9:23, since we do not own anything, just as the birds in the air do. If one has no deep cry for salvation within him, he will keep moving about the wilderness (sin) asking for a miracle, and never **convicted. If one doesn't get the still small voice behind the wonder, then it is of no help to him.**

Many have been healed from chronic illnesses, but never get to learn the message behind the healing, that it is not only mercy to obtain good health, but also to obtain eternal life from salvation. In the 5th persecution under Severus AD 192, Severus having been recovered from a severe fit of sickness by

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a believer could have vored for them but being faced with obsolete laws had no otherwise.

The Pharisees were Abraham's descendants by blood but could not get the proverbial part of **Abraham's Seed**, who is Yahshua. He went up to tell them that being the descendant is of no help to them any more -Mathew 3:9. In the aforementioned verse, the

1 Peter 4:7.... but the end and culmination of all things has now come near; keep sound minded and self-restrained and alert therefore for prayer.

phrase ...*Elohim is able to raise up descendants for Abraham from these stones*. This wonder was worked when the gentiles were grafted in, a people who were once **no people, a nation that wasn't** (1 Peter 2:9-10) ...**made descendants of Abraham through Yahshua** (the Seed) by faith. E.g. Cornelius. Yahshua promises this generation no other wonder than that of Jonah (Mathew 12:38-40) sleeping in the stomach of the fish 3 days and nights. In that case, it is Yahshua staying in the heart of the earth 3 days and nights. It is only after He

n rose from the dead that many people started believing in Him. But if this **s** sign of someone greater than Jonah, **i** **wiser than Solomon can't convince one** to believe in the message behind it, then no other wonder can brim him/her to salvation. It is therefore time **s** we let alone the business of signs and **h** wonders, and listen to the Gift of **a** working miracles, the message behind **t** it, for it to be profitable to us. 1 Peter **e** **4:7.... but the end and culmination of** all things has now come near; keep **g** sound minded and self-restrained and **i** alert therefore for prayer.

Shalom!

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The Bible

Introduction.

The Bible is our divine guide to living. The Law is a line by line, preface upon preface, outline of God's ordained way of life. Given to us to demonstrate clearly that man is in need of GRACE and a savior.

Yahshua the Messiah is that savior. And in Him we find that much needed grace in light of the fact that mankind was ordained to fall short of the glory of need of GRACE and a savior. Yahshua the Messiah is that savior. And in Him we find

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that much needed grace in light of the fact that mankind was ordained to fall short of the glory of God and over time turned over to a reprobate mind. In the Law we are given "right" and "wrong" and detailed revelation in regard to spiritual practices that are designed to illustrate to mankind the holiness of God. And to illustrate to man the honored position mankind holds in creation relative to animals. God sets a bar that we are to strive to achieve understanding we were destined to fall short.

Bible is the Word of Elohim which expresses the will of Elohim to Man [sinful man], it outlines YHWH's Plan of Salvation in mystery [veiled knowledge] and the purpose of whole creation of YHWH. It is a guide that make a man to understand his evil nature and what prompted Elohim to send him (Adam) out of Holy Land {(place of Elohim or 3rd Heaven), i.e sin that was in his self}} and to show human YHWH'S perfect will, righteous thoughts and His unsearchable wisdom.

It is a Divine Word of YHWH(spiritually anointed and full of inspiration) spoken as prophecy and is in effect until Restoration period,{i.e when sinful man having been sanctified and cleansed by the blood of Yahshua will go back to Holy land together with whole creation which was subjected to vanity due to sin of a man}.

Apostle Paul clearly described that whole creation is awaiting the day of deliverance from this type of creation, this is Restoration period when plan of Salvation will be accomplished. Romans 8:19 For the earnest expectation of the creature waiteth for the manifestation of the sons of God. 8:20 For the

creature made subject to vanity, not willingly, but reason of him who hath subjected the same in hope, 8:21 Because the creature itself shall be delivered from the bondage of corruption into the glorious liberty of the children of God. 8:22 For we know that the whole creation groaneth and travaileth in pain together until now. 8:23 And not only they, but ourselves also, which have the first fruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

Therefore, Bible is collection of several scrolls and scriptures written by different Authors in different

styles. The Authors were Inspired by Holy Spirit of Elohim and therefore, one must possess Holy Spirit of YHWH in order to interpret it in there context;

2 Peter 1:20 Knowing this first, that no prophecy of the scripture is of any private interpretation.

1:21 For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost.

This Bible was written in four division (categories or parts) which are likened unto four kingdoms which also represent four generations, which is in effect until the fulfilment of the Plan of Salvation laid out by YHWH (till Restoration period).

The Book teaches a man to know Elohim, that is, make a sinful man to know the ways of YHWH and His will to save a man from sin. The moment mankind unveils this mystery, its life unto him.

Proverbs 4:13 Take fast hold of instruction; let her not go: keep her; for she is thy life.

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The Scriptures from the Bible are profitable for teaching a man, reproofing him from his sinful ways, correct him and instruct him that he may walk in righteousness. This therefore, equip individual with good morals making him wise in Salvation matters and having boldness in faith which is in Yahshua Messiah.

2 Timothy 3:14-17

14 But you, stay in what you have learned and trusted, having known from whom you have learned, [XREF1]

15 and that from a babe you have known the Set-apart Scriptures, which are able to make you wise for deliverance through belief in

Messiah. יהושע.

16 All Scripture is breathed out by Elohim and profitable for teaching, for reproof, for setting straight, for instruction in righteousness, XREF-1 [XREF-1]

17 that the man of Elohim might be fitted, equipped for every good work.

Through this Scriptures we understand **the plan Salvation that was laid out before foundation of this world**, and that Yahshua was portrayed as slaughtered, because inequity had manifested itself in a man, even without man's knowledge, but all this were visible unto Elohim.. Therefore, Elohim who is full of prepared Yahshua, and that he will come to save man from his inequity and show him way back to his Father, YHWH.

Revelation 13:8 And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world.

This indeed tell us that man was in need of grace. In this, Yahshua was manifested in the flesh as Adam that he may deliver man from flesh(sinful nature) by breathing a **breathe of life to man's death body.. THAT is breathing Holy Spirit to**

him or giving him knowledge of YHWH,thus awakening man's death spirit .Having YHWH's Spirit, man will walk following Yahshua's example (Messiah is the way, truth and eternal life).

From this Scriptures, man will have hope of Salvation in himself and patience in every trial he face as he look forward to obtain a reward that YHWH promised his righteous people (*who sanctify and cleanse themselves*). **This is the central point where mankind and His Maker meets**, that is to say for one to know YHWH and His will, the scriptures is the foundation. For instance, to walk in righteousness, one must abide in the law which defines good and evils. **The Scriptures as whole is one WORD OF ELOHIM, and the WORD itself is YAHSHUA THE MESSIAH.**

Colossians 1:26 Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: 1:27 To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory: 1:28 Whom we preach, warning every man, and teaching every man in all wisdom ;in order to present every man perfect in Messiah

John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God. 1:2 The same was in the beginning with God. 1:14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.

We come to realize that **Bible was written in "another language" and this Word**, must manifest itself in us and through it, we may understand the truth and a sure way to the Father; also for us to understand Satan and his evil desires. Very few understand the things of Elohim and the language the Bible was written in; **Yahshua who was(is) a true righteous teacher also used veiled words and parables in his teachings.** It therefore requires a man to unveil this truth that he can understand Yahshua was talking about.

Matthew 13:34

[34]Yahshua spoke all these things in parables to the multitudes; and without a parable, he didn't speak to them, Therefore, this requires a person who seek Elohim in a sincere heart and in truth that he can understand; he who hears the call of Elohim within his heart and whom Elohim has shown his favor and mercy to reveal him his truth.

Romans 9:15-16

[15]For he said to Moses, "I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion."

[16]So then it is not of him who wills, nor of him who runs, but of God who has mercy.

From this we understand that Bible was written in heavenly language, not even Hebrew, Latin, Greeks, English etc.. It has deep understanding behind them, reality is behind the letters. For instance, in Genesis, the firmament that separated water, Elohim called it heaven; in that heaven YHWH created the earth, sun, moon and everything that is to say everything in this universe: therefore, heaven is not the sky but it is this physical uni-

verse (*This earth or universe is the first heaven*).

There is no higher calling than to be what God has called you to be!!!

Conclusion.

Bible therefore is the revelation and prophecy, for Elohim testified to his servants the prophets and Messengers who witnessed and worked in fulfilling the plan of Salvation. For all says, "we are the servants together with other brethren who have the testimony of Messiah and all those who keeps the word of this prophecy. Praise YHWH!(Revelation 19:10)

When we say Bible is Revelation *is because it unveils or reveals hidden mystery to mankind, reveals the wisdom of Elohim and Messiah's unsearchable riches* and that Bible is a prophecy is because *it figure out events in similitude. Basically, it is a revelation of past events and prophecy of present and future events.*

Colossians 1:26 Even the mystery which hath been hid from ages and from generations, but now is made manifest to his

saints: 1:27 To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory: 1:28 Whom we preach, warning every man, and teaching every man in all wisdom ;in order to present every man perfect in Messiah 1:29 יהושע Whereunto I also labour, striving according to his working, which worketh in me mightily. Ephesians 3:8 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; 3:9 And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Messiah : 3:10 יהושע To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God,

*By Benjamin
Ngeno*



TO KNOW YHWH

Know that He exists

Know HIS WAYS and walk in them.

Exalt only HIM above everything on earth, deep in the waters and high in the heavens.

Praise HIS NAME YAH with all you might, with all your strength, with all your abilities.

Teach people HIS ways;



Teach men HIS NAME; those who believe in HIM. Recite to men HIS un-ending LOVE and HIS mercies which are beyond comprehensive words.

He dwells in the heaven of heavens above every power, above every principality, above every dominion. HE is the Prince of Princes.

He created the seen and the unseen things, be it angels, be it winds, be it spirits, be it clouds which pour out rain from HIS command, be it heavenly bodies like the Sun, the moon, the stars. HE knows the whole archi-

YOU WILL KNOW ELOHIM "AS A PERSON" BY/ THROUGH READING HIS WORD; THE SCRIPTURES

Know YHWH as "a PERSON".

tect of the heavens above the heaven, the architect of the heavens above the earth, the architect of the earth, the sea and all that are in them. HE has given them commands and rules which they do not disobey but they obey and each remain on its designed place.

The sun obeys HIM always even when HE listened to Joshua who prayed that the sun be stopped is when HE commanded it to stop until Joshua won the war on that day. He has power to shut heaven and to open it. He has power to bring darkness on earth at midday. He has power to bring light at midnight.

HE is the Father of all Spirits/spirits

HE created man in HIS own IMAGE and likeness; and put in man HIS breath of life and man became a living soul.

For there is a spirit in man and the breath of the ALMIGHTY gives him understanding.

In the beginning was the WORD and the WORD was with the ALMIGHTY and the WORD was MIGHTY, and the WORD became flesh.

ELOHIM is ALMIGHTY, in the beginning; HE begot a Son after HIS own IMAGE and LIKENESS. HIS SON was the firstborn before anything else was created, THE SON EXISTED with the FATHER before even there was earth, before there were the heavens, before there was the sea, before there was any angel in existence. The FATHER loved the SON so much as HIS **ONLY Begotten Son. The Son always dwelt in His Father's bosom and He also brought forth** the glory of the FATHER with Him. He and the Father had glory full of Love as the LOVE between the FATHER and HIS ONLY BEGOTTEN SON.



NO ONE CAN SEE THE father AND LIVE, but the Son always saw the face of the Father in Heaven. THE FATHER gave Him all wisdom in fullness, all knowledge in fullness, all understanding in fullness. He gave HIM authority and by Him He created all things; so that all things be created by Him and for Him.

Warm Regards.....



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1 Cor 2:7, Col. 2:3



MESSIAH AS A PACKAGE IN WESTERN AND NYANZA

This issue's " Messiah as a package " was conducted in two regions within the allotted time frame. The Mission hosted by Maseno University Messianic Students under the umbrella of Messianic Students Association of Kenya (M. S.A.K) began and ended well as captured in the following input.

The 3rd Angel's Message. conveyance ended on a high note in Western and Nyanza (Kima Market is in Western while Nyawita is in Nyanza). Actually, Maseno University is in two Counties, one in Nyanza(Kisumu) and the other one in Western (Vihiga) being the only University in the Equator.

The Mission organized by the Maseno Students Association under the umbrella of M. S.A.K (Messianic Students Association of Kenya) did set a good precedent to be emulated by any love oriented 3rd Angel's Messenger conveyer.

There was in harmony in every aspect of the mission hence a productive input. Like our predecessors in faith, emphatically the Apostles who were in one accord, the organizers were in unity.

Acts 2:1 *And when the day of Pentecost was fully come, they were all with one accord in one place.* The zeal bestowed to the Maseno University believers was reflected in their input towards the success of the Mission. Being students and under a tight academic calendar, it demanded a lot of sacrifice to effect the message conveyance.

Nevertheless, the aforementioned didn't suppress their input, on contrary they inputted more than expected.

There people who think they can serve Elohim if they had free time or more resources. The foregoing is a suppression from the Satan. The students don't earn, nevertheless they sacrificed the little savings they had. Time wise, they forfeited the academic in-

Blessed are the feet of they that bring good tidings...



(Continue reading.....next page)

put to allot time for the Message conveyance. Elohim Will reciprocate...

Galatians 6:9 *And let us not be weary in well doing: for in due season we shall reap, if we faint not.*

At the climax of the mission the reinforcement by other institutions under M. S.A.K was timely. The churches sharing the Messianic creed of **Revelation 12:17**, around the region availed their selves and were in unison. As I did input in another thread, unlike Central and Rift valley, Western and Nyanza regions are in dire need of the 3rd Angel's Message. As Messianic believers we are not adversaries, we are associates hence we should embrace each other and convey the 3rd Angel's Message, since it is us who are entrusted with the Final Message to the World.

We have zealous People from the highlighted regions, emphatically in Nyanza and Western regions. The Patron of the Western Messianic Students Association a subset of the M. S.A.K can be engaged by anyone willing to take part in the 3rd Angel's Message conveying in the region.

As, we left for Central and Rift valley with other 3rd Angel's Messengers, we had done our part to convey the message and now the ball was in our brethren's court from the region. Elohim will reward each player on his/her part at the appointed time. **1 Corinthians 3:6** I have planted, Apollos watered; but God gave the increase. 3:7 So then neither is he that planteth anything, neither he that watereth; but God that giveth the increase. 3:8 Now he that planteth and he that watereth are one: and every man shall receive his own reward according to his own labor. 3:9 For we are

laborers together with God: ye are God's husbandry, ye are God's building.

As Messianic believers we don't seek applause or recognition from men. Nevertheless, I would like to commend the Maseno University Messianic believers, they delivered the task wholeheartedly. May Elohim reciprocate in their studies and more so guide them until the resurrection morning and reward them accordingly.

Revelation 22:12 *And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be.*

**Messiah as a package continues....
Shalom.**

From Jerusalem it came, and to the ends of the earth it will go...Isaiah 2:2-3





Maseno brethren calling out for more laborers in the vineyard.



Psalm 137:5 If I forget you, Jerusalem, let my right hand forget its skill.



A snapshot is good to mark the end of a blessed mission. May the seeds sown see their maturity...pass it on.



Maseno university brethren preparing a meal for the evangelists.



Under the scorching solar heat, at Maseno University...Psalm 75

Mark 16:17

These signs will accompany those who believe. They will take up serpents



Rev 14:12
Here is the perseverance of the saints, those who keep the commandments of God and the faith of Yahshua





What is my blood pressure like?

Yes, what is your blood pressure like? Do you know? Have you ever bothered to know? Why is it important to know?

In a world where lifestyle has changed so dramatically, our bodies have been forced to adapt to these changes at an equal swiftness. Most people have adapted fairly well but there is a large number of others who have been unable to cope. This is the reason why quite a sizeable number of people in the society have persistently high blood pressure scientifically termed as hypertension. I wonder whether it is a term reserved for the medics any longer as it used to be...it has become so common that it is nowadays a household name.

What is hypertension? It is a state of persistently elevated (high) blood pressure (BP). Normally, a BP

Blood pressure categories in the new guideline are:

- **Normal:** Less than 120/80 mm Hg;
- **Elevated:** Systolic between 120-129 and diastolic less than 80;
- **Stage 1:** Systolic between 130-139 or diastolic between 80-89;
- **Stage 2:** Systolic at least 140 or diastolic at least 90 mm Hg;
- **Hypertensive crisis:** Systolic over 180 and/or diastolic over 120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.

machine determines the value of your BP. The value is compared to the average normal and thereafter a decision can be made whether one is hypertensive or not.

Why is it important to know your Blood Pressure?

Just like any other chronic disease such as cancer and diabetes, hypertension is never recognizable at its early stage. Most people have elevated blood pressure without showing any symptoms or signs.

When these signs and symptoms appear, they are most often an indication of advanced disease as a result of damage to important body organs such as eyes (poor vision), brain (headaches, stroke), heart (myocardial infarction commonly called heart attack) or even Kidneys (renal failure). If one can know their blood pressure levels, they can identify and prevent these unpleasant outcomes.



Who are at a risk of hypertension? There are two types of hypertension, primary and secondary. **Secondary hypertension** is rare and usually is caused by another specific disease in the body for example people with hyperthyroidism/goitre* have high blood pressure. **Primary hypertension** is the commonest. It has no specific cause: advancing age, genetics (if your parents or siblings have it, you are at a high risk of getting it too), poor diet (poor eating habits: food that has high cholesterol...fries, fats, high salt diet, diet lacking fruits and vegetables, *alcohol etc.), obesity (too much weight) and lack of exercise (sedentary lifestyle). All these when brought together, lead to high chances of developing hypertension.

Prevention? Most importantly, let's know our BP! Whenever we come across a BP machine, let's not hesitate to know our BP. They are available almost everywhere including our workplaces and not just limited to health facilities. Secondly, let's eat healthy by avoiding high fat diet, reducing salt intake, and including fruits and vegetables in our diet. Thirdly, let's know our Body Mass Index (BMI) which shows whether one is obese, overweight or not. It is usually simple, calculated by one's weight in kilograms divided by his/her height in square metres. If overweight or obese, let's start measures to bring down our weight which include and not limited to low energy (starch/caloric) diet and



Not everyone needs to take medication for elevated blood pressure. Its possible to lower it naturally through changes in diet, exercise and weight. The important thing is to start paying attention to blood pressure early.



physical exercise. Lastly, exercise at least daily. We can walk, we can jog, we can go to the gym or wherever but the goal remains: at least do some exercise.

My BP is high. What do I do? High BP doesn't always mean you have hypertension. Consult a medical professional to advice on further BP measurements (at least two more measurement) which will determine whether you are hypertensive or not. The Medic will also guide you on whether you need treatment or not. Do not take medication without proper instructions from a medic.

K now your BP today! Don't wait for your eyes to fail. Don't wait for that stroke to happen!

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

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

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