



PEPTIC ULCERS AND FASTING

By Paul Njogu Mureithi

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. Indeed, prayer and fasting are 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 bacterium 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

About cover page



1 Jn 2:14...I wrote to you young men, because you are strong, and the word of Elohim stays in you, and you have overcome the wicked one.

Two millennia ago, apostle John acknowledged the strength

there is in young people. Indeed, it is a fact. With young men and women there is strength, an inertia that when put in the right environment stirs things up leaving a permanent trail. That trail is engraved within the environs of Kenyatta university and Ngecha, Limuru in the county of Kiambu, Kenya, thanks to KU Messianic Students Association and the Zionist 7th Day Church of Elohim, Central region respectively. The 3rd Angel Messenger Magazine acknowledges your effort. Keep the fire burning.

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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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THE INHERITANCE OF THE RIGHTEOUS

By Peter G. King'ori



Think outside the guitar pg 10

A tick tock to Yobel pg 6



Fighting against Jerusalem pg 9

Messiah as a Package: Kenyatta Uni Chapter pg 12

IN THIS ISSUE...

Inheritance Of The Righteous
By P. Kings
(Pg3)

Ichabod
By M. Makokha
(pg5)

A Tick Tock To Yobel
By Solomon Macharia
(pg6)

Fighting Against Jerusalem
By L. Mugambi
(pg9)

Think Outside The Guitar
By Abigail Chepkoech
(pg10)

Messiah as a Package
By David Omondi
and
P. Kings
(pg12)

My health today - Peptic Ulcers and Fasting
By N. Mureithi
(pg14)



Editor's Note

Next year (Gregorian calendar) on July the Messianic fraternity in Kenya will be a half century since the arrival of the Elder sent by the Jerusalem church to baptize and ordain elders for the furthering of the good news. Coincidentally and for the aforementioned reason, we have an Article that harmonizes the Jubilee (50 yrs.) celebration during the old dispensation amongst the Israelites with our times. As I was reading the Article, I realized there're believers who deeply wish and want to embrace other believers and let go the yesteryears differences. It's on an individual capacity and an individual has the prerogative to decide on how he/she would live Spiritually. If a person harbors grudges, bitterness and revenge, the same will be reciprocated in his/her life. If he/she let go the aforementioned the same will be reflected in his/her life. Nevertheless, whatever decision we make there must be consequences and repercussions arising from the same. Hence, it's paramount to make wise and Scriptural decisions as Messianic believers.

In this issue " THE INHERITANCE OF THE RIGHTEOUS " reminds us of our inheritance and the threshold to receive the inheritance. It outlines the terms and conditions laid down by Elohim for us to follow in order to receive the inheritance of the righteous. Martin Makokha admonitory is very timely to Messianic fraternity as affirmed in " ICHABOD ". As promised above on the Jubilee celebration harmonized with our times, Solomon Macharia expounds the foregoing in " A TICK TOCK TO YOBEL ". " FIGHTING AGAINST JERUSALEM " by Lawrence Mugambi is an eye opener in this last days. " BROKEN GUITAR " by Abigail emphasizes on the need of making the right choices when faced by challenges. " MESSIAH AS A PACKAGE " Continues... On health matters we have " PEPTIC ULCERS AND FASTING "

We thank Elohim for the strength he has given us since the inception of the 3rd Angel Messenger. This being the 4th issue of Volume 4 of the 3rd Angel Messenger, we are prayerful that the succeeding issue will be through Elohim's provision and guidance as the preceding and the current issue. May Elohim continue equipping and guiding us to do his will in this perilous last days (2nd Timothy 3:1).

"But thanks be to Elohim who give us the victory through Yahshua Messiah " (1st Corinthians 15:57).

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<http://jsd-cog.org/newsletters/>

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Shalom.

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

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announcement that our planned evangelism must be as scheduled, members begun pledging for the same, we received enough funds that very moment and the next day two of our messianic lecturers, that is Dr Wesley and Dr Ann gave us more support...honor and glory to Elohim. We were worried about the administration issues but thanks to Elohim, the chief of the area gave us full permit.

The day finally reached and we began our evangelism at exactly 3pm of the day.... Elohim blessed our preachers in that people kept on listening which was a plus on Elohim's side, we left the platform at around 9pm very happy. That night some of us spent the whole night interceding that Elohim may give our preachers the 'meat in due season' indeed we were blessed there were several young men and women listening, ...Elohim's glory was noticed in everything we did, on the sabbath day we had to now look for a room where our visitors who were to come from different universities would spend the night...luckily enough we got one pastor from Sunday churches who gave us big two rooms and a hall with chairs fully packed to accommodate us just at KSH.3000.

On sabbath we proceeded with the normal sabbath program up to lunch break after which we proceeded to the open air , we were joined by some brethren whom we found having their sabbath service in one of the schools there,...hymns and



praises were full at the market as we proceeded like soldiers in one line with dances around the market heading to the arena...we began immediately, we were then joined by Githurai youths headed by evangelist Abib Wambiru , the day was indeed great , the message was preached until late in the night. Positive feedback was noticed from some people, may Elohim nourish the word they heard and bring them to light in Yahshua's name. Honor and glory to Elohim.

May Elohim bless you and give you strength to win more souls to the kingdom through conveying the 3rd Angels message in unity, wisdom and love".

...MESSIAH AS A PACKAGE CONTINUES...

Shalom!

Written by

Brother David Omondi

Peter G. King'ori.



MESSIAH AS A PACKAGE

Kenyatta University By Brother David Omondi



In as much as we do this work, there is a missing link that everyone should get better in order to be effective, in *Luke 9:6... 'And they departed, and went through the towns, preaching the gospel, and healing everywhere.'* here I am concerned about the last part, "and healing everywhere" In the aforementioned verse it's clear that our savior and his disciples were going everywhere preaching and healing the sick. Let's also refer to the apostles, we get that they were doing these two together, you will find Apostle Peter once preached and over three thousand were baptized, same case to others like Paul, John, among others, my prayer is that Elohim enable us to dili-

This issue's MESSIAH AS A PACKAGE is narrated by one of us in the Editorial team whose narration is to the point as attested by the input herein.

" May our Heavenly Father enable you as a reader to be edified and be ready for the spread of the 3rd angel's message to every creature as in *Rev 14:6 'And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue'*. I like the term 'to every nation, kindred and tongue' not to specified people which means that everybody who hears, believes and does will be saved. In the above scripture the term everlasting gospel is the same gospel that you as a messianic has, the gospel of the Kingdom, upon which after receiving, one must embark on conveyance of the same to bring people from darkness to light. The greatest mission that our savior Yahshua left His disciples with was to preach the gospel of the kingdom in all the world for a witness unto all nations; and then shall the end come (*Matt 24:14*).

It's wise to note that, dear Messianic, we are in the perilous times, an injury time where every follower of Messiah must examine him/ her self whatever he has done in the savior's vineyard...if none kindly take a break and try intervene where the problem could be... Dear Messianic it is not time for tale bearing, it is not time for quarrels, it's not time for divisions, it's not time for hatred, it's not time for vain glory, it is time to self-examine yourself, justify your sanctification and most importantly win souls through conveyance of the 3rd Angel's Message to gentiles that they may also have this sweet gospel from Jerusalem just as our Savior commissioned the disciples to preach the gospel of the kingdom beginning from Jerusalem as in *Luke 24:47 'And that repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem.'*

gently seek him that we may also do wonders wherever we are conveying the message that the world may know that indeed Elohim is able, just as the time of prophet Elijah.

However, glory be to Elohim for enlightening our youths today, especially those in different Kenyan universities under an association abbreviated as MSAK (Messianic students association of Kenya) whose main mission has been conveying the 3rd Angel's message and edification for the coming 5th kingdom. One of the sub associations under this umbrella is the KUMESA (Kenyatta University Messianic students association). This association was officially registered in 2014 with about thirty Messianic students from different factions of the churches of God in Kenya with a common purpose of uniting for sanctification of every individual towards eternal life. It currently has about over sixty messianic students.

In the year 2019 between January and April, KUMESA organized two open air evangelisms; one at Kenyatta University market usually abbreviated as KM and another one at Chepseon in Kericho county.

KM is a market just outside Kenyatta university with about eighty thousand people comprising both the students and the residents therein, it was so sad that there was no Messianic church within this Market, the nearest messianic churches were Kahawa west, Githurai and Ruiru. In planning for the outreach in this place, we had several challenges such as finance being that we were students. As one of the organizers we held several sleepless nights in the nearby forest and occasional fasting prayers for the same. When it was two days to the event, we were still very much down in our account and it was an exam period, it happened that the same day we had an evening fellowship meeting as we usually meet on Monday, Wednesday, Friday and sabbath, ...it was on Monday evening then we were to begin on Wednesday the same week. On that fellowship the chairperson Kemei made an

THE INHERITANCE OF THE RIGHTEOUS.

As parents give inheritance to their children so is our father in heaven. The difference between the former and the latter, is that, the former is short term while the latter is eternally. In both scenarios, there rules and regulations to be adhered to affect the giving of the inheritance. We all know of the fact that disobedience would deny a person an inheritance from the parents. If so, how would we expect our heavenly Father to act in terms of giving us an eternal inheritance if we disobey him? The aforementioned query should be our evaluation on our lives so as to get reciprocation from Elohim. The creator of the whole universe has very good plans for the obedient Man. When Elohim created earth, he created it to be inhabited as attested by *Isaiah 45:18*.

Isaiah 45:18 For thus saith the LORD that created the heavens; God himself that formed the earth and made it; he hath established it, he created it not in vain, he formed it to be inhabited: I am the LORD; and there is none else.

Unfortunately, the man disobeyed Elohim's commandments. His disobedience made him to lose his position and power over the creation that he had been entrusted with immediately he was created. Elohim being faithful to his promises never revoked the Earth's purpose. Nevertheless, it was only to be a habitation for the obedient Man forever. Meaning the disobedient man was never to have a place in the Earth forever as attested by, *Psalms 34:16* The face of the LORD is against them that do evil, to cut off the remembrance of them from the earth. The aforementioned is reinforced by Prophet Malachi.

Malachi 4:1 For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the LORD of hosts, that it shall leave them nei-



ther root nor branch.

The fore cited affirms of the disobedient man's position inheritance wise. After the fall of the Man, Elohim laid down laws to bring him back to his position prior the fall. Since the fall of the man destroyed the relationship between man and Elohim, Elohim had to use another Pure and Sinless man to redeem mankind from the Fall. The Sinless Man was to bring back the man to the garden he had been thrown away from after the fall. The foregoing is affirmed by the following scriptures.

1st Corinthians 15:22 For as in Adam all die, even so in Christ shall all be made alive.

15:47 The first man is of the earth, earthy: the second man is the Lord from heaven.

15:48 As is the earthy, such are they also that are earthy: and as is the heavenly, such are they also that are heavenly.

Hence, it's by virtue of the Messiah the sinless man that the fallen man was to be accepted back to the Edenic garden. When Messiah came into the world, he came to affect the Almighty's word as attested by *John 14:24*.

John 14:24 He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me.

The Almighty the father of all in heaven and earth is very fair and concerned to about the man's life. As his plan was to the man prior the man's fall, the same would be fulfilled if only the man would change his ways and obey the Almighty. Elohim only requires obedience from man for him to give him the earth as an inheritance. Messiah during his ministry on the Earth affirmed his father's position on Inheritance as affirmed in Mathew 5:3,5,8, 10.

Matthew 5:3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

5:5 Blessed are the meek: for they shall inherit the earth.

5:8 Blessed are the pure in heart: for they shall see Elohim.

5:10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

The aforementioned Scriptures attests of the fact that, the promise therein is for obedient people. The characters portrayed in the fore cited Scriptures are virtues of obedience. It's an individual prerogative to make choices, however every choice we make, we should be ready for the repercussions and consequences arising from our choices. If we decide to disobey Elohim, we risk our inheritance from him. If we obey him, we affirm our inheritance from him. In Revelation we read of the right to the tree life. The aforementioned right is only for those who keep Elohim's commandments as affirmed in the 22nd Chapter verse 14.

Revelation 22:14 Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

In the fore cited, it's the obedient people that do Elohim's commandments that will be allowed to enter through the gates of the Holy city. Messiah expounded on the city in the 14th chapter of John. As the Apostles engaged him, he told them that they would be with him in the place he went to prepare for

them. After his death and resurrection, he revealed the same to one of his Apostles as attested in Revelation 1:1 harmonized with Revelation 5:10.

Revelation 1:1 The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants' things which must shortly come to pass; and he sent and signified it by his angel unto his servant John:

Revelation 5:10 And hast made us unto our Elohim kings and priests: and we shall reign on the earth.

The foregoing affirms of the Millennium reign, whereby the righteous will reign with the Messiah. Meaning, Elohim will effect his inheritance to the righteous on the earth. The aforementioned was prophesied even before the birth and the death of the Messiah.

Psalms 2:8 Ask of me, and I shall give thee the heathen for thine inheritance, and the uttermost parts of the earth for thy possession.

Psalms 37:9 For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth.

Psalms 37:11 But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.

Psalms 37:22 For such as be blessed of him shall inherit the earth; and they that be cursed of him shall be cut off.

Proverbs 10:30 The righteous shall never be removed: but the wicked shall not inhabit the earth.

Proverbs 11:31 Behold, the righteous shall be recompensed in the earth: much more the wicked and the sinner.

May Elohim give us an obedient heart and grant us an inheritance with the righteous.

Shalom.

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thrown into the blazing furnace, the Elohim we serve is able to save us from it, and he will rescue us from your hand, O king. Dan 3:18 But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up."

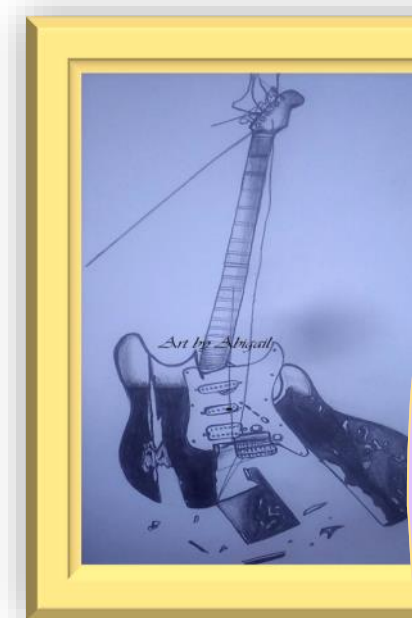
Apparently, such men today are very rare to find. We tend to go by the direction of the wind, due to terror or threats. However, these all will pass away, and at the eventual end, the Judgement throne before us. I want us to relate the guitar with where we are today, a good guitar for a messianic environment, and a broken guitar for a group of ungodly people. We are all in wherever we are for a specific reason and a season. Taking for example those in the later environment, it could be difficult to stand out, but try to think beyond, what I call thinking outside the broken guitar, our ultimate goal is the crown of life. We come from disperse and mixed-up fields, what could be the reason. As we pursue righteousness and perfection, our aim is to preach the gospel of Messiah before He comes again (John 16:16), by words or deeds, we call them examples to be emulated, lest others should say they never heard about Yahshua.

WHEN YOU GO TO ROME...

Rom 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

This is a common proverb we use, though it could lead us to a pit-fall-trap.

It is very worrying to find that change of environment could lead to a person's change of faith. We have examples of brethren who upon joining a far institution like campus go hide their faith and put them under a tree, maybe to be picked again when going back home, that is if at all they'd think of that. Maybe our fellow brethren don't see us do the ungodly acts, but let's consider this...Pro 15:3 The eyes of the LORD are everywhere, keeping watch on the wicked and the good. Therefore, it is paramount that we know what we stand up for or against and for whom. For the faith that was given to us was not by any man, should we preserve it in the bank for them, but by the sustainer of all life, Elohim. Likewise; 2Cor 5:10 For we must all appear before the judg-



Rev 2:21

Let him who does wrong continue to do wrong; let him who is vile continue to be vile; let him who does right continue to do right; and let him who is holy continue to be holy."

ment seat of Messiah, that each one may receive what is due him for the things done while in the body, whether good or bad. So, as we journey along this way, let us keep focus and never be deceived that anyone's righteousness will help us, as it is, every man for himself, Elohim for us all... Ezekiel 14:14.

STAND OUT FROM THE CROWD

Be like Joshua, who chose to serve Elohim, despite the lawlessness of the Israelites; Be like Stephen, martyred for having believing in Yahshua; Be like Elijah, who stood up against the 12000 prophets of Baal and the decrees of Jezebel, lastly stand out for Yahshua...finally, Dan 12:2 Multitudes who sleep in the dust of the earth will awake: some to everlasting life, others to shame and everlasting contempt. Dan 12:3 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.

Stephen never saw the stones, but saw the crown of life...will you? (Acts 7:55-56).

Think outside the guitar, think outside the world.

Shalom

By Abigail Chepkoech

Instead of fighting against Jerusalem, and denying that the Father has now chosen this city again, gather your people together under the banner of Jerusalem. Call His People out of Babylon. This the final and last message. - Rev. 18:4.

When the whole world is witnessing such startling and amazing events surrounding Jerusalem, there are "multitudes, multitudes in the valley of decision, for the day of the Lord is near in the valley of decision" -Joel 3:14.

Evangelist, pastors and missionaries throughout the world must be wielding their influence to get people to make the right decision, in this time of all times a world filled with violence and false prophets. Do not fight against Jerusalem, but turn the hearts of the people Zionward, and not towards Rome, then you will not only merit, but will receive the blessings to all who bless Israel, instead of the curses and plagues to come upon all who fight against Jerusalem.

Let the various groups of the Church of God who qualify according to Revelation 12: 17 send their representative here with the instruction that we are to have our meetings together here and fellowship as one, for an example to others over the world.

This will destroy contention and strife that we are sorry

exists in some places over the world among them. With such variance they will NOT enter the kingdom, as clearly stated in Gal. 5: 20, where variance is classed with murder.

None essential points of doctrine besides that mentioned in Rev. 12: 17 can lie dormant in fellowship gatherings and all worship in meetings together, and they can be studied privately in groups with the understanding that it is all to be done in a humble spirit of love, long suffering and forbearance. Let us all pray for this, and ask for the Holy Spirit to lead, and the Creator to have His way with us, as set forth in the Word.

Editor MZR (A.N Dugger)

Shalom, this article is an extract from the Mt Zion Reporter July 1970.

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Yours in Messiah,

Lawrence Mugambi Mbaabu

THINK OUTSIDE THE GUITAR

By Abigail Chepkoech

A smashed guitar is certainly not an image that most churches would consider using to advertise their programs. In our churches, at times a guitar breaks due to falling down, or its strings cut due to hard striking or weak strings, in the middle of praise. Nonetheless, we get alternative options so that the music continues. Whatever we were doing, praising or worshiping, it goes on regardless of the state of the guitar...it continues.

In the same way, a lawless people should not determine whether we keep our faith or not, for suppose it was built upon our preachers or friends or any human, it would be vain faith.

Eph 2:20 built on the foundation of the apostles and prophets, with Messiah Yahshua himself as the chief cornerstone.²¹ In him the whole building is joined together and rises to become a holy temple in the Lord.

We have had righteous men, perfect examples, who never ceased to praise, no matter the kind of people they were with or the situations they found themselves in. Beginning with Noah...

Gen 6:5 The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. 6:8 But Noah found favor in the eyes of the LORD. 6:9 This is the account of Noah. **Noah was a righteous man, blameless among the people of his time, and he walked with God.**

We also find the in Nebuchadnezzar's time after a decree was issued to bow down to the king's idols, there are 3 men who kept trust in Elohim with their lives...Dan 3:16 Shadrach, Meshach and Abednego replied to the king, "O Nebuchadnezzar, we do not need to defend ourselves before you in this matter. Dan 3:17 If we are

ICHAOD

By Martin Makokha



And she said, The glory is departed from Israel: for the ark of God is taken." 1 Samuel 4:21, 22. (KJV)

Israel had now been left basking in her past glory. A nation known to defeat her enemies with trumpets and shouts of HalleluYah had just fled from their enemies with thirty-four thousand men of war dead. Indeed, it was Ichabod, the glory had gone and nowhere to be found.

Elohim's glory can depart from a congregation, it can depart from a believer, it can depart from a minister. Such a congregation/minister/believer becomes a shadow of the past. Basking in the past lost glory has made many to think that since the glory walked amidst them one time in the past then it's still present.

"The wise man's eyes are in his head; but the fool walketh in darkness: and I myself perceived also that one event happeneth to them all." Ecc.2:14

One needs to be spiritually alert always to identify the Ichabod condition in a congregation/ believer/minister.

"But the natural man receiveth not the things of the Spirit..... neither can he know them, because they are spiritually discerned" 1 Cor.2:14.

Paul in 1 Corinthians 13:5 admonishes the Corinthians and so to us today that we examine ourselves if we are still believers in Messiah. It's good to be analyzing and assessing our salvation walk time and again. Remember when you were still a new believer, there are things you used to do which were abandoned along the way. Remember how you used to pray! Minister! Evangelize! Sing! Etc. What happened? Some of us used to be early in our various congregations on Sabbath and oth-

The Israelites had lived in peace and harmony for a number of years, the Ark of the Covenant and the temple were at Shiloh and all the Israelites made their sojourn to Shiloh. Eli had served as a chief priest and judge for 40 years, his two sons Hophni and Phinehas had stepped in to help their 98-year-old dad in priestly duties. The two sons took advantage of their positions and possibly their father's old age to profane the sacrifices. Elohim through young Samuel revealed that they shall both die in one day.

In the year 2870/2871 the Philistines arose against the Israelites in a great battle, Israelites fell before their enemies and thus remembered that during the days of Joshua a number of victories were secured with the Ark of the Covenant amidst them. They went to Shiloh and took the Ark of the Covenant; the two sons of Eli accompanied the ark. They suffered a major loss with the ark being taken by the Philistines, Hophni; Phinehas together with other thirty thousand men were killed. Indeed, it was a day of mourning, a day of darkness and a day of no glory at all. On 10th day of Iyar (Ziv) a Benjamite messenger came from the war front to deliver the news to Eli the High priest. This messenger had two categories of messages bad and worse. Yeah bad that Israelites had been defeated, bad that Hophni and Phinehas are dead but worse that the Ark of the Covenant had been taken by the Philistines. On hearing the news, Eli fell backward from his seat, broke his neck and died a very painful death indeed.

On hearing what had happened, Phinehas's wife who was expectant experienced sudden labor pains and, on her delivery, /dead bed became the second woman after Rachel (Gen.35:16-19) in the Bible to give a name to a child before breathing her last.

Ichabod is the name, and it's meaning Phinehas's wife gave as follows;

"And she named the child Ichabod, saying, The glory is departed from Israel: because the ark of God was taken, and because of her father in law and her husband.

And she said, The glory is departed from Israel: for the ark of God is taken." 1 Samuel 4:21, 22. (KJV)

A once vibrant, peaceful and industrious mighty nation of

er appointed days, but now we are a bit tired.

To the Sardis, Messiah had this to say,
"..... I know thy works, that thou hast a name that thou livest, and art dead."
Rev.3:1

Many believers and congregations are in Rev.3:1 situation, outside they seem alive and kicking but deep inside they died some time ago. What keeps them going mostly is to cover the face for fear of the shame should it be known that they are indeed dead.

HOPE FOR ICHABOD.

The death of Eli and his sons and the capture of the Ark of the Covenant seemed the last nail to the Israelites. But remember there was Samuel whom Elohim had been preparing to take over as the High priest and judge over Israel. As for the Ark of the Covenant, we're told that the Philistine knew not peace with the ark amidst them until they returned it to the Israelites.

Messiah has a solution to take you out of the Ichabod condition.

"Remember therefore from whence thou art fallen, and repent, and do the first works;...Rev 2:5

"Remember therefore how thou hast received and heard, and hold fast, and repent...Rev 3:3

Take your humble time and remember the past glorious days, do you long for them? If so Messiah has a solution to take you out of the Ichabod condition.

"Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent." Rev.2:5

"Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee" Rev. 3:3

Long for the past days, remember how the days used to be and act.

"Be watchful, and strengthen the things which remain, that are ready to die...." Rev.3:2

By Martin K. Makokha

A TICK TOCK TO YOBEL (JUBILEE YEAR)

By Solomon Macharia



Perhaps, one of the most uttered Biblical term in our country since the beginning of year 2012 until now is none other than the word Jubilee. What is the year of Jubilee? Why is it important? The English word Jubilee comes from the Hebrew word yobel (יִבְלִי) meaning a trumpet sound. Ram's horn trumpets were blown on the Day of Atonement to announce the start of the year of Jubilee. For some reason the translators did not translate the word yobel into English, but instead created the word Jubilee. So, Jubilee has now passed into the English language and we have the Year of Jubilee, rather than the Year of Trumpets.

The word Jubilee should not be confused with the word jubilation which comes from a Latin word meaning to rejoice. The year of Jubilee was no doubt a time of great jubilation, but the similarities of these two words are a coincidence humanly speaking. In the Bible, the year of Jubilee occurs after seven sets of seven yearly intervals (49

It's a year of Jubilee...help the needy, break the chains of oppression, forgive your debtors, do acts of charity....its a year of good will deeds. Then will you call upon His name and He will answer, "here I am"

FIGHTING AGAINST JERUSALEM

"When the Lord shall build up Zion He will appear in His glory." Psalms 102:16.

"And this shall be the plague wherewith the Lord will smite all the people that have fought against Jerusalem. Their flesh shall consume away while they stand upon their feet and their eyes shall consume away in their holes and their tongue shall consume away in their mouth." Zechariah 14:12.

ZION is being rebuilt. Hundreds of tourists are now traveling over Israel every day admiring the beauty of the land so long desolate and forsaken. They marvel at the beauty of Jerusalem situated on Mt. Zion. Truly Zion has been rebuilt, and soon our Messiah is to come in glory.

"He chose not the tribe of Ephraim, but chose the tribe of Judah, the Mt. Zion which he loved." - Psalms 78:67, 68. The Jews have returned here now from more than 84 different countries, and are still returning several thousand every month by ship and plane.

"For Elohim will save Zion and build the cities of Judah that they may dwell there and have it in possession." Psalms 69:35.

This is exactly what He is doing today, and great and mighty miracles have happened during the past few years, confirming this fact before the world.

JERUSALEM CHOSEN AGAIN

"Cry yet saying thus saith the Lord of Hosts, my cities through prosperity shall yet be spread abroad, and the Lord shall yet comfort Zion, and shall yet choose Jerusalem." ---- Zechariah 1:17.

Praise His great Name that He has permitted a few of His called out chosen people even from among the Gentiles to live at this time. and witness these things which are now coming to pass.

"And the Lord shall yet inherit Judah His portion in' the Holy Land and shall choose Jerusalem again Be silent O all flesh before the Lord for He is raised up out of His Holy Habitation." - Zechariah 2:12, 13.

FIGHTING AGAINST JERUSALEM

In-as-much as the Creator has built up Zion, and has chosen Jerusalem again with Judah His portion dwelling here "at the Kings gate," He has pronounced a terrible Judgment upon all who fight against Jerusalem. Their flesh is to consume away while they stand upon their feet, their eyes will consume away in their holes and their tongue will consume away in their mouth. Zech. 14: 12.

This extreme punishment is not to be visited only upon the people of the armies that fight against Jerusalem, but upon ALL WHO FIGHT in any way.

There are many ways to fight against Jerusalem, besides actually being here in person and engaging in this coming battle. All who speak slightly of Jerusalem and take their stand against His work that is going is on here and try to turn people away from having any part in it are truly fighting against Jerusalem, and placing themselves in a very dangerous position. We are fearful of their future for these judgments are sure to come exactly as declared in this scripture.

Dear reader, we are positively living in the time when the Heavenly Father has chosen Jerusalem again. Then why should not all of His people fall in line and also choose Jerusalem as a place to center their love and affections?

"If I forget thee O Jerusalem let my right hand forget her cunning; If I do not remember thee let my tongue cleave to the roof of my mouth; If I prefer not Jerusalem ABOVE my chief Joy - Psalms 137: 5, 6.

Great things are in store for Jerusalem and as the Heavenly Father hath chosen Her for Himself, it should be the city of our chief joy, and will to be to all who are planning to live here forever.

"Out of Zion the perfection of Holiness Elohim hath shined... He shall call to the heavens from above and to the earth that he may judge his people. Gather my saints together unto Me. Those that have made a covenant with Me by sacrifice." psalms 50:2, 4, 5.

Our Elohim shall come and shall not keep silent. A fire shall devour before Him, and it shall be very tempestuous round about Him. He shall call to the heavens from above, and to the earth that He may judge his people. Gather my saints together unto me. Those that have made a covenant with me by sacrifice." Psalms 50:2 to 5.

Here is a command for the Elders to gather his saints together. Where could they be gathered together as one people better than to teach them to make a choice of Jerusalem, as their headquarters city, as the Creator has chosen."

They cannot be gathered as one people as He has commanded, when they are gathered into different sects, and different groups, which creates variance and destroys the love they must have, one for the other, in order to be the Father's children.

"By this shall all men know that ye are My disciples if ye have love one to another." - St. John 13:35.

shadows and pictures. Yahshua like Moses comes to deliver a people from bondage. Yahshua does in the spiritual realm what Moses did in the natural realm. The Exodus was the birth of Israel, the natural people of God. Death and resurrection of Messiah was the birth of the true church, the spiritual people of God.

Why is the year of Jubilee important?

Because it offers a warning to the modern-day children of Israel (Amos 3:7, Daniel 12:4, John 7:17) not to commit the same mistakes as their ancestors in the Bible. The deepest meaning of Yobel is to be found in the restoring of all that which in the course of time was perverted by man's sin, in the removing of all slavery of sin, in the establishing of the true liberty of the

You may ask, "What will we eat in the seventh year if we do not plant or harvest our crops?"

I will send you such a blessing in the sixth year that the land will yield enough for 3 years.

Leviticus 25:20-21

children of God, and in the delivering of the creation from the bondage of corruption to which it was subjected on account of man's depravity.

The Kenyan Messianic church Yobel

In Kenya it's time to reflect, learn from the mistakes of previous generation and forge forward. Biblically a generation lasts for 45 years just as science confirms by productivity of a woman which ends with menopause at the age of 45. Prophetically the generation ended in 2012 that is 45 years since 1967 when Israel was redeemed after 6 days war. August 2020 will be 50 years since the formalization of Messianic faith in Kenya by way of baptism and ordination of ministers.

The yester years have been characterized by high voltage discords which have ended in courts of law with contentions of things like land, properties, interests, and shares. It has been a period of professionally handled under deals and manipulations in the name of justice. We have washed our dirty linen in public and private, we have publicly hanged the soiled linen in streets hampering and defeating our apostolic calling.

From 2012, we have witnessed an awakening of brotherly embrace amidst the difficulties of those who find safety in comfort zones and those who admittedly fight change. Visits to pioneers have been organized and executed, a manifestation of the proverbial 'back to the roots' concept.

Many youthful faithful have broken barriers and harmoniously fellowshiped in educational institutions. They have also readily visited each other setting the stage for a new dispensation.

Sometimes back one of the pioneers confessed of how in vain they engaged in divisions that have only robbed the

church of golden opportunities to fulfill its mission and probably delaying our deliverance. He told me for example how bad it is to tear down church buildings.

Conclusion

There are three distinct factors constituting the essential features of the Jubilee Year: Personal liberty, restitution of property, and simplicity. Nobody can deny that this is an afforded ample opportunity to develop the habit of living within very limited means. In this connection we must again refer to Leviticus 25:18-22, "What shall we eat the seventh year?" The answer is very simple and yet of surpassing grandeur: "Then I will command my blessing upon you." Nothing was expected of the people but faith in Yahweh and confidence in His power, which was not to be shaken by any doubtful reflection. And right here we have found the root of the simple life: no life without the Almighty, and no simplicity of life without true faith in Him. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of Yah" (Matthew 4:4; Deuteronomy 8:3). It was not the simple life as such that He had in view, but rather the laying down of its moral and religious foundation.

God holds us accountable for what we believe as well as how we think about the truth He has revealed. All Scripture testifies to the fact that God wants us to know and understand the truth. He wants us to be wise. His will is that we use our minds. We are supposed to think, to meditate-to be discerning. It's time to reflect, return, retribute, release and reconsider.

Shalom.

By Solomon Macharia



Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

Isaiah 58:6

total) are completed. The fiftieth or "liberty" year is proclaimed.

The biblical requirement is that the Jubilee year was to be treated like a Sabbatical year, with the land lying fallow, but also required the compulsory return of all property to its original owners or their heirs, except the houses of laymen within walled cities, in addition to the manumission of all Israelite indentured servants. The seventh year, during which the fields were to be left fallow (Leviticus 25:1-7) and debts released (Deuteronomy 15:1-11) is called Shemitah ("Release"). The seven years are counted in the cycle of fifty culminating in yobel.

In Secular world

Ancient Near Eastern societies regularly declared noncommercial debts void, typically at the coronation of a new king or at the king's order.

The Liberty Bell in USA, initially cast in 1752 C.E (now in Philadelphia), is an iconic symbol of American independence. The bell's first inscribed line quotes part of the verse found in the King James Bible version of Leviticus 25:10 which mentions the jubilee. The bell rang on July 8th, 1776 to summon the people to hear the Declaration of Independence. It is widely believed the bell received its crack in 1835 C.E. while being rung. The crack, which occurred roughly fifty years after America's War of Independence ended in 1783, was severe enough to cause the bell never to ring again.

The meaning

The designating of every 50th year as a Jubilee is not just for allowing the land to rest. It is a reminder, just like the weekly seventh-day Bible Sabbath, that God has created everything. It is also a reminder that humans are not the only owners of the land and are not to hold onto property forever. Because

we are thankful to God for liberating us, we should also liberate others from debt to us.

We should, indeed, diminish the import of this institution if we should apply it only to those who were to be freed from the bonds of physical servitude. Undoubtedly, they must have been the foremost in realizing its beneficial effects. But the law was intended to benefit all, the masters as well as the servants. They should never lose sight of their being brothers and citizens of theocratic kingdom. They owed their life to God and were subject to His sovereign will. Only through loyalty to Him were they free and could ever hope to be free and independent of all other masters.

Historic Jubilees

The 1st great historic Jubilee was like the seed of a seed. The birth of Abraham was the barely visible beginning of a vast divine plan. Abraham did two essential things. Firstly, he came out of Babylon and secondly, he lived in the Promised Land. He was delivered from the slavery of Babylon; and he began by faith to possess his future inheritance. None of the further Jubilees would have occurred if he had not obeyed God and done these two things. At the Exodus, the 2nd great Jubilee, the Israelites came out of Egypt. Like Abraham they escaped from slavery and set out to claim the land that God had promised them for an inheritance. This Jubilee was another birth, but this time not just of one man, but of a nation.

Yahshua came to fulfil the law and the prophets, and indeed the whole of Israel's history. He brought the spiritual reality of which all those things were just