

# 3<sup>RD</sup> ANGEL MESSENGER

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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."*

# The Holy City

By Peter G. King'ori.

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On behalf of the 3rd Angel Messenger fraternity that includes and not limited to the editorial team, columnists and the articles contributors, I thank our readers for their continued encouragement to us to input even more by virtue of their positive feedback. All glory and honour is to our heavenly Father for equipping, guiding and strengthening us for the positive input in his vineyard via the 3rd Angel Messenger. This year (Gregorian) marks the 5th year since inception of the 3rd Angel Messenger. Every issue of the 3rd Angel Messenger since inception had its own challenges but the Almighty Father has always equipped us for the challenges and made us victorious (1st Corinthians 15:57).

1 Corinthians 15:57 But thanks be to Elohim, which giveth us the victory through our Lord Yahshua Messiah.

In this issue read about the "HOLY CITY (NEW JERUSALEM)" and prepare yourself to be an inhabitant therein at the appointed time. The aforementioned gives a clear rationale on the Holy City and what it entails to be an inhabitant therein, and the parameters set for entrance into the City. We are living in the last days as attested by events worldwide. Unfortunately most people are not conversant with the prophecy in the Scriptures as foretold and fulfilled to the Letter. For the foregoing reason we have "THE PROPHECY OF DANIEL SEVEN FULFILLED" by Martin K. Makokha. The youths are advised by Lawrence Mugambi in "A MESSAGE TO THE YOUTHS". As many indicators of Messiah's second coming unfold right in our eyes, we should be "SENDING FORTH THE THIRD ANGEL'S MESSAGE" as encouraged by Solomon Macharia. We shall be judged as individuals and hence it's imperative to input in Elohim's vineyard in order to receive the reward at the appointed time. For the foregoing reason we have "SELF" by James Njenga. Lilian Charles is a new contributor with "REPENTANCE" as her debut article. Then Abigail Chepkoech crowns the issue with her article on THE COUNTERFEIT GOSPEL AND THE TRUE GOSPEL. In our health today section, Njogu Mureithi has something for you on ANAEMIA AND BLOOD TRANSFUSION.

As we come to the close of the ages as attested by events unfolding as foretold by the Prophets, it is paramount for us to redeem time by giving out "Meat in due season" (Mathew 24:45).

Matthew 24:45 Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season?

This is the 3rd Angel's Message conveyance (Revelation 18:4;14:9-10). As usual get interactive with us via the addresses submitted herein for more on the 3rd Angel Message conveying.

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Shalom.

## Editor's Note

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

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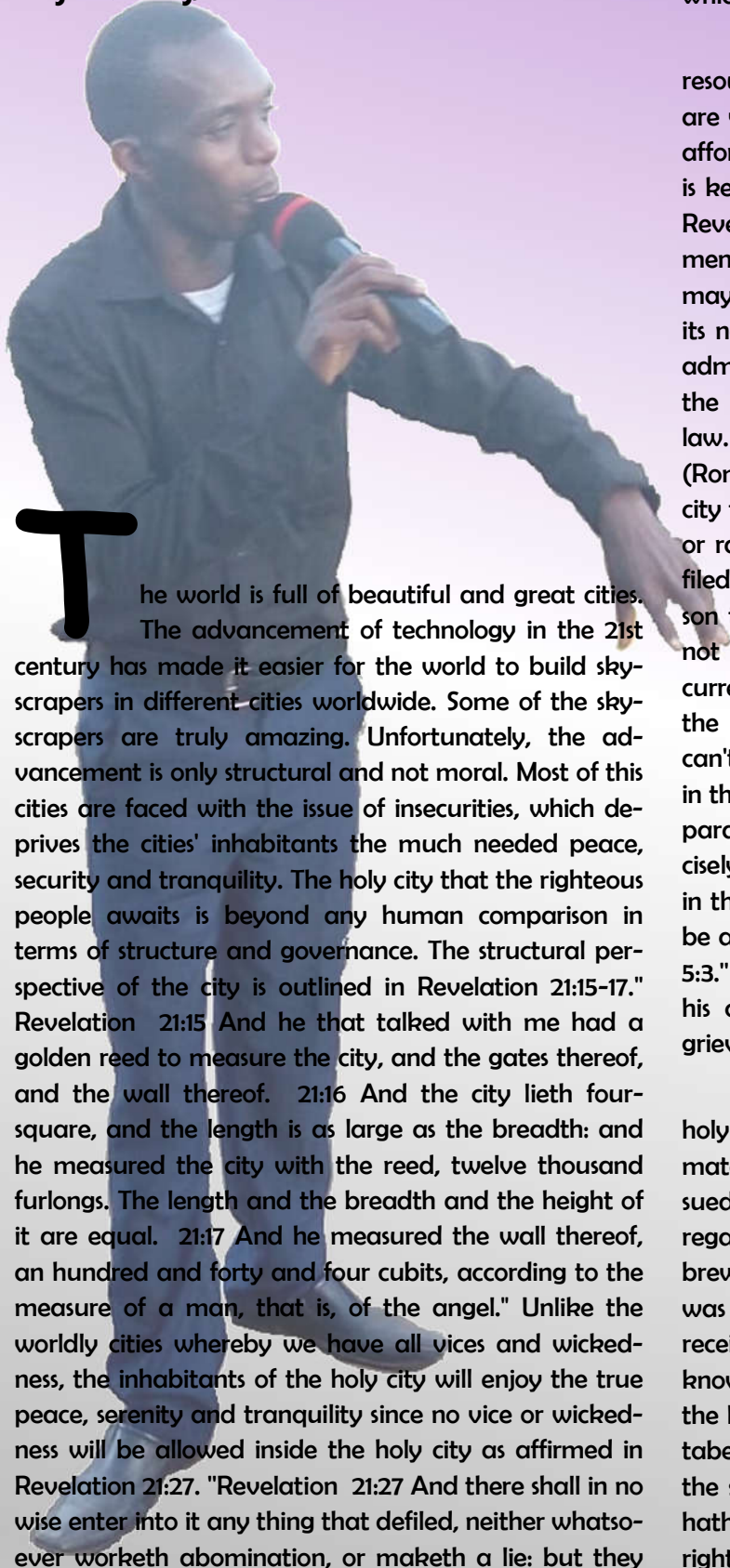
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# The Holy City

By Peter Kings



**T**he world is full of beautiful and great cities. The advancement of technology in the 21st century has made it easier for the world to build skyscrapers in different cities worldwide. Some of the skyscrapers are truly amazing. Unfortunately, the advancement is only structural and not moral. Most of these cities are faced with the issue of insecurities, which deprives the cities' inhabitants the much needed peace, security and tranquility. The holy city that the righteous people awaits is beyond any human comparison in terms of structure and governance. The structural perspective of the city is outlined in Revelation 21:15-17. Revelation 21:15 And he that talked with me had a golden reed to measure the city, and the gates thereof, and the wall thereof. 21:16 And the city lieth foursquare, and the length is as large as the breadth: and he measured the city with the reed, twelve thousand furlongs. The length and the breadth and the height of it are equal. 21:17 And he measured the wall thereof, an hundred and forty and four cubits, according to the measure of a man, that is, of the angel." Unlike the worldly cities whereby we have all vices and wickedness, the inhabitants of the holy city will enjoy the true peace, serenity and tranquility since no vice or wickedness will be allowed inside the holy city as affirmed in Revelation 21:27. "Revelation 21:27 And there shall in no wise enter into it any thing that defiled, neither whatsoever worketh abomination, or maketh a lie: but they

which are written in the Lamb's book of life."

For anyone to visit a foreign city, he/she must have resources to do so. Some of the beautiful cities if not all, are very expensive to visit and hence most people can't afford to visit those cities. For the holy city, the gate pass is keeping Elohim's law as attested in Revelation 22:14. "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". Meaning, it's not by virtue of our social status that we shall have admittance into the holy city. We shall be admitted in the city by virtue of righteousness based on Elohim's law. Elohim is faithful and does not show partiality (Roman 2:11). Hence he opens admittance to the holy city to all regardless of a person's social status, net worth or race in the world provided they keep his law undefiled. To affirm the foregoing he gave his only begotten son to the world so as to whoever believes in him shall not perish but have life everlasting (John 3:16). In the current world, the beautiful cities are mostly visited by the rich only, whereby the less fortunate in the world can't get admittance. For the holy city the less fortunate in this world can get admittance but must adhere to the parameters and meters laid down by Elohim and precisely must keep his law. Elohim's virtue to admittance in the city is not burdensome hence anyone pursuing to be admitted therein can make it as affirmed in 1st John 5:3. "1 John 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous".

Abraham, on being promised admittance into the holy city, couldn't see anything in this world that could match the magnificence of the holy city, hence he pursued to be admitted into the city with all zeal without regarding where he had come from as affirmed by Hebrews 11:8-10. "Hebrews 11:8 By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went. 11:9 By faith he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise: 11:10 For he looked for a city which hath foundations, whose builder and maker is God". The righteous persons before Abraham, the likes of Noah



and Enoch also knew of the promised city and died having been persuaded of the same as outlined in Hebrew 11 :5,7,13. " Hebrews 11:5 By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God. 11:7 By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith. 11:13 These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth". 'Meaning, the only city that will last forever is the holy city (New Jerusalem). The world civilization's started long ago and from authentic histories we learn of many great, beautiful and big cities which were destroyed and in our age they are only history. That's why Apostle Paul in his Epistle to the Corinthians states that " What no eye has seen, nor ear heard, nor the heart conceived, what Elohim has pre-

pared for those who love him"((1st Corinthians 2:9).

As the world is getting wicked on daily basis, we can find solace in Elohim's promise, since he is faithful (Hebrew 11:23). Its only in holy city that we shall have all peace and happiness that the world can't offer in this age. Nevertheless we must pay for the admittance into the holy city by obeying Elohim's directives.

May Elohim guide and equip us to overcome this wicked world and be permitted into the holy city (Revelation 3:12)

Shalom.

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# The Prophecy of Daniel 7 Fulfilled

By Martin Makokha.



**I**n the book of Daniel 7:1-8, we are told of a vision that Daniel the servant of the Most High had in the first year of Belshazzar the king of Babylon. In the dream Daniel saw the four winds of heaven stirring up the great sea. Then four great beasts were seen coming from the sea. Each of these beasts was different from the other.

The first beast was like a lion and had eagle's wings. The

second was like a bear, raised up on one side and had three ribs in its mouth. The third beast was like a leopard with four heads and four wings of a bird on its back. Lastly the fourth beast that came from the sea was not to be likened with any creature created by God. It was dreadful and terrible and strong. It had huge iron teeth devouring and breaking in pieces and had ten horns. Then another little horn came up that made three of the ten horns to be plucked out. His little horn had eyes of a man and a mouth speaking pompous words. That is the explanation given in Daniel 7:1-8.



Prophetic books do give details of things that have hidden meaning in that someone without the spirit of God may not understand. But we give God all the glory for He has never done anything without revealing to His servants His secrets (Amos 3:7). He revealed to Abraham the secret of the impending destruction of the twin sin cities of Sodom and Gomorrah (Gen.18:17-21). He revealed to Noah the secret of the flood that came over the earth (Gen 6:13-22). He revealed to Paul about the suffering that awaited him in Jerusalem (Acts 20:22-23) and to many of His servants too.

The prophecy of Daniel 7 has been revealed to us and this revelation comes from the Bible. Let's allow the Bible to reveal itself without using our own judgements.

"..winds of heaven stirring up the Great Sea."

Daniel 7:2c Wind stirring up the great sea, what does it mean?

"Thus saith the LORD of hosts, Behold, evil shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth. And the slain of the LORD shall be at that day from one end of the earth even unto the other end of the earth:...." Jeremiah 25:32, 33.

Whirlwind is a type of a very strong wind; afterwards we are told that many people shall be killed. This clearly shows that this verse liken the whirlwind with war as its war that results to people being slain. Thus war in the prophecy is likened to wind.

"And he shall speak great words against the most High"

**What is speaking against the most High? Let the Bible answer this.**

*"And the scribes and the Pharisees began to reason, saying, Who is this which speaketh blasphemies? Who can forgive sins, but God alone?"* Luka 5:21.

**Thus for a man to claim that he has power, to forgive sins is speaking blasphemies. Is there a king or a leader who thou being a man claim to have powers to forgive sins?**

*"Who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, shewing himself that he is God."* **2 Thesalonians 2:4.**

*"I am the LORD: that is my name: and my glory will I not give to another...."* **Isaiah 42:8**

**How does shewing himself that he is God and giving the glory of God to another come up?**

*"And now I am no more in the world, but these are in the world, and I come to thee. HOLY FATHER, ...."*

John 17:11

**Therefore it's clear that for a man to call himself or be called HOLY FATHER is to show himself that he is God. Is there a leader who is called so?**

*"and shall wear out the saints of the most High"* Daniel 7:25b

Which kingdom is responsible for persecuting and killing many believers in the world history?

“and think to change times and laws:.” Daniel 7:25c

“And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.” Genesis 1:5

“It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.” Leviticus 23:32

According to the Bible (God) the day starts and ends at sunset in the evening. Who changed this and claimed that the day starts and end at midnight?

“In the first month, that is, the month Nisan,..... to the twelfth month, that is, the month Adar.”

Esther 3:7

In the Bible months are given their names which starts with first month being Nisan or Abib (Exodus 13:4) and the last month being Adar. Who changed these names and brought names like January to December?

“Thou shalt have no other gods

before me. Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; And shewing mercy unto thousands of them that love me, and keep my commandments.” Exodus 20:3-6.

“Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidervant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and

earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.” Exodus 20:8-11.

Which kingdom changed these two commandments of God and even led the world in making and worshipping graven images and changed the Sabbath of God from the seventh day to the first day of the week?

ANSWERS:

An answer to all the above questions is the Holy Roman Empire under the papacy. Pope and his priests claim to have powers to forgive sins. He is called HOLY FATHER; the Roman Empire is responsible for killing over 50 million believers during the dark ages. Pope Gregory XIII is the one who led the world into making and worshipping graven images. In the year 321 AD king Constantine changed the Holy Sabbath day of the Lord from the seventh day to the first day of the week.

Thus according to the characteristics given the little horn of Daniel seven is the papacy.



# Sending Forth the 3rd Angel's Message

By Solomon Macharia.

Rain is a blessing, in fact we call it showers of blessings, I like the song that goes “showers of blessings, showers of blessing in me.....” and it goes on and on.

## Ezekiel 34:26 New King James Version (NKJV)

*<sup>26</sup> I will make them and the places all around my hill a blessing; and I will cause showers to come down in their season; there shall be showers of blessing*

Sunday 31<sup>st</sup> December 2014 was a unique day, it rained heavily. I am hesitant to say there was much showers of blessings because it may have brought more curses than blessings to many, from flooding breaking walls and dykes to drowning. It was dark and heavy and humiliating but that's nature. Several kilometers away at Kanamba, South Kinangop it was even darker because they were mourning the loss of 9 village-mates through a tragic road accident. This tragedy indirectly affected me. Two of those that lost their lives were close relatives to my Messianic brethren in this region.

Tuesday 2<sup>nd</sup> December, the darkness grew even more when a mass service was held to send them off. It's an experience I would not wish to be repeated, I attended this service and when the bodies were laid to rest it rained even more but we braved the rain even so. I specifically attended the graveyard of one of my brethren's relative; standing there I could vividly see 200M away on the left another graveyard while yet about



300M on the right another graveyard and people gathered to say their last prayers was at hand.

## Revelation 21:4

*And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”*

My journey to this place was interesting, I boarded a famous bus that plies this route, if you want to give it a name, call it Tulaga. Coincidentally or incidentally many of those that we boarded together were attending this burial and so in other words you can collectively call us mourners. The

journey did not start smoothly though, just after negotiating the famous global roundabout in the city center a speeding minibus traversed in a projectile motion that was uncommon, in the process shuttering the side mirror of our bus and an exchange ensued. Now you know what happens in such situations and if you do not know, I will call it like my pastor calls it “temptations”. We waste another 20-30 minutes there trying to use diplomacy. Luckily a solution is found and no one is indicted.

### Matthew 6:13

*And do not lead us into **temptation**, But deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.*

All is quiet along the way except a phone call here and there, “tumefika Kimende...” “Tumeenda mazishi huko.....” Funny enough this bus does not even have radio on or any loud music in fact no music at all. Fortunately or unfortunately this bus is not one of those that carries a Notice “NO PREACHING” or “NO HAWKING”. After we pass police roadblocks here and there along the way there arise a young man and in his hand a pile of well folded newspapers, I cannot help but wonder “sell to us newspapers? ama ni zile za the people the free newspaper? He starts “nawasalimu katika jina la.....” and I am like ‘another boring bus preacher!’, am now prepared to officially doze off because my experience with these preachers is that they will tell us a lot of empty words and later bring an offering bag saying “ni ya mhubiri anunue hata maji”.

“Nawaletea habari njema” he continues and I say to myself again “the same old script” “Ningependa tusome neno katika Biblia” he proposes and am almost certain that it will be one or two verses then rhetoric and a soothing story well cultivated to fit into our daily problems and a word of hope, fear and faith here and there, I call it info-tainment or prosperity gospel depending on the preacher.

By the time he reads the fifth verse from the Bible, am no longer dozing because am now sure my thoughts will be challenged. He goes on, “mtu akifa huenda wapi” wengine wanasema mahali pema peponi” he reads three more books on that topic and am now 100% sure this is not an ordinary preacher. He touches prophecy and relates it to the current happening in the world and how Yahshua’s eminent advent is almost here with us. He does not just say with empty words he read yet 4 more verses well connected and I am now certain I must have finally meet a Sabbath keeping bus preacher.

If you listen using the third ear you can tell that this is not one of those seasoned bus preachers. He is relatively new in this field but his uniqueness attracts attention. He does not even speak with vigor and if not careful you may not pick some of his words, I feel like telling him “speak up brother” but I restrain and opt to hold my peace. He goes on and on and with time it clears my doubt, this is a Sabbath keeper sending forth the third angel’s message and it gives me relief. You may wonder why I feel relieved, because at least for the first time in my life a bus preacher is giving substance to passengers. He does not disappoint either because finally he does not ask for offering instead he gives FREELY anyone willing to have a large white magazine entitled “THE SIGNS OF THE TIME”. I like his caution “if you know you will not read this newspaper, do not take it “

When I take the newspaper all doubts are cleared as I see the illustrations in Daniel 2 and Daniel 7, there is a lot to read about the NEW WORLD ORDER and the eminent SUNDAY LAW. It’s a very informative newspaper. He does not mention where he comes from or which church he affiliates to but urges passengers to read the details and if one want more, there are contacts underneath where you can get more, with that he sits down.



It reminded me of how the good news grew in Kenya, Edward Macharia is a soft spoken person, so we expect that he did not do a lot of mouth convincing ventures but he gave out the tracts diligently. A one Mr. Munene while attending an SDA camp meeting in Nakuru stumbles on Edward and is handed over a tract that he later takes to Githiga and the good news spread even more. Obadia Karabu confesses that he received a tract "40 reasons to obey the Bible Sabbath" and is convinced by its contents. Joel Chepkuto lays his hand on the Judah magazine and a gospel bush fire engulfs Kalenjin nation.

Do we spread the good news nowadays? And how do we do it. Or did we stop telling people to come out of Babylon? After two or three kilometers, the young preacher is ready to alight and I feel I must voice my appreciation and confess that I am moved by his confidence and that we share the same faith and the contents are things we must tell the whole world. I could not help but notice that his face shone with excitement and is encouraged by me. He now officially informs the conductor that he

will alight in the next bus stop, it's then that I ask him this stupid question that we like asking "Where are you affiliated" its like he reads my mind and notices my guilt because he replies "we are not under any General conference, we are independent". He is almost alighting when he tell me "brother call me we talk more, we can do our father's work together" I happily say "have a good time brother, I will surely call you"

Are you out there doing nothing for our almighty, yet expecting to inherit the kingdom? You think the third angel's message is no longer valid? You receive the gospel and keep it to yourself? Be advised, IT'S NOT BUSINESS AS USUAL.

Revelation 14:8-10 New King James Version (NKJV)

<sup>8</sup> And another angel followed, saying, "Babylon is fallen, is fallen, that great city, because she has made all nations drink of the wine of the wrath of her fornication."

<sup>9</sup> Then a third angel followed them, saying with a loud voice, "If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, <sup>10</sup> he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb.

About the Cover page...



Col 3:16 Let the word of Messiah dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Courtesy of Messianic Students Association of Kenya.

# A Message to the Youths

By Lawrence Mugambi



**R**ejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these things Elo-

him will bring thee into judgment. Therefore remove sorrow from thy heart, and put away evil from thy flesh: for childhood and youth are vanity. - Ecc 11:9,10.

We are constantly bombarded with news of wars and rumours of wars, as regimes and government changes. The U.S ironically is now claiming to want peace and democracy throughout the world and in its' attempt to achieve this goal, has shown that "he" is willing to kill thousands and cause destruction amounting to billions of dollars. Those of us who are watching and praying, can't help but wonder if this is what is meant when the bible stated, "And through his policy also he shall cause craft to prosper in his hand; and he shall magnify himself in his heart, and by peace shall destroy many:" - Dan 8:25. Could it be that while mainstream religion is looking and awaiting the appearance of anti Messiah, prophecy is being fulfilled before our very eyes?

One thing is certain, upon careful consideration of current world event in comparison with Matthew chapter 24, the signs of Messiah return are everywhere. Crime is on the rise, people are without natural affection, various denominations with erroneous doctrine are constantly emerging. Men have become lovers of pleasure rather than lovers of Elohim. Even amidst the body of believers, there is need for concern.

## Be Ye In The World But Not Of The World

The world has evolved tremendously, we have seen great technological advances made, truly wisdom has increased, but at what cost? As we reflect on the achievements attained by science and technology, we are left in a state of surrealism; aircraft which travel at super and hypersonic speeds, science has broken the DNA code, and they are now cloning who knows what. The advent of the computer has opened a whole new world with no limits to its ability, communication is at its' pinnacle; we can now see someone on the other side of the globe as we communicate with

them, almost everyone has a camera cell phone.

Despite all these advances made, mankind have drawn further from Elohim; rather than giving him praise and the glory for their achievement, they have become more self reliant and proud. The world by its' wisdom have become more heathenistic than at any other time in history, Elohim is completely thrown out of schools and evolution along with sexism is now on the agenda.

Religion today is looked upon as a crutch; it is considered to be for the weak and afflicted, it is no surprise in light of this view, that our children have become crucial, and thus the focus of attention in the battle of light versus darkness. If the enemy can get to the youths, change their thought pattern and focus, the battle would be easily won: take Elohim out of school, teach them they came from apes, fill their minds with empty lyrics and loud music and yes, give them unlimited access to technology, this will distract them from the true purpose of life: the fear of the Elohim.

An entire generation is in danger of being lost, you the youths of today are the church leaders of tomorrow, it is imperative that you remain focussed on that which is most vital in life, especially to those of you who have already made public confession of faith and have begun to walk in the footsteps of Messiah. Remember the reason you professed in deciding to follow Messiah. The elders are depending on you to continue the proliferation of the word of Elohim. Elohim through Messiah is depending on you. You must recognize the urgency of your calling. Many of you were born and have grown in the church, you were instructed in the way of Elohim, you know the way unto salvation. I admonish you at this time in the words of the apostle Paul, "Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father." - 1Jo 2:24. David also give us an example to follow, "Thy word have I hid in mine heart, that I might not sin against thee." - Psa 119:11. If you keep the word of Elohim richly in your hearts, it will be able to make you wise unto salvation and to make you aware of the enemy's devices. Please, the lyrics of today's ballads and the melodies of hip-hop, rap and yard style dub is not of Elohim but of the world. The youths of the world blast from their passing vehicles these melodies and lyrics, and display the feel good and callous mentality that goes along with it. You the youths of the church, the children of light, the children of Elohim, are a peculiar generation, called forth out of this dying world to be kings and priest of the Most High Elohim.



You simply must be different; you must make a difference amongst this crooked and perverse world.

### Flee Youthful Lust

It would be naive of us adults to believe that it's easy for you all to shine in this influential world. Adolescence can be a very confusing stage of life with its many physical, psychological and emotional changes, even young adults still find it difficult to cope with these changes. You cannot prevent these changes from occurring, but you can lessen or even control the effects. Once again the apostle Paul admonishes, "Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart." - 2Ti 2:22. Lust: To set the heart upon, to desire or to covet. With its many allurements, the world can be a very chaotic place for young people, but with discipline and the Holy Spirit you can make it. You must bear in mind always, "to obey is better than sacrifice." - 1Sa 15:22. It is only through obedience of the word of Elohim that you will be able to maintain a pure heart, and a pure heart is required by Elohim. The bible states, "Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled." - Tit 1:15. Let me give an example of this that may not have been laid out to you before in this light. In Paul's admonition to us in 2Ti 2:22, he tells us to flee youthful lust. It is only natural as the body develops, you will feel certain desires and emotions of which you may be tempted to explore, but Paul warns us to run away from them, do not entertain these desires for in doing so you will cause yourself to be defiled. Solomon teaches us that there is a season for everything under the sun, or moon as the case may be. Ecc 3:1. When you become disobedient to the word and indulge in the forbidden fruit, you make yourself a slave and become addicted to this sin, thus defiling your body and your very minds. This is not as simple as you may think, for all further relationships would now be compared to this or these experiences. It is a major cause of divorce and instability in the home. Simply because the mind, has been defiled. Elohim's plan is for two people to share in this new experience together in matrimony; no exception, thereby enjoying everything; and nothing done in Holy matrimony can cause defilement. "Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers Elohim will judge." - Heb 13:4. If you all may allow yourselves to be honest, you will realize that most of the difficulties in your young life is a direct result of your unfaithfulness to Elohim. You have ventured where you should not have and still desire to do it your way rather than Elohim's way. Now is the time for some serious introspection, are you truly living in accordance to Elohim's word or are you caught up in the crowd?

### Love Not The World Nor the Things That Are Within It

1Pe 5:8 - "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:" The devil/Satan is our ad-

versary, it is his desire that none come to the knowledge of truth, he is a great deceiver and it's his job to tempt the children of Elohim in an attempt to deceive them into losing their salvation. Elohim teaches us to love others, Satan teaches us to love self. The heathen display their love of self overtly; bigger houses, newer vehicles, costly array, fitted and skimpy clothing with total disregard to the effect upon others. You the children of Elohim should not follow in their footsteps, you should not even admire their styles and trends. You should remember what happened to Dinah the daughter of Jacob; she went to see how the daughters of the Hivites were living and while admiring them, she was defiled (raped). Gen 34:1,2. Babylon has taken the world captive again. As the world changes fads (styles) the church should not follow suit. Believers are light and as such should shine by examples, there is no reason why you, the youths, Elohim's future leaders should feel intimidated by your peers at school or at the work place. The fashions of the world are all temporal and soon will fade away, Elohim's ways lead to everlasting life and that is greatly to be desired.

### Set Your Affection On things Above

Maybe you have forgotten that in Messiah Yahshua there is real power, not only overcoming power, but power to heal and to command every spirit being. I would like to personally apologize for any short coming of the adults that may have hindered you, but every man must work out his salvation with fear and trembling. It is not sufficient to say you believe, "the devils believe and tremble." - Jam 2:19. Please rededicate your lives to Elohim it's the only sane thing to do, the choice is yours to make, bearing in mind that, bread eaten in secret is truly sweet, but for this Elohim will bring you into judgment.

In closing, I would like to remind you with the words of the apostle Paul once again. "If ye then be risen with Messiah, seek those things which are above, where Messiah sitteth on the right hand of Elohim. Set your affection on things above, not on things on the earth." - Col 3:1,2. May our heavenly father touch your tender hearts that you may be all you can be for him: Amen!

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Thanks and be blessed.

Yours in Messiah, Lawrence Mugambi.

# Self

By James Njenga



**What is self?** It is the principle which govern us in our natural life, and which takes in our being the place Elohim claims is His. It is self in man which feels hurt and wounded when he does not get credit he desires for that which he does. Messiah in us gives all credit to Elohim. It is self in us which retaliates when we are unjustly treated. Messiah in us, when He is reviled, reviles not again. It is the carnal mind, which “...*is not subject to the Law of God, neither indeed can be*” (Rom 8:7), which Messiah calls on us to deny. “*if any man will come after Me, let him deny himself*” (Matt 16:24)

## Manifestation of Self

The following are some of the manifestation of the self.

The first thing that we notice of self, is that it has a disposition to look at everything with an eye as to how it will affect *itself*.

If self preaches or prays or sings or gives money

or time to Elohim’s work, it has a keen faculty for seeing how the results will affect its own honor or happiness.

It is always ready to exact its right as regards to honor, comfort, convenience, property, etc. Instinctively, it is forever “*looking out for Number One*”

Self in us feels hurt if other people are being praised, their work for Elohim related, and their zeal and love admired. Self thinks it loses too much ground, and seeks to turn conversation to its own zeal and devotion or that of its parents, brother, uncle, aunt, or twentieth cousin; so that the people spoken to shall feel that self has as much to boast of as anybody has.

If self is not invited to preach or lead the prayer or sing, or do something in Church work or religious gathering – if its talents are not recognized – it is often quite difficult for it to conceal its ugly thoughts and feelings, and it will insist that their wretched touchiness is a part of Messiah-life.

If it is not honored where it fancies it ought to be, if it is not bowed to and spoken to on every occasion, it takes on spells and goes into vexatious thoughts and words.

Self is always *unwittingly magnifying itself*. It talks incessantly of its doings and great achievements. It relates incident in its past life in such a way as to show off self to be the best advantage.

In every emergency it represents self as coming off with flying colors. It is full of self-righteousness; it denies that it ever has any backsliding.

It never admits of humiliation or defeat; it seems never to see its own faults, but always speak of its victories, and always makes the other person suffer defeat and disgrace.

In fact, it insists on being the beautiful hero in every circumstance and all this is done in most artless and unwitting manner. This boasting can be mixed in the religion and preaching and table and parlor conversation in the most offensive degree, without



the person's suspecting it.

Self is bent on making an extraordinary impression, and so get the notion it must make demonstrations, or do something out of the way to impress people and attention to itself. It is conscious of the impression it makes upon people in entering room.

Self in us pities itself, and thinks it has a right to be noticed and sympathized with, when in physical suffering. When it cannot get a room on the bus, when the driver won't stop, when someone opens a window and makes a draft or shuts a window and it cannot breathe, self thinks it is to be pitied. Self loves to relate all these circumstances in order to excite and receive the compassion it craves.

And then, the self-life has a *touchy disposition*. This trait is especially mentioned by John Wesley. Touchiness is like wearing all the nerves of the body on the skin; it always seems to be on the alert to take slight and offenses at the least occasion.

Another horrible feature of touchiness is that it can never bear to be rebuked or corrected. The strongest mark of genuine humility – is the ability to be reproved, corrected, even severely, with a meek and thoughtful spirit. Self has a self-defense at the slightest reproof.

How can one be dead to self and alive to Elohim, when his feelings are hurt at offense real or *imaginary*? Only a mighty, living, actual crucifixion of self, and being filled with all the fullness of Elohim,

can cure such a selfish and miserable spirit.

The very thought that one must do something extraordinary in religious demonstration is of the flesh!

Self may be changed from sinful and worldly self to converted self; but the same self-seeking, self-esteem, self-pity, self-justification is there, only on another ground. Self may become pious, and the passion of life may be holiness. Self may be the essence of consistency, and yet be self. There may be the greatest devotion, the greatest self-sacrifice. But it may be for the object of being known as holy people; but this is self still.

### How to get rid of self

Elohim cannot mix with self, and so self must die; but die by its own hand it cannot. If attempt to mortify self, the very attempt strengthens it; it is only as self is handed over to Elohim and ignored, that its death comes about. Self although condemned, may linger on – constantly manifesting itself in one form or other where it is least suspected.

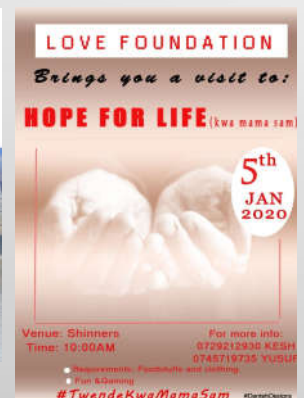
But how to get rid of self? Hand it over to Messiah. He tells us to deny ourselves; but it is in favor of another Self, even Messiah. He is our new, our everlasting life, our eternal Self. Instead of me – Messiah. *"I live; yet not I, but Christ liveth in me."* (Gal 2:20). It is not I that pray, but the Holy Ghost prays in me. It is not I that conquer sin, but Messiah in me does it all. Then you will have that soul that is perfectly crucified, a soul that really loves to be little and lowly, and to move along quietly in a sweet, prayerful, unostentatious manner, without drawing attention to itself. And when really filled with the mind of Messiah, it prefers to be ignored, that it may keep more perfectly detached from all things and live shut in with Elohim.

By James Njenga

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# Random Act of Recognition



Hearts out to the LOVE FOUNDATION for doing it in deed. Keep up the Spirit! Twende kwa Mama Sam..

Rev 16:1 And I heard a great voice out of the temple saying to the seven angels...

# Repentance

By Lilian Charles

If you know that He is righteous, you know that everyone who does what is right has been born of Him. (1 John 2:29) Dear friends... 2 Peter 3:1...

Shalom and thanks to Adonai our father for the gift of Life and repentance to convey us to eternal life through our Lord Yahshua Messiah. Prepare your Soul and Heart for Yahshua to get in, whenever He calls. Don't harden your heart. Joel 2:32, John 3:16, Acts 9:10, Acts 26:14.

Gen 6:1-3... "Noah found favour in the eyes of the Lord". Gen. 6:8, and "Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved" (Acts 4:12). Therefore;

The concept of repentance can be classified into the following categories:

- \* MEANING OF REPENTANCE
- \* IMPORTANCE OF REPENTANCE
- \* THE NEED FOR REPENTANCE
- \* FACTORS THAT BRING MEN TO REPENTANCE
- \* THE NATURE OF REPENTANCE
- \* EFFECTS OF REPENTANCE

## WHAT IS REPENTANCE?

2 Timothy 2:25-26, Acts 11:18. Repentance is a gift from Elohim, **is godly sorrow for our sins, we admit that we have sinned against Elohim. Then we ask Him for forgiveness and cleansing, and we ask Him to help us to**



**change our ways.**

## IMPORTANCE OF REPENTANCE.

1. *Elohim commands it* "Elohim now commands all men everywhere to repent" Acts 17:30 He said that He has 'winked' at our previous ignorance - He has turned a blind eye to it, but now there is no excuse. Paul reasons that the creation itself leaves man without excuse as to the reality of Elohim and His nature. Romans 1: 19-21
2. *It is Necessary for Salvation* Yahshua said, "Except you repent you shall all likewise perish" (Luke 13:3). There is no



qualification - it means ALL. It is the Elohim-appointed way of salvation - "for godly sorrow works repentance unto salvation" 2 Corinthians 7:10

3. *The Reason for Messiah's coming* "You shall call His name Yahshua for He shall save his people from their sins" Matthew 1:21

He Himself said, "I am going to seek and to save that which was lost" Luke 19:10  
 "I am not come to call the righteous, but sinners to repentance" Luke 5:32  
 "Repent, for the kingdom of heaven is at hand" Matthew 4:17 John the Baptist preached the same message Matthew 3: 2 & Isaiah 40: 3

4. *The commission of His people was the original commission of the descendants of Abraham* which is now conferred also upon all believers in the Elohim of Abraham, Isaac and Jacob.

Speaking to Israel, "And you shall be to Me a kingdom of priests and a holy nation" on the condition that they kept His covenant and obeyed His laws (Exodus 19:5). And again, You also as living stones are being built up a spiritual house, a holy priesthood.." - a chosen generation, a royal priesthood, a holy nation" 1 Peter 2:5,9 "That repentance and remission of sins should be preached in His name among all nations" Luke 24:47

"Repent and be baptized" - the execution of the commission by the apostles Acts 2:38

"This gospel of the i.e. repentance and remission of sins) should be preached in all the world as a witness to all the nations, " Matthew 24:14, Mark 15:16 & Luke 8:1

### THE NEED FOR REPENTANCE (why do we need repentance?)

A repentance - a turning away from sin and to Elohim is necessary, because Elohim's law says "the soul that sins, it shall die" Ezekiel 18: 4,20 (Adam initially

broke the law Genesis 2:16-17)

Death in all its aspects is now upon Adam's race - Romans 5:12. As by one man sin entered in, death passed unto all men.

14-21 Death reigned. and through that state of spiritual death sin reigned, until Grace to repent was extended through the Messiah.

Romans 6:23 The wages/penalty of sin is spiritual and eternal (as well as ultimate physical death). See Romans 2: 6-12

The true meaning of 'death' as it is used in the scripture is in a spiritual sense as a state of separation from Elohim.

Adam broke his communion/fellowship with Adonai when he disobeyed His commandment Genesis 3:1. As a result he was severed from his life source in Elohim, the spiritual life which had energized his being. Devoid of the real essence of life that he had known, he was thereafter a relatively empty shell. This state is called spiritual death. Mankind today without Messiah, functions like a spiritual zombie by comparison with what he was created to be. Even spiritually quickened 'man' has only a small portion, a deposit, of his originally endowed spiritual capacity.

Man without Adonai is going his own way, setting his own standards and making his own choices, "all we like sheep have gone astray, we have turned each one to his own way" Isaiah 53:6a

for "There is a way that seems right to a man, but its end is the way of death." Proverbs 14:12

But He laid upon Him, the Lamb of Adonai, the iniquity of us all (Isaiah 53:6b), to atone for our sin and make reconciliation, to restore us to life! BUT, we must turn back from going our own way, to go His way.

### FACTORS THAT BRING MEN TO REPENTANCE

*Preaching of the Word.* The true Gospel.  
Isaiah 2:3...the word of Elohim is from  
Jerusalem

The gospel/good news is the power of Elohim unto salvation to all them that believe" Romans 1:16

"They went out and preached that men should repent" Mark 6:12

"Testifying .. .. repentance toward Elohim and faith toward our Lord, Yahshua the Messiah" Acts 20:21

"the gospel came in word and in power, and in the Holy Spirit in much assurance, ... .... how you turned to Elohim from idols to serve the living and true Elohim " 1 Thessalonians 1:5-10

It is His ordained method to use preaching for the salvation of souls. 1 Corinthians 1:21

#### *Rebuke*

"If your brother trespasses against you, rebuke him, and if he repents, forgive him " Luke 17:3 It is rebuke born out of love with the object of effecting repentance - not condemnation. Hebrews 12:11 & Proverbs 3:11,12

#### *The Goodness of Adonai*

"the goodness of Adonai leads you to repentance" Man's sin deserves judgment, but He extends His mercy to us. Romans 2: 4 "Good and upright is Elohim, therefore He teaches sinners the way" Psalm 25:8 "While we were yet sinners, Messiah died for us " Romans 5: 7, 8

#### *Divine Enabling*

"By grace are you saved, through faith, and that not of yourselves, it is the gift of Elohim" Ephesians 2:8

Grace is the unmerited intervention of Elohim on our behalf to impart by His power a spiritual enabling. Minds of men are blinded to the truth - 2 Corinthians 4:4

They need instruction - "If perhaps Elohim will grant them repentance, so that they

might know the truth" 2 Timothy 2:25

Elohim has Yahshua exalted .. .. to give repentance unto Israel" Acts 5:31

"Elohim has also granted to the Gentiles (nations) repentance unto life" Acts 11:18

### THE NATURE OF REPENTANCE

Repentance involves all the components of our being, Mind (Intellect), Emotions, Will and our Spirit.

#### Mind

A person must understand the real nature of sin, to forsake it and turn to Elohim. This is where the operation of Elohim's word is effectual to bring to the sinner's mind the understanding of sin in the sight of a Holy Elohim. Within the faculties of a person's mind, the 'turning' begins in a change of thinking and evaluation of oneself from viewing the particular thing as acceptable or pleasurable, to seeing sin as sin, agreeing with Elohim and saying the same thing that He says about it. This is true confession of sin, not merely verbally pleading for forgiveness of what we have done. This requires the illuminating power of the Holy Spirit to bring Elohim's perspective on it and agree with His judgment on it.

Notice the prodigal son in Luke 15:21, David in Psalm 51:4 and Saul in Acts 9: 4-6

#### Emotions

Emotions are an important aspect of repentance. True repentance involves godly sorrow for sins committed.

For godly sorrow works repentance to salvation .. .. but the sorrow of the world (remorse) works death" 2 Corinthians 7: 9,10

Remorse for the consequences of our sin, being self-centered, will only bring reform - a temporal effort of self improvement. It will not produce a true change of heart resulting in a character change.

True repentance includes deep humiliation



and utter dependence upon Elohim in our need for deliverance from our sinful state (Psalm 51:17; Isaiah 57:15) and includes a sense of shame (Ezra 9:6).

A genuine hatred for the sin and a loathing of our sinful ways will be experienced. Psalm 97:10 Luke 18:13

### Will

From a heart being broken before Elohim in contrition, the will is engaged to resolve a change of course, forsaking the old ways and turning into a new direction in which the determination is to please Elohim. It is a deliberation to turn from sin and pleasing self, to pleasing Him. The prodigal son is an example - "I will arise and go" Luke 15:18-20 A repentant person accepts responsibility for their sin, and does not blame others. James 1:14-15

It is "I" who sinned and needs to do something about it, calling upon the mercy of Elohim to break old habits, make straight paths for their feet and receive the Spirit's enabling to live a holy life. Psalm 38:18; Hebrews 12:12; 2 Peter 1:5-9 & Romans 13:12-14

So repentance is a process which commences with the mind being informed so as to effect a change of attitude toward sin, and an exposure and realization of the nature of it in one's life, which brings a change of heart - an emotional response of turning to hate what was once indulged, and a decision of will to forsake it.

### Spirit

This 'turning' on our behalf, through the illumination and empowering of the Spirit of Elohim, effects a change in our spirit-being, whereby we are initially 'born again'. Thereafter the Spirit continue to illuminate areas of our life which will need change.

### EFFECTS OF REPENTANCE

1. *Conversion* - We become new creatures "Repent and be converted" Acts 3:19 Re-

pentance is our response to Elohim - Regeneration is Elohim's response to us.

2. *Changed from Death to Life* from the kingdom of darkness to the kingdom of light. Ephesians 2:1; Colossians 1:13,14
3. *Forgiveness and pardon* - Sins are blotted out and times of refreshing come from Elohim. Acts 3:19
4. *Cleansed Conscience* - Dead works keep alive a consciousness of sin from which the blood purges us (Hebrews 9:14), to have confidence toward Elohim. Hebrews 10:22
5. *Rejoicing in Heaven* over every sinner who repents Luke 15:7-10
6. *Good Works* - the Fruit of Repentance, a requirement for a converted life, is to have an outworking of spiritual fruit in one's life Matthew 3: 8; Acts 26:20

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True repentance brings a change in lifestyle from disobedience and lawlessness to the obedience of Elohim and His holy precepts.

"Narrow is the gate and difficult is the way which leads to life, and there are few who find it" Matthew 7:14

Brethren be watchful, Ephesians 6:10...  
"Finally ,be strong in the Lord and in His mighty powers."

To all my brethren, "Remember, therefore, what you have received and heard; hold it fast, and repent" Revelation 3:3.

Be ***blest*** for through this message..!

***SHALOM!!!***

***REGARD...***

***MISS LILIAN CHARLES.***

***THANK YOU BELOVED BROTHERS AND SISTERS IN MESSIAH. DEUTERONOMY 4:2, REVEALATION 22:18 AND 2 TIMOTHY 3:15-16.***

# THE COUNTERFEIT GOSPEL AND THE TRUE GOSPEL

By Abigail Chepkoech



**B**etween November and December 2019, most countries especially in Africa received much rains more than normal. Some say that the amount of rain they could be receiving in two years poured down in just a month, costing lives, so that the high ranking killer diseases are no more threat as compared to the rains. As we were discussing how the situation in Kenya is, my good neighbour said, "I thought Elohim had promised never again to destroy the earth with water, so that now the earth should be awaiting brimstone fire. What then is this?"

Could this be a sign of warning or something? Yes it could be. The waters being multitudes of people from the prophetic eye, you and I could be in such floods spiritu-

ally, for the seen reveals the unseen, or you could be these floods as a group, causing death. Rain has been used biblically in both ways, either as a curse or as a blessing. It becomes a curse when there is evil deeds in the land, and a blessing when people give tithes and please the Creator.

Are you flowing in the waters of life or in the waters of death? These are the congregations we are in, the gospel that is preached there. Which gospel are you receiving?

When we go into our churches, there are teachings we receive, some reviving the soul, others hostile to the soul. There is the true gospel preached, and also there could be the false gospel preached, that is a counterfeit doctrine. It is now a common drug that people take, to go spreading hate messages about other congregations, who maybe differ with us in some teachings. Most have stopped preaching the Gospel that Yahshua came to establish, the gospel of love and liberty, and started preaching the gospel of hate and hostility, so that a member "not part of us" is back bitten and despised. 1Jo 3:15 Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him. Yahshua received all with love, for He came to seek the lost sheep of Israel, for the doctor needs not the healthy person but that who is ill. This is the gospel you could be swallowing, that you are the most righteous, therefore the other is a sinner and should not congregate with us; this is the gospel of Satan, that of murder! We should never be so quick to judge others, lest we be condemned, for our eyes sees the physical things, yet the spiritual part is searched be Elohim and well known to Him alone. For the scripture says Eze 18:4 For **every living soul belongs to me**, the father as well as the son--both alike belong to me. The soul who sins is the one who will die. Such teachings seek to divide people, and many are destroyed completely when hatred fills a congregation. It is so mean to go preaching to people that so and so congregate with this particular group, so we should never fellowship together. I also find it hilarious when a person is excommunicated from the congregation all over a sudden. It's a shame to the church, not because the person committed evil, but because while evil was being committed, the members were either asleep or watching and not helping. Which role are you playing in the



church?

We find ourselves also interpreting scriptures in a way to suit our own liking, without bearing in mind the consequences of our actions. This turns the scripture to a gossip and no longer the breath of Elohim, yet people boast of knowing the scriptures, so that what people take in becomes no more holy, but the doctrines of men. Such doctrines are: Trinity doctrine, teaching of Christmas, Rapture doctrine and the teaching about the holy going to heaven/existence of purgatory. Failure to get the real message the Holy Spirit communicates in the scriptures

is ignorance and could cause death. As believers, as we come to the close of ages, we should always be cautious and alert spiritually so that we do not get drunk in the wine of the harlot, that is the false doctrines. For we know, dear brethren that judgement is near and all things will be brought to light when the son of man is revealed.

Joh 7:37 On the last and greatest day of the Feast, Yahshua stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink. :38 Whoever believes in me, as the Scripture has said, streams of living water will flow from within him."



# Messiah as a Package - RVIST, Nakuru

By Peter G. King'ori

**T**he 6th M. S.A.K (Messianic Students Association of Kenya) rally was hosted by R. V. I. S. T. As usual, the rally began with evangelism some days prior the Sabbath.

We are living in perilous times that were prophesied by the Prophets and hence its paramount to redeem time by giving the world "Meat in due season". The conveying of the 3rd Angel's Message is the "Meat in due season" that Messiah wants to find his faithful servants giving to the world as outlined in Mathew 24:45-46.

Matthew 24:45 Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season? 24:46 Blessed is that servant, whom his lord when he cometh shall find so doing.

The 3rd Angel Messenger reinforces the M. S.A.K in matters evangelism, the former being a friend of the latter. It is not because we have more hours or resources than the others that we have time to convey the message, it is because of the passion, zeal and obedience to Messiah's directives. At the end of the ages each of us shall give his/her account to Elohim on how he/she spent his/her life and affirmed by 2nd Corinthians 5:10 and Romans 14:12.

2 Corinthians 5:10 For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.

Romans 14:12 So then every one of us shall give account of himself to God.

The open Air meeting to convey the 3rd Angel's Message was held in a center outside the Institution (R. V. I. S. T). Before, the commencing, we made sure we had all documents in place. As Messianic believers, its paramount to make sure that we are harmony with everyone including the government agencies that are in ground we are conveying the message to avoid any inconveniences. The nearby churches also played a role in ensuring that the documentation was in place in time. After getting the go ahead from the police and local authorities, conveyance commenced.

The host made sure that everything needed for the open air



Br. Gtome at It...



Kama wewe umepata neno...



Editor and in chief, evangelist and teacher, probably mentor





The real people on the ground...a holy nation



Br. Peter King's...



Singing Joyfully to Elohim...



And of course, the prophecy...

evangelism, including and not limited to Instruments, was available in time. It was a big sacrifice bearing in mind, the host were students and hence had to input in Elohim's vineyard concurrently with their studies, the former superseding the latter at the time. The response from the audience was truly amazing. The aforementioned was proven by positive engagements from some of the message recipients who wanted the message to be expounded to them more. Personally, I had someone who approached me and bought a book to have some topics written therein for him. We also exchanged contacts with him for future engagements.

On the Sabbath, we had a reinforcement from the nearby churches who had congregated together with us. In the Sabbath afternoon, they joined us in the Open air meeting to proclaim the 3rd Angel's Message. From the prophecy, the last days will be perilous time. It is the Messianic believers that have been entrusted with the special message that can help the world despite this perilous time. Hence, it is imperative to allot time for inputting in Elohim's vineyard. The students have allotted time for conveying the 3rd Angel's Message despite their tight academic calendars. May Elohim bless them abundantly for their ardent job and reciprocate in their studies. Elohim is not mocked, whatever we plant the same we shall harvest at the appointed time.

Matthew 16:27 For the Son of man shall come in the glory of his Father with his angels; and then he shall reward every man according to his works.

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

Romans 2:6 Who will render to every man according to his deeds:

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Shalom.

# Anaemia and Blood Transfusion



Recently, I came across a statement, "If it weren't for our lack of faith, blood transfusion is unacceptable to a Messianic brethren."

It didn't just come up randomly. It is a story of a woman who required blood transfusion at the hospital I was working

in. She declined to be transfused due to our faith, Messianic faith.

This is not new. It is a tenet of our faith informed by the following verses:

**Acts 15:19-21** Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to Elohim: But that we write unto them, that they **abstain from pollutions of idols, and from fornication, and from things strangled, and from blood.** For Moses of old time hath in every city them that preach him, being read in the synagogues every sabbath day.

**Gen 9:4** But flesh with the life thereof, *which is* the blood thereof, shall ye not eat.

**Deuteronomy 12:23** Only be sure that thou **eat not the blood:** for the blood *is* the life; and thou mayest not eat the life with the flesh.

While my intention is not to start a debate on whether eating meat with blood can be compared to blood transfusion with an intention of supporting life, I would like to lay out other options that can be of help in a situation similar to what our beloved sister went through.

Low blood of any form is called Anaemia.

In most cases, blood transfusion is necessary for all who have suffered acute loss of the same. For example, in an accident where a blood vessel or a major organ has been injured, hemorrhage may occur. This can partially be corrected by colloids, in this case, synthetic colloids. However, the treatment for blood loss is blood transfusion... the colloids are just supportive. The indicator for adequate or inadequate blood is called hemoglobin (Hb). Should one survive, Hb falls. This is also true for any other form of anaemias. Here, options to boost the Hb are plenty and easily available. Iron and folate are the key elements for supplementation. They can be given intravenously within the hospital or orally as an

outpatient. IFAS, commonly given to all pregnant women is a good example.

Nutritionally, foods rich in iron such as greens, liver and kidney are the way to go. The greens will also provide folate in plenty. As for Vitamin B 12, dairy and poultry products give the best result.

Lastly, know the cause of anaemia and treat or take remedies for the same. Dietary deficiencies, chronic diseases including malignancies (cancers) and chronic blood loss as with hookworm infestation, top this list.

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

Dr. Njogu Mureithi,  
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