

# 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."*

# LIFE EVERLASTING



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# From the Editor



The release of this issue coincides with the suspension of public gatherings and cessation of all movements in some parts of the country because of the Corona virus pandemic. Last year same time, we had to adapt to the new rules and regulations as set by the government to curb the spread of Covid-19 pandemic. This year the same is replicated. As Messianic believers, we should find solace in the Almighty Father as we continue praying for his divine intervention to the pandemic.

Romans 12:12 Rejoicing in hope; patient in tribulation; continuing instant in prayer;

When all seems lost, it's imperative to know that there is hope for those who believe in the promises of our heavenly father. He promised "LIFE EVERLASTING" to those who will love and abide by his directives as expounded by an article with the same title. In our immediate preceding issue (Vol 6 issue 1) we notified our readers on the health of one of our Columnist in relation to Covid-19. He shares the experience with our readers in "MY BATTLE WITH CORONA VIRUS". What is our greatest need? The foregoing query is answered in "OUR GREATEST NEED" by Lawrence Mugambi. We are living in perilous times where "THE SIN OF LUST" has increased. The aforementioned is engaged by James Njenga. Achieng Lilian gives us some of the differences that make the Messianic faith different from others. Abigail inputs on "THE MEDICINE WE NEED". There is a beautiful place prepared for the overcomers as outlined in "A PLACE FOR YOU" by Samuel Nderitu. In My health corner we have "WHAT DO YOU KNOW ABOUT CANCER" by Dr. Njogu Mureithi and "HOW I MANAGE MY SUGARS, NUTRITIONALLY" by Gathoni Mungai. "MESSIAH AS A PACKAGE" continues...

Our predecessors in faith sacrificed their time, resources and lives for us to receive the good news via different media including and not limited to print media. In our age we should take advantage of the technological advancement to convey the good news to all corners of the world. You can engage us via the address submitted herein.

1 Corinthians 4:1 Let a man so account of us, as of the ministers of Messiah, and stewards of the mysteries of Elohim. 4:2 Moreover it is required in stewards, that a man be found faithful.



Titus 3:7 That being justified by his grace, we should be made heirs according to the hope of eternal life.

Shalom.

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# Life Everlasting

By Peter King

There is a phrase that "Life is short", and truly life is short. In the world there two classes of people in relation to the foregoing phrase, those who wish that their life span should be extended and those who don't wish for more time in this world. The former are those who have the best in this life and who have achieved their dreams hence have everything they dreamed and wished for, the latter are those going through tough times including and not limited to terminal illness whereby they wish for life to cease in them. The Almighty father the creator of all things had a plan whereby his creation would enjoy life everlastingly. Even so, he gave the human beings the prerogative to choose as attested in Deuteronomy 30:15 "See, I have set before thee this day life and good, and death and evil;". Meaning, this short life we have been given by the Almighty to determine our eligibility for life everlastingly.

Our heavenly father doesn't compel people to serve him or follow his directives; on contrary he gave them the free will. Meaning whatever decision we make, we should be ready for the consequences arising from the same. Apostle Paul when conveying the gospel message to the Romans, stated in Romans 6:23 "For the wages of sin is death; but the gift of Elohim is eternal life through Yahshua Messiah our Lord." Life everlastingly is a gift from Elohim to the faithful people who adhered to his directives prior their departure from this world.

Due to rise of wickedness in the world most people have been absorbed in evilness. The moral weakness is portrayed in our societies in everyday activities. In both mainstream and social platforms, over 90 percent is about wickedness raging from Murderers, kidnappers, rapists, robbers, etc. The moral decay is as a result of breaking the Almighty's directives and consequently increases the moral weakness in the world. It said "Choice has consequences", by refusing to follow Elohim's directives; the people continue to decay morally.

The gospel commission consists of the greatest hope to mankind. When Messiah entrusted his Apostles with the Commission, he commanded them to convey the message to all Nations of the world as affirmed in Matthew 28:19 "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: 28:20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end

of the world. Amen." As much as there is a lot of wickedness in the world we can make a decision to follow the Almighty by adhering to his directives which are not burdensome or grievous as outlined in 1 John 5:3 "For this is the love of Elohim, that we keep his commandments: and his commandments are not grievous."

At the end of the ages no one will have an excuse for not following Elohim's directives. Since the creation of the world, the Almighty has made people to know of good and bad as attested in Romans 2:14 "For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: 2:15 Which show the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another;) 2:16 In the day when Elohim shall judge the secrets of men by Yahshua Messiah according to my gospel." Elohim has also revealed himself through the creation that surrounds man as outlined in Acts 14:16 "Who in times past suffered all nations to walk in their own ways. 14:17 Nevertheless he left not himself without witness, in that he did well, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness.". Henceforth he is commanding all people in the world to repent and follow him leading to Life everlastingly. The aforementioned is best illustrated in Acts 17:30 "And the times of this ignorance Elohim winked at; but now commandeth all men everywhere to repent:"

Time is of essence, hence it's imperative to redeem time by following Elohim's directives to the letter and earn LIFE EVERLASTINGLY.

Ephesians 5:14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Messiah shall give thee light. 5:15 See then that ye walk circumspectly, not as fools, but as wise, 5:16 Redeeming the time, because the days are evil. 5:17 Wherefore be ye not unwise, but understanding what the will of the Lord is.

Shalom.

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# MY BATTLE WITH CORONA VIRUS

MARTIN MAKOKHA

**T**his is yet another issue of The Third Angel's Magazine that we are releasing amidst the pandemic. No one could have imagined that Covid-19 pandemic would still be here over a year later since it began in Wuhan City, China.

On 29th October 2020, a messianic brother wrote me a text, ".....kindly remember me in your prayers too. I am a victim of Covid-19..." All along I had known a few other brothers and a sister who were battling Covid-19 at the time. I also knew that most of the Messianic brethren didn't follow the government's containment measures for many didn't believe that the pandemic is real. Still many thought and some still think that the world governments have conspired to introduce a new world order through the pandemic.

For the first two weeks of December I had some work engagements in Busia and Eldoret towns, I arrived home on Friday 11th December 2020, feeling tired and exhausted but still could afford to attend a Sabbath service. I started felling a dry nose, mild chest pains and a slight dry cough. I had a discussion with my family and informed them of the possibilities of having Covid-19 virus and encouraged them to remain steadfast as I await the test. On Tuesday the 16th I walked into the hospital and had sample collected, and then decided to remain at home awaiting the results, spending most of my time in one of the bedrooms isolating. At around 5pm on Wednesday I received a call from the Sub County Medical Officer of Health with information that my results are back and are positive. This news came when I was in the

bedroom alone, I stood up said a short prayer, adjusted my mask and called my family to inform them.

That was one of the difficult moments in my life, looking at my wife and kids in their eyes and telling them, "....the pandemic that is ravaging the whole world has come into our home.....I have tested positive for Covid-19, but don't worry or grief am okay and we will battle it together." One of their worry was if an ambulance with medics wearing those scaring clothes will be coming for me, that picture alone scares and traumatize a lot. I had agreed with the Medical Officer of Health that I will be under Home Based Care (HBC) thus nothing was to worry as far as the going to the isolation center was concerned.

A public health officer from the preventive and promotive unit visited my home for assessment if I qualify for the Home Based Care and seeing that I have extra rooms that are well ventilated and separate bathrooms. I was admitted to the HBC program.

My colleagues at the place of work supplied most of the medicines I needed for the period and also checked on me time and again. Of the 15 days in isolation, the third day proved difficult to me. I developed persistent diarrhea that could not just stop even after taking drugs. The next day, I reacted to one of the antibiotics which resulted to black patches and peeling of the skin. I decided to go public and thus informed some messianic brethren and friends about my status. This helped a lot for many interceded on my behalf.

All my family members were tested and it was joyous



## OUTBREAK REPORT SHEET

Division For Global Health Protection  
Diagnostics and Laboratory Systems Program  
3000-F016

\*\*\*See last page for CT Values interpretation where applicable\*\*\*

#	Referring facility	Name	Patient Identifier	Lab ID	YOB	Age	Sex	Sub County	Sample Type	Date Received	Sample Condition	Date Tested	Test Result	
													SARS-COV-2	Instrument
9	Navakholo Sub County Hospital	Martin Makokha	MMAKOKHA-351-33856	COV111475			M	Navakholo	NP & OP Swab	16-Dec-2020	Good	16-Dec-2020	Positive ORF1ab/RdRP CT Value: 38.72	RT PCR 7 FAST

My Covid-19 results from Kemri



*A health expert collecting Covid-19 samples from members of my family*

when they all got negative results. It's not easy to battle this virus in a home environment especially if one doesn't have access to quick medical response. Am blessed for medics from my work place were always available to monitor my progress and advice. On the fourth day when I reacted to one of the antibiotics and started losing skin texture, they switched the drug immediately.

Isolation period was the most difficult and lonely time, one minute I would be feeling great with high spirits the next minute, chest pains or prolonged dry cough or profuse sweating or severe headache sets in. No one would predict what comes next.

Thanks to Elohim the Creator of heaven and earth, for indeed it's Him through Yahshua Messiah who heard the prayers of saints who intercede on my behalf. After 15 days in isolation and adhering to all the regulations, a repeat test was done and the results came back negative.

It wasn't until 4th January 2021 that I was released from Home Base Care and thus allowed to return to normal life.

As I said many Messianic believers have contracted the virus and thanks to Elohim for many have survived it. Just as I was writing this experience, I got information that one of the 284 pioneer Messianic believers baptized by Elder A. M. Shoemaker in 1970 had succumbed to Covid-19 complications at one of the leading Covid-19 isolation centers in the country. The notion among some Messianic believers that they are immune to Covid-19 should be stopped, remember messianic believers too have this earthly body. In the past issue we explained that some of the government measures including quarantine, sanitization, social distancing is Biblical. As believers we have a duty to lead by example and not be the ones going against Biblically approved containment measures.

*Release from HBC by the Disease  
Surveillance Officer*





# OUR GREATEST

## A New Anointing

*Feed*

By Lawrence Mugambi

*"Behold I will do a New  
Thing Now."  
(Isaiah 43:19)*

The blessed Holy Spirit is longing to come in and take full control of the life of every Born Again Believer in Messiah today! The need of the Church of God is not new ministers, new churches or new sermons, but A NEW ANOINTING OF THE HOLY SPIRIT!

The barrenness and dryness of so many believers' lives is appalling. One would think that Messiah was still in the grave and a defeated victim of death and the devil, but oh, beloved, it is not so, for HE IS ALIVE – HALLELUYAH – and He said that He would send the Comforter, the Holy Spirit that we might be clothed with a Heavenly Mantle of Power, anointed by the Great High Priest of our profession – YAHSHUA – MESSIAH. Praise His Name!

John the Baptist, the great wilderness preacher needed this New Anointing, for he told his converts plainly of the baptizer with the Holy Spirit and Fire, and when the Savior Himself was about to be Baptizer of John in Jordan, John said: "I HAVE NEED TO BE BAPTIZED OF THEE, and comest Thou to me?" Also He testified to the people saying: "I indeed baptize you with the Holy Spirit..."

...HE WILL BAPTIZE YOU  
WITH THE HOLY SPIRIT  
AND FIRE.  
MATTHEW 3:11

The apostles themselves also were commanded to wait of Jerusalem for this New Anointing of Power! He said unto them: "Tarry ye in the City of Jerusalem until we are ENDUED with power from on High." Luke 24:49, and again in Acts 1:4-5, we hear the message of Christ to His people... "WAIT for the promise of the Father... for John truly baptized with water; but ye shall be baptized with the HOLY SPIRIT not many days hence."

Acts Chapter 2 is the answer to their waiting and expectant hearts, for they were all filled with the Holy Spirit, and began to speak with other tongues as the spirit gave them utterance, and a result of the NEW ANOINTING, 3,000 precious souls were converted and the Ministry of Healing and Deliverance flowed, spontaneously through their Spirit-filled lives and ministries!

How can we help but rejoice when this NEW ANOINTING comes upon us? Surely we feel like saying HALLELUYAH!  
Yahshua Messiah Himself as the Son needed this NEW ANOINT-

ING, for we read in Acts 10:38: "Elohim anointed Yahshua of Nazareth with the HOLY SPIRIT and with POWER: who went about DOING GOOD, AND HEALING ALL THAT WERE OPPRESSED OF THE DEVIL; for Elohim was with Him." What a Ministry!

This anointing is for every child, for it is our blood-bought possession! It is your right to claim this from your personal Pentecost! For without this OIL of the Holy Spirit the believer's life can be dry and irksome and barren and fruitless. This new anointing is for the preacher in the pulpit and the people in the pew! The husband and housewife also need this anointing of Elohim because it is part of our inheritance "In Messiah." Halleluyah! "Have you received the Holy Spirit since you believed?" – Acts 19:2.

Listen to John in his first epistle, chapter 2, verse 2: "But the Anointing which we have received of Him abides in you, and you need not that any man teach you; but as the Same Anointing teaches you of all things and is truth, and is not lie, and even as it hath taught you, you shall ABIDE IN HIM." The apostle had himself received this ANOINTING and he gladly taught it to those early saints!

Yes, this New Anointing will preserve us from all the carnal teachings of man and it will save us from erroneous doctrines of the devil, which have come up like mushrooms all around us in these LAST DAYS! The spirit of anti-Messiah was working in the apostles' time but John assured his hearers that the Anointing which they had received would teach them the truth, and as they would abide in Messiah so the Anointing of the Holy Spirit would contract their lives may radiate the Fire, the Power, the Joy, the Life and the Glory.

Elohim, the GREAT I AM, anointed His prophets of old. The Spirit came mightily upon them, and they were moved by His inspiration to act and do and speak and write what He wanted. Halleluyah! The miracles were performed by the divine impulse of the same Glory of the Father!

The very Bible we all love is the very product of the Holy Spirit! Praise His Name! Peter wrote these words in his second epistle: "Knowing this first – that no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of man, but 'Holy Men of Elohim' spoke as they were moved by the Holy Spirit." – 2 Peter 1:20, 21.

**Acts 19:6**

*And when Paul had laid his hands upon them, the Holy Spirit came on them; and they spake with tongues, and prophesied.*

Where the Holy Spirit is, there is life, and where is life is movement. It takes the Spirit to make things "GO", because He is the "OIL"! Often in the material things of life it only needs A DROP OF OIL to set the wheels in motion.

Oh for a mighty Holy Spirit Anointing upon every member of the Church of Elohim today! Indeed, this is an age of apostasy, modernism, unbelief, infidelity and lukewarmness in the churches. It is a Laodicean Church Age, when the clarion call must be sounded in the churches to: "Get right with Elohim and do it now!"

The apostle John was exiled because he had this New Anointing Ministry, but even on Patmos Isle he was a Victor because he was kept "In the Spirit." – Rev. 1:10. The mighty visions and revelations he received from the Risen, Glorified and Ascended Messiah were the Divine product of the Holy Spirit. He had a Spirit Anointed Message for each of the seven churches in Asia, or Ephesus, Smyrna, Pergamos, Thyatira, Sardis, Philadelphia and Laodicea! – Revelations 3:14 to 22 is Elohim's message to us today. I just quote in the 18<sup>th</sup> verse in closing: "I counsel thee

to buy of Me gold tried in the fire, that thou mayest be rich; and "White Raiment", that mayest be clothed, and that ANOINT "thine eyes with Eyesalve", that mayest see."

Here is the Last Days Message to a Lukewarm Church. It is threefold:

Gold tried in the Fire.

White Raiment that thou mayest be clothed.

Anoint thine Eyes with eyesalve.

This Anointing is from Heaven, not of Earth! It is to be had for Laying the Price to the full. It is to be had from our Great High Priest, and best of all it is for You! Halleluyah!

**Article by Philip Anstey adopted from Mt. Zion Reporter, 1979**  
**Ethanim. More of these articles are on <https://jsd-coq.org/judah-magazines> To facilitate quick reference of the topics in Judah Magazines please download [this document](#). Thanks and be blessed. Shalom**

*Yours in Messiah,  
Lawrence Mugambi*

# THE SIN OF

# LUST

*By James Njenga*

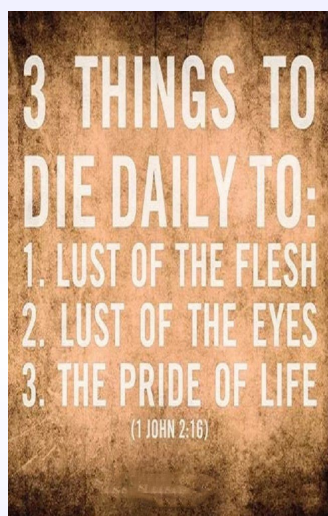
In the Sermon on the Mount, the Lord Yahshua must have shocked the people of His day when He equated lust to adultery! His actual words from Matthew chapter 5 verses 28 and 29 are: 'But I tell you that anyone who looks at a woman lustfully has already committed ADULTERY with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into HELL.' Please note the serious consequence of lust. Immediately after verse 28 where Yahshua equates lust to adultery and describes the consequence in verse 29 and that this consequence is Hell itself. According to Yahshua if you lust you will end up in Hell! Therefore, this sin must not be taken lightly. Some might take these texts and say it is only restricted to married couples. But the phrase 'ANYONE who looks' extends this command to all – whether married or not. And it is also evident this command is not just limited to the sin of adultery but all form of sexual impurities since this counsel is intended for all.

The chief aim of this article is to provide the facts regarding

'lust' as used in Matthew 5:28. Many downplay the serious consequences of lust. Similarly, remember this: Temptation in itself is not a sin for Yahshua was tempted – right? Yet He never sinned. Therefore, temptation is not a sin. It only becomes a sin when you yield to it.

The Greek word rendered 'lustfully' in Matthew 5:28, NIV, is found elsewhere and translated in such a way as to help us know what the Lord equated lust. This same exact word is found in Luke 15:16 and Luke 16:21. The Lord chose to use the same exact word in these two teachings as He chose to use in Matthew 5:28! The word 'lustfully' in Matt 5:28 is also translated 'longed' and 'longing,' in Luke 15:16 and Luke 16:21 respectively: In Luke 15:16 reads 'He the Prodigal LONGED (from Greek root word we get this word lustfully – in Matt 5:28) to fill his stomach with the pods that the pigs were eating, but no one gave him anything.' In Luke 16:21 read 'And Lazarus was LONGING (from Greek root word we get this word lustfully – in Matt 5:28) to eat what fell from the rich man's table. Even the dogs came and licked his sores.'

Have you ever read of sad circumstances surrounding the Prodigal son and Lazarus? This will make you understand the words 'longed' and 'longing,' in these two references, which same words is translated 'lustfully' in Matt 5:28. Understanding 'longed' and 'longing,' will help us to better understand the meaning of the word 'lustfully.' Regarding its usage by the Lord in Luke's gospel, it seems evident that looking at a woman is not wrong as some might think for the words 'longed' and 'longing' 'and lustfully' carries a meaning with it that makes it much deeper than just looking. Besides, the Lord did not say the one who 'look' at a woman will go to hell but he that 'look at a woman LUSTFULLY.' To add on this, my Strong's Concordance say this word 'to lust after' originate from epi and thumos; to set the heart upon, i.e., long for (rightfully or otherwise) Strong's g1937. This affirm to lust is deeper than just a look.



Perhaps it should be explained further the meaning of both to look and to lust. Usually we think only sexual fantasies qualify as lust but this phrase 'long for' reveals there's more about lust. Following the lead provided by Strong's Concordance, if you refer to a thesaurus you will find other words synonymous with lust are – 'longing, desire, covet, wish, yearn, hunger, crave, ache, and pine.' All these words qualify as lust – which is adultery. But that

we cast not a snare upon any, remember looking is not sin as we've briefly proven and neither is any acts that qualify as look sin. This is to say, to appreciate, to consider, to esteem, to glance, to regard, to take heed, to behold, to beware, to see or any that goes along with these is not sin – see additional similar words that are synonymous with – look – given in your concordance. To add on this, men inspired by the Holy Spirit affirm there were some who were 'beautiful to look upon.' Genesis 24:16, 26:7, 12:11, Esther 1:11, 1 Sam 25:3. But if one 'looks upon TO LUST' that is, if one looks upon to 'long for, desire, covet, wish, yearn, hunger, crave, ache, or pine' at someone who is not their lawful spouse then that my reader is lust – which will get the guilty to hell. It is therefore important when examining your heart to please consider these additional latter words and test your heart to see if you have any of these sinful desires toward someone who is not your spouse and repent.

See ye then that ye walk circumspectly, not as fools but as wise, Redeeming the time, because the days are evil. Wherefore, be ye not unwise, but understanding what the will of the LORD is.

Ephesians 5:15-17

I know when men lust, they tend to emphasize the visual and physical aspects of a woman and hunger and crave for a woman that is not lawfully theirs. And when women lust they tend more to the emotional aspects of desiring, coveting, yearning, or pining for a man that is not their lawful husband. But again, a looking at the opposite sex is not being referred to in Matthew 5:28. However, when you look and actual lust occur, that is, when you 'longs for' another, then adultery is actually committed! This clearly refutes the statement that might be heard – 'It's okay to look, meaning lust, but not to touch.' Yahshua never taught lust was okay! Nowhere is this form of adultery, though solely in the heart, less serious than other forms, although many treat it as such! Remember, Yahshua said it can send one to Hell. Didn't He? – Matthew 5:29! This fact should be pondered before giving yourself to any pornographic literature and media that can be found through some magazines, movies, CD's, Facebook, WhatsApp and even on some TV stations. These are major gates to lust in this generation and this is why heart adultery is rampant! Truly, this is an 'adulterous generation,' as Yahshua said.

Also, the fact men can commit heart adultery should be a sobering thought for women who profess to be believers and desire to please the Lord. Paul wrote that women are to dress 'modestly'. 1 Timothy 2:9. Nevertheless, many will bear record modesty is well pleasing among most *messianic ladies in our country*. We should be thankful for this. Though the insubordinate might say advocating modesty is being legalistic and religious. But the command of modesty is from the Bible – from Paul – who was a grace teacher in the truest sense. Claiming modesty is legalistic and religious is saying Paul was being legalistic and religious. But was he? We have to know to disregard the way you dress might possibly cause someone to stumble into adultery! The same applies to a man and his dress, for women can lust too – they are not immune – and none is. Read what Yahshua said in Matthew 18:6 about stumbling another into sin and think soberly about the consequences of greater judgment when you cause someone else to sin! Furthermore, a



woman who dresses with the intent to make men lust after her, then my reader, she is on a par with a prostitute.

In our generation, I know TV is the prime way people commit heart adultery. Sometimes even while watching news one can be exposed to spiritually unwholesome scenes which the devil is pleased to present. These spiritual pollutants flood into homes across our beloved country. Then people wonder why they are having trouble with lust! It may very well be that more adultery is committed before the TV set than anywhere else! Furthermore, it's a sad day when people who profess to be God's servants are ensnared by their TV as their precious free time is spent never to be regained! Our generation will have to account for this incredible waste of time at the Judgment. Please note I mentioned 'our generation' since television has only been available commercially since just after World War II – I think. TV as a means of distraction and temptation, is something which the Twelve disciples never had.

Remember this: Before the invention of TV, believers got along fine without ever watching it! You can too! Or at least you can reduce the amount of time wasted by being careful and only watching wholesome content. By reducing TV time, you will have much more time to labor for the Kingdom in one form or another besides the other advantages of not being tempted to lust or adopt the world's values in the first place. If you are having trouble with lust or know someone who is, the remedy, in part, is to cut off the source of temptation! It's that simple. If literature is the temptation, then stop going near it. If it's TV or movies, stop watching them. If it is Facebook, then stop visiting the app. This is what you are to STOP doing.

Also, your voluntary thoughts, that is, the thoughts you choose to ponder when free to think about anything you want, are extremely important. Paul wrote: 'Clothe yourselves with the Lord Jesus Christ, and DO NOT THINK about how to gratify the desires of the sinful nature' Romans 13:14. Your thoughts will determine whether you will lust or not. 'Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.' Romans 8:5. 'The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.' Galatians 6:8. Notice that to reap destruction is the opposite of reaping eternal life. In other words, reaping destruction is reaping eternal death in Hell.

Remember, sinful desires such as lust, adultery etc., are warring against your soul, 1 Peter 2:11. But you must war back or be conquered. A fight is a fight and not a 'bed of roses'! To a young Tim-

*Forasmuch then as Messiah hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; That he no longer should live in the rest of his time in the flesh to lusts of men, but to the will of Elohim.*

1 PETER 4:1-2

othy, he was told 'Keep yourself pure' 1 Timothy 5:22. You must fight to 'keep' yourself pure – free from contamination of sins. Undoubtedly, many will have to make MAJOR TV changes to keep themselves pure! Victory over TV will benefit you and others in this life and throughout eternity, but get ready for the battle regarding it!

Furthermore, to get victory over lust, you should START spending more time with the Lord in prayer – praising Him over and over again, confessing Him with your mouth as your Lord more and more often, meditating on the Word and memorizing certain verses! Hiding God's word in your heart can help stop those mental temptations. The writer of Psalm 119 both prayed and hid God's word in his heart so he would not sin against God: 'Do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.' Psalm 119:10,11. We all need to humbly follow this example.

In summary, victory over sin is not just what you do but also what you don't do! In other words, starve your sinful nature by not thinking about how to gratify it and feed your spirit with God's word by meditating in Scripture. 'Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.' Colossians 3:5. Please note: it's your responsibility to put to death these sins. But is also true you can't put them to death without the Holy Spirit. KJV version of Romans 8:13 reads, 'For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify (that is, put to death) the deeds of the body, ye shall live.'

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# MESSIAH AS A PACKAGE

## Nyakach

Unlike Central and Rift valley regions, Nyanza is in dire need of the 3rd Angel Message. After the Kisii mission, we decided to have another mission in the same region, that is Nyanza, the Nyakach Mission. Nyakach mission turned to be different from other missions due to its locality, our host's home being very far from the first center we alighted. We had to use motorbikes to near his home, after which, again we walked since there was no motorbike's road due to the hilly nature of the place. Our host resides in interior of Nyakach. On arrival, we could clearly see Lake Victoria (the 2nd largest fresh water lake in the world and the largest in Africa continent) just some kilometers from our host's home. Due to the area's rocky nature there are a lot of snakes. Actually, before we left, I had personally encountered one, along a path we used to access the center for the open-air meeting.

The setting was of a village, meaning anything going on especially with loudspeakers would be easily noticed by the villagers, who would want to know what could be happening. We used two strategies to convey the mes-



their parking area as our open-air field. As the message was being conveyed, they sent some to engage us and urge us to have the message interpreted to their local language. Our host became the interpreter and the message was conveyed. After the first day's engagement, we asked them to join us for the subsequent days until our departure. Normally, when we visit an area for the 3rd Angel message, we usually have many messengers on board, each engaging a topic to the fullest. For example, if we are teaching the commandments, we expound from the first commandment to the tenth commandment. As for prophecy, we reinforce with the Bible chart. When there arise many topics to be engaged on, we try to make sure we prioritize by the need of the area.

On Sabbath, we got visitors from the neighboring homes from different churches in the locality. We took the opportunity to feed both the believers and nonbelievers. As it is said "Killing two birds with one stone". It was a single platform and being on Sabbath the believers needed to be nourished and at the same time the nonbelievers to be taught about our faith. Elohim



sage since the center was far from our host's home. First, we decided to engage his neighbors who on hearing that we were around, came to welcome us. Secondly, we used to walk to the center for the open-air meeting. Since we were almost twenty in number, it was easy for us to carry the instruments to the center, to and fro, for the same instruments were useful for that home engagement. It was a long distance but no one complained since all of us were aware of the mission and expected reward on the day of Yahshua Messiah and not from a human.

On arriving at the center, we had a good welcome from the locals and in fact bodaboda riders allowed us to use





equipped each person who was allotted a lesson/teaching. We had our lunch at 15:00 hours. It is during the lunch break that nonbelievers asked questions and we realized that some had never heard this message.

It is painful to see people thirstily for the message but can't be quenched due to lack of messengers. No wonder the Scripture states that "the harvest is plenty but workers are few". In our country, we have a lot of Messianic believers in comparison with other neighbouring countries. Unfortunately, in our country, we have been unable to reach all the corners, not because we don't have the machinery and expertise but we just have our priorities wrong and concentrated on the minor issues rather than pursuing our reasons of being in Faith.

In John 15:1..., we find that anyone who is unfruitful will be cut off. This calls for an individual examination to oneself and make positive decision on his/her spiritual life. It's not that we have much time or resources than the others but we sacrifice since nothing comes easily, you have to guide your inheritance with all energy. In fact, if all Messianic be-

lievers were busy in Elohim's vineyard, we wouldn't be having the sideshows and supremacy battles, since all energies would be directed to the vineyard for positive work. May Elohim help us to understand his will because in Mathew 7:21, it is only those who do his will that will be allowed into the coming kingdom.

We left having done our part and all glory and honor be Elohim's for the success of the Nyakach mission. When leaving we visited Lake Victoria and even went inside the Lake. Most of us had never been to the lake Victoria prior to the Nyakach mission. It was an opportunity of its kind and we spent a few minutes to see the beauty of Elohim's creation. Messiah as a package continues...

Shalom

Peter G Kingo'ri.



# What Makes THE CHURCH OF GOD Different From Other Churches?

By Lilian Achieng'

**B**iblically, Church of God Seventh Day is explained as the inspired name for God's called out assembly is the "Church of God," 1 Corinthians 1:2...To the church of God that is in Corinth, to those sanctified in Christ Jesus..." Chapter 10:32 Give no offence to Jews or to Greeks or to Church of God. Other reference verses include chapters 11:16, 22, 15:9; 2 Corinthians 1:1; Galatians 1:13; 1 Thessalonians 2:15; 2 Thessalonians 1:4; 1 Tim 3:5, 15 and Acts 20:28. We also believe so much on the church's doctrines because they are the church's principles. Our church has forty pints of doctrines of which all believers must abide by (believe and accept) Hebrews 6:1-20.

The Church of God Seventh Day is a church that its believers believe about the holy gospel that came from Jerusalem. Biblically we read from the book of Isaiah 2:2-3...In the last days, the mountain of the Lord's temple will be established as the highest of the mountains; it will be exalted above the hills, and all nations will stream to it. Many people will come and say, "Come, let's go up to the Mountain of the Lord to the temple of God of Jacob. He will teach us his ways, so that we may walk in his paths." The law will go out from Zion; the word of the Lord shall come from Jerusalem. Therefore, its worldwide headquarter is in Jerusalem Israel. According to the book of Acts it is evidenced that this is the true church of God that was purchased by his own blood; Acts 20:28-31. And from among your own selves will rise men speaking twisted things, to draw away the disciples after them. The Bible describes such men as the false prophets who fulfilled the prophecy about the beast and that daughter of Babylon, from the book of Revelation Chapter 17 and Daniel hence large followers. The true church of God is represented by the Daughter of Zion which is in the book of Revelation chapters 12, with the small number of followers. "Zacharias 9:9...Rejoice greatly, O Daughter of Zion; shout, O Daughter of Jerusalem: behold thy King cometh unto thee: he is just, and having salvation; lowly, and riding upon an ass, and upon a colt the foal of an ass."

These are what make the Church of God Seventh different from other Churches.

## 1. The Commandments of God.

God's commandments are what guide the saints of God to go by His will. Keeping the commandments of God is one way where Believers show their respect and love to God. He does not try to earn salvation by keeping the commandments, but he keeps them because they are right. We are all aware that we are saved by the Grace of God. From the book of Revelation 22:14..." Blesses are they that do his commandments, that they may have right to the tree of life, enter in through the gates into the City."

In Exodus 20:1-20..." God wrote the Ten Commandments with

His fingers (etched in stones) and Moses states in verse 20, "Fear not: for God is coming to prove you, and that his fear may be before your faces, that ye sin not." Abraham had strong faith in God that made him to Obey God and kept God's commandments, Genesis 26:5, see also Gen 18:19.

Not keeping the commandments that will relieve us from the yoke's bondage, "1 John 5:3...for this is the Love of God, that we keep His commandments: and his commandments are not grievous."

Loving the Lord your God means keeping His commandments. Deuteronomy 6:1-9, and John 15:10, 12. See also 1 John 5:3 and Exodus 20:6 "And showing mercy unto thousands of them that love me, and keep my commandments." John 14:15 "If you love me, you will keep my commandments." See also John 15:10.

Yes we are Believers, but we should ask God this question...Lord, does my salvation depend upon my obedience to this Sabbath injunction? Hebrews 5:9 "And being made perfect, he became the author of eternal salvation unto all them that obey him." Therefore, the laws of God Ten Commandments should be taught and observed by the believers.-Romans 3:31; James 2:8-11 and Revelation 22:14. This my prayer, "Oh Lord lead me in the path of yours, for delight in it, Psalm 119:35.

In the days to come shall be one for all. Numbers 15:16...One law and all manners shall be for you, and for the stranger that sojourneth with you.

## 2. Sabbath

The Hebrews word Shebat (Sabbath) is related to the word Shebat to dwell on the Sabbath, Elohim made the world His dwelling place.

The Church of God Seventh Day also is said to strong Sabbath Keepers, the seventh day of the week (Saturday). In the Church of God Seventh Day's Doctrine, Sabbath keeping is number four with various verses both in Old and New Testament. Since God made Sabbath and Sabbath was made for man Mark 2:27, man has to keep the Sabbath because it is the only sign between him and God. During the Creation, God worked for six days but on the Seventh day He rested, Genesis 1:3, 2:3. "If God had intended

16 Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant.  
17 It is a sign between me and the children of Israel for ever: for in six days the LORD made heavens and the earth, and on the seventh day he rested, and was refreshed.

EXODUS 31



His people to keep Sunday in place of Sabbath (seventh day), Paul or one of the apostles would surely have told us to. Those who are not members of the Church of God Seventh Day do criticize the fourth Commandment of Sabbath Keeping claiming that it was Moses' laws and all were cleared when Jesus died on the cross. But in the New Testament itself there are no less than 59 references to the Sabbath. The Book of Acts records 84 Sabbaths on which apostle Paul and his associates held religious services. Yet there is not even one word in the entire Bible authorizing Sunday-Keeping.

Do not sell or buy on a Sabbath day, that is "Nehemiah 10:31...When the neighboring people bring merchandise or grain to sell on the Sabbath, we will not buy from them on the Sabbath or on any holy day..."

Keeping Sabbath holy or observing the Sabbath day entails a lot in the laws given to Israelites in the wilderness. On Sabbath day they were instructed not to do any other works because God even provided them with enough manna and quail that everyone picked to be kept to serve on a Sabbath day Exodus 16:22-29. The same is to be done by man today as preparation for the Sabbath because on a Sabbath we should not lit fire in our homes on a Sabbath nor to do any other works, Exodus 31:12, God said to Moses " you must observe my Sabbath, because it will be the sign between me and you for the generations to come, verse 14 Observe the Sabbath because it is holy to you, verse 15 - 18 For six days work is to be done but the seventh day is a day of Sabbath rest, holy to the Lord." And Israelites are to observe the Sabbath celebrating it for the generation to come as a lasting covenant." You can also read Exodus 34:21, Jeremiah 17:21-27, Deuteronomy 5:12-15, Leviticus 23:3 "For Six days you may work, but on the seventh day is a day of Sabbath rest." and Leviticus 25:1-3.

Yahshua Himself kept the Sabbath Day during His ministry." Luke 4:16...And He came to Nazareth...went into the synagogue on the Sabbath day, and stood up..." Therefore it is true that the seventh day of the week is the Sabbath of the

Lord, and is to be observed from even to even, from sunset to sunset; Exodus 8-11, Acts 13:42-44, 18:14; Mathew 28:1, Hebrews 4:4-11; Mark 1:32. Sabbath also can be said to be a holy day of God and should be kept or observed too, these are the reference verses Jeremiah 17-24-25, Isaiah 56:2, 58:13. The apostles also observed the Sabbath of the Lord, Paul and James; Acts 13:27, 42-44 15:21...reading the Sabbath in the synagogues." Sabbath comes just before the first day of the week that is Sunday; Mathew 28:1. You can also read "Mark 16:1-2 ... When the Sabbath day was over...very early in the first day of the week, just after the sunrise they were on their way to the tomb..."

### 3. The Feasts

The major feasts and festivals of Old Testament of Israel were in Calendar order; Passover, Unleavened Bread, First fruits, the feast of Weeks ( Pentecost), the Feast of Trumpets, the Day of Atonement, and the feast of Booths ( Tabernacle or Ingathering) Exodus 23:14-33. After the exile ,the Jews added memorial days for the fall of Jerusalem ( eventually fixed as the Ninth of Abib) Purim and the feast of Dedication ( Hanukkah) in addition, the Israelites observed the Sabbath every week and the Feast of the New Moon every Lunar Month.

These feasts were the commandments that were given by God to Moses in the Wilderness that they were to celebrate every year from Generation to Generation. These feasts include Feasts of Tabernacles in Zachariah 14:16 will be kept. Since it was added to Israel, and during the Moses and prophets (Luke 16:31).

The feasts of Israel are very interesting subject in the Bible. According to Exodus 12:21, on the evening of 14th of the first month of Abib (later called Nisan Esther 3:7), the Israelites gathered in the family Units to sacrifice a yearly sheep or goat. Exodus 12:26-27 also explains the meaning of the Passover. It is convincing that Israelites celebrated Feast of Passover in two reigns, first was at Hezekiah's reign 2 Chronicles 30 and another in Joshua's reign 2 Chronicles 35:1-19. During the



Passover feast, there were restrictions, in Exodus 12:43-50. Generally, the book of Leviticus 23 explains all feasts and festivals as were celebrated by the Israelites and how we believers of Church of God should exercise the same in the respect of God's law.

### 4. Baptism

The church of God Seventh Day believed in the baptism of emersion in large amount of running water Luke 3:3..." And he went into the entire region around the Jordan, proclaiming a baptism of repentance for the forgiveness of sins" since baptism means personal ordinance in which one is submerged in water for purification or to be born again. Biblically, only adult are baptized but not young children as other churches do. This is because children cannot repent their sins before God but adults who know good and bad things can repent their sins and cry for the Lord for forgiveness. Read about the story of the Pharisees named Nicodemus, a ruler of Jews, he asked Jesus how one can inherit the kingdom of God, Jesus answered him..."Truly, truly I say to you, unless one is born again he cannot see the kingdom of God."- John 3:3. See also John 3:5-6, and John 3:22, 23, 26..."Jesus and his disciples went into Judean countryside, and he remained there with them and was baptized...John also was baptizing at Aenon near Salem, because water was plentiful there, and people were coming and being baptized." See also...John 4:1-2,

The ministry of baptism started in the wilderness by John. "Mark 1:4...John appeared, baptizing in the wilderness and proclaiming a baptism of repentance for the forgiveness of sins."

Acts 1:22 "Beginning from the baptism of John until the day when he was taken up from us-one of these men must become with us a witness his resurrection." We should also believe that baptism of John came from heaven not men, Mathew 21:25, 20:23, and Mark 11:30. Jesus answered them in the book of Mark 10:38-39. Be baptized in obedience to the command of Christ, Mathew 28:19-20; 1 Peter 3:21. Therefore, "1 Peter 3:21 baptism corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for a good conscience, through the resurrection of Jesus Christ." After baptism, one must receive the Holy Spirit. Acts 19:2-6...Paul said to them, "Into what then we're you baptized?", they said, " into John's baptism." John baptized with baptism of repentance, telling people to believe in the one who was to come after him, that is Jesus." On hearing this, they were baptized in the name of Jesus...them the Holy Spirit came upon them."

When Peter was preaching the true gospel of forgiveness of sins through Jesus' name, the Holy Spirit fell on all who heard the word, Acts 10:44-48 "...they were baptized in the name of Jesus." See also Acts 11:15.

As baptized by water Jesus said he will baptize by the Holy Spirit, Acts 11:16 "John baptized with water, but you will be baptized with the Holy Spirit."

#### 5. Holy Spirit

The Bible tells us that the spiritual man knows that his actions in the physical realm affects the unseen angelic John's demonic powers that are at work in the spiritual realm, and we will reap according to either obedience or disobedience. During the Day of Pentecost had fully come, they were all with one accord in place, Acts 2:1.

Holy Spirit is one of the important weapons in the Church of God Seventh Day among the believers, since it is used for anointing Church's Ministers to continue with the work of God. Acts 10:38 "How God anointed Jesus of Nazareth with the Holy Spirit and power. He went about doing good and healing all who were oppressed by the devil, for God was with him." When Peter was preaching the true Gospel about forgiveness of sins through Jesus' name, Holy Spirit fell on all who heard the word, Acts 10:44-47.

Natural then the spiritual, "1Corinthians 15:46... But it is not the spiritual that is first but the natural, and then the spiritual; in 1Corinthians - the natural person dies not accept the things of spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned."

Therefore, we totally believe in the Holy Spirit that guides our ways and doings. Through the presence of the Holy Spirit we shall be able to obey the commandments of God. Holy Spirit reveals for us what could not be seen with the naked eyes. This is because God speaks to his believers through Holy Spirits by using prophets and prophetess. It means that after baptism we received the Holy Spirit from God. And it happened while Apollos was at Corinth; Paul passed through the inland country and came to Ephesus. There he found some disciples. Acts 19:1-6...

"And he asked them, 'Did you receive the Holy Spirit when you believed?'... Paul laid his hands on them, the Holy Spirit came upon them and they began speaking in tongues and prophesying." The birth of John and Jesus were as a result of the Holy Spirit, " Luke 1:41, 67...Zachariah was filled by the Holy Spirit and prophesied." See also...Luke 2:25-26; Jesus will baptize with the Holy Spirit, to continue with the work of John though John baptized with water, Acts 11:16, 24.-See also "John 1:28-33...And John bore witness: I saw the Spirit descend from heaven like a dove, and it remained on him.". This explains that we receive Holy Spirit during baptism, after dying with him and resurrected with him.

Holy Spirit makes us be sons of God, "Romans 8:9-16... For those who are led by the spirit are sons of God." According to the book of John, Holy Spirit represents a helper who proceeds from the Father, that Messiah send his disciples when he descended to heaven. "John 15:26-27...but when the Helper comes, whom I will send to you from the Father, the spirit of truth, who proceeds from the Father, he will bear witness about me." This affirms that Messiah never wanted us to remain as orphans...see also John 16:7-11; 12-15.

We are warned against blasphemy of the Holy Spirit for there is no forgiveness, Mark 3:29. See also Luke 12:10.David declared in the Holy Spirit about Lord, "Mark 12:36... David himself, in the Holy Spirit , declared , 'The Lord said to my Lord, " Sit at my right hand, until put your enemies under your feet. "Speak only what is given in that hour, Mark 13:1 "For it is not you who speak, but the Holy Spirit."

#### 6. Food or eating

The Church of God Seventh Day believes that God created the holy animals to be received for food and other animals were not sanctified to be received as food. This makes a remarks from the Mount Zion Report by A.N Digger explains much about death in the kitchen. Meaning that what we eat causes most of our deaths. The book of Deuteronomy covers all about what to be eaten and what should not be eaten. "Deuteronomy 14:1-26...Thou shalt not eat any abominable things. The Bible also warns the believers not to eat pork, Isaiah 66:15-17- "Eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord". The Church of God abstained from eating pork. The power and the wrath of our Lord God





shall spread out as a fire to consume them. Jeremiah tells us in his book about those standing behind one TREE because of eating swine's flesh; Jeremiah 17:8 ; "And he shall be like a tree planted by the rivers of waters, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper, Psalms 1:3." During the time of Noah, we are told about the clean animals and those that are not clean , " the male and his female. There was to be rain for forty days and nights; and every living substance was to get into the ark for safety, not to be destroyed by flood, Genesis 7:2..." God tells us through Jeremiah that unclean animals were never created to be received for food, "God spoke unto Moses and Aaron, saying unto them , speak unto children of Israel, saying these are the beasts which ye shall eat among all the beasts that are on earth but also those that are not to be eaten because are an abomination unto ye and unclean,"Jeremiah11:1-47.Through faith and the presence of Holy Spirit, it is very easy to identify or to learn the meats that were set a part by the words of God for food, and those created to be received. Let us not wrongly interpret these scriptures. More so, as are mentioned in the New Testament.

## 7. Praise and worship

In the church of God we believe that praise and worship is one way of communicating with our God and also part of sacrifices of thanks giving. They are guided by the Holy Spirit so as to sanctify us while in God's dwelling place." John 4:23-24...Worship; God is Spirit, and those who worship him must worship in Spirit and truth." During the praise and worship session we express happiness and joy to glorify the of God since the book of Psalms instructs us to do so, Psalms 150. Sing O daughter of Zion, be glad and rejoice with all the heart, Zephaniah 3:14. Our tongues are filled with singing, Psalms 126:2, hence let's sing a song of degrees. See also from Psalms 123-134. In the captivity," by the rivers of Babylon, there we sat down...when we remembered Zion. We hanged our harps upon the willows in the midst thereof. For there that carried is away captive required of is a song; and they that wastes us ...saying, sing us on of the songs of Zion. How shall we sing the Lord's in a strange land?" Psalms 137:1-4.Israelites sang songs praising God After crossing the Red Sea. "Exodus 15:21...Sing ye to the Lord, for he hath triumphed gloriously; the horse and his rider hath he thrown into the sea." Praising God with all our hearts and soul make our numbers increase day by day, Acts 2:47..." Praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved."

To the choirmaster, songs of praises to glorify God should be sung with stringed instruments. Let all peoples praise thee, O God; let the nations be glad and sing for joy. The Bible even calls singing praises as a joyful noise to God - Isaiah 12:5-6 "Sing praises to the Lord..." Psalms 66:1-4 "...make a joyful noise to God, all the earth; his name; give to him glorious praise! ...all the earth worships thee; they sing praises to thee, sing praises to thy name. Verse 8 let the sound of his praise be heard." See also Psalms 69:30, 100:1-2, 101:1, 105:2, 135,149:1



and 150.

## Conclusion

In conclusion, I would like to say that there are several themes to talk about that explain reasons why church of God seventh day differs from other churches. But for now I would like pause until next volume of the third angel's message. Narrowly, I would like to height my next topics such as Christmas, "Deuteronomy 12:29-31, Exodus 32, 4-5, 7, 10, 11-14; 1Corinthians 10:19-22... Christmas's and other holidays of worshipping gods are unacceptable ..." women's roles in the church , modesty or dress codes, quality of leadership in the Church of God Seventh Day, and many more. Please don't miss out in breasting the next volume. In church of God Seventh Day women are not allowed to take part in conducting services for 1Corinthians 14:33-35, "Women are to remain silence in the church ..." Ephesians 5:22-33 teaches us that responsibility of wives is to submit to their husbands; husbands are to love their wives... 1 Peter 3:1 -7...Wives are exhorted to be submissive to their husbands, same to husbands..." Women also are instructed to be descent in the church, with long and free clothes that are covering all their private parts of the body. Not mini- skirts or transparent dresses. How can women pray and prophesy? Women are advised to cover their heads while praying of prophesizing, 1Corinthians 11:6, 10.

"Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear and who keep what is written in it, for the time is near." Revelation 1:3.Mmark 13:26; 13:19-20; John 1-3."Let not your hearts be troubled. Believe in God; believe also in me."

SHALOM!!!

REGARDS...

MISS LILIAN CHARLES.

THANK YOU BELOVETH BROTHERS AND SISTERS

IN MESSIAH.REVELATION 1:3

ACTS 2:23-16 AND ACTS 2:28-31

ROMANS 10:9

JOHN 5:24 and 20:31

# THE MEDICINE WE NEED

By Abigail Chepkoech

**A**tensed world, nature on the rampage **John 10:10**

and stampedes everywhere around the world, every time something is announced. A series of calamities and pandemics; after floods famine, followed by diseases, then poverty, then wars, then more and more problems, one after the other, great tumults everywhere. Recently, the president of Kenya announced the enforcement of lockdown on some counties following the growing 3<sup>rd</sup> wave of COVID-19, and within minutes of the announcement, Nairobi City was on commission, all one knew was "RUN!" and that's what it was, people and vehicles on an uncommon movement. Brethren who were going to other counties for the feast of Passover took an about turn, while others who weren't planning to leave dashed out as fast as they could. Elsewhere around the world is war, poverty, starvation, internal fights, illnesses and some other problems.

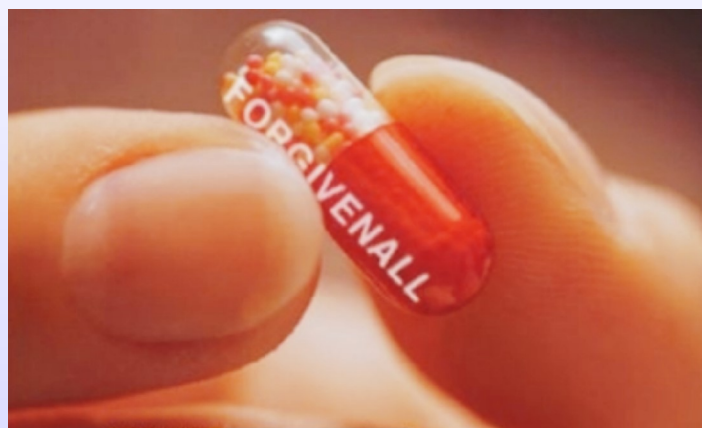
Though we may find solutions to all these, one may still feel some lack within. Deficiency of peace causes people to ail from stress that cause ulcers, others with suicidal thoughts and others wailing and crying, while moving in search for a better life, full of everything.

Psalms 32:1 Blessed is he whose transgression is forgiven, whose sin is covered.

The sins we've committed in the past deprive us of full life and keep haunting us every time we try hard to obtain all our needs. One is still not happy within himself. The guilt holds one down from fullness of joy and happiness, therefore creating a self-prison. In such a situation, Satan uses these negative effects of condemnation and feeling of unworthiness against us to render us powerless against the plans of Elohim, to rob, kill and destroy. **'The thief cometh not, but for to steal, and kill, and destroy: I am come that they might have life, and that they might have it more abundantly.'**

The first dose to heal from the guilt lies within us, the choice to forgive others who might have wronged us, even when they don't ask to be forgiven. Mathew 6:12 And forgive us our debts, as we forgive our debtors: While pride makes one think that he is perfect, one need to choose love and humility, so as to obtain freedom and live peacefully with others. Vs. 14 for if ye forgive men their trespasses your heavenly Father will also forgive you. Yahshua in us and we in Him, the feeling of eternal peace comes from being like Him, forgiving our debtors, and through Him, our debts get forgiven. And this is the salvation Elohim sent to the world, one that the Jews misunderstood, for salvation from Roman rule...that we may have life more abundantly. John 3:17 For God sent not his Son his son into the world to condemn the world; but that the world through Him might be saved.

The second dose of forgiveness is confession. Having a loving Father, in our silent prayers, we need to tell Him where we've gone astray, who never tires to listen and unlike man, He never condemns but takes our heavy laden upon himself for it is His



good will to take up our yoke. 1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins, and to clean us from all unrighteousness. If we say that we have not sinned, we make Him a



liar, and His Word is not in us. Choosing life, we turn back to Elohim for forgiveness, who has the key to freedom through living a spiritual life that submits to His will. Between condemnation and forgiveness, Elohim chose forgiveness and gave man a second and more chances to man to change. Romans 6:23 For the wages of sin is death, but the gift of Elohim is Eternal life through Yahshua Messiah our LORD.

The third dose is total change. The sun rising every morning and setting in the evening shows Elohim's love and a privilege to do right once again, to go back to His glory. It therefore remains man's choice, to choose life by accepting it and turning back to Elohim, and denying death again by changing the habits and accepting the full control by the Holy Spirit, through prayer. Romans 8:5-7 For they that are after the flesh do mind the things of the flesh; but they that are after the spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God neither indeed can be.

If we live everyday confessing our sins, forgiving others and submitting to the Holy Spirit, we will experience fullness of life and peace with ourselves, even when our environment is violent, and the Passover reminds us that Elohim can redeem us in an instant, all we need to do is keep praying.



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# A Dying Church



"A church that is doing nothing for the public is on its way to the cemetery. All its members who are doing nothing are acting as pall-bearers. All who are so busy with their own affairs that they have not time to devote to the Lord's cause are making the mourning wreath. The brother who says nothing at all is driving the hearse. The ones who are constantly drawing back when advance moves are to be made are throwing flowers on the grave. The brother who is continually talking of the hard times in the church is preaching the funeral sermon, and singing the burial hymns. And thus lies the church buried, free from all cares, Brother, which of these acts are you performing?"

*Adapted from THE BIBLE HOME INSTRUCTOR*



# A Place For You.

By Samuel Nderitu

If you give more than you take,  
If you walk with open arms,  
Holding and lifting the faint,  
Trying to fix all at stake.

If you stand up for those on their knees,  
If you take time to help a stranger in the rain,  
If you love all genuinely not feign,  
If you be the change you wanna see.

I believe if you do according to the word,  
If you always try to shine the light,  
If you are always on guard,  
Keep the rhythm on and shine the light.

I know you are out there,  
Keep doing what you do best,  
Cause there is a place for you there,  
I read the streets are made of Gold (the best).

I read about that city,  
Pure made of precious stones,  
There will be no tears its so bright,  
I read about it and wished to walk  
through the streets,

There is a place for you,  
Keep the word,  
Be pure of heart its all you have to do,  
New Jerusalem is your reward...

Happy Pesach

Psam-nderitu





# WHAT DO YOU KNOW ABOUT CANCER

When we read or think about dreadful diseases that will afflict people in the last days, we are certain that Cancer is definitely one of them. Most, if not all of us, have that one relative, friend or neighbor who passed on due to, or is battling with, a cancer of some sort. The mention of Cancer sends shivers down our spines. **Might I be having a Cancer as well? What can I do to protect myself?**

First, what is Cancer? The definition is wordy but I will explain it as far as possible. **Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body; not all tumors are cancerous - benign tumors do not spread to other parts of the body.** "A group of diseases" means cancers are first, many in types, and secondly, they affect normal functioning of the body leading to non-specific symptoms such as weight loss, loss of appetite, diarrhea, fatigue, bleeding, coughing, bone pains etc. So, cancers aren't the same; a cancer of the breast is never the same as a cancer of the lungs! "Potential to invade" means they attack normal body cells, destroying them. "Potential to spread" means they can start in one part of the body e.g. the breast and spread to the bones or brain. A *tumor* is just a swelling. Those swellings that change the normal body cells to abnormal ones but do not spread or aggressively attack the normal cells are the ones that are called "*benign*" or "*harmless*" tumors. Some are not harmless as such, for example fibroids.

Is cancer a disease of development? Honestly, it is not possible to say that all cancers are brought about by the rapid development we have witnessed in the recent past. *Many deaths due to cancer used to occur and people would just say, we did not know the cause or blame other diseases altogether.* The much awareness of cancer being the cause of deaths in the recent past is due to good equipment that can tell what the problem is (diagnostic machines). However, development contributes to developing cancer in a number of ways; **overexposure to radiations** (mobile phones, laptops and other electrical equipment), **eating too much of refined foods** and less greens and fruits, **less exercise** (there is always a matatu or a boda boda to use for transport even for short distance travels), **exposure to certain chemicals** e.g. DDT and asbestos, **enhancing cigarette smoking and alcohol abuse** (through media, people are shown that smoking is cool...) etc.

Other risk factors include **genetics** i.e. there is a likelihood that if a close family member has/had cancer, you might as well develop it; **race** i.e. some cancers are common in Africa and not in Europe and vice versa; **age** – some develop in childhood, some develop in adulthood. **Other risk factors for developing cancers are very specific to a particular cancer. For example, in addition to genetics and age, breast cancer is associated with "not giving birth" and/or "not breastfeeding".** Note that these are risk factors and not causes. Very few cancers have known causes.

Though there are hundreds or even thousands of cancers, the most common ones are four: **breast cancer and cervical cancers in women and prostate and colon cancer in men.** Lung and pancreatic cancers are not very common in our setting but are grouped as most deadly because diagnosis is made late when treatment cannot do much.

The good news is that, **screening is available for all of the four most common cancers.** Screening for a cancer involves doing some simple examination, self or by a medical professional, often without cumbersome procedures. **Breast cancer is sufficiently screened through a breast self-examination** (all females who are in or are past the adolescence stage should know how to do a breast self-examination; if you do not know how to do it now, kindly ask a trusted female medical professional you know or visit any trusted health facility and ask to be shown how to – they will be more than glad to explain to you. Alternatively, for those with access to internet, do an internet search on the same – a YouTube video will be adequate). **Cervical cancer is screened through a VIA/VILI and/or pap smear tests.** Many health centers all over the country provide this service, probably free of charge. Some high level hospitals may charge some fees. Others do the screening for free on specific dates. Though I am certain that most Messianic Women are not exposed to the agent that is thought to cause cervical cancer (Human papilloma virus), there is no harm in getting screening especially after one is in marriage. **Prostate cancer is screened through a medical examination (feeling for the size of prostate) and/or a PSA (Prostate Specific Antigen) test.** PSA test is a simple test that uses a simple blood sample just as little as the one used to check for infections in the body when one is sick. **Colon cancer screening is done by a simple procedure called sigmoidoscopy.** Screening for prostate and colon cancer is more difficult than screening for breast and cervical cancers and may require specialized services. If referred to a medical doctor or a consultant physician or surgeon, don't be alarmed. Screening for these two usually start at age 40.

I would like to urge you, as a friend, to kindly seek more information on how to get screening services from your trusted medical colleague. If eligible, kindly get screened as soon as possible. If these cancers are detected early, treatment is almost always guaranteed. **The key thing is SCREEN to PREVENT.** That is why I haven't talked about treatment. Until Yahshua comes with the kingdom of peace, we will always have cancers to grapple with.

**Prevention is always better than cure!**

3 John 1:2 [KJV]

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

By Njogu Mureithi.



## HOW DO I MANAGE MY SUGARS, NUTRITIONALLY?

The issue of blood glucose has been previously looked into (see issue 3, Volume 3 of the 3<sup>rd</sup> Angel Messenger) on 'My health today'. Diabetes control is the ultimate goal for its management and in preventing its complications. Medication, diet, physical activity and insulin intake (for Diabetes type 1) are the primary ways of managing diabetes.

What is diabetes? It is simply a condition characterized by high blood sugar (glucose) levels due to defective insulin production or the body's utilization of insulin. An average glucose level after undertaking a glucose test ranges between 4- 7.8 mmol/L. Symptoms of diabetes may include increased thirst, increased urination, increased hunger and so on. It is imperative to carry out a blood sugar test when you are overweight or losing weight unintentionally; they are risk factors.

### What then is on my plate?

Nutritional therapy is fundamental for the effective management of diabetes. It plays an essential role in assisting diabetes clients and those at risk in attaining and maintaining optimal blood sugar and reducing other body damage.

A diabetes diet is a normal diet and a healthy balanced diet! There is no single diet that is prescribed for diabetes. Your plate should include food from all the main (4) food groups. They include whole grains and starches, vegetable and fruits; dairy products; meats and proteins.

Whole grains and complex carbohydrates are preferred since they do not spike the blood sugars, as simple carbohydrates give excessive demands to the pancreas. They are also a good source of dietary fiber, which prevents constipation. They include whole maize, legumes, whole-wheat meals, entire intact grains. Reduce the use of refined carbohydrates.

Vegetables are good sources of vitamins, dietary fibre, spinach, terere, manage (black night shed), cabbages, broccoli, and carrots, are just examples of vegetables locally available to us. Take them in high amounts. Limited fruits are encouraged because of the high sugar levels in them.

Everyone, including a diabetes patient, requires proteins. Protein sources include animal sources like meat, eggs, poultry, and fish, and plant sources like yellow beans, peas, black beans etc.

Fats and oils should be taken sparingly. High intake can promote obesity, a risk factor for diabetes. Therefore, use oils in moderation.

Salt intake should be limited! Significantly it negatively impacts blood pressure.

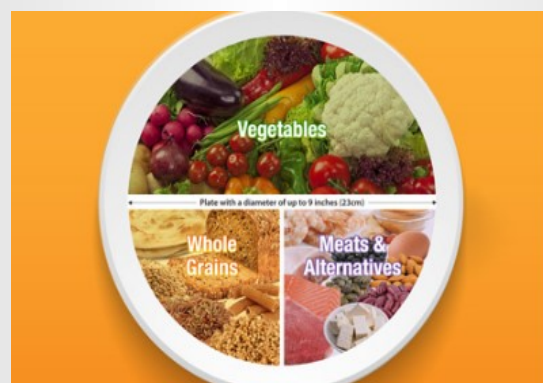
Keep hydrated! Water is vital for healthy living. Water intake, at least 2 litres per day, and more based on physical activity, is significant in weight

management and healthy kidneys.

Last but not least, stay active! A sedentary or inactive living is risky for your health. For instance, prefer using the stairs rather than taking the lift, just for a healthy you!

Eat a variety of foods within the food groups and consider portion sizes in your meals.

For fruits and vegetables-**first size**, vegetables-**as much as both hands can hold**, meats-**palm size**, little finger thick, fat- **tip of your thumb**, water- **at least two litres**.



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