

3RD ANGEL MESSENGER

VOLUME 6, ISSUE 4

BUL/KISLEV/TEBETH 5782

OCT/NOV/DEC 2021

Revelation 18:4

"And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues."

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Editor's Note

We are thankful to our heavenly father for enabling us to release the fourth issue of volumes of the 3rd Angel Messenger. The gift of life, energy and strength should not be taken for granted. There many who are incapacitated and they used to labor in the Almighty's vineyard but now they can't. Meaning, we should maximize our potential in his vineyard and consequently redeem time as advised by Apostle Paul in: Ephesians 5:15 See then that ye walk circumspectly, not as fools, but as wise, 5:16 Redeeming the time, because the days are evil.

We are living in an age where a true Messianic believer should be vigilant since as attested by the biblical prophecies the time of deliverance draws near. Hence, it is wise "BEING VIGILANT DURING THE END TIMES" as articulated in this issue. Every day from mainstream and social media there reports of insecurity, famine, natural calamities, etc. of big magnitude than the previous years. Truly, "PERILOUS TIMES ARE HERE" by Martin K. Makokha. We also have an admonishing input by Ezekiel Njogoyo "THE COURAGEOUS SHALL BE THE VICTORS". "LOVE TRIUMPHS OVER OFFENSE" is a timely input to the believers by James Njenga.. Abigail Chepkoech is here with "ARE YOU HEAVY LAIDEN". In the health corner we have "LIFESTYLE MODIFICATION" by Dr. Njogu Mureithi and "WALKING FOR HEALTH" by Ruth Gathoni. "MESSIAH AS A PACKAGE" continues..

It's the highest time we redeemed time and input in our Father's vineyard since many are seeking nourishment but can't receive the right nourishment as affirmed by Amos 8:11 Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD: 8:12 And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, and shall not find it. Hence being entrusted with the right nourishment at this age calls for total sacrifice of oneself so as to be able to give out the meat in due season (Mathew 24:45-47) which is the 3RD ANGEL MESSAGE (Revelation 14:9-10 harmonized with Revelation 18:4).

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. 24:47 Verily I say unto you, That he shall make him ruler over all his goods.

FREE
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PETER G. KING'ORI

3RD ANGEL MESSENGER

P.O BOX 9774

NAKURU.

3rdangelmessenger@gmail.com

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

Facebook: 3RD ANGEL MESSENGER

WhatsApp: 0721576325

Cell: 0721576325, 0780976325.

Physical Address: Green valley next to Greensted International School.

BEING VIGILANT DURING THE END TIMES



Prophetically, most of the prophecies of end time are fulfilled. The remaining prophecies points out to the second coming of the Messiah. It's two thousand years since the first coming of our Messiah in the world. After the ministry of the Messiah and consequently his death and resurrection, the Apostles asked Messiah if it was at that time that the Kingdom was to be restored to the Israelites as attested in Acts 1:6 When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore again the kingdom to Israel? The aforementioned clearly shows that the apostles were conversant with the fact that there was a time when the Israelites would be released from the bondage of their enemies emphatically at that time of the Roman's reign. The world is still being governed by the worldly government, meaning the apostle's query to Messiah is still in effect, that is, "Is it at this time you will restore the kingdom to Israel?". Messiah after ascension to the heaven sent the holy spirit to the apostles and those who would believe him later to reveal to them about the future and what laid before them. Apostle Peter through the holy spirit inputs on the Kingdom to come as outlined in 2 Peter 3:10 But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up. 3:11 Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness, 3:12 Looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat? 3:13 Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.

The end time prophecies are captured by the Prophets and the apostles of the Messiah. Messianic believers are built together in the same building with the prophets and the apostles, Messiah being the corner stone as affirmed in Ephesians 2:20 And are built upon the foundation of the apostles and prophets,

Yahshua Messiah himself being the chief corner stone. Daniel the prophet foresaw these end of times as affirmed in Daniel 12:1 And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book. 12:2 And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt. 12:3 And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever. 12:4 But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased. In the foregoing precisely verse two, it clearly points out the resurrection of the both righteous and the wicked (the former at the coming of the Messiah and the latter at the end of Messiah's reign). Daniel through the holy spirit foresaw the trouble that will be in the world prior the resurrection of the righteous(verse1). Its means for anyone to overcome this trouble, he/she must be vigilant and connected to the divine power so as to be delivered. As foreseen by the prophet, the trouble will be of very big magnitude that has never been seen before. The foregoing clearly shows us that we need to be prepared and more so be connected to the heavens, so as to get the divine intervention during that time of the trouble.

John the apostle in the revelation foresaw the end times as attested in Revelation 6:12 And I beheld when he had opened the sixth seal, and, lo, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood; 6:13 And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind. 6:14 And the heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places. 6:15 And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; 6:16 And said to the mountains



and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the wrath of the Lamb: 6:17 For the great day of his wrath is come; and who shall be able to stand? In the last verse of the afore cited, the query " who shall be able to stand? "should make us be more vigilant than before. Messianic believers who coincides with the end time should be very alert lest the evil one get advantage of them (2 Corinthians 2:11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.) Apostle Paul advised the believers to be awake and sober as outlined in 1 Thessalonians 5:4 But ye, brethren, are not in darkness, that that day should overtake you as a thief. 5:5 Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. 5:6 Therefore let us not sleep, as do others; but let us watch and be sober.

The world is becoming wicked daily, hence a believer should be watchful and prayerful so as to overcome it and remain undefiled. Our Almighty Father is faithful and will fulfill his promises to us if we become vigilant and emerge victorious. 2 Corinthians 7:1 Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of Elohim. At the second coming of Messiah, we should be found blameless so as to be allowed in the heavenly kingdom. When Paul engaged the Roman's Messianic brethren, he told them time was nearer, if then time was nearer, how about now? Romans 13:11 And that, knowing the time, that now it is high time to awake out of sleep: for now, is our salvation nearer than when we believed. It's paramount for the Messianic believers to be careful and sober in their daily engagements with the worldly because these times are wicked. As a matter of fact, Paul advises us not to be unequally yoked together with the unbelievers. 2 Corinthians 6:14 Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? 6:15

And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? 6:16 And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. 6:17 Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, 6:18 And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. Meaning it's imperative to be cautious with all our engagements with all people.

The Heavenly father has the attribution of mercy, meaning he still extends this attribute to his creation. It's our duty to connect with him and ask for his intervention in our lives during these perilous times. Isaiah states in 1:18 Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. We need to be prayerful and obedient so that the Almighty father can give us his protection and consequently become victorious and stand before him faultless.

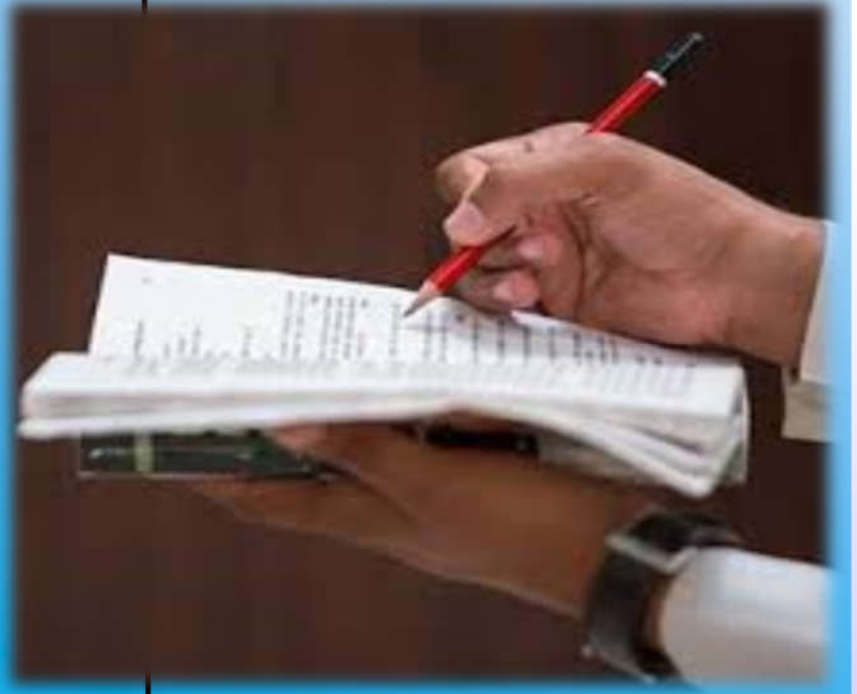
Jude 1:24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

Shalom.

Peter G. King'ori

Ptergichs@gmail.com

3rdangelmessenger@gmail.com.



PERILIOUS TIMES ARE HERE!

By Martin Makokha

Yes! The times we have been reading in the Scriptures are here with us, we are the generation that is witnessing the prophecies as they are fulfilled before our eyes.

“And as he sat upon the Mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? And what shall be the sign of thy coming, and of the end of the world?” **Matthew 24:3**

These three have been the big questions of all times since the days of the Messiah;

When shall these things be?

What shall be the sign of thy coming?

What shall be the sign of the end of the world?”

Peter, James, John and Andrew had approached the Messiah privately when He was sitting on Mount Olives over against the temple (Mark 13:33) and asked the above three big questions. In answering, most Bible students agree that, Messiah addressed two different events;

The destruction of Jerusalem which happened in 70 A.D and some of the disciples who saw Messiah were still alive and thus survived having heeded to His warning.

The greatest event of all times at and during His second coming.

Each of the 51 verses of Matthew 24 can be demonstrated in various ways as pertains to the times of the moment. Let's dedicate our small space in this

publication to the sixth and seventh verses.

“And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.” **Matt.24:6**

Those of us born and raised in this generation have lived to witness wars and rumours of wars all our lifetime. We didn't witness the world war one or two but we have witnessed many nations arising towards each other. We are no longer surprised whenever we hear of such news; our newsrooms are full of such stories at prime times.

According to the June 2021 study by Institute of Economics and Peace (IEP) the global peace has deteriorated by 0.07%. Among the 162 countries only 10 were marked as peaceful. These are Switzerland, Canada, Slovenia, Iceland, New Zealand, Denmark, Portugal, Slovenia, Ireland, Austria and Czech Republic. This classification is based on human standards which are always not in tandem with Biblical standards.

The Middle East is yet to experience an iota of peace, amidst the pandemic the region experienced an outbreak of violence as from 10th of May 2021. The violence was triggered by a decision of the Israel Supreme Court to evict six Palestinian families from Sheikh Jarrah. With lots of rockets fired towards Israel by the Palestinians, two events stood out for anyone with a prophetic eye;

Israel army in various occasions stormed the Al-aqsa Mosque compound. This compound harbors great memories to every Bible student as it's believed that Solomon's temple stood here thousands of years

ago. It's every Jew wish that a day comes when another temple would stand on this same site. This clearly demonstrated that it's possibly for Israelis to recapture the holy site at some future date.



Israel forces at the Holy site (Courtesy)

For the first time in history, the world witnessed as Israel used a high end technology to intercept the Palestinian rockets. This technology was termed as the “iron dome.” Gaza fired at least 4,360 of which 680 landed within Gaza, according to Business Insider over 90% of the rockets were intercepted (3,312 rockets) by the iron dome. We are yet to witness what is in the store when the nations shall come against Israel, Gog and Magog as mentioned in Ezekiel 38.

“For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places.” **Matt.24:7**

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We are living in an era where the world has really advanced in the technologies. We have the best agricultural techniques and best knowledge of climatic conditions. Yet, the world famine has increased by 50%. In the 18th Century (1800-1899) the world experienced 32 instances of great famines, yet in the 19th Century (1900-1997) there was an increase to 66 documented instances. Anyone would thought that the figure should be going down due to the aforementioned technologies. But contrary to that, famine increasing as the day’s of His coming draws nigh.

“For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places.” Matt.24:7

On August 14th 2021, a 7.2 magnitude earthquake struck the Tiburon Peninsula in the Caribbean nation of Haiti; it was the worst natural disaster of 2021. Damaging over 136,800 buildings and killing over 2,207 people as of 22nd August 2021.



A damaged building in Haiti (Courtesy)

This is neither the first nor the last earthquake we are seeing, but it’s an indication of the fulfilling of the Master’s prophecies. We might have seen many of them till we no longer take note that they are part of the signs of the times.

Volcanic eruptions have also greatly increased as compared to last years. According to volcano.si.edu, the world had 8 volcanic eruptions in 2021; this is the highest of all time. The table below from volcano.si.edu shows the eruption frequencies (times) since 1774;

	Year	Frequencies		Year	Frequencies
1	1774	1	12	2008	2
2	1922	1	13	2010	1
3	1933	1	14	2013	1
4	1934	1	15	2014	5
5	1967	1	16	2015	4
6	1972	1	17	2016	3
7	1999	1	18	2017	2
8	2000	1	19	2018	5
9	2002	2	20	2019	1
10	2004	1	21	2020	6
11	2005	1	22	2021	8

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The pandemic that started in Wuhan China in December 2019 is still holding people hostages as at the time of writing this article on 26th August 2021, a total of 213,752,662 positive cases have been confirmed, including 4,459,381 deaths globally. A total of 4,953,887,422 vaccine doses have been administered.

Many countries including Kenya are yet to open up; congregational worships still remain limited to a few people. Cases of mental health have been documented with the number of suicide and murders increasing in 2021 as compared to other previous years. According to Kenya’s Directorate of Criminal Investigations in the months of March to June, at least 483 people committed suicide, this is a very sharp increase as only 196 people committed suicide in 2019 (KNBS).

“And because iniquity shall abound, the love of many shall wax cold.” Matt.24:12

Many articles and magazines can be written to convince any reader that indeed we are living in the perilous times. Time and space may not allow documenting each and every verse of Matthew 24 and other Scriptures that clearly proves beyond any doubt that we are at the world’s tail end. This is the time for every member of the household of Elohim to;

“And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh. ” Luke 21:28

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THE COURAGEOUS SHALL BE THE VICTORS



2 CHRONICLES 32:7

Be strong and courageous; be not afraid nor dismayed for the king of Assyria, nor for all the multitude that is with him: for there be more with us than with him. **Hezekiah** told his people to be courageous and never fear the army of **Sennacherib** king of Assyria. He comforted the people of Judah, admonishing them to be courageous and trust in **Elohim**.

"What would life be if we had no courage to attempt anything?"

— Vincent Van Gogh

Definition of Courage.

Courage is the quality of being ready and willing to face negative situations involving danger or pain. A close synonym is **bravery**. The attitude of facing and dealing with anything recognized as dangerous, difficult, or painful, instead of withdrawing from it; quality of being **fearless** or brave; **valor**. The quality of a confident character not to be afraid or intimidated easily but without being incautious or inconsiderate. Courage is the ability to act on one's beliefs despite danger or disapproval. Courage is also called **dar- ing**, **audacity**, **boldness**, **grit**, true grit, **hardi- hood**, **heroism**, and **gallantry**, among other things

The basis of courage.

When people learn to trust in **Elohim**, they will

not live in fear and intimidation. Trusting in **Elohim** means observing His law and believing in His power.

People fear and get frustration when they don't have faith in **Elohim**. People lose many battles when they rely on the horses and weapons. The arm of flesh has no power over the spiritual power from the word of **Elohim**.

2 Chronicles 32: VS 8. Says, with Sennacherib is People fear and get frustration when they don't have faith in **Elohim**. People lose many battles when they rely on the horses and weapons. The arm of flesh has no power over the spiritual power from the word of **Elohim**.

2 Chronicles 32: VS 8. Says, with Sennacherib is the arm of flesh, but with us is the Adonai, **Elohim** to help us, and to fight our battles.

Writer's note.

Courage is what makes people trust and have strong believe in **Elohim**. It is courage that has made most people succeed in whatever they do. Courageous people bring about many changes to themselves and to the society. Any success begins with a courageous step. The car driver has made a decision and a step to overtake the track by simply getting to the overtaking lane. He is now almost overtaking the lorry. He has enough courage.





The opposite of courage is cowardice. Fearfulness and cowardice shall never win any battle.

The bible has spoken about the cowards. **Revelation 21: 8** But the fearful, and unbelieving.....shall have their part in the lake of fire. Also **2 Timothy 1:7** says **Elohim** has not given us the spirit of fear, but of power, and of love, and of a sound mind.

People who trust in **Elohim** shall never be afraid of anything. **Elohim** Himself gives assurance to them that trust in HIM. **Deuteronomy 31:8** And Adonai, HE it is that doth go before thee; He will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

For one to be courageous, you must walk with people who are courageous and fearless. **Joshua 8:1** And Adonai said unto Joshua, fear not, neither be thou dismayed: take all the people of war with thee, and arise, go up to **Ai**, see. I have given into thy hand the king of **Ai**, and his people, and his city, and his land. **Joshua 10:8** And **Elohim** said to Joshua fear them not: for I have delivered them into thine hand; there shall not a man of them stand before thee.



If we can learn to trust and give the battles to **Elohim**. The battles are His. **2 Chronicles 20:17** Ye shall not need to fight in this battle; set yourselves, stand ye still, and see the salvation of **Elohim** with you, oh Judah and Jerusalem: fear not, nor be dismayed.

Let our talks be about the mightiness of our Elohim.

1 Samuel 17:24 And the men of Israel, when they saw the man, fled from him, and were sore afraid. They were afraid of the man's stature. **Vs 32** And David said to Saul, let no man's heart fail because of him; thy servant will go and fight with this Philistine.

Vs 33 And Saul said to David, thou art not able to go against this Philistine to fight with him, for thou art but a youth, and he a man of war from his youth.

When we talk of the power of our God, people will hate and disdain us. **Vs 42** And the Philistine looked about, and saw David; he disdained him; for he was but a youth, and ruddy, and of a fair countenance.

Our **Elohim** is not a respecter of the mighty and powerful. He respects those who goes by His name. **Vs 45** David said to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of **Adonai** of hosts, **Elohim** of the armies of Israel, whom thou has defied. David ignored the talks about the mightiness of Goliath. He fo-



cused on the power and the strength of **Elohim**. He trusted in **Elohim** for the victory. He made

reference to all the occasions where Elohim had worn for him other tough battles. **Vs 36-37** David had killed both a lion and a bear, **David said moreover**, The Lord Adonai **delivered me out of the paw of the lion, and out of the paw of the bear, He will deliver me out of the hand of this Philistine**. It is always good to talk about the power and capability and the abilities with **Elohim**. Most people dwell much on discussing the challenges and the strength of Satan and our adversaries rather than talk about the greatness of our **Heavenly Father**.

Associate with people who are courageous. Most of the fear is brought about by the people than you walk with. Most of the doubts in life are from people who are failures. Most panic comes from people who do not trust in **Elohim**. The people who have never had encounters with **Elohim** will not encourage us. Most people who give up in live shall never be courageous to support you to move towards the victory.

In another occasion when the spies were send to spy the land of the Amorites and Jesuits, they brought up an evil report of the land, they said it is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of great stature. **Numbers 13: 31** But the men that went up with **Caleb said, we be not able to go up against the people; for they are stronger than we**.

Vs 33 And there we saw giants, and we were in our own sight as grasshoppers, and so we were in their sight.

The man Caleb in vs 30 stilled the people before Moses, and said, let us go up at once, and possess it, for we are well able to overcome it. People who disappoints others never wins any battles to-

gether with those who listens to their discouragements **Numbers 14: 36, 37**, only **Joshua** and **Caleb** lived.

In the book of **Hebrews 13:6** The Lord is my helper, and I will not fear what man shall do unto me. Be courageous to speak the truth. Be courageous to admonish and rebuke the evil. Be courageous and stand on the faith of Yahshuah. Many people are intimidated just because they have allowed fear to prevail in their lives. Many people lose their freedom because they fear to express their speech. Many people hold on to wrong friendship simply because they don't have courage to get out of such unfruitful friendship. There are some people who do not have the courage to resist the devil and therefore the devil takes control of their lives. Courage makes a person to be free of many unwarranted bondages. Hold on to people who are of great encouragement. Those who do not talk about defeat but they talk of victory. Those who have hope in overcoming any circumstance in life. Let us associate with people who talk about the greatness of our God and Father Elohim. May Elohim give us courage and get us out of any fear. Messianic are also entangled with fear and cowardice in their lives. Most of them may be living in uncertainty of live, caused by fear and hopelessness. There could be many looking upon their pastors, elders, friends and society to be helped. They forget that Elohim is there for them as long as they believe and have courage of calling and trusting in Him and His laws.

By Brother:

Ezekiel G Ngogoyo

Ngogoyo10@gmail.com

Nairobi, Kenya

LOVE TRIUMPHS OVER OFFENCE

By James Njenga

People who operate in the God-kind of love conduct themselves in such a way that they don't give offense or take offense. Don't misunderstand me. I'm not saying that just because a person is walking in love, no one will ever become offended at him or her. For example, did Yahshua walk in love during His earthly ministry? Of course He did. Yet many were offended at Him.

Sometimes people will become offended at you when you're doing something *right*. *This happened to Yahshua often. He wasn't giving an offense; He was simply doing what the Father told Him to do. And you are not better than Yahshua your Master. If people became offended at Him as He obeyed God, people will also become offended at you as you obey God.*

MARK 6:2-3 'And when the Sabbath day was come, he [Yahshua] began to teach in the synagogue: and many hearing him were astonished, saying, From whence hath this man these things? And what wisdom is this which his given unto him, that even such mighty works are wrought by his hands? 3 Is not this the carpenter, the son of Mary, the brother of James, and John, and of Juda, and Simon? And are not his sisters here with us? And they were offended at Him.'

Allow me to paraphrase in modern-day language what these people were perhaps saying about Yahshua:

'Hey, we know this guy! We know his family and his background. None of his family is a preacher; they're all carpenters. His dad just helped So-and-so remodel his kitchen! Yahshua can't just get up and speak the Word of God like He owns the place! Who does He think He is anyway?'

Here is an important point you need to remember. Some people will become offended when they see you fulfilling the will of God for your life. When people become offended at you for doing what's right, be very careful not to allow them to influence you to take offense at their offense! *If you become offended because they're offended, you'll both find yourselves in a ditch!*

Offense is common and can happen in many different ways. It's easy to recognize the ways other people have hurt us, but whenever we teach on the subject of offense, we should ask, 'Are we offensive toward others?' *Often, we spend so much time dealing with the wounds others have caused us that we can overlook the fact that we might be wounding others by being offensive ourselves. There is a high cost that comes with taking offense and harboring a grudge.*

But there also is a price to pay for being insensitive to others when we say or do something that is hurtful. If we habitually offend people, not only are we grieving the Holy Spirit and the heart of God,

we may also experience loss due to broken relationships. The following scripture gives us some insight into the high cost of offending others;

PROVERBS 18:19 (NLT) 'It's harder to make amends with an offended friend than to capture a fortified city. Arguments separate friends like a gate locked with iron bars.'

Holding on to an offense can destroy you, but being offensive to others is equally dangerous. I'm not talking about when we offend others *unintentionally*. *The Bible says;*

'We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.' (James 3:2 NIV).

However, I'm referring to believers who knowingly and callously offend *with their words or actions and then leave the person they wounded to 'deal with it.'* I'm talking about people who don't even try to make amends. Yahshua makes a stern reference to those who cause 'little ones' to stumble into sin through offense (Matt. 18:6; Mark 9:42; Luke 17:2).

Many a relationship has been needlessly and carelessly destroyed through offense. Our goal should be to help believers avoid the trap of offense, or to help them free themselves from this potentially deadly snare if they've already allowed offenses to take root within.

Do you carry around baggage from the past? Have you taken account of a suffered wrong when you should have forgiven the one who wronged you? Have you paid so much attention to the offense committed that it has consumed your life, weighed you down, and paralyzed you from moving forward toward your own happiness and dreams?

You cannot move forward with God if you're burdened down with offense. Testimonies have been heard of people who testify that when they finally let go of the offense that had weighed them down, they began to feel better spiritually, mentally, emotionally, and physically. Life seemed rosier. And eventually, even their circumstances began to turn around for the better. Why? Because they let go of the weight that had bound them. They stepped into the light and away from the shadows that had darkened their paths. So choose to let go of offenses that can weigh you down and choose to step into the freedom of God's marvelous light.

By James Njenga

Email: Jamesnjenga475@gmail.com

ARE YOU HEAVY LADEN?



By **Abigail Chepkoech**

We call them the fallen, those who've been baptized and yet found breaking the commandments. But was he really ever up so that he falls?

Most of us went through the process of reciting the commandments, confession, and then baptism. Later taught how to live the messianic life: keeping the commandments, praying 3 times daily, fasting and even observing the feasts. Some surprises come like bombs, a person who does all these is found maybe committing adultery or breaking the Sabbath. The whole congregation is left mouth agape, since we esteemed the person highly. So we ask, what could the problem be? Such a person did all that but sin was still in the dark, it lived in him, and so he was struggling to keep the law so as to be perfect, yet, never realized he was under the bondage of sin and so look for help. No one can help us realize the bondage we are in, apart from you, me, individually. The problem is, most of us do all these to please the public, or because it is a culture...you pray 3 times a day because you found others doing so, you pray before meals because mother said it's a must, we keep the commandments because it is our church culture. I fast and pray and keep the commandments, but what if I am alone in a temptation corner? We should be able to realize if we are still under the bondage of sin.

Romans 7:15-17 [15]For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. [16]If then I do that which I would not, I consent unto the law that it is good. [17]Now then it is no more I that do it, but sin that dwelleth in me.

We desire to do good, to be the perfect man, but when sin is hidden inside us, then there's a problem. Imagine doing everything right and still feel unmoved, still feel away from the

throne, you struggle so much to keep yourself from doing sin, that's where the question comes, did the law save me? , Did baptism save me? , The answer to this is no. What do I need then?

Romans 7:24 O wretched man that I am! Who shall deliver me from the body of this death?

Yahshua came for this major purpose, to set us free from sin. Having realized that we need Yahshua though, most of us weep inwardly thinking that our sins are too huge to be forgiven, and this is where we fail, by looking down upon the saving power of Yahshua. Never think that you can bribe Yahshua to save you, by doing good. All that is needed is reaching for His hand. Merciful and graceful are His simple characters, and so He says:

Mathew 11: 28-30 [28] come unto me, all ye that labor and are heavy laden, and I will give you rest. [29]Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. [30]For my yoke is easy, and my burden is light.

Shalom

Abigail Chepkoech

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About the Cover Page



A congregation in one of the Caribbean Islands. Note the similarity and uniqueness in the mode of descent dressing.

MESSIAH AS A MESSIAH AS PACKAGE [NYASABA]

Messiah entrusted the apostles with the gospel to convey it to all parts of the world regardless of the setbacks they would encounter. In the first century the mode of conveying the message in comparison with the twenty first century, the former demanded much of a person's energy than the latter. In the first century the conveying of the message was via epistles or face to face engagements. The epistles would take a lot of time to have a response and in many cases there would not be any response from the recipient. In other cases the supposed recipient would not get the epistles hence never to receive the message. In the twenty first century the scenario is different especially with the presence of phones and social platforms. In the aforementioned mode of communication, the message sender is always sure if the message is received or not. Our predecessors [apostles] did much in spite of having a lot of challenges. The reason for them doing much was because they had faith and held on to Elohim for the energy and provision to convey the message to the rest of the mankind. They received positive result because of emulating messiah as one of them attests in 1ST Corinthians 11:1.

In the NYASABA engagement we realized the importance of Elohim guidance in his given task. As messengers we don't do our will since doing the same would suppress Elohim's directive. From human perspective the area seemed much heathen and hence conveying the message there, seemed chal-

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In a team, all are not Evangelists but all take part in a Mission. 1 Corinthians 12:5

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As usual in the "Messiah as a package" we arrive earlier and prepare everything by getting conversant with the area. The people of NYASABA were so welcoming

that we felt Elohim had given us the go ahead in our conveying of the message. In most cases when people reciprocate good news, the messenger opens more. Unlike the preceding "Messiah as a package", in NYASABA we didn't face challenges emerging from transportation since there is a well laid infrastructure. Since Thika is an industrious town, the network coverage is good hence communication was good.

We were hosted by a Messianic believer who resides in the area. In most cases of the "Messiah as a package" we usually rent a house or use a church [if there is one in the locality]. Nevertheless If there is a believer who can host the team having all the facilities at his place, the better. The paperwork was all done prior the messengers arriving. As usual we get in touch with the government agency in the area we are to convey the message prior to conveying the message. As long as the freedom of religion is enshrined in our constitution, it is imperative to engage the authority as outlined by Romans 13:1-6.

We embarked on conveying the message and gave the message with all the boldness. The response was positive unlike our earlier perspective of the area. Each day after conveying the message we would have queries from the locals on different topics engaged during the day. We would engage the queries as Elohim would help us input. Later, I would visit the area for more engagement. We had other Messengers given the mandate to engage those who would raise queries arising from our engagement in the open air.

From NYASABA, we learned that the scriptures cannot be broken [John 10:35, 2nd part]; by the fact that, Elohim knows his people as attested by 2nd Timothy 2:19. Meaning, our work as messengers is to convey the message and not to judge from human perspective by labeling who can believe and who cannot. May Elohim lead and be leading us so as to bear more fruits and be rewarded at Messiah's second coming.

Messiah as a package continues....

Peter G. King'ori

ptergichs@gmail.com





My Health Today...

WALKING FOR HEALTH



What does walking do for you?

Many things! It speeds up the circulation. It sends oxygen to all parts of the body. It improves one's spirits. It's stimulation to the brain and encourages thinking. But most important of all, it starts the various glands to secrete their hormones. For example, at rest the adrenal gland is more or less inactive, but after 10 minutes of exercise the adrenals begin to secrete cortisone.

What happens to people who sit around too much, who ride when they should walk?

Their normal adrenal glands make practically no cortisone at all. This deficiency could be one of the causes of arthritis. Then the doctors prescribe cortisone, but it is an artificially made thing that can't be the same kind of cortisone your body makes. This leads to side effects like softening of the body's bone structure and easy fracturing from simple falls. It also seems to lead to mental trouble in some persons. So, isn't it better to insure against disease by keeping your own adrenal glands functioning and producing your own cortisone?

Walking and exercise hold down cholesterol level

Another advantage of walking for exercise is that it helps keep down the cholesterol level in the blood. Cholesterol as you know is a fat compound that coats the artery walls, contributing to hardening of the arteries. It narrows them down so that the blood cannot circulate freely. Walking is one of the best medicines for the health of the arteries. It gives flexibility to all the tissues of the body. It tones up the muscles and

takes up the starch out of the joints. It speeds up all the processes of the body that are slowed down by inactivity.

Exercise also helps the body to perspire "By the sweat of thy brow shall thou earn thy daily bread", and I would say: "By the sweat of thy sweat gland canst thou avert disease and medical disasters".

By means of the sweat glands the body gets rid of many toxins or poisons that man takes in through his chemicalized foods and through the poisons in the atmosphere. If he doesn't get rid of a lot of this by perspiration, if he sits around inactive, these poisons accumulate in his system and make him ripe of many disease conditions, possibly even including cancer. Yes, an inactive life may be one of the causes of cancer.

Don't stack the health cards against yourself. Even sick people have been able to walk themselves back to health. So, walk more!

{Adopted from Judah magazine}

Gathoni Mungai

ruthmungaig@gmail.com

BSc. Human Nutrition & Dietetics



Lifestyle Modification: An Apple a Day, Jack Should Play

“For bodily exercise is profitable for a little, but reverence is profitable for all, having promise of the present life, and of that which is to come”, 1 Timothy 4:8 [TS2009].

Albeit the aim of this verse is to encourage me and you seek more of spiritual fitness, Paul did not fail to emphasize the necessity of physical fitness. According to Paul, physical fitness is profitable for a little, that is, for the current perishable life while sound spiritual fitness is not only profitable for this present life but even more for the coming one.

Lifestyle modification is a current scientifically sanctioned form of treatment that encompasses optimized physical exercises, a balanced diet, and quitting destructive social habits such as alcoholism and smoking. My emphasis is largely on physical fitness and a balanced diet.

About four centuries ago, a phrase was coined: All work and no play makes Jack a dull boy. Later, the millennium wouldn't end before the "An apple a day keeps the doctor away", phrase came up. These two phrases underscore the importance of lifestyle modification to achieve optimal health predating the medieval and classical times respectively.

An average adult requires about one hundred and fifty (150) minutes per week of high-intensity physical activity or three hundred (300) minutes of low to medium intensity exercises to achieve optimal physical health. This is necessary to maintain optimal body weight of BMI 18.5 to 24.5. A higher BMI is considered overweight and if beyond 30, then obesity sets in. Obesity is a risk factor for non-communicable diseases (NCDs) such as diabetes mellitus, hypertension, cardiac conditions including "heart attacks" and susceptibility (high affinity) to communicable diseases such as upper respiratory tract infections.

The forms of exercises recommended can range from walking, jogging, running, stretching exercises to skipping rope, doing aerobics or gym sessions, etc. Dancing for Elohim is such a fulfilling physical exercise that cannot be overemphasized here. Several mobiles and smart watch apps are available for use in tracking your progress, a good example being Google Fit.

A balanced diet encompasses a graded assortment of Carbohy-

drates (Most cereals), Proteins(some cereals, dairy and poultry products, and various clean meat), Vitamins (Vegetables and fruits), Water (2 to 3 liters), and dietary fiber (from fruits and vegetables).

With this approach to living healthy, results cannot be far from the truth. A healthy body is maintained that is capable of mounting an immune system capable of resisting infections, preventing or delaying progression of non-communicable diseases, and overall improvement in survival index.

The congregations of Elohim should not only adopt and implement lifestyle modification measures but also advocate for their uptake, as a way of supporting Elohim's creation.

“Beloved ones, I pray for you to do well in every way, and be in health, as your life is doing well”. 1 John 3:2 [TS2009]

Njogu Mureithi,
MD.

PETER G. KING'ORI
3RD ANGEL MESSENGER
P.O BOX 9774
NAKURU.
3rdangelmessenger@gmail.com

