

3RD ANGEL MESSENGER

VOLUME 6, ISSUE 3

TAMMUZ / AV / ELUL 5781

JULY / AUG / SEPT 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."

THE RESURRECTION MORNING



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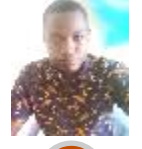
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From the Editor



As we were compiling this issue (Issue 3, Vol 6), I got bereaved, my youngest daughter slept (died). To those who believe and hope in the Almighty father, death is sleep and a process to usher us to the eternal kingdom. Death is peaceful, what is troublesome is the transition. I found solace in the Scriptures, where it's clearly outlined that the dead in Messiah will live again. The challenge now is to live righteously and perfect holiness so that we can be united together with her in "THE RESURRECTION MORNING" (Luke 14:14).

In the world there many battles, some we win and some we lose. As a believer, you should "LET ELOHIM FIGHT YOUR BATTLES" as advised by Martin K. Makokha. In this age, we should use all mediums and modes to convey the salvation message and more so make the body of the Messiah perfect for the believers. The foregoing is reinforced by Ezekiel Ngogoyo in "MAKING THE CHURCH WARM AND INVITING FOR MEMBERS THROUGH THE FELLOWSHIP". Lawrence Mugambi inputs on "WHY IS THE JEW INDESTRUCTIBLE?". "THE CHOICE WE MAKE" has implications for our living as outlined by Samuel Nderitu. In this issue, we have three new contributors: Hosea Rono in "ARE YOU A SPIRITUAL WARMER || ARE YOU ARMED"; Chirchir Victor in "ONLY A PRECIOUS FEW FIND THE NARROW WAY" and Fred Mutai in "ERA OF ERRORS". The assistant editor (Abigail Chepkoech) enlightens us on "BLOOD TRANSFUSION". In the health corner, we have "INVESTING IN A HEALTH LIFESTYLE" by Gathoni Mungai and "WHAT IS MY BLOOD PRESSURE LIKE?" by Dr. Njogu Mureithi. "MESSIAH AS A PACKAGE" continues.

Let's continue pursuing perfection and holiness since our salvation is nearer than when we believed. As usual feel free to engage us on the address submitted herein and spread the 3RD ANGEL MESSAGE to all, near and far.

1 Thessalonians 5:1 But of the times and the seasons, brethren, ye have no need that I write unto you. 5:2 For yourselves know perfectly that the day of the Lord so cometh as a thief in the night. 5:3 For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape. 5:4 But ye, brethren, are not in darkness, that that day should overtake you as a thief.

Shalom.

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THE RESURRECTION MORNING

BY PETER KING'ORI



When it gets dark at night, we are sure that later it will be daybreak and there will be light. In this world people go through a lot of setbacks which sometimes are beyond their human strength. Some-

times a person is pushed by a setback to limit and beyond their human strength. In such a scenario, it's imperative to get solace in the divine power. Many people have faced bereavements, terminal illnesses, divorces, retrenchment, etc., which at some point seemed so major that the affected thought that they would never overcome. Nevertheless, as time passed by and with the consolation from family members, friends, colleagues, etc. they were able to overcome. Some use these experiences of life to comfort others in future that face the same setbacks. Paul the Apostle affirms the foregoing in 2nd Corinthians 1:3-4 "Blessed be Elohim, even the Father of our Lord Yahshua Messiah, the Father of mercies, and the Elohim of all comfort; 1:4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of Elohim".

In this world nothing is permanent. We all know that at some point we shall face death or Messiah will find us alive and transform us into glorious beings: 1 Thessalonians 4:17 "Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so, shall we ever be with the Lord". As messianic believers we should pursue and perfect holiness so that after our short life in this wicked world we shall be found worthy of being in the next world where righteousness dwells. Our predecessors in faith who we should emulate, emulated our Messiah: 1 Corinthians 11:1 "Be ye followers of me, even as I also am of Messiah". They found comfort and solace in the Almighty despite facing a lot of setbacks which includes and not limited to tortures, persecutions, beatings, infirmities, reproaches, necessities, bereavements, etc. (2nd Corinthians 11:24-28). To the world, it would be insane to be filled with comfort and being exceedingly joyful while facing tribulations but to those who have their hope in the divine power, it's possible as affirmed in 2nd Corinthians 7:42 "Great is my boldness of speech toward you, great is my glorying of you: I am filled with comfort, I am exceeding joyful in all our tribulation".

A month ago, I was bereaved. My youngest daughter died. Being on a Friday and the preparation for the Sabbath, it was a severe blow. At first, I couldn't believe but later I had to come to terms with the bereavement. As the head of the family emphatically a messianic family, I had to make sure my wife and the children were consoled. I remembered the words of the wise man in Proverbs 27:1 "Boast not thyself of tomorrow; for thou knowest not what a day may bring forth" and also James 4:14 "Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapor, which appeareth for a little time, and then vanisheth away". To those who believe in the promises of Elohim, we are confident that death is not permanent but it's a process to usher the next incorruptible life. From the Prophets emphatically Isaiah, we learn that the dead shall live again as attested in Isaiah 26:20 "Come, my people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be over past. 26:21 - For, behold, the LORD cometh out of his place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain". Even our Savior affirms that, it's a blessing to die in Him since death in him is just resting awaiting resurrection as affirmed in Revelation 14:13 "And I heard a voice from heaven saying unto me, Write, blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labors; and their works do follow them". When David's child fell sick, he couldn't eat for some days but when the child died, he ate because he knew that the child had rested as opposed to when the child was alive but was sick and suffering. He also affirms that he too, was to follow the child to the grave, 2 Samuel 12:23 "But now he is dead, wherefore should I fast? Can I bring him back again? I shall go to him, but he shall not return to me."

Death is peaceful what is troublesome is the transition. Both wicked and righteous people die, the difference is that, the former will wake up to face up judgment and face



death a second time, Revelation 21:8 "But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have

their part in the lake which burneth with fire and brimstone: which is the second death". The latter will wake up to be glorified and to reign with the Messiah: Revelation 20:4" And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Yahshua, and for the word of Elohim, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Messiah a thousand years. 20:5 But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection. 20:6 Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of Elohim and of Messiah and shall reign with him a thousand years". As a matter of fact, when the righteous die, they enter into peace and they are resting being taken away from the evil to come as



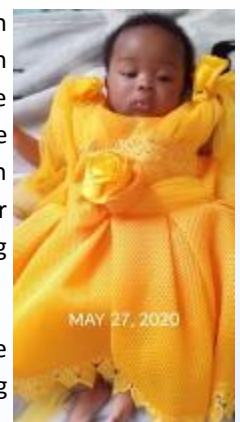
outlined in Isaiah 57:1 "The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come. 57:2 He shall enter into peace: they shall rest in their beds, each one walking in his uprightness".

In the world to come there will be neither weeping nor the voice of crying from the resurrected righteous: Isaiah 65:19 "And I will rejoice in Jerusalem, and joy in my people: and the voice of weeping shall be no more heard in her, nor the voice of crying". The Apostles knew of the resurrection morning and what it entails. The Apostles together with their followers didn't fear death and when faced or intimidated with death by their persecutors they refused deliverance so as to have a better resurrection as attested in Hebrews 11:35 "Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection:". Elohim, our ever-loving father also extends this joyful morning to us in these ages and even affirms that they would not be made perfect without us because he has some better things for us at the resurrection morning where all the righteous persons, since the world began to the end of the world, will arise and be rewarded: Hebrews 11:40 "Elohim having provided some better thing for us, that they without us should not be made perfect".

The mourning period of a few days before the burial took place was very short because of the fact that we had the consolation from family, church and the community. In fact, the Sabbath meeting was held at our home. As much as we were in grief, we found solace in the Scriptures, knowing very well our daughter will live again and reign with Messiah. The fact that she had had hands laid on her (dedication), as Messiah did to the children to allow them into the heavenly kingdom (children are not to be baptized as adults) was an indicator that she was of the kingdom to come: Matthew 19:13 "Then were there brought unto him little children, that he should put his hands on them, and pray: and the disciples rebuked them. 19:14 But Jesus said, suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven. 19:15 - And he laid his hands on them, and departed thence".

In the resurrection morning even the dumbest (according to the world) will not err in direction, neither will there be any ravenous beast in the home of the redeemed. The redeemed shall obtain joy and gladness and sorrow and sighing shall flee away: Isaiah 35:8 "And a highway shall be there, and a way, and it shall be called the way of holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein. 35:9 No lion shall be there, nor any ravenous beast shall go up there on, it shall not be found there; but the redeemed shall walk there: 35:10 And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away"

Our eldest son was brave enough through Messiah's strength to read the eulogy on the burial day (Philippians 4:13). After the burial the challenge was and is to us the immediate family to live righteously and in perfect holiness so that we can meet her (Naomi Njeri) in the resurrection morning where we shall always be together forever.



1 Thessalonians 4:13 But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. 4:14 For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

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LET ELOHIM FIGHT *Your* BATTLES

BY MARTIN MAKOKHA

"Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you, O Judah and Jerusalem: fear not, nor be dismayed; tomorrow go out against them: for the LORD will be with you" 2 Chron. 20:17.

What a great assurance that one can get from such an answer from the Almighty! Elohim has proved from time to time that He is very concerned with mankind to the extent of victoriously fighting for His own and showing directions.

A great army from the Ammonites, Moabites and others from Mount Seir were coming to battle against a less prepared army of the house of Judah. Normally what happens in such situations is for the king to mobilize his army and those of friendly neighbors to war. Alternatively, the nation deemed weak surrenders without even firing a bullet. That's the standard practice all over when faced with war from such mighty allied nations.

King Jehoshaphat on receiving the intelligence of the looming attack did just as any human being would have done, he **"feared."** But he then did an extra ordinary thing, something that most of us would not have remembered due to the fear. He marshaled not only his army but all the inhabitants of Judah and Jerusalem not to physical battle of sword, spear and shield but to the most powerful tool in the world, **FASTING!!**

*"And Jehoshaphat feared, and set himself to seek the LORD, and **proclaimed a fast throughout all Judah**" vs 3*

"Jehoshaphat feared] He found that he could not possibly stand against such a numerous army, and therefore could not expect to be delivered except by the strong arm of God. To get this assistance, it was necessary to seek it; and to get such extraordinary help, they should seek it in an extraordinary way; hence he proclaimed a universal fast, and all the people came up to Jerusalem to seek the Lord." Adam Clarke's Commentary

All the inhabitants of Judah had to travel to Jerusalem to seek the Lord, this was by the king's degree and no one could go

against it. Imagine such a multitude of fathers, mothers and their children standing before Elohim in unison!! Such a mighty army of prayer warriors. Verses 13 captures children and little ones separately possibly indicating that even the infants were present in Jerusalem for the fasting.

"And all Judah stood before the LORD, with their little ones, their wives, and their children" vs 13



Have you ever reached a point where you have accepted that by yourself you can do nothing; some will say *'the end of thinking capacity'* or *'end of stretching limit.'* A point where you even don't know what you are going to tell Elohim in prayers. A point where you just realize that you're so empty inside and the only thing you can do is to ask questions?

"art not thou God in heaven?" (v6) this doesn't mean that God had forgotten that He's Elohim in heaven. He's always our Loving Father in heaven and He knows it better than us. King Jehoshaphat on getting the intelligence had feared that a mighty army was about to attack, so by asking such a question, he was building his confidence towards Elohim in heaven. He was reminding himself and the whole inhabitants of Judah including their children that indeed we have Elohim in heaven. Building such a confidence is very key when it comes to prayers for we are told;

*"But without faith it is impossible to please him: for he that cometh to God **must believe that he is**, and that he is a rewarder of them that diligently seek him."* **Heb.11:6**

The king reminded Elohim's promises to all His children who seek His face (v 9); the king poured his heart and fears to the Almighty. The king developed great confidence in Elohim

whom he made all his wonders and cares known to in prayers;
"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God." Phil.4:6.

What started as a prayer out of fear ended with acknowledgement that they can do nothing on their own against such a great army (v12). This is the same spot Moses had reached hundreds of years earlier when he told Elohim;

"And he said unto him, If thy presence goes not with me, carry us not up hence." Exo.33:15

A point of acknowledging not by the word of mouth alone, but deep from the heart and deed that indeed without Elohim, I cannot be able to fight this battle on my own. Without your presence going with us then please don't let us leave this place going to a battle that you're not involved. For without Elohim on our side then we are doomed.

Indeed, we have Elohim in heaven, the same words that came to Moses hundreds of years ago when the Israelites faced the Red Sea ahead and the most decorated army of the time, the Egyptians on their back;

*"And Moses said unto the people, **Fear ye not, stand still, and***

*see the salvation of the LORD, which he will shew to you today: for the Egyptians whom ye have seen today, ye shall see them again no more forever. **The LORD shall fight for you, and ye shall hold your peace.**"* Exo.14:13, 14.

The same revelation that Moses received hundreds of years back was revealed to Jahaziel the son of Zechariah;

*"And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the LORD unto you, **Be not afraid nor dismayed** by reason of this great multitude; **for the battle is not yours, but God's.**"* 2 Chro.20:15

Elohim has in the past fought for His people and even today He is ready to fight your battles. No battle is too big or too small for Elohim. He doesn't request for the bigger ones and leave smaller ones for you; He is ever ready to fight **all your battles** irrespective of the nature and source.

But you must invite Him to the battle field; make your wish and request known to Him in prayers. Surely, He will grant victory while you sit and watch.

By Martin Makokha © June 2021.



BY LAWRENCE MUGAMBI

Because the Lord said: "And I will make thee a great nation, and I will bless thee, and make thy name great and thou shalt be a blessing: AND I WILL BLESS THEE AND CURSE HIM THAT CURSETH THEE; AND IN THEE SHALL ALL FAMILIES OF THE EARTH BE BLESSED." – Genesis 12:1-3, 22:18; Galatians 5:8, 16.

"For I am with thee, saith the Lord, to save thee though I make a full end of all nations whither I have scattered thee, yet will I not make a full end of thee; but I will correct thee in measure.... Thus saith the Lord which giveth the sun for a light by day, and the ordinance of the moon and for the stars for a light by night, which divideth the sea when the waves thereof roar; the Lord of

Hosts is His Name. If these ordinances depart from before Me, saith the Lord, then the seed of Israel also shall cease from being a nation before Me forever. Thus saith the Lord. If heaven above can be measured, and the foundations of the earth searched out beneath, I will also cast off all the seed of Israel.... If ye can break My covenant of the day, and My covenant of the night, in their season. Then may also My covenant be broken with David My servant. THAT HE SHOULD NOT HAVE A SON TO REIGN UPON HIS THRONE...." Jer. 30:11, 31:35-37, 33:20-26.

The indestructible Jew



The king of Egypt could not diminish Him. Exodus 1:9-12.

The waters of the Red Sea could not drown Him. Exodus 14:13-31.

The gallows of Haman could not hang Him. Esther 5:14, 7:10, 8.

The great fish could not digest Him. Jonah 1:18, 2:10.

The fiery furnace could not destroy Him. Daniel 2:16-28.

The lions of Babylon could not devour Him. Daniel 6:3-28.

Balaam could not curse Him. Numbers 22:12.

The nations of the world could not assimilate Him. Esther 3:8; Numbers 23:9; Deut.33:27-29; Exodus 33:12-16.

Brain Washing by Communists

It had been going on for weeks, up to 14 hours a day – 48 hours straight on one occasion. The place: a Communist prison camp in China. And the man: a radiant Chinese believer.

Finally, after repeated grilling, mocking, and torture, the believer told his oppressors: “You are wasting your time, sirs; my faith is rooted deeper than any torture you might inflict. It is rooted eternally in Elohim’s Son Yahshua.

Furious, the Communist indoctrinator slapped him across the face and screamed: “Drop to your knees! Drop to your knees and pray! Because in three minutes we’re going to put a bullet through your head!

While the indoctrinator, an armed guard, and 50 more fellow prisoners looked on, he did as he was told.

“Lord,” the man began to pray, “I thank Thee for the peace that is within my heart. I thank Thee for the faith which makes it possible for me to believe that, in spite of my oppressors, my heavenly Father sits upon His throne, able at any moment to silence forever the lips of these who blaspheme His Name. Lord, at this moment, Thou art able to show Thyself to be Elohim. In a moment, Thy power could strike these men dead and....”

But he didn’t get to finish his prayer; for, gasping with pain, the two Communists – indoctrinator and guard – fell simultaneously to the floor. In a few hours, both of them were dead.

The believer was set free and, at last report continued to live unmolested in his home, with his wife and children. No Communist had dared go near his door.... You too, reader, may one day be required to stand before the Communists or other godless men to confess your faith in Messiah – at the threat of your life. You may lose your life for your stand, as have thousands of

other heroic believers.

But be sure of this: Elohim has not been taken by surprise. Eternal happiness, in the presence of the Savior, awaits each believer, no matter what earthly life holds in store for him. Today may seem to belong to the powers of darkness, but tomorrow always belongs to the Almighty!

....take no thought beforehand what you shall speak, neither do ye premeditate;...

The above incident was personally witnessed by Pastor Leslie Millen, a C.I.M missionary in China, during his own imprisonment by the Communists. Also by more than fifty fellow prisoners.

“But when they shall lead you and deliver you up, take no thought beforehand what you shall speak, neither do ye premeditate; but whatsoever shall be given you in that hour, that speak ye; for it is not ye that speak, but the Holy Spirit.” Mark 13:11.

“And they overcame him by the blood of the Lamb and by the word of their testimony; and they loved not their lives unto death.” Rev. 12:11.

“Let them be confounded and turned back that hate Zion.” Psalms 129:5.

“Pray for the peace of Jerusalem: they shall prosper that love thee.” Psalms 122:6.

Article by Editor (MZR) adopted from Mt. Zion Reporter, 1979 Sivan. More of these MZR articles are on <https://jsd-cog.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



MAKING THE CHURCH WARM AND INVITING FOR MEMBERS THROUGH TRUE FELLOWSHIP



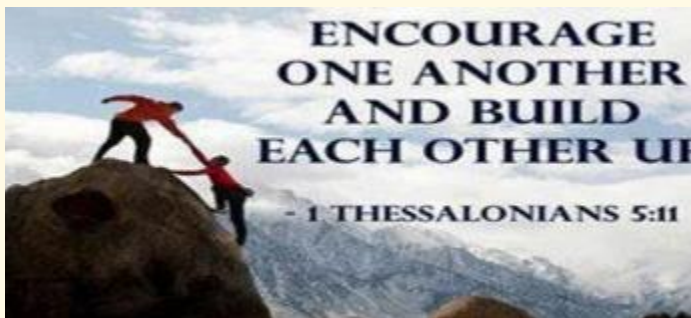
Brother Ngogoyo

Messianic fellowship and why it is important

PHILIPPIANS 1:3-6

³ I thank my God upon every remembrance of you. ⁴ always in every prayer of mine making request for you all with joy. ⁵ for your fellowship in the gospel from the first day until now. ⁶ being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ:

The early Christians clearly emphasized the importance of fellowship **Acts 2:42-47** notes, "And they devoted themselves to the **apostles' teaching and the fellowship**, to the breaking of bread and the **prayers**." In the early church, "day by day, **attending the temple together and breaking bread in their homes**, they received their food with **glad and generous hearts, praising God and having favor with all the people**"



Fellowship entails encouraging, admonishing and building one another

1. The New Testament word for "fellowship," expresses the idea of being together for mutual benefit. Hebrews 10:24-25 "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

2. Fellowship with other believers is important because it helps ex-



press love to one another and it encourages good works. We need to admonish and encourage one another, which is the essence of a good fellowship.

3. It impacts on unbelievers. YAHSHUAH told His disciples, "By this all people will know that you are my disciples, if you have love for one another" (**John 13:35**). The love Christians have for one another can influence others towards faith in YAHSHUA Messiah.

4. Breaking of bread together.

Motivates people to pray together. Early believers were committed to prayer, both individually and in groups. In James 5:14-16, elders were called together to pray for the sick as well as for those who had sinned. This is an essential part of fellowship.



5. For important church decision-making. In both Acts 6 and Acts 15, the early church gathered together to make important decisions about the future direction of the church. These required community, prayer, and close fellowship.

6. Christian fellowship is essential to spiritual growth. Many aspects of our spiritual lives depend on being together with other believers to encourage, teach, serve, and share life together.

Fellowship involves supporting the weak and lifting up the oppressed.



In 1 Corinthians 12, Paul compares Christ-followers to a body—the body of YAHSHUAH. Every Christian is a part of this body (vs. 27), every part needs the others (vs. 21), and every part should be concerned for the others (vs. 25-26).



The True Church helps its members grow in all ways. Spiritually and promote their leadership roles like a loving father and mother.

In addition, no part of the body—no member of the church—can claim to be a self-sufficient unit (vs. 15-16). Since the local church is the method God has cho-

sen for us to join together and live like a cohesive body, church attendance is very important for that fellowship to be strong. And attending a Church which has no fellowship is of no benefit. Let us encourage our church to inculcate true fellowship.

True fellowship involves sharing during times of griefs and mourning.



The local church is where we learn about God (Acts 2:42). It's also how we build each other up through encouragement (Hebrews 3:13), exhortation (Hebrews 10:24), service (Galatians 5:13), honor (Romans 12:10), and compassion (Ephesians 4:32).

A dead Church is one that does not play any role in building its members, **does NOT bear fruits and a that church which is full of strife.**



The world will influence our beliefs and thoughts more than the Word if we do not have a loving and caring fellowship (Hebrews 10:25). In the church, however, God has provided people who can remind us who He is and how much He loves us (Romans 15:14).

What to look for in a true Messianic Fellowship

Brothers and sisters should live in a relationship that encourages blessings as well as loving confrontation and not jealousy (Galatians 3:28; 1 Thessalonians 5:11).

A good church will also encourage, train, and equip members in their spiritual responsibilities (Ephesians 4:14; Hebrews 10:24). The church is the place where the power of the Holy Spirit is manifest in the service of its members, leading to mutual growth and a passion to reach the lost world for Christ.

Finally, the true church of Elohim will meet its members' practical needs. It will have a place where each member can serve the others and where members can entrust their lives (James 1:22-27; 1 Peter 4:10). True Church needs to be a home where every member can run to (1 Corinthians 12:14-27). True Church will be willing to meet the needs of its members (James 1:27). Always, it will include an atmosphere of love and caring, forgiveness and reconciliation (1 John 3:11; Matthew 18:21-22; 2 Corinthians 5:18-19).



True fellowship by unselfish working together in our Father's vineyard

The church is the spiritual family of the believers. We should have a church that presents proper teaching and has realistic expectations of its members. But it's also important that the church be a place where each member is cared for and appreciated. The Church should reflect the love of Elohim in His people (the members).

May our loving Father Elohim help us cultivate the true Church Fellowship.

By Bro Ezekiel Ngogoyo ngogoyo10@gmail.com

ONLY A PRECIOUS FEW FIND

The Narrow Way

BY VICTOR CHIRCHIR

Following Yahshua will mean a road different from what the world in general travels. Obedience to Elohim means going against the mainstream, leaving behind some relatives and friends who cannot understand the truth of the Bible at this time.

Our savior explains that not many find that true way:

Matthew 7 [NIV] [vs. 13] "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it.

[vs. 14] But small is the gate and narrow the road that leads to life and only a few find it.

We shouldn't expect that many will want to obey the word as we always proved it. Most people have earthly goals, be their money, friends or prestige. The whole orientation of their lives is carnal and not spir-

itual. In that state they are at natural odds with the truth:

Romans 8 [NIV] [vs. 7] the sinful mind is hostile to Elohim. It does not submit to Elohim's law, nor can it do so.

Full obedience to Elohim means that will be given protection and guidance in all we do. Furthermore, He promises that our personal property will be guarded while we attend His feasts. Note His promise:

Exodus 34 [NIV] [vs. 24] I will drive out nations before you and enlarge your territory, and no one will covet your land when you go up three times each year to appear before the LORD your Elohim.

The same sovereign one who guarded Israel will honor His pledge to those who take hold of His covenant.

Shalom.

Elohim bless thee.

Mentor Chirchir Victor

The CHOICES We Make

BY SAM NDERITU

The choices we make make us,
 So apostle Peter when he was been crucified,
 He had no more words,
 But he said i choose you again,
 He chose to die,
 He chose Messiah rather than pardon,
 Like John said in 1john 4:4
 Do not love the world or anything in it,

 When Paul was captured by Emperor Nero,
 He chose to beheaded for Yahshua,
 After preaching in cities, villages and in Rome,
 He said "I have fought the good fight,
 I have finished the race,
 I have kept the faith,"
 In 2Tim 3:7 all words said.
 In store for him is a crown of righteousness,
 He chose Yahshua again and again.

As he said in Romans 8:39,
 Neither height nor depth nor life,
 Can separate us from the love of Elohim,
 He chose Yahshua again and again,
 Will we do the same?
 No matter the struggles will we?
 For Messiah could choose to save us again,
 So choose Him again and again.

Hannaniah, Mishael and Azariah said
 "Let be known to thee king,
 We will not serve thy gods"
 Daniel 3:17-18
 If the lord delivers us or not,

We will still serve Him,
 The fearless, believing voices of our forefathers,
 And the Adonai did save them,

 Messiah our savior in Matthew 4:8-10,
 Was shown all the riches of the world by Satan,
 But He said
 "Worship thy lord thy Elohim and him shalt thou serve"
 The choice our savior made,
 Lies in front of us brethren,
 Pleasures of this world or serving Elohim,
 It's for us to choose.

From old covenant to the new covenant,
 From the wilderness to the land of milk and honey,
 From Abraham's, David's and Messiah's time,
 Men with blood and flesh like us,
 Korah, Dothan, Jannes and Balak,
 Still with flesh and blood,
 Some chose serving the Almighty,
 Some chose deceit.

Hebrews 3:7 talks about today,
 Harden not your hearts,
 Talks about today
 Not tomorrow but today,
 Let's choose serving the Lord,
 For He chose us in midst of other's
 Let's serve our Savior
 Let's choose our Savior

By Psalm

Messiah As A Package

KABATI

During his ministry on the earth Messiah outlined the importance of giving "Meat in due season". Matthew 24:45-46 "Who then is a faithful and wise servant, whom his lord hath made ruler over his household, to give them meat in due season? Blessed is that servant, whom his lord when he cometh shall find so doing." As attested in the aforementioned verses emphatically on the former, it is only the faithful and wise servants that would be giving the 'Meat in due season'. In the Latter, there is a blessing when the Messiah comes and will find him doing so. In our times the "Meat in due season" is the 3rd Angel's Message. Revelation 14:9 And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, 14:10 "The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: "harmonized with 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."

Nyandurua County is known for production of food consumed by the country at large. Kabati being in the aforementioned County is very cold unlike other counties in the country. The conveyance of the message was planned after the Passover, whereby a Messianic Pastor from Kabati requested for the same at the place. As usual the mission would need good time of preparations both physically and spiritually. On the appointed day, the message conveyers arrived earliest for the week's long Mission. Since the nearest Messianic Church was a distance from the conveyance point, the Pastor home and some rented houses become the accommodation quarters for the Messengers and other believers who came to support the mission.

During the message conveyance, we had positive feedback from the people around the

area. Like the preceding missions, we maximized our time by conveying the message from morning till very late at night. The local authorities had given us till late in the night for us to convey the message and hence we maximized the time. Ephesians 5:16-'Redeeming the time, because the days are evil.' The Sabbath day we received reinforcement from the neighboring Messianic churches/assemblies. We had visitors, Messianic believers, from different counties arriving on Friday. Since the message was being conveyed at the open area, we did put tents and kept the Sabbath the same venue we had mounted our instruments to convey the message. The action of keeping the Sabbath inside the tents at the venue was very timely since the non-believers joined us in the service.

On the Sabbath day we did baptism. This was very touching since the aforementioned was and is the best reciprocation for the Message conveyed. Mark 16:15-And he said unto them, Go ye into the entire world, and preach the gospel to every creature. 16:16 He that believeth and is baptized shall be saved; but he that believeth not shall be damned. After the mission ended, I was left behind for some follow ups since many were requesting for more input. Together with the Pastor we found it noble to let the natives get conversant with our faith by having a place designated for Sabbath Keeping in the center. Hence the Pastor was to engage a potential landlord on the same.

Coincidentally, in this mission we met with one of the 3rd Angel Messenger's editorial team, Abigail and her family.

We are hopeful that the mission will bear fruits. May Elohim bless all people who took part in the Mission. 1 Corinthians 15:58 Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.

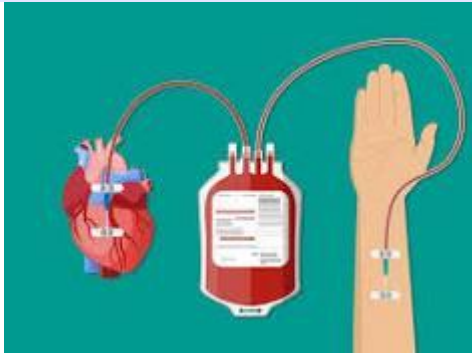
'Messiah as package continues...'

Shalom.



BLOOD TRANSFUSION AND ORGAN TRANSPLANT, IS IT CONSUMPTION?

BY ABIGAIL CHEPKOECH



sion and organ transplant right?

A. What is food?

When something is considered food, it goes through digestion process, going through the gut (kwenye koo)...broken down into useful nutrients in the body.

So let's see what happens during blood transfusion and organ transplant.



Blood transfusion becomes necessary when a patient has insufficient blood due to an illness or a certain problem, and therefore needs a top-up. Before the donor donates blood, his health status is checked, to ensure he doesn't lose his life in the process. That's why people are given some food (soda and bread) afterwards, to regain energy. The same applies to organ transplant; it is a matter of replacement, to maintain life. During the process, the life of the donor shouldn't be lost. So at the end of these processes, the donor's life is maintained, while the recipient's life (if successful) is retained. The intent of this is to save a life.

So here, no blood or flesh is digested, making it not

to be worth the title "food".

Advancements in the current age may be deceiving, and therefore it is noble to be keen. So, is blood transfu-

B. What is the actual intention of carrying out blood transfusion and organ transplant?

The central theme of our faith is life...no faith can work out without life in a person. So when blood transfusion or organ transplant become one of the few remaining ways to safeguard a human life, it is considered a selfless thing to help, as long as it won't cause death of the donor.

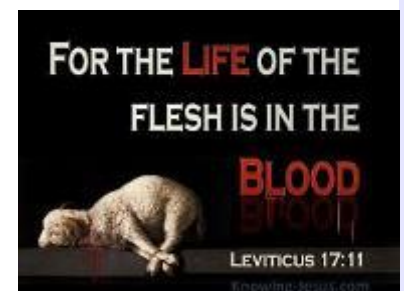
Though it's not that we hold a person's life, Elohim does, and may therefore make it a success. In the forty points of doctrines, the eleventh states "We believe that there is power in the prayers of the righteous"... while the twelfth states "We believe that the payer of faith and anointing with oil will heal the sick" (James 5:14-15). We hold above all, that Elohim is the giver of life.

These were nobler than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.

Acts 17:11

Shalom!

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ARE YOU A SPIRITUAL WARRIOR? ARE YOU ARMED?

BY HOSEA RONO

In this article:

Youth and Challenging Times
Be Aware; The Devil's Constant Arrows
Our Defender: Messiah
The Assignment He Tasks Us With
Let's Take a Challenge
Psalms Today

Youth and Challenging Times



We live in challenging times. Yes, we sometimes face spiritual wars to the point we just want to give up altogether. Our messianic youth today face massive pressures from the outside world. The pressures and urges that incline us to the dark side; to sin. And you should not be surprised because all these are tailored by our adversary the devil.

"Be alert, be on watch! Your enemy, the Devil, roams around like a roaring lion, looking for someone to devour." 1st Peter 5:8 [The Good News Bible]

The threshold of youth is the most fragile and equally technical period in human life. More so for those who profess Messiah. You are not alone here. The rest out there are facing tumultuous times as well. Sometimes, others face even rougher blows of life and spirituality than yours. Satan targets his missiles at those who have been saved. Whether we win or lose this war, it plays a pivotal role in our lives afterward. **May we always have the courage and strength to fight and win!**

Be Aware: The Devil's Constant Arrows

Satan fights and he fights incredibly hard. He is no stranger to the art of spiritual savagery and war. Satan is a ripe veteran when it comes to spiritual wars. And he is constant in what he does. He adds gears every day intending to make us fall. Again, he is pretty tactical in how he executes his missions.

Satan identifies a loophole in our faith and mounts pressure on that particular point. He summons his armies and all expertise. And then he lays siege at your weak points for as long as it takes. Once you allow him a chance or give up, he capitalizes on that opportunity to drown you. What a fall! The Heavens will mourn. God is never pleased when the righteous fall or turn back.

"My righteous people, however, will believe and live;

but if any of them turns back, I will not be pleased with them"
Hebrews 10:38 [The Good News Bible]



Our Defender: Messiah

Luckily, we have a Defender who is way too Strong: Messiah. He is the lion of Judah and the firstborn of God. In **Revelation 1:9-20**, Apostle John notes his amazing glory with awe and he trembled and bowed before him. He is mighty and all-powerful. He will rule the whole Earth for millennia during which time, Satan will be jailed in the abyss. Though he continues to brew trouble across the Earth, Satan knows his days are almost over.

So, sum up your courage and face those temptations with resilience and courage. You have someone who fights for you. Not an ordinary fighter, but he who fought and overcame death. Satan trembles at his face. Everyone will kneel before him. He is the mighty son of God.

"I am the Living One! I was dead but now I am alive forever and ever. I have authority over death and the world of the death

~Revelation 1:8 [The Good News Bible]

What Is Our Assignment?

Finally, our prime assignment is prayer. We should commit our times frequently in fervent prayers. We need to get magnetized with heavenly power through prayers. Once, we establish that strength, rest



assured all battles shall be ours to conquer. That assignment exhorts us to pursue righteousness. God Himself is holy. And once we attain this divine realm, Satan trembles at us too (Acts 19:12). During Paul's time and ministry, even his handkerchiefs and aprons healed the sick. Demons were driven out.

"Be joyful always, pray at all times"

1st Thessalonians 5:16

How strong we'll grow is squarely dependent on how much spiritual food we consume. It depends on how many spiritual weapons we have armed ourselves with. If you can sing, sing. When you listen to a good song, make sure you siphon all its content. *By all means, learn to constantly and relentlessly cement your relationship with The Lord through incessant prayers.* Read the Bible daily. That is God's way of communicating directly with us.

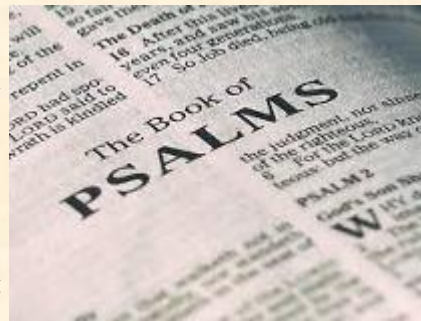
Let's Take a Challenge

Today is: **Wednesday, Tammuz 6, 5781 || June 16, 2021.** (As I pen this article)

One year from now, God's willing; how strong will you be? It all depends on what you'll do with these tips and highlights.

Be consistent in prayer progress and general spiritual awareness.

Psalms Today



Psalms 52:8 - *"But I am like an olive tree growing in the house of God; I trust in his constant love forever and ever" [GNB]*

May we always have the courage to fight and win!

Shalom. Peace with you!

Brother Hosea Rono

ERA OF ERRORS

BY FRED MUTAI

The current times have witnessed tremendous and sequential changes in all aspects of life ranging from social, economic and in the administrative arena. This notwithstanding has been brought about by the increase in technological advancement and the clamor to move with the wave of the world otherwise referred to as "necessary civilization".

Despite the positive and commendable impacts the advances have brought, its very alarming that the degree of moral conduct is decreasing in inverse proportion to the former. Human moral values are being degraded every day and the art of humanity already trashed. We watch of man slaughtering with our very own eyes being reported in our televisions, we hear rape cases almost every day, wars and battles are almost becoming the norm and way of life in our ears. Exposing body nakedness and illicit sex are now part of normal business. Envy, jealousy, hatred and all forms of immorality are part of current time's routine

But as it is written, all these things shall come to pass. 1thessalonians 5:1 But of the times and the seasons, brethren, ye have no need that I write unto you. 2 For your-

selves know perfectly that the day of the Lord so cometh as a thief in the night. Paul describes these generation as confused, untoward, erratic and disobedient. Acts 2:40 and with many other words did he testify and exhort, saying, Save yourselves from this untoward generation.

Then continued Paul, 2 Tim 2:1 This know also, that in the last days perilous times shall come. 2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, 3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, 4 Traitors, heady, high-minded, lovers of pleasures more than lovers of God; 5 Having a form of godliness, but denying the power thereof: from such turn away.

True saints are advised to distant themselves from all these ungodly ways. Col 2:8 Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

Thanks and be blessed

By Fred Mutai



My Health Today...

INVESTING IN A HEALTHY Lifestyle

BY RUTH GATHONI MUNGAI

INVESTING IN A HEALTHY LIVING

I recently visited my friend and a mentor in nutrition and dietetics and got so challenged. She practices at a certain company that supplies different types of porridge flours to other retailers. What caught my attention was how she did it and more, she could sell it but on top of that, offer nutrition information on the benefits of the flours and how best to mix the flours, proportions, and types, for optimal benefits. information is key.

We often visit the shops, stalls, and supermarket shelves and pick porridge flours of our choices, while some buy a mixture of it to get a healthier and better deal, but some, if not all, don't consider the nutrition factor while making these choices.

I would begin with letting you recall, or rather know that with nutrition, the best shot to give to your dear self is PREVENTION. What about prevention, you may ask? Allow me to use the analogy of a pregnant woman who essentially requires a lot of nutrients to sustain the growth and development of the growing fetus in the womb and enough for her body needs. These nutrients include iron, folic acid, calcium, vitamin A, just to mention but a few. Taking the case of calcium, the growing fetus requires adequate of it to develop healthy and strong bones and teeth. If the mother's body did not store enough calcium for the above purposes, the maternal calcium (in her bones and teeth) will be sourced to supply to the growing fetus, since the body will prioritize the fetal growth resulting in a maternal deficiency in calcium. It is evidenced when most mothers experience weak bones. But if the woman, before and during the pregnancy,

took enough calcium sources, she could have enough to supply to the fetus and her own body.

Iron also, a very vital mineral in brain development may be compromised when the nutrient is insufficient. The woman's body prioritizes fetal brain development by increasing iron transfer through the placenta as the maternal levels decrease. All these indicate the need for proper nutrients storage by the mother, which happens at PREVENTATIVE STAGE.

Our markets today contain very useful but under-utilized products, highly rich in nutrients and fetched locally. They include and are not limited to stinging nettle (thafai) powder, pumpkin flour (malenge) and pumpkin seeds powder, mulberry, moringa, amaranth, sorghum, millet, rosemary, lemongrass, etc.

These are nutrient-rich products and consumption benefits are outstanding. Incorporation into our foods and drinks would be of high benefit. In this article, we shall focus on a few of them and their nutritional benefits.

PUMPKIN FLOUR is a product of dried and ground raw fresh pumpkins. It has a sweet and irresistible taste. This flour can be used as an alternative to all-purpose flour.

What is in the pumpkin flour? The flour is yellow in color, which means it contains vitamin A. It is also rich in vitamin C, E, B5, Fiber, potassium, zinc, iron, magnesium.





PUMPKIN SEEDS POWDER



is a product sourced from grounded pumpkin seeds and a highly nutritious product. It is a source of protein (good for tissue build-up), rich in

phosphorous (good for bones), magnesium and potassium, zinc, and free from sodium (increases blood pressure). These products can be incorporated into yogurt, smoothies, cakes/cookies, and pancakes and also good in thickening sauces.

ROSEMARY is a popular product due to its flavor. It is locally available and contains Vitamin A, B-complex, antioxidants (phenols), detoxifier, muscle relaxer, anti-allergy and helps indigestion. Added into teas or plain water.



STINGING NETTLE (Thabai) is a very common product especially within the central regions of Kenya. It is an iron-rich product and can be consumed as a drink after boiling the leaves, like vegetables, and can be grounded to be added in porridge. Being rich in iron, it is very essential for women and ladies who require to replenish their iron stores monthly.



MULBERRY is a novel and highly nutritious food which can be acquired locally. Both the fruits and the leaves are important. The fruits are vitamin-rich and the leaves can be dried and grounded into a nutritious powder rich in amino acids, minerals, and vitamins, antioxidants (flavonoids and phenols). The product is



beneficial in that it is a good memory-booster, anti-carcinogenic, anti-hypertensive, anti-hyperglycemic (prevents diabetes risks), reduces liver inflammation, and supports weight management due to the presence of fiber.

MORINGA, often referred to as the miracle tree is a highly nutrient-rich product. It contains calcium (for strong bones), iron (for blood formation), vitamin A, fiber (for weight management), quercetin, and chlorogenic acid. Moringa is very useful in controlling blood sugar levels, lowering cholesterol levels,



rich in anti-oxidants, anti-hypertensive, anti-depressant. It can be incorporated in porridge or hot water to drink.

We are what we eat, and choosing a healthy lifestyle, including what we eat is key. Opting for such nutritious foods, and others will be effective to maintain a healthy living especially in the future.

Gathoni Mungai,

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BSc. Human Nutrition & Dietetics

WHAT IS MY BLOOD PRESSURE LIKE?

By Dr. Njogu Mureithi

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

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

What is hypertension? It is a state of persistently elevated (high) blood pressure (BP). Normally, a BP machine determines the value of your BP. The value is compared to the average normal and thereafter a decision can be made whether one is hypertensive or not.

Blood pressure categories in the new guideline are:

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

Why is it important to know your Blood Pressure? Just like any other chronic disease such as cancer and diabetes, hypertension is never recognizable at its early stage. Most people have elevated blood pressure without showing any symptoms or signs. When these signs and symptoms appear, they are most often an indication of advanced disease as a result of damage to important body organs such as eyes (poor vision), brain (headaches, stroke), heart (myocardial infarction commonly called heart attack) or even Kidneys (renal failure). If one can know their blood pressure levels, they can identify and prevent these unpleasant outcomes.

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

Prevention? Most importantly, let's know our BP! Whenever we come across a BP machine, let's not hesitate to know our BP. They are available almost everywhere including our workplaces and not just limited to health facilities. Secondly, let's eat healthy by avoiding high fat diet,

reducing salt intake, and including fruits and vegetables in our diet. Thirdly, let's know our Body Mass Index (BMI) which shows whether one is obese, overweight or not. It is usually simple, calculated by one's weight in kilograms divided by his/her height in square meters. If overweight or obese, let's start measures to bring down our weight which include and not limited to low energy (starch/caloric) diet and physical exercise. Lastly, exercise at least daily. We can walk, we can jog, we can go to the gym or wherever but the

- Underweight: BMI is less than 18.5
- Normal weight: BMI is 18.5 to 24.9
- Overweight: BMI is 25 to 29.9
- Obese: BMI is 30 or more

goal remains: at least do some exercise.

My BP is high. What do I do? High BP

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

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

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

PETER G. KING'ORI

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