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LETTHELIGHTSHNE

Keeping Fit Spiritually pg5

Ambassadors with a Difference pg10

Issues of Blood pg14

The Changing Face of Evangelism pg9
Messiah as a Package pg15
Complementary Feeding pg18





Editor's Note

to continue lighting our paths using the Almighty Father's word. Psalms 119:105. Thy word is a lamp unto my feet, and a light unto my path.32 Many Messianic believers are not aware of Satan's devices to absorb them in the darkened world. Most of the bible prophecies (light in the dark) about the times we live in are being fulfilled right in our eyes. The Prophets and the Apostles of the Messiah foresaw and warned us on the setbacks that would be in the world in our times. Messianic believers are the light of the world as affirmed by Matthew 5:14 "Ye are the light of the world. A city that is set



on an hill cannot be hid". It's the highest time we "LET THE LIGHT SHINE".

The technological advancement should help us convey the 3rd Angel's Message more than our predecessors. The foregoing is well elaborated in this issue "THE CHANGING FACE OF EVANGELISM" by Martin Makokha. "KEEPING FIT SPIRITUALLY" as advised by Lawrence Mugambi, is an article that emphasizes faith-based exercise. What is your role as a believer and worker in Elohim's vineyard, do you represent the heavenly kingdom where you are an ambassador? Kennedy Changandu article answers in "AMBASSADORS WITH A DIFFERENCE". Abigail Chepkoech writes on "ISSUES OF BLOOD". In health corner, Gathoni Mungai inputs on "COMPLEMENTARY FEEDING". "MESSIAH AS PACKAGES" Continues...

As our Country continues to engage the issue of hunger facing most parts of the country, Messianic believers should join hands with entities offering support in helping those in dire need by offering material support(food) and spiritual support(prayers) since it's also a mode of conveying the good news.

Acts 11:28 And there stood up one of them named Agapes, and signified by the Spirit that there should be great dearth throughout all the world: which came to pass in the days of Claudius Caesar. 11:29 Then the disciples, every man according to his ability, determined to send relief unto the brethren which dwelt in Judaea:

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LET THE LIGHTSHINE By Peter Kings



he prophecy given many years ago by the Apostles of Messiah, emphatically by saviour of the body. 5:24 Therefore as the nearer than when we believed.". church is subject unto Christ, so let the wives be to their own husbands in everything. concerning Christ and the church."

In the prophecy captured in the 12th Chapter of The Book of Revelation, the woman was clothed with the sun and the moon under her feet as attested in verse 1 "And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars:" .From the foregoing, sun as the ruler of the day symbolizes the light in the church that illuminates near and far. The moon was under the woman's feet, which symbolizes the action of the church to fight the darkness (sin/evil), consequently overcoming it. Being the remnant, we have an obligation of spreading the light to all parts of the world. Our predecessors in faith emphatically the Apostles John the brother of James, concerning gave their best and all to make sure that the the remnant, has been fulfilled as prophesied. light in them reached as many people as they In the 12th Chapter of The Book of Revelation, could. They sacrificed their lives ,time and we find the prophecy of the Woman (church) resources to reach more people and hence and Satan. The former overcomes the latter and changed many individuals who were in consequently passes the victory to her offspring darkness. As a of result of the predecessor's zeal in the succeeding ages. In Bible prophecy a to spread the light we are here as the remnant, Woman represents Church as affirmed by henceforth it's our duty now to spread the light Ephesians 5:22 "Wives, submit yourselves unto to the World bearing in mind that time is of your own husbands, as unto the Lord. 5:23 For essence as attested in Romans 13:11" And that, the husband is the head of the wife, even as knowing the time, that now it is high time to Christ is the head of the church: and he is the awake out of sleep: for now is our salvation

5:25 During Messiah's ministry in the world, it is Husbands, love your wives, even as Christ also crystal clear that he was the great light of the loved the church, and gave himself for it; 5:26 world as affirmed in Matthew 4:16 "The people That he might sanctify and cleanse it with the which sat in darkness saw great light; and to washing of water by the word, 5:27 That he them which sat in the region and shadow of might present it to himself a glorious church, death light is sprung up.". Our Saviour imparted not having spot, or wrinkle, or any such thing; his light to his followers and those who would but that it should be holy and without blemish. believe and obey his words through his 5:28 So ought men to love their wives as their followers. Once an individual receives this light own bodies. He that loveth his wife loveth from the Messiah he/she becomes light as himself. 5:32 This is a great mystery: but I speak outlined in Matthew 5:14 Ye are the light of the world. A city that is set on a hill cannot be hid. There is a task bestowed to an individual once



he received the light as highlighted in the modes and mediums of spreading the light in succeeding verse of the aforementioned us. We are tasked with the duty of reaching as and it giveth light unto all that are in the reward us at the appointed time. If the whole house.". From the foregoing we can confidently world was in light then it could be a nice place state that an individual has the prerogative to to live. When Messiah comes the second time in use the light in him/her as he/she wishes. the world, we know that his light will illuminate Nevertheless we have already been given a the whole world and eliminate the darkness in people in the world. Our Almighty father loves worldly kingdom. Prior the establishment of the everyone in the world and it's his desire that all peaceful kingdom, it is the remnant who have he sent his only begotten son to the world as world. affirmed by one of the most recited verse in the bible John 3:16" For God so loved the world, Everyone who truly believe he/she is a remnant that he gave his only begotten Son, that should be very zealous in spreading the light in whosoever believeth in him should not perish, him/her. We should also consider others and but have everlasting life.".

As a matter of fact there is dire consequences were in darkness. Ephesians 5:8 " For ye were for withholding the light in us and failing to sometimes darkness, but now are ye light in the illuminate the world. On judgement day, we Lord: walk as children of light:" For those shall give an account of the light in us. If we remnant that are asleep: Ephesians 5:14 spread the light to the World, we shall be "Wherefore he saith, Awake thou that sleepest, rewarded, if we don't spread the light in us we and arise from the dead, and Christ shall give shall be punished. 2 Corinthians 5:10" For we thee light.". must all appear before the judgment seat of Christ; that every one may receive the things Finally, as the remnant, let's pursue peace with done in his body, according to that he hath all people in the world. Let's also work hard done, whether it be good or bad.".



evil, we spreading the light in Shalom.

,Matthew 5:15 " Neither do men light a candle, many people as we can, knowing very well that and put it under a bushel, but on a candlestick; our heavenly father is just, and he will equally clear directive to follow by the Messiah. The the world. Consequently, we shall have the directive is that we should give the light to all peaceful kingdom, as opposed to the current people receive the light since that is the reason been entrusted with spreading the light to the

> sacrifice our energy and time to reach them knowing very well that even we at some time

toward perfection so as to be blameless on the day of our Messiah. Philippians 2:15 "That ye When the may be blameless and harmless, the sons of world gets God, without rebuke, in the midst of a crooked darkened and perverse nation, among whom ye shine as and more lights in the world;"

should ask Jude 1:24 Now unto him that is able to keep ourselves you from falling, and to present you faultless whether before the presence of his glory with exceeding we are truly joy, 1:25 To the only wise God our Saviour, be doing the glory and majesty, dominion and power, both best in now and ever. Amen.

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Keeping FIT Spiritually

By Lawrence Mugambi

hen one has been saved and has become a Believer, does that end the matter or begin it? Having had a genuine heart-felt conversion and having been baptized in water, what then? "Therefore if any man be in Messiah, he is a new creature: old things are passed away; behold, all things are become new" (2 Cor. 5:17).

As new creatures, what change has taken place? "But thanks be to Elohim, that, whereas ye were servants of sin, ye become obedient from the heart to that form of teaching whereunto ye were delivered; and being made free from sin, ye became servants of righteousness" (Rom. 6:11, 18, R.V.). "Therefore we are buried with him by baptism into death: that like as Messiah was raised up from the dead by the glory of the Father, even so we also should walk in newness of life" (Rom. 6:4).

And so we enter upon a new life with new desires, new aspirations, and new hopes. It is not enough to start; we must finish. "But he that shall endure unto the end, the same shall be saved" (Matt. 24:13). Having heard, believed and obeyed the word of truth, what then? "But be ye doers of the word, and not hearers only, deceiving your own selves" (James 1:22). And what does that word instruct us to do? in other words, what must we do to keep saved?

As new converts we are but "babes in Messiah" (1 Cor. 3:1), and we must grow. "Wherefore laying aside all malice, and all guile, and hypocrisies. and envies and all evil speakings, as newborn babes, desire the sincere milk of the word, that ye may grow thereby" (1 Pet. 2:1, 2). "But grow to grace, and in the knowledge of our Lord and Saviour Yahshua Messiah" (2 Pet. 3:18). And we cannot expect to grow in grace if we neglect the means of grace. If we are to keep saved and be strong and healthy Believers, we must take spiritual exercise regularly. How is this done?

Consecration

First of all, a life of daily consecration must be lived. We are exhorted: "...yield yourselves unto Elohim, as those that are alive from the dead, and your members as instruments of righteousness unto Elohim" (Rom. 6:13): As new creatures in Messiah

Yahshua we have become His disciples — His servants, and it is our business to do His will. "... ye are not your own? For ye are bought with a price: therefore glorify Elohim in your body, and in your spirit, which are Elohim's" (1 Cor. 6:19, 20). And how is this to be accomplished?

"I beseech you. therefore, brethren, by the mercies of Elohim, that ye present your bodies a living sacrifice, holy, acceptable unto Elohim, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of Elohim" (Rom. 12:1,2).

We must be filled with the Spirit, for the Spirit-filled life is the only really successful Believer life. In fact, we are told. to "..be filled with the Spirit" (Eph. 5:18). This is not merely, a suggestion; it is a command. Let us remember that it is one thing to have the Spirit, and it is quite another thing to be filled with the Spirit. All Believers have the Spirit, for it is written: "Now if any man have not the Spirit of Messiah, he is none of his" (Rom. 8:9). However, all are not sufficiently filled with the Spirit. Thus, inasmuch as all are to abound spiritually, there should be a constant seeking to be filled more and more with the Spirit. Messiah said:

"If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?" (Luke 11:33). This is the power that we need for witnessing, for service, and for living the victorious life. Lack of this is the chief cause of so much backsliding.

Bible Study

Another important part of keeping fit is Bible study. We should read and study the Bible daily. To neglect this is dangerous. "My people are destroyed for lack of knowledge" (Hosea 4:6). As children of Elohim, we are to do the will of Elohim, and we must study His Word to learn what His will is. "Study to shew thyself approved unto Elohim, a workman that needeth not to be ashamed, rightly dividing the word of truth" (2. Tim. 2:15). "All scripture is given by inspiration of Elohim, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of Elohim may be perfect, thoroughly furnished unto



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all good works" (2 Tim. 3:16, 17).

Paul also said: "Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee" (1 Tim. 4:16). Error abounds on every hand, and we must constantly turn to the Word for protection against false teaching. Yahshua said: "Take heed that no man deceive you" (Matt 24:4), "Search the scriptures; for in them ye think ye have eternal

life: and they are they which testify of me" (John. 5:39), and "And ye shall know the truth, and the truth shall make you free" (John 8:32)

truth shall make you free" (John 8:32).



Prayer

In order to keep spiritually fit the Believer must make constant use of prayer. There can be no spiritual growth and victories over sin without it. How often should a Believer pray? Paul said: "Pray without ceasing" (I Thess. 5:17). Of course, we know that one cannot literally spend all his time on his knees, but it is possible for each one to keep his heart "on its knees?" Posture of body is not as important before Elohim as the attitude of the heart.

Regular times daily for prayer is the foundation of the Believer life. The prophet Daniel, "kneeled upon his knees three times a day, and prayed, and gave thanks. before his Elohim..." (Dan. 6:10). The Psalmist said: "Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice" (Psa. 55:17). Yahshua spent long hours in prayer. He is our great example. (See Matt. 14:23; Luke 6:12).

Service

And there must be service in order to keep spiritually strong. We are saved to serve. His call to discipleship means a life of active service for Him. He says: "Follow me, and I will make you fishers of men" (Matt. 4:19). He "went about doing good" (Acts 10:38), and He said: "if any man serve me, let him follow me ...if any man serve me, him will my Father honor" (John 12: 26). We cannot serve two masters — Messiah and the world. "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one,

and despise the other. Ye cannot serve Cod and mammon" (Matt. 5:24). And Paul added:

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord

Messiah" (Col. 3:23, 24). We must follow Him only. He alone should be our example. "He that saith he abideth in him ought himself also so to walk; even as he walked" (1 John 2:6). And let us not forget these words: "Therefore to him that knoweth to do good, and doeth it not. to him it is sin" (James 4:17).

Self-Denial

We must also live a life of self-denial. "Then said Yahshua unto his disciples, if any man will come after me, let him deny himself and take up his cross, and follow me" (Matt. 16:24). That this is to be a daily practice is made plain in Luke 9:23. Selfishness is the cardinal sin today among professed Believers, and self must be put aside if we would follow Messiah. There can be no true discipleship without the practice of self-denial. Paul tells us: "Let this mind be in you, which was also in Messiah Yahshua: who, being in the form of Elohim, thought it not robbery to be equal with Elohim: but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: and being found in fashion as a man, he humbled himself, and became obedient; unto death, oven the death of the cross" (Phil. 2:5-8).

The life of the Master was one of continual self-denial. Paul fought to overcome self, and practiced a rigid self-denial. "But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway" (1 Cor. 9:27). After all, the greatest battle we have to fight is the one against self. Keeping spiritually prepared also involves shunning worldliness. There must be no compromise here. Peter tells us: "Abstain from all



Keeping fit Spiritually

appearance of evil" (1 Thess. 5: 22). Just because something may not seem to be wrong does not mean that it is right. It we act and talk and live like sinners how can we expect people to have confidence in our profession of Messianism? "Love not the world, neither the things that are in the world. If any man love the world, the love or the Father is not in him" (I John 2:15).

There is a difference between a worldling and the true child of Elohim. Yahshua said: "He that is not with me is against me..." (Matt. 12:30). There is no middle ground. "If ye then he risen with Messiah, seek those things which are above, where Messiah sitteth on the right hand of Elohim. Set your affection on things above, not on things on the earth" (Col. 3:1, 2). We may be criticised, ridiculed, and even ostracized, but that is to be expected, for it is written: "Wherein they think it strange that ye run not with them to the same excess of riot, speaking evil at you" (1 Pet. 4:4).

Right Words

Another way to keep fit spiritually is to guard the tongue. Our words are an index to our character: "...for out of the abundance of the heart the mouth speaketh" (Matt. 12:34). There is a saying that "talk is cheap," but from the words of Yahshua it would seem that too much talking may prove to be a rather expensive indulgence. "But I say unto you, That every idle word that men shall speak, they shall give account thereof in the Day of Judgment" (Matt. 12: 36). Note what is said about the one who does not control his tongue:

"If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain" (James 1:26). What, then, shall we do? "For he that will love life, and see good days, let him refrain his tongue from evil and his lips that they speak no guile" (2 Pet. 3:10).

Giving

Giving of our means is another prerequisite to keeping spiritually healthy. Paying is just as much a part of our religious lives as praying. Elohim says: "Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it" (Mal. 3:10). The tithe (tenth) of our increase belongs to the Lord. To withhold it is to rob

Elohim. (See verse 8).

How can we expect to prosper if we withhold from Him what rightfully is His? "Honour the Lord with thy substance, and with the first fruits of all thine increase: so shall thy barns be filled with plenty. and thy presses shall burst out with new wine" (Prov. 3:9, 10). Paul tells us we ought "to remember the words of the Lord. Yahshua, how he said, It is more blessed to give than to receive" (Acts 20:35). And he also said: "freely ye have received, freely give". (Matt. 10:8). Study also Luke 12:16-21.

Obedience

Who will finally be saved? "But he that shall endure unto the end, the same shall be saved". (Matt. 24:13). We must keep the commandments. "Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city" (Rev. 22: 14). "Here is the patience of the saints: here are they that keep the commandments of Elohim, and the faith of Yahshua" (Rev. 14:32). Who are these saints? "Unto the church of Elohim which is at Corinth, to them, that are sanctified in Messiah Yahshua, called to be saints, with all that in every place call upon the name of Yahshua Messiah our Lord, both theirs and ours" (1 Cor. 1:2). "Now therefore you are no more strangers and foreigners, but fellow citizens with the saints, and of the household of Elohim" (Eph. 2:19). And now;

"Let us hear the conclusion of the whole matter: Fear Elohim, and keep his commandments: for this is the whole duty of man" (Eccl. 12:13).

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Yours in Messiah, Lawrence Mugambi Peace be with you. Shalom





luke 4:18,19

Yahshua says:

"The Spirit of יהוה is upon Me. because He has anointed Me to bring the Good News to the poor. He has sent Me to heal the broken-hearted, to proclaim release to the captives and recovery of sight to the blind, to send away crushed ones with a release, to proclaim the acceptable year of הוה."



By Martin Makokha

One of his last assignments on earth before ascending to the heavenly glory, Yahshuah left an order to his disciples. This orders as captured by the gospel of Mark was to preach the gospel into the entire world and to every creature. This is a shift from what he had told them three years earlier; "These twelve Yahshuah sent forth, and commanded them, saying, Go not into the way of the Gentiles, and into any city of the Samaritans enter ye not:" Matthew 10:5 It's clear that three years earlier the assignment was not to the gentiles but only to the lost tribe of the Israelites (Matthew 10:6)

This was a call to evangelism of which apostle Paul says, "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine." 2 Timothy 4:2 this requires the disciples to be readily armed at all times to preach the gospel.

During his days on earth, Yahshua took a period of three years training his disciples on various key issues one of them being, the modalities of preaching the gospel. Matthew 10 has some fundamental training packages that Yahshua passed to his disciples. These packages have been used over time have been very effective in calling nations unto repentance. A key module in the package that signifies the changing face is found in verse 16, "Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves"

Yahshua sent and even now he's sending forth ministers as 'sheep amidst of wolves.' Under normal circumstances it's the wolves that come for the sheep and not the vice versa. He knew what awaits his disciples; he was sending them harmless and defenseless into a cruel, cold and unfriendly world. The world is ready to prey on the disciples of Messiah just like wolves are to the sheep. The disciples never faced 'sheep-wolf' major challenge in the three years when Yahshua was with them. Clearly this was a future event to happen after the death and resurrection of Yahshua and its true even to us today.

Space and time may not allow for deeper analysis of the remaining sections of verse 16, but Messiah admonish them to be wise as serpents and harmless as doves. The principle of being harmless goes hand in hand with Yahshuah's sermon the mount (Matthew 5:38-44).

The most difficult module and is muchly needed in this dispensation is, 'be wise as serpents.' A famous Nigerian author once said, "Since the hunters have learned to shoot

without missing, the eagles have learned to fly without perching." This saying must be true and should be applied by evangelists amidst the changing dynamics of the wolves. The methods the apostles used in their evangelism really worked well and resulted in the gospel reaching more places. Post apostolic evangelism was marked with great persecutions that made the disciples of Yahshua move to various new fronts in an effort to escape from persecutions. In the process of escaping the persecutions the gospel was spread far and wide. In the early 19th century, among the methods used in evangelism included public debates and print media. Lots of magazines, tracts and pamphlets were printed and shared across; this was aided with the translations and publications of the Bibles into many native languages.

We are living in a period when the reading culture is fading among the majority of the targeted audience. Gone are the days when you could meet people on the streets with daily newspapers, novels and other books in their hands. When was the last time you saw someone reading a book on transit possibly in a flight, railway or even public service vehicle? The world is full of reading materials but we just don't read! Students and pupils in school do read for one purpose to pass exams. The days when students would read materials not related to their courses are slowly going by.

It was with this reality in mind that Yahshua gave a prophetic pronouncement in Matthew 10:16c, "....be ye therefore wise as serpents" NEMA is always on our neck over the noise that comes from the loudspeakers during evangelistic outreaches and soon these outreaches may be completely banned. We still have a duty to reach this society that barely read print media and is allergic to noise from evangelistic outreach loudspeakers.

A few years ago Televisions in Kenya went digital and thus opened up a new front in evangelism. Going through a list of available gospel TV stations around Nakuru city, I realized that there are over twenty religious stations. Indeed Messiah was right by saying, "......for the children of this world are in their generation wiser than the children of light." Luke 16:8. As bearers of the true gospel message we are still dragging our feet as even smaller Sunday keeping religious organisations marshal funds to broadcast via televisions.

We have a very important and urgent message that should reach every inhabitant of the world by any sound means possible. Yes, we do print and distribute leaflets but do we make a follow-up just to assess how many read those leaflets? It's that time that we should be wiser than the children of the world, as wise as the serpent in this changing face of evangelism in Kenya and around the world.

(Follow me on YouTube for more teaching, channel; ma makokha)

Ambasados with a Difference



By Pst JK Changandu

e begin with a very relevant question: Who is an ambassador? This is "...an accredited diplomat sent by a state as its permanent representative in a foreign country." (Online dictionary). The Wikipedia, another online source, defines the ambassador as: "...an official envoy, especially a high ranking diplomat who represents a state and is usually accredited to another sovereign state or to an international organisation as the resident representative of their own government..." Additionally, an ambassador may be an advocate for a brand, or a goodwill messenger (especially when charged with some specific role, for example, mediating peace between warring parties - remember the late UN Secretary General, Koffi Annan, during Kenya's 2008 post-election crisis?

The operative words in the above loose definitions are: ACCREDITATION and REPRESENTATION. The ambassador must have the full authority of his head of state back home, for him to be able to discharge his role in the foreign country to which he has been sent. In fact, the ambassador represents the country, so that, like a head of state is addressed as: "...His Excellency Mr soand-so..." His official vehicle is

adorned with a pennant with his country's national colours and has special plates. Similarly, both the embassy and the ambassador's official residence are regarded as his home country's territories.

Whatever the ambassador says or does in the foreign land where he serves is therefore always carefully weighed and treated with much gravity - it is his country speaking! His is the voice of his president, king, or prime minister of the home country. His country's interests come ahead of all else. He is always rooting for the best advantage for his country in such fields as trade, mining concessions, infrastructural contracts, educational opportunities, cultural influence, peace treaties etc. He aims to secure maximum benefits for his country while ceding or losing as little as possible to the competition (if any). Countries therefore seek to send their very best - brilliant, focused, well educated, charismatic, articulate, well cultured personalities to discharge these sensitive roles. Additionally, envoys are people whose integrity and loyalty to the home government must be beyond question. Even if what the diplomat must say is not congruent with the position of the host country on the matter at hand, he must make known his country's position in such honeyed, tactful,



Ambassadors with a Difference

diplomatic tones as to minimise any possible friction between the two countries. This is because a careless statement might undo much existing good between countries. Weighty, grave, sobering responsibilities indeed!

Such, and perhaps more so, is the role of Messianic believers as Yahshua's ambassadors. Says the apostle Paul: "...now then, we are ambassadors for Christ (Maschiakh in Hebrew), as though God were pleading through us: we implore you, on Christ's behalf, be reconciled to God..." (2Corinthians 5:20, NKJV, brackets mine). Are we accredited? Yes! Paul says we are "...APPROVED by God to be ENTRUSTED with the gospel..." (1Thessalonians 2:4, NIV, full caps mine).

The gospel message is literally the Good News about the soon-coming Kingdom of God (cf Matthew 4:17). Like Yahshua before us, this is the message we are to take to the world: "...but you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." (Acts 1:8, NIV). In other words, the born-again, Spirit-filled Messianic is a divinely appointed ambassador sent into the world to tell people the wonderful news about God's Kingdom and his message of salvation. His is a very special role, as Isaiah of old observed: "How beautiful on the mountains are the feet of those who bring good news..." (Isaiah 52:7, NIV).

It is a Kingdom unlike any other. It is an everlasting theocracy. Its territory encompasses the entire world! According to Daniel: "...then the sovereignty, power and greatness of the kingdoms under the whole heaven will be handed over to the saints, the people of the Most High. His kingdom will be an everlasting kingdom, and all rulers will worship and obey him." (Daniel 7:27, NIV. Also Revelation 11:15, Habakkuk 2:14 etc). It is a Kingdom that has no end and no other

kingdom will ever replace it!

As such, its representatives must radiate/beam this important difference to the world! In speech, in dress, in diet, in comportment, in lifestyle, in zeal etc. Charged Yahshua: "...be perfect therefore, as your heavenly Father is perfect..." (Matthew 5:48). And; "... you must be blameless before the LORD your God." (Deuteronomy 18:13). Just as the earthly envoy is usually impeccably attired and carries himself with sobriety while in the foreign country, so must we, as ambassadors of Elohim. We must always: "... APPROVE of the things that are MORE EXCELLENT..." (Romans 2:18).

We should always remember that we are called to be; "...the light of the world..." (Matthew 5:14). Our actions/lifestyle and how we relate or interact with unbelievers should always reflect the high calling to which Yahshua has summoned us. The people of the world ought to be able to "see God" through us. "Therefore, if anyone is in Messiah, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Messiah and GAVE US THE MINISTRY OF RECONCILIATION... (2Corinthians 5:17-18, NIV, emphasis added). We are peace ambassadors reconciling the world to God. We should not engage in godless chatter, but rather, our conversation should be seasoned with salt. We are, after all, the "...salt of the earth..." (Matthew 5:13).

On issues apparel, Messiah's ambassadors need to stick strictly to the biblical dress code. This is because, the way one is dressed says a lot about him. In Proverbs 7:10, we read: "...Then out came a woman to meet him, DRESSED LIKE A PROSTITUTE..." So, the manner of dress can abundantly speak about a person's profession. And we do not want to send the wrong message to the people we have been sent to! So what is the dress code for our Messianic



Ambassadors with a Difference

ambassador? In Deuteronomy 22:5, we learn that a woman should not be attired in men's clothing and vice versa. They (women) should also be dressed: "...modestly, with decency and propriety, not with braided hair or gold, or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God..." (2Timothy 2:9 - 10). See also 1Peter 3:3-4, Isaiah 3:18 - 23). The men, in their part, must not be sloppy and untidy, but should always seek to be presentable, as is appropriate for high ranking diplomats! (cf Genesis 41:14; 2 Samuel 19:24, 21:13 - 15 etc).

On issues to do with food, the Messianic ambassador should avoid gluttony, drunkenness and smoking (cf Deuteronomy 21:20, Philippians 3:19, Proverbs 23:21). Besides, he should maintain the dietary code given in Leviticus 11 and Deuteronomy 14 on clean and unclean meats. His example on this important matter will be good teaching to those he interacts with, as he zealously advocates for the Kingdom of Elohim. Remember, "...we are surrounded by a great cloud of witnesses..." (Hebrews 12:1).

As goodwill envoys advancing the "Messianic Brand", we have a long-standing obligation to portray Yahshua in the best possible light at all times. Our minds should be constantly renewed in the image of our Maker (Romans 12:2). This is through regular, diligent study of Elohim's word, fellowship and prayer. We should strive to avoid sin "...that so easily entangles..." (Hebrews 12:1). We should also not be "...conformed to the pattern of this world..." (Romans 12:2). Only then, can we be able to "test and approve what God's will is his good, pleasing and perfect will..." (Romans 12:2, last part).

Yahshua's ambassador should represent the Master with diplomacy and tact among unbelievers. We are called to be fishermen (cf Matthew 4:19), and no sane angler roils the waters he intends to fish in. The fish will obviously flee in alarm! No, he quietly introduces his baited hook into the river and patiently awaits for the fish to bite. He remains fully alert, ready to reel in the catch, the moment something moves his line. Thus, even when disagreeing with our listeners, the divergence need not be acrimonious for: "...the LORD's servant must not quarrel (2Timothy 2:24). We do not want to win the battle and lose the war, so it is always better to peaceably disagree with someone, but maintain an open door for further engagement in future.

Allow me to conclude with the words of the apostle Paul: "...

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." (Philippians 4:8-9, KJV). Shalom all ye Messianic Excellencies! Blessings.

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Heb 8:8-12

For finding fault with them, He says, "See, the days are coming," says יהוה, "when I shall conclude with the house of Yisra'el and with the house of Yehulah a renewed covenant, not according to the covenant that I made with their fathers in the day when I took them by the hand to lead them out of the land of Mitsrayim, because they did not continue in My covenant, and I disregarded them," says יהוה. "Because this is the covenant that I shall make with the house of Yisra'el after those days, says יהוה, giving My laws in their mind, and I shall write them on their hearts, and I shall be their Elohim, and they shall be My people. "And they shall by no means teach each one his neighbour, and each one his brother, saying, 'Know, 'in because they all shall know Me, from the least of them to the greatest of them. "Because I shall forgive their unrighteousness, and their sins and their lawlessnesses I shall no longer remember.



Issues of Blood

By Abigael Chepkoech



[2]Speak unto the children of Israel, and say unto them, When any man hath a running issue out of his flesh, because of his issue he is unclean. [19]And if a woman have an issue, and her issue in her flesh be blood, she shall be put apart seven days: and whosoever toucheth her shall be unclean until the even. Leviticus 15:2,19

It's a topic I've heard talked about in whispers and rumours, yet causing confusion. I've met 2 parallel responses from my friends, some saying a man or woman with the unclean issue should strictly not attend holy gathering, while some hold that it's fine. Let's make it clear. Should a woman go to church (and/or touch church items) when she's in her monthly period? Should a man attend a holy gathering when his seed of copulation goes out from him? Does this law still exist?

When Messiah came, some ordinances were done away with. He became the last sacrificial lamb to be offered for the cleansing of all sins and forms of uncleanness. The Ten Commandments were made firm while the other ordinances which were given were no longer necessary, since the seed was now come.

Wherefore then serveth the law? It was added because of transgressions, till the seed should come to whom the promise was made; and it was ordained by angels in the hand of a mediator. Galatians 3:19

lotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross Colossians: 2:14

[13]For if the blood of bulls and of goats, and the ashes of an heifer sprinkling the unclean, sanctifieth to the purifying of the flesh: [14] how much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God? Hebrews: 9:13-14

After His death, there should be no more animal sacrifices offered or priest to intercede for us, but rather, we approach Elohim more directly through the Son. During the historic day in Calvary, when Yahshua's rib was pierced, blood and water came out. Blood was a symbol for the washing of sins committed by breaking the 10 commandments, while water was for the customary laws.

In that day there shall be a fountain opened to the house of David and to the inhabitants of Jerusalem for sin and for uncleanness Zechariah 13:1

Then will I sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you Ezekiel 36:25

Cleanliness is next to godliness. Of all the days, a messianic is expected to maintain utmost cleanliness, neatness and hygiene, for health reasons and save her from embarrassment. Let a woman weigh...if she can bear with the muscle crumps that may come during her days, then she should not miss going to church. And if she can't, let her stay at home. Shalom

Shalon

his issue's " Messiah as a package " was conducted in two regions within the allotted time frame. The Mission hosted by Maseno University Messianic Students under the umbrella of Messianic Students Association of Kenya (M. S.A.K) began and ended well as captured in the following input.

The 3rd Angel's Message. conveyance ended on a high note in Western and Nyanza (Kima Market is in Western while Nyawita is in Nyanza). Actually, Maseno University is in two Counties, one in Nyanza (Kisumu) and the other one in Western (Vihiga) being the only University built across the Equator.

The Mission organized by the Maseno Students Association under the umbrella of M. S.A.K (Messianic Students Association of Kenya) did set a good precedent that can be emulated by any love oriented 3rd Angel's Messenger conveyer.

There was in harmony in every aspect of the mission hence a productive input. Like our predecessors in faith, emphatically the Apostles who were in one accord, the organizers were in unity.

Acts 2:1 And when the day of Pentecost was fully come, they were all with one accord in one place. The zeal bestowed to the Maseno University believers was reflected in their input towards the success of the Mission. Being students and under a tight academic calendar, it demanded a lot of sacrifice to effect the message conveyance.

Nevertheless, the aforementioned didn't suppress their input. On contrary, they inputted more than expected.

There are people who think they can serve Elohim if they had free time or more resources. The foregoing is a suppression from Satan. These students don't earn, nevertheless they sacrificed the little savings they had. Time-wise, they forfeited the academic input to allot time for the Message conveyance. Elohim Will reciprocate...

Galatians 6:9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.

At the climax of the mission the reinforcement by other institutions under M. S.A.K was timely. The churches sharing the Messianic creed of Revelation 12:17, around the region availed themselves, in unison. As I did input in another thread, unlike Central and Rift valley, Western and Nyanza regions are in dire need of the 3rd Angel's Message. As Messianic believers, we are not adversaries. We are associates hence we should embrace each other and convey the 3rd Angel's Message, since it is us who are entrusted with the Final Message to the World.

We have zealous People from the highlighted regions, emphatically in Nyanza and Western regions. The Patron of the Western Messianic Students Association a subset of the M. S.A.K can be engaged by anyone willing to take part in the 3rd Angel's Message conveying in the region.

We left for Central and Rift valley with other 3rd Angel's Messengers, having done our part to convey the message. Now the ball is in our brethren's court. Elohim will reward each player on his/her part at the appointed time. 1 Corinthians 3:6 I have planted, Apollos watered; but God gave the increase. 3:7 So then neither is he that

Messiah as a Package Mareno University Chapt









Rev 14:9 And the third angel followed them, saying with a loud voice...

Messiah as a package - Maseno Uni

planteth anything, neither he that watereth; but God that giveth the increase. 3:8 Now he that planteth and he that watereth are one: and every man shall receive his own reward according to his own labor. 3:9 For we are laborers together with God: ye are God's husbandry, ye are God's building.

As Messianic believers we don't seek applause or recognition from men. Nevertheless, I would like to commend the Maseno University Messianic believers for they delivered this task wholeheartedly. May Elohim reciprocate in their studies and more so guide them until the resurrection morning and reward them accordingly.

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

Messiah as a package continues....
Shalom.











My Health Today...

Complementary



fter breastfeeding a baby exclusively for 6 months (180 days), the mother is excited on introducing new feeds to the baby. This is called Complementary feeding i.e. the period of introduction of other feeds to the baby, other than breast milk. It begins from the age of six months, and continues all the way to 18-24 months, since breast milk alone after 6 months, is no longer sufficient to meet the nutritional requirements of the baby. However, breast feeding continues on demand.

Complementary feeding should be done sequentially as the mother monitors the baby's progress. Introduction of food should be done one at a time. Feeding should be timely, such that food is given as per the increase in energy and nutrient needs. It should be adequate, in the right amount to provide sufficient energy, proteins, vitamins and mineral needs to meet the growing child's nutritional needs, and thirdly, should be safe and properly given. Increase the baby's food consistency and variety as the baby grows, adapting to requirements and abilities.

In the first month (6th month), the baby is introduced to soft food, such as porridge (mix only 2 cereals and not more), mashed banana or

Feeding

potato with a thick consistency and fed 2-3 tablespoons, twice per day. Continue with breastfeeding at least 8 times per day.

At 7-8 months, introduce soft balanced foods with starch, proteins (plant proteins most preferred). Feed 3 times per day, a total of $\frac{1}{2}$ (half) a 250ml cup per day. For example, mashed potatoes, ndengu, vegetables and give a fruit in between meals.

From 9-11months, continue to breastfeed the baby on demand, for at least 6 times a day. Feed the baby 3 times, 3/4 cup a day and include a fruit as a snack in between meals. Introduce animal proteins to the baby (eggs, minced meat, omena, fish etc.)

At 12-24 months, increase the baby's food to a full bowl (or full 250ml cup) every meal. Give 2 snacks in between meals and breastfeed for at least 3 times a day. Remember, the baby at this stage should be eating the family food with a thick consistency.

Note. Once complementary food is introduced, the baby's food should be prepared with a little oil and small amount of iodized salt. Give enough water to drink. Practice good food safety and personal hygiene to avoid diarrhea and other illnesses.

Don't force your baby to eat, and finally, consult your doctor in case of any health related condition that would interfere with your baby's feeding.

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