

# *Have One Mind (in Christ) - Philippians 2:5*

## *A Monthly Magazine*

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### *Why Did God Not Say Something? - Jerry O'Donnell*

A lot of people struggle with situations in the Bible, especially related to God's mouthpieces, the prophets. So, what do these scenarios have in common?

Genesis 9:20-21 tells us, "And Noah began [to be] an husbandman, and he planted a vineyard: And he drank of the wine, and was drunken; and he was uncovered within his tent."

Genesis 16:1-4 reveals, "Now Sarai Abram's wife bare him no children: and she had an handmaid, an Egyptian, whose name [was] Hagar. And Sarai said unto Abram, Behold now, the LORD hath restrained me from bearing: I pray thee, go in unto my maid; it may be that I may obtain children by her. And Abram hearkened to the voice of Sarai. And Sarai Abram's wife took Hagar her maid the Egyptian, after Abram had dwelt ten years in the land of Canaan, and gave her to her husband Abram to be his wife. And he went in unto Hagar, and she conceived: and when she saw that she had conceived, her mistress was despised in her eyes."

Genesis 24:10-22 shows us, "And the servant took ten camels of the camels of his master, and departed; for all the goods of his master [were] in his hand: and he arose, and went to Mesopotamia, unto the city of Nahor. And he made his camels to kneel down without the city by a well of water at the time of the evening, [even] the time that women go out to draw [water]. And he said, O LORD God of my master Abraham, I pray thee, send me good speed this day, and shew kindness unto my master Abraham. Behold, I stand [here] by the well of water; and the daughters of the men of the city come out to draw water: And let it come to pass, that the damsel to whom I shall say, Let down thy pitcher, I pray thee, that I may drink; and she shall say, Drink, and I will give thy camels drink also: [let the same be] she [that] thou hast appointed for thy servant Isaac; and thereby shall I know that thou hast shewed kindness unto my master. And it came to pass, before he had done speaking, that, behold, Rebekah came out, who was born to Bethuel, son of Milcah, the wife of Nahor, Abraham's brother, with her pitcher upon her shoulder.

And the damsel [was] very fair to look upon, a virgin, neither had any man known her: and she went down to the well, and filled her pitcher, and came up. And the servant ran to meet her, and said, Let me, I pray thee, drink a little water of thy pitcher. And she said, Drink, my lord: and she hasted, and let down her pitcher upon her hand, and gave him drink. And when she had done giving him drink, she said, I will draw [water] for thy camels also, until they have done drinking. And she hasted, and emptied her pitcher into the trough, and ran again unto the well to draw [water], and drew for all his camels. And the man wondering at her held his peace, to wit whether the LORD had made his journey prosperous or not. And it came to pass, as the camels had done drinking, that the man took a golden earring of half a shekel weight, and two bracelets for her hands of ten [shekels] weight of gold."

Genesis 25:6 discloses, "But unto the sons of the concubines, which Abraham had, Abraham gave gifts, and sent them away from Isaac his son, while he yet lived, eastward, unto the east country."

**A Publication By Bible Believing Christians  
For Bible Believing Christians**

Exodus 2:11-15 disappointingly tells us, "And it came to pass in those days, when Moses was grown, that he went out unto his brethren, and looked on their burdens: and he spied an Egyptian smiting an Hebrew, one of his brethren. And he looked this way and that way, and when he saw that [there was] no man, he slew the Egyptian, and hid him in the sand. And when he went out the second day, behold, two men of the Hebrews strove together: and he said to him that did the wrong, Wherefore smitest thou thy fellow? And he said, Who made thee a prince and a judge over us? intendest thou to kill me, as thou killedst the Egyptian? And Moses feared, and said, Surely this thing is known. Now when Pharaoh heard this thing, he sought to slay Moses. But Moses fled from the face of Pharaoh, and dwelt in the land of Midian: and he sat down by a well."

Joshua 7:1-5 horrifically informs us, "But the children of Israel committed a trespass in the accursed thing: for Achan, the son of Carmi, the son of Zabdi, the son of Zerah, of the tribe of Judah, took of the accursed thing: and the anger of the LORD was kindled against the children of Israel. And Joshua sent men from Jericho to Ai, which [is] beside Bethaven, on the east side of Bethel, and spake unto them, saying, Go up and view the country. And the men went up and viewed Ai. And they returned to Joshua, and said unto him, Let not all the people go up; but let about two or three thousand men go up and smite Ai; [and] make not all the people to labour thither; for they [are but] few. So there went up thither of the people about three thousand

men: and they fled before the men of Ai. And the men of Ai smote of them about thirty and six men: for they chased them [from] before the gate [even] unto Shebarim, and smote them in the going down: wherefore the hearts of the people melted, and became as water."

Joshua 9:3-15 confusingly tells us, "And when the inhabitants of Gibeon heard what Joshua had done unto Jericho and to Ai, They did work wilily, and went and made as if they had been ambassadors, and took old sacks upon their asses, and wine bottles, old, and rent, and bound up; And old shoes and clouted upon their feet, and old garments upon them; and all the bread of their provision was dry [and] mouldy. And they went to Joshua unto the camp at Gilgal, and said unto him, and to the men of Israel, We be come from a far country: now therefore make ye a league with us. And the men of Israel said unto the Hivites, Peradventure ye dwell among us; and how shall we make a league with you? And they said unto Joshua, We [are] thy servants. And Joshua said unto them, Who [are] ye? and from whence come ye? And they said unto him, From a very far country thy servants are come because of the name of the LORD thy God: for we have heard the fame of him, and all that he did in Egypt, And all that he did to the two kings of the Amorites, that [were] beyond Jordan, to Sihon king of Heshbon, and to Og king of Bashan, which [was] at Ashtaroth. Wherefore our elders and all the inhabitants of our country spake to us, saying, Take victuals with you for the journey, and go to meet them, and say unto them, We [are] your servants: therefore

now make ye a league with us. This our bread we took hot [for] our provision out of our houses on the day we came forth to go unto you; but now, behold, it is dry, and it is mouldy: And these bottles of wine, which we filled, [were] new; and, behold, they be rent: and these our garments and our shoes are become old by reason of the very long journey. And the men took of their victuals, and asked not [counsel] at the mouth of the LORD. And Joshua made peace with them, and made a league with them, to let them live: and the princes of the congregation sware unto them."

1 Kings 19:1-9 again disappointingly reveals, "And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. Then Jezebel sent a messenger unto Elijah, saying, So let the gods do [to me], and more also, if I make not thy life as the life of one of them by to morrow about this time. And when he saw [that], he arose, and went for his life, and came to Beersheba, which [belongeth] to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I [am] not better than my fathers. And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise [and] eat. And he looked, and, behold, [there was] a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him

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The mission of *Have One Mind (in Christ)* is to encourage the desire of “Looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat” (2 Peter 3:12), “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth” (2 Timothy 2:15), and to “abideth in the doctrine of Christ” (2 John 1:9) by following the words of Jesus, “If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him” (John 14:23).

#### Editor and Founder

Jerry O'Donnell

#### About Have One Mind (in Christ) Ministry

This ministry is founded upon the necessity of raising the standard higher and higher. It is a non-profit, volunteer group of Christians who love God's Word and love people so much so that we do not want to see a single person lost.

#### Subscription and Donations

Although we are volunteers, the cost of this publication is challenging to provide to everyone for free. So, we are asking for a subscription of \$19 annually for 12 issues, and if the Lord impresses you with the means to be able to provide a donation, we definitely would welcome such and put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

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down again. And the angel of the LORD came again the second time, and touched him, and said, Arise [and] eat; because the journey [is] too great for thee. And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. And he came thither unto a cave, and lodged there; and, behold, the word of the LORD [came] to him, and he said unto him, What doest thou here, Elijah?"

2 Samuel 11:2-5 also sadly discloses, "And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman [was] very beautiful to look upon. And David sent and enquired after the woman. And [one] said, [Is] not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite? And David sent messengers, and took her; and she came in unto him, and he lay with her; for she was purified from her uncleanness: and she returned unto her house. And the woman conceived, and sent and told David, and said, I [am] with child."

2 Samuel 11:14-17 compounds the matter by telling us, "And it came to pass in the morning, that David wrote a letter to Joab, and sent [it] by the hand of Uriah. And he wrote in the letter, saying, Set ye Uriah in the forefront of the hottest battle, and retire ye from him, that he may be smitten, and die. And it came to pass, when Joab observed the city, that he assigned Uriah unto a place where he knew that valiant men [were].

And the men of the city went out, and fought with Joab: and there fell [some] of the people of the servants of David; and Uriah the Hittite died also."

2 Samuel 24:10 shows a further disappointing act is executed, "And David's heart smote him after that he had numbered the people. And David said unto the LORD, I have sinned greatly in that I have done: and now, I beseech thee, O LORD, take away the iniquity of thy servant; for I have done very foolishly."

2 Samuel 5:12-13 brings upon David a bad reputation when it comes to women by revealing, "And David perceived that the LORD had established him king over Israel, and that he had exalted his kingdom for his people Israel's sake. And David took [him] more concubines and wives out of Jerusalem, after he was come from Hebron: and there were yet sons and daughters born to David."

1 Kings 11:1-4 shows "like father, like son" by telling us, "But king Solomon loved many strange women, together with the daughter of Pharaoh, women of the Moabites, Ammonites, Edomites, Zidonians, [and] Hittites; Of the nations [concerning] which the LORD said unto the children of Israel, Ye shall not go in to them, neither shall they come in unto you: [for] surely they will turn away your heart after their gods: Solomon clave unto these in love. And he had seven hundred wives, princesses, and three hundred concubines: and his wives turned away his heart. For it came to pass, when Solomon was old, [that] his wives

turned away his heart after other gods: and his heart was not perfect with the LORD his God, as [was] the heart of David his father."

Matthew 16:13-23 tells us that these situations are not limited to the Old Testament, "When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am? And they said, Some [say that thou art] John the Baptist: some, Elias; and others, Jeremias, or one of the prophets. He saith unto them, But whom say ye that I am? And Simon Peter answered and said, Thou art the Christ, the Son of the living God. And Jesus answered and said unto him, Blessed art thou, Simon Barjona: for flesh and blood hath not revealed [it] unto thee, but my Father which is in heaven. And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it. And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven. Then charged he his disciples that they should tell no man that he was Jesus the Christ. From that time forth began Jesus to shew unto his disciples, how that he must go unto Jerusalem, and suffer many things of the elders and chief priests and scribes, and be killed, and be raised again the third day. Then Peter took him, and began to rebuke him, saying, Be it far from thee, Lord: this shall not be unto thee. But he turned, and said unto Peter, Get thee behind me, Satan: thou art an

offence unto me: for thou savourest not the things that be of God, but those that be of men.”

Matthew 26:69-75 tells us about the saddest of all of the situations, “Now Peter sat without in the palace: and a damsel came unto him, saying, Thou also wast with Jesus of Galilee. But he denied before [them] all, saying, I know not what thou sayest. And when he was gone out into the porch, another [maid] saw him, and said unto them that were there, This [fellow] was also with Jesus of Nazareth. And again he denied with an oath, I do not know the man. And after a while came unto [him] they that stood by, and said to Peter, Surely thou also art [one] of them; for thy speech bewrayeth thee. Then began he to curse and to swear, [saying], I know not the man. And immediately the cock crew. And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly.”

So, did you catch the common theme throughout each situation? Despite all of these being people of God, they all acted at times without consulting with God and it led to disasters. God is not a helicopter parent despite being our Father. Even towards people of God, even prophets, He does not prevent poor decisions from being made, in fact, He does not give any warning to them as the situation unfolds. Many were told ahead of time that these things were wrong, so most of them should have known anyways, especially that polygamy practice that makes it difficult today to refute. How many times do we

hear, “David was a man after God’s heart, therefore, having multiple wives, especially since God did not intervene, is permissible!”

Sure, some of the situations were rebuked after the fact, but just because it is in the Bible and executed by a person of God does not make it automatically acceptable to God. They are revealed for other purposes, of which is not the point of this message.

Now, let us take a look at only a handful of scenarios on the opposite side. What do these situations have in common?

Joshua 7:6-11 tells us something that he should have done before verses 1 through 5 to avoid such a slaughter, “And Joshua rent his clothes, and fell to the earth upon his face before the ark of the LORD until the eventide, he and the elders of Israel, and put dust upon their heads. And Joshua said, Alas, O Lord GOD, wherefore hast thou at all brought this people over Jordan, to deliver us into the hand of the Amorites, to destroy us? would to God we had been content, and dwelt on the other side Jordan! O Lord, what shall I say, when Israel turneth their backs before their enemies! For the Canaanites and all the inhabitants of the land shall hear [of it], and shall environ us round, and cut off our name from the earth: and what wilt thou do unto thy great name? And the LORD said unto Joshua, Get thee up; wherefore liest thou thus upon thy face? Israel hath sinned, and they have also transgressed my covenant which I commanded them: for they have even taken of

the accursed thing, and have also stolen, and dissembled also, and they have put [it] even among their own stuff.”

Judges 16:25-31 shows us something that Samson should have practiced all along and would not have been in the situation he found himself in, “And it came to pass, when their hearts were merry, that they said, Call for Samson, that he may make us sport. And they called for Samson out of the prison house; and he made them sport: and they set him between the pillars. And Samson said unto the lad that held him by the hand, Suffer me that I may feel the pillars whereupon the house standeth, that I may lean upon them. Now the house was full of men and women; and all the lords of the Philistines [were] there; and [there were] upon the roof about three thousand men and women, that beheld while Samson made sport. And Samson called unto the LORD, and said, O Lord GOD, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes. And Samson took hold of the two middle pillars upon which the house stood, and on which it was borne up, of the one with his right hand, and of the other with his left. And Samson said, Let me die with the Philistines. And he bowed himself with [all his] might; and the house fell upon the lords, and upon all the people that [were] therein. So the dead which he slew at his death were more than [they] which he slew in his life. Then his brethren and all the house of his father came down, and took him,



and brought [him] up, and buried him between Zorah and Eshtaol in the buryingplace of Manoah his father. And he judged Israel twenty years.”

1 Kings 3:7-14 reveals something that should have been practiced every day to avoid the mess he created afterwards that even reached until the time of Jesus, “And now, O LORD my God, thou hast made thy servant king instead of David my father: and I [am but] a little child: I know not [how] to go out or come in. And thy servant [is] in the midst of thy people which thou hast chosen, a great people, that cannot be numbered nor counted for multitude. Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad: for who is able to judge this thy so great a people? And the speech pleased the Lord, that Solomon had asked this thing. And God said unto him, Because thou hast asked this thing, and hast not asked for thyself long life; neither hast asked riches for thyself, nor hast asked the life of thine enemies; but hast asked for thyself understanding to discern judgment; Behold, I have done according to thy words: lo, I have given thee a wise and an understanding heart; so that there was none like thee before thee, neither after thee shall any arise like unto thee. And I have also given thee that which thou hast not asked, both riches, and honour: so that there shall not be any among the kings like unto thee all thy days. And if thou wilt walk in my ways, to keep my statutes and my commandments,

as thy father David did walk, then I will lengthen thy days.”

Daniel 9:21-22 shows us that God is a God of answers, “Yea, whiles I [was] speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation. And he informed [me], and talked with me, and said, O Daniel, I am now come forth to give thee skill and understanding.”

Acts 10:1-6 tells us how God will provide every detail and guidance to us, “There was a certain man in Caesarea called Cornelius, a centurion of the band called the Italian [band], [A] devout [man], and one that feared God with all his house, which gave much alms to the people, and prayed to God alway. He saw in a vision evidently about the ninth hour of the day an angel of God coming in to him, and saying unto him, Cornelius. And when he looked on him, he was afraid, and said, What is it, Lord? And he said unto him, Thy prayers and thine alms are come up for a memorial before God. And now send men to Joppa, and call for [one] Simon, whose surname is Peter: He lodgeth with one Simon a tanner, whose house is by the sea side: he shall tell thee what thou oughtest to do.”

The common thing they all have is that of praying before acting and wanting to know God’s will in the matter along with being willing to then do His will. By the way, Eliezer was half right. He had prayed to find the right woman for Isaac and followed through with that, but then he returned to the customs that were practiced among the people of the land,

having a background from the pagan place of Damascus (Genesis 15:2), when he presented the jewelry to Rebekah. Now, this article is not about the jewelry topic, but typically we do not wear ornamentation and what we are doing is eliminating one argument that is used in supporting at least modest use of jewelry. Full investigation on the topic would require much more space to address all arguments. Just like those that use the “rich man and Lazarus” to justify immediate Heaven and Hell destinations upon death, we can safely say that the use of a parable is never a basis for doctrine, but space in this article does not provide enough opportunity to investigate that topic either in a deep manner to firm up the position of belief that we have.

Now, as always, God is not limited. There are some exceptions to what has been revealed. God in these three scenarios did stop a person from making huge mistakes, and they did not pray to know God’s will beforehand, however, exceptions do not negate, cancel, remove what was already stated about How God operates. God does not guide every action, prevent every mistake, etc., even among His prophets. Now, here is a sample of some exceptions:

Genesis 16:7-9 tells us, “And the angel of the LORD found her by a fountain of water in the wilderness, by the fountain in the way to Shur. And he said, Hagar, Sarai’s maid, whence camest thou? and whither wilt thou go? And she said, I flee from the face of my mistress Sarai. And the

angel of the LORD said unto her, Return to thy mistress, and submit thyself under her hands."

Jonah 1:2-4 reveals to us, "Arise, go to Nineveh, that great city, and cry against it; for their wickedness is come up before me. But Jonah rose up to flee unto Tarshish from the presence of the LORD, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the LORD. But the LORD sent out a great wind into the sea, and there was a mighty tempest in the sea, so that the ship was like to be broken."

Acts 9:1-6 shows us, "And Saul, yet breathing out threatenings and slaughter against the disciples of the Lord, went unto the high priest, And desired of him letters to Damascus to the synagogues, that if he found any of this way, whether they were men or women, he might bring them bound unto Jerusalem. And as he journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven: And he fell to the earth, and heard a voice saying unto him, Saul, Saul, why persecutest thou me? And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: [it is] hard for thee to kick against the pricks. And he trembling and astonished said, Lord, what wilt thou have me to do? And the Lord [said] unto him, Arise, and go into the city, and it shall be told thee what thou must do."

So, before anyone uses the argument, "If it is wrong, why did

God not tell that prophet that it was wrong", do realize that God allows all human beings to have the freedom to choose when decisions are to be made. The proper question should be, "Why did the person of God not consult

with God in the first place?" God indeed would have told them what was the proper thing to do. He is always ready to help us even in the littlest situations.



## ***I Am Come to Deceive The Whole World***



***How Satan, from his perspective, is distracting so many Christians while his agenda marches on.***

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**While people are distracted by sports, politics, Hollywood idols, etc., the march towards the agenda is already upon us and increasing in intensity.**

# Heavenly Health

**And speaking of “Cleanliness is next to godliness”...** as we touched on briefly at the end of February's article, I would like to expand a little on that theme by bringing out some important issues concerning cleanliness as associated with our health.

As we did bring out last month, we are admonished in 2 Corinthians 7:1 to “cleanse ourselves from all filthiness of the flesh and spirit”; this is just one Biblical reference to the importance of cleanliness. We are to take special care of these bodies we have been given, and cleanliness is within the reach of all. As we have already learned, the process of sanctification is a cleansing of the mind, heart and spirit to which we must add the physical body as well. Keeping our entire being, our clothing, our home, as well as our immediate outdoor surroundings clean, we will be much more likely to have better health.

A perfect example of life-saving changes which can occur simply by having clean bodies, clothing and surroundings can be found in the work of Florence Nightingale, probably best known for her hygienic nursing work which had its beginnings during the Crimean War in the mid-1800s when she became a pioneer in the field of public health. Women nurses were not welcomed near the war zone but the casualties were so numerous and fast-arriving, and area hospital facilities were so under-staffed and unsanitary that the Secretary of War permitted

her to organize and manage a group of about 40 female nurses to enter Turkey. She and her team of nurses transformed the hospital into a healthy, sanitary environment not only with the patients themselves, but in the bedding and entire rooms, operating theaters, and hallways in that hospital, which had to be meticulously scrubbed and sanitized. As a result, within just six months the mortality rate of patients fell from 40% to 2 %. Simple procedures such as hand-washing, hygiene and overall sanitation in the hospital helped to save thousands of lives during that war. Medical facilities around the world were changed due to the work and influence of Florence Nightingale which lives on and is proof that cleanliness saves lives. From practicing these procedures, the nursing profession was revolutionized and since that time many millions of lives have been saved by following basic, affordable rules of cleanliness.

Keeping the personal body clean is a daily necessity and responsibility. Here are a few paragraphs from a book called ***The Uses of Water in Health and Disease***, by Dr. J.H. Kellogg, which stress the importance of bodily cleanliness. Did you know we actually have an initiating built-in, self-cleaning function in our skin?

“The skin is one of the most important depurating [freeing from impurities] organs of the whole body. From each of its millions of pores constantly flows

a stream laden with the poisonous products of disintegration. As the water evaporates, it leaves behind these non-volatile poisons, which are deposited as a thin film over the whole surface of the skin. As each day passes, the process continues, and the film thickens. If the skin is moderately active, three or four days suffice to form a layer which may be compared to a thin coating of varnish or sizing. The accumulation continues to increase, unless removed, and soon undergoes further processes of decomposition. It putrefies, rots, in fact, and develops an odor characteristic and quite too familiar, though anything but pleasant, being at once foul, fetid, putrid, pungent, uncleanly, and unpardonable.

“But the offense to the nose is not the extent of the evil. The unclean accumulation chokes the mouths of the million little sewers which should be engaged in eliminating these poisons, and thus obstructs their work. Being retained in contact with the skin, some portions are re-absorbed, together with the results of advancing decay, thus re-poisoning the system, and necessitating their elimination a second time.

“One of the most serious effects of this accumulation of filth is the clogging of the perspiratory ducts. Their valve-like orifices become obstructed very easily, and depuration is then impossible. It is not wonderful that so many people have torpid skins. The



remedy is obvious, and always available.”

His suggested remedy, of course, is simply bathing. Since our skin is a major part of our excretory

system, it is important to keep it as clean as possible all the time to prevent the wastes and toxins from building up in our bodies and causing disease. On no account

are we to neglect frequent bathing which is essential to both physical and mental health.



# Healthy and Delicious Recipes

## Vegan Banana Pudding

### Ingredients

- 2 (3.7 oz) boxes instant vegan vanilla pudding mix
- 4 cups unsweetened non-dairy milk such as almond, coconut, or soy
- 9 ounces vegan vanilla wafers
- 2 or 3 barely ripe bananas
- 2 to 3 cups So Delicious Coco Whip, thawed in the refrigerator, or homemade whipped coconut cream

### Instructions

NOTE: Check the instructions on

the pudding mix. (you can use a blender to avoid clumps)

1. Prepare one box of pudding: add 1 cup of milk and pudding to the blender.
2. While blending on low slowly add the remaining milk. Blend for approximately 2-3 minutes.
3. Arrange vanilla wafers across the bottom and sides of an 8- or 9-inch square ceramic or glass dish
4. Crumble 3 or 4 wafers by hand and sprinkle the crumbs into the gaps between the cookies.
5. Slice one banana, and arrange

on top of the cookies

6. Spread the pudding on top all the way to the edges so that the banana is covered.
7. Now make the 2nd batch of pudding: add the remaining 2 cups of milk to the blender and prepare the pudding the same way you did before. Set aside.
8. Repeat the layering process: a layer of wafers, sliced banana, and the 2nd batch of pudding.
9. Refrigerate for at least 3 hours. Cover with plastic wrap if refrigerating longer.
10. Before serving, top with dairy-free whipped topping.
11. If also decorating with sliced banana, toss banana with lemon juice to prevent browning.
12. Crumble a few vanilla wafers on top and serve.



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  2. *I Am Come to Deceive the Whole World*
  3. **\* NEWEST \*** - *Who Is the Real Antichrist?*
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# Natural Vitamins

## *The Benefits of Cayenne*

1. Applied topically to the skin, it is a pain reliever.
2. Can help reduce itching and improve skin inflammation related to psoriasis.
3. Boosts your metabolism and causes you to burn slightly more calories.
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8. Relieves congestion.
9. Reduces inflammation and arthritis symptoms.
10. Reduces nerve pain.
11. Reduces headaches.
12. Improves vision.
13. Strengthens immunity.
14. May protect against cancers.
15. Relieves oral aches.



## *Be Ye Holy — 1 Peter 1:15*

Revelation 2:17 17 says, “He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth [it].” To overcome is to live the holy and sanctified life. These are the ones who receive the bread from Heaven, receive the innocent “white stone” as opposed to the guilty black stone used in trials back in the day, receives the new name signifying conversion, where Jacob became Israel, Saul became Paul, Abram became Abraham, etc. But only the overcomers receive these things. That means, if we do not

overcome, we are lost. “Whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, [even] our faith” (1 John 5:4). This is the true born-again experience. And how do they do it? “Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?” (1 John 5:5). It is the result of true belief. True belief is not what we say, but is what we put into action. If we believe a building is on fire, our safe action is to exit the building; likewise, if we truly believe we are of Christ, we will become overcomers by exiting sin. So, are you overcoming sins in your life, or are you letting the world overcome you?

At first glance, Matthew 5:3 does not seem to fit our pattern of looking for verses that encourage a holy and sanctified life, but it most certainly does. “Blessed [are] the poor in spirit: for theirs is the kingdom of heaven.” Looking up the words “poor” and “spirit” to get the Bible definition and not a “we think” definition, we realize that there are a total of three verses in the Bible containing that combination. There is this one, and there is one in Luke 4:18 in which Jesus preaches to the poor, but is not of the right context as the word “spirit” is used as “The Spirit of the Lord” as opposed to being poor in spirit. That leaves Isaiah 66:2, which says, “For all those [things] hath mine hand

made, and all those [things] have been, saith the LORD: but to this [man] will I look, [even] to [him that is] poor and of a contrite spirit, and trembleth at my word.” If we are poor and even of a contrite spirit, we tremble at God’s Word, which is handed down to us in the form of the Bible. To tremble is to respect it so much that we obey it (Philippians 2:12). Obeying God’s Word is the holy and sanctified life. It is expected that we would obey God’s Word because those who do obey are the ones that Jesus said would receive “the kingdom of heaven”. So, how much do you respect the Bible?

Mark 4:21 says, “And he said unto them, Is a candle brought to be put under a bushel, or under a bed? and not to be set on a candlestick?” These words in Mark are similar to the words in Matthew 5:15 of which Matthew follows up with, “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16). Good works equal the holy and sanctified life. We are that candle that is not to be hidden in the crowd looking like and acting like the ways of the world. We are to look and act like Christ. By how we conduct ourselves is to be a message preached either to make willful sinners uncomfortable, or for them to become converted. But if we are joining them in their ways, other than going to church, what is really the difference between the saved and lost? Nothing. So,

what message do you preach? Holiness or darkness?

John 1:29 says, “The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.” It does not say that Jesus would just take the punishment of sin away. It does not say that He would even just remove sin from our account. It says that He would take away the sin. Taking our sin away results in living a holy and sanctified life, for it is sin that mars such a life. Now, not everyone in the world will have their sin taken away because they do not believe, but everyone in the world has the opportunity to have their sin removed, for the Lamb of God died for all in the world. It is a choice that each one of us is to make. The question is, have you accepted what the Lamb has done beyond just dying, but also putting enmity between you and Satan (Genesis 3:15), which is to now hate sinning?

Romans 1:18-32, which will not be fully quoted here, may initially appear to be regarding the lost, the unsaved, especially like atheists along with the homosexual community, however, after reading it and comparing it to 2 Timothy 3:1-5, we see much of the same list, however, in Timothy 3:5, it ends with “Having a form of godliness, but denying the power thereof”, which means that these people are church goers but do not believe in the power to overcome sin. Jude 1:4 also brings to our attention the people who claim grace while continuing in “lasciviousness”,

which preachers do today. Therefore, God being “against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness” (Romans 1:18) is not the unbelievers. That verse refers to believers who know the truth but hold it in an unrighteous manner, like believing that we shall always be sinning, that grace does away with the commandments, and much more, attacking obedience. It is not the unrighteous and ungodly who will be lost, according to Romans, as they are already lost, it is those knowing of the truth but continuing in “ungodliness and unrighteousness”. It comes down to being a Christian in name only by just mouthing that one is saved, as opposed to a true Christian who actually lives the title, which is the holy and sanctified life. So, do you live in unrighteousness or in ungodliness, which is excusing acts of sinning, or do you keep God’s commandments by His power that everyone else seems to be denying?

Focusing upon 1 Corinthians 1:24, the Bible says, “But unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God” (1 Corinthians 1:24). The power of God is not found in just the resurrection, but “his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue” (2 Peter 1:3), which “godliness”, “glory”, and “virtue” are all references to a holy and sanctified life. Even in the context

of Romans, we are told “many wise men after the flesh, not many mighty, not many noble, [are called]” (1 Corinthians 1:26), where those “after the flesh” are those who live like the world, for we are to “walk not after the flesh, but after the Spirit” (Romans 8:4), once we are born again. To those who say that it is impossible to live a holy, godly, virtuous life – God says to such souls who feel too weak to resist sin, “God hath chosen the weak things of the world to confound the things which are mighty” (1 Corinthians 1:27). Besides, “With men this is impossible; but with God all things are

possible” (Matthew 19:26), which is the “power of God” “to keep you from falling” (Jude 1:24). So, have you received the “power of God” to live a holy and sanctified life, or are you making excuses?

“So God created man in his [own] image, in the image of God created he him; male and female created he them” (Genesis 1:27). Then Adam and Eve sinned, losing that image as even Jesus “knew no sin” (2 Corinthians 5:21). “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, [even] as by

the Spirit of the Lord” (2 Corinthians 3:18). Being restored back into the image of God, through the born-again experience, is the sanctified and holy life. Have you been changed back into the image of God, or are you still the image of Satan, allowing sin in your life?

Galatians 3:1 says, “O foolish Galatians, who hath bewitched you, that ye should not obey the truth, before whose eyes Jesus Christ hath been evidently set forth, crucified among you?” Obeying the truth is the sanctified and holy life. Has anyone

## Who Is the Real Antichrist?



## Who Is the Real Antichrist?

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bewitched you or tricked you into thinking that there is no need to obey God's truth? As soon as obedience is mentioned, people claim "legalism!", "Judaizer!", "works oriented!", etc. Sure, Paul just finished stating, "I do not frustrate the grace of God: for if righteousness [come] by the law, then Christ is dead in vain" (Galatians 2:21). And everyone who honestly keeps the Ten Commandments believes that, too. There is no righteousness in the law. All righteousness comes from Christ. "[Is] the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet" (Romans 7:7). The purpose of keeping the law is not to earn righteousness. The purpose of the law is to tell me where I have sinned. Then I repent (Acts 2:38); I confess (1 John 1:9); and then I receive grace from Jesus for having done the sin (Ephesians 1:7). There is no frustrating of grace there at all. Those who keep the law to be saved are lost. Those who keep the law and have received grace for their breaking of the law are saved. Those who just dismiss the law entirely, afraid that by keeping the law they are frustrating grace, will find out that they, too, will be lost "(For not the hearers of the law [are] just before God, but the doers of the law shall be justified" (Romans 2:13). God does not provide grace for people to return to disobedience. So, has someone bewitched you from keeping God's Ten Commandments, the truth (2 John 1:4), claiming grace, or faith, or something else that

dismisses the law, or do you see the perfect balance between obedience and grace (Romans 6:15)?

Ephesians 2:8-9 clearly establishes the proper relationship between justification or forgiveness of our sins, and sanctification or holy living afterwards. We live holy lives because we are saved, but what happens is that the attributes of justification are exaggerated into removing the sanctification part. In reading the first two of the three verses, it says, "For by grace are ye saved through faith; and that not of yourselves: [it is] the gift of God: Not of works, lest any man should boast." And that is properly understood to mean that all of the commandment keeping, obedience, etc., will not allow us to save ourselves. We do not do any of those things, nor can we do any of them, to be saved. It is completely salvation through the gift that comes from Jesus Christ, but do not stop there. Now that you have received the gift of salvation, the expectation is the third verse, which says, "For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them." In other words, we are now saved for works, obedience, commandment keeping, living a holy life. We do not receive the free gift to go back to our old life, excusing sin here and there (Romans 6:1-2). So, do you have both the justification, which is free from God, and the sanctification, which

demonstrates the power of God for us human beings to exercise?

Philippians 2:12-13 says, "Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of [his] good pleasure." Obedience, "working out your own salvation", and "to will and to do of His good pleasure", are all phrases or words pointing to a sanctified and holy life that a true Christian will live. Paul said, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me" (Galatians 2:20). Our selfish ways cease. Our own pleasure-seeking ceases. If we are filled with the Holy Spirit, we will seek always to please God. That means when we have a moment to relax, we turn away from our pleasure of wanting to watch TV and turn to reading the Bible, as an example. When we are at the store and have an "impulse buy" set in, we evaluate if we really need it instead of if I can afford it. Holy and sanctified results of being saved is working out our salvation. In other words, to "work out our salvation" is to allow God to work in us to live the humble, content, and holy life He wants us to live. So, how much time, money, and effort do you waste on yourself each day?



# Study to Shew Thyself Approved Unto God—(2 Timothy 2:15)

## What Are We to Do with All of Our Hearts?

1. What is to be done with all of the heart, mind, soul, and strength? **Mark 12:30**
2. What is a person to believe with all of their heart? **Acts 8:37**
3. What is the expected relationship with God in our hearts? **Beginning of 1 Peter 3:15, James 4:8**
4. As the second coming is getting closer, what should we do in our hearts? **James 5:8**
5. What is the heart to be established with? **Hebrews 13:9**
6. What has been placed in our hearts and minds? **Hebrews 10:16**
7. What are we to avoid doing with our hearts? **Hebrews 4:7**
8. To “follow righteousness, faith, charity, peace”, what type of heart do we need to have? **2 Timothy 2:22**
9. What is the peace of God do to our hearts? **Colossians 3:15**
10. How are our hearts and minds kept? **Philippians 4:7**
2. What do we need to overcome the world? **End of 1 John 5:4 “our faith”**
3. What are we to become to overcome the world? **Beginning of 1 John 5:4 “born of God”**
4. Who is greater than the addiction, the sinning, the temptations, etc., making it possible to stop sinning? **1 John 4:4 “he that is in you”**
5. What do we need abiding in us to be overcomers? **1 John 2:14 “the word of God”**
6. Who must we get to know to be an overcomer? **1 John 2:13 “him [that is] from the beginning”, Revelation 14:1 “Lamb” and “Father”**
7. What do overcomers escape? **2 Peter 2:20 “the pollutions of the world”**
8. What becomes of people who are overcome by what they escaped, especially those who think they can jump back and forth at will, therefore, such activity ought to be avoided? **2 Peter 2:20 “the latter end is worse with them than the beginning”**
9. What are we considered in when we continue in sin? **2 Peter 2:19 “bondage”**
10. What do we use to resist giving in to the evils of the world? **Romans 12:21 “overcome evil with good”**

## February 2024 - How To Overcome

[January 2024 study showed the reward of the overcomer but how does one overcome?]

1. Who overcomes? **1 John 5:5 “he that believeth that Jesus is the Son of God”**



# Questions & Answers

**QUESTION:** How do you explain, without going into a long sermon, about Revelation 17: 5 (“the mystery of Babylon”) to someone?

**ANSWER:** In trying to keep it as simple as possible, 1 Corinthians 2:7 states, “But we speak the wisdom of God in a mystery, [even] the hidden [wisdom], which God ordained before the world unto our glory.” Focusing upon the word “mystery” and not that it is connected to God, we see the definition of mystery according to the Bible is that it is “hidden”. Therefore, “mystery Babylon” is the hidden activities of Babylon. In fact, hardly anyone understands except the well-studied, who are known as “the very elect” (Matthew 24:24). Even Paul alluded to the activity by declaring, “For the mystery of iniquity doth already work...” (2 Thessalonians 2:7), so how active Babylon is with causing the world to go into iniquity is a mystery, hidden.

This understanding is found in the supporting verses of 1 Thessalonians 5:3-5, which says, “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. But ye, brethren, are not in darkness, that that day should overtake you as a thief. Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.”

Children of darkness are unable to recognize the activities of “mystery Babylon”, but the children of light

have the necessary light to see what is coming.

**QUESTION:** Can you explain 1 John 3:8-10 in very simple terms please?

**ANSWER:** 1 John 3:8-10 reads as, “He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil. Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God. In this the children of God are manifest, and the children of the devil: whosoever doeth not righteousness is not of God, neither he that loveth not his brother.”

When we sin, we are listening to the devil, therefore, we are of the devil. Now there is a difference between an “oops” moment and a way of life. “My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous” (1 John 2:1). We are expected to live without sinning, however, if a temptation were to take us and we sin, we are to “come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:16), and “If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness” (1 John 1:9). Those who simply excuse away their sin, or sinning, as it not being significant for salvation are truly of the devil.

Now, that sin is in the world, and for some strange reason, “God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life” (John 3:16). Further, “God sent not his Son into the world to condemn the world; but that the world through him might be saved” (John 3:17). That means the mission, the purpose of the Son of God was to be made manifested, revealed, to us through the gospel in what Heaven has done to offer us eternal life.

Now since the devil’s aim is to resist being told what to do, which is sin, he has successfully tempted everyone “For all have sinned, and come short of the glory of God” (Romans 3:23). And we know that “the wages of sin [is] death” (Romans 6:23), but as stated, the purpose of God is not to condemn but to save.

Jesus cannot bring sin into Heaven, therefore, He came to destroy the works of the devil. This is not the results of the devil. Many think that Jesus came so that we can feel guilt-free through becoming saved, and that is not true. Jesus came in so that upon successful destruction of the works of the devil in us, we will “Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members [as] instruments of unrighteousness unto sin” (Romans 6:12-13).

Now, to be born of God is to be born-again. “The natural man receiveth not the things of the

Spirit of God: for they are foolishness unto him: neither can he know [them], because they are spiritually discerned" (1 Corinthians 2:14). It is also known as the "flesh". We are all born with a nature bent toward rebellion, selfishness, and sin. To be born again, we "walk not after the flesh, but after the Spirit" (Romans 8:1). We become "partakers of the divine nature, having escaped the corruption that is in the world through lust" (2 Peter 1:4). And we live "According as his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue" (2 Peter 1:3).

Now, they that do walk after the Spirit will not be committing sin. We already addressed the "oops" moment, but to such as are born-again, everything that is sinful will be rejected. We will not allow ourselves to be exposed to sin in any manner as we are physically capable of doing and under our control. Basically, "whatsoever is born of God overcometh the

world: and this is the victory that overcometh the world, [even] our faith" (1 John 5:4).

With "his seed remaining in him", we are told "Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever" (1 Peter 1:23), which then leads to the point that a person just cannot be led to sin. It is not that they cannot physically sin. Oh, born-again people can easily sin, if they chose. They are just so compelled like Joseph, but over every temptation, instead of just sexual temptation, to say, "how then can I do this great wickedness, and sin against God?" (Genesis 39:9).

So, if we are of God, our characters will manifest, or reveal, that we are of God. We will not have to show it by the use of jewelry or claiming with our mouths to be saved. Our characters will be "the light of the world" (Matthew 5:14). The children of the devil will also be easily manifested, or revealed, by their characters. Explicitly, it means, that whosoever does not

conduct themselves in a righteous manner are not of God. And he that does not love other human beings, having pity and seeking to find a way to bring salvation unto them, that, too, of lacking compassion is a manifestation of the devil.

What complicates matters is when people are claiming to be born-again, saved, even Christian, when they are not. Not only are they a poor example, but they are the ones that cause great difficulty, even persecution of true Christians. No wonder the scripture says that those that do not do righteousness are not of God. That is because those who do righteousness are not necessarily of God. Many use a cloak of righteousness to gain their evil goal. It is only clear to us observers that a person who lacks righteousness in their lives is of the devil, even though we cannot read hearts.

So, we hope that has broken down the verses into the basic elements and understanding.



## News and Comments

### January 6—AP News

**Florida's Greek community celebrates the Epiphany with annual dive into water to retrieve cross**

"The retriever of the cross is believed to receive a year of blessings." So, 64 boys fight to be the only one to get a year's worth of blessings. This sounds like a

modern day Bethesda which encouraged competition, selfishness, disregard for human life all to be the first in the pool when the waters were stirred (John 5:2-9). God was not in that pool nor is He in the competition to retrieve some cross.

### January 8—The Conversation

**Alcohol use is widely accepted in the US, but even moderate consumption is associated with many harmful effects**

"Thanks to lobbying by the powerful alcohol industry, alcohol's dangers may be underplayed and its benefits exaggerated. There are many well-established problems with



drinking even at moderate levels that likely outweigh any potential benefits. Alcohol is the third-leading cause of premature death in the U.S. Alcohol use, even at low levels, is linked to a number of cancers, including breast, colorectal, liver and esophagus. Alcohol also causes a number of serious harms to others, many of them violence-related." If we would just listen to the Bible: "Wine [is] a mocker, strong drink [is] raging; and whosoever is deceived thereby is not wise" (Proverbs 20:1). Everyone is deceived if they think science supports a little drinking for health. How Christians, especially, have convinced themselves that a little buzz from even one glass is acceptable is beyond belief. Those Christians who insist that Jesus turned water into alcohol or that Timothy was told to drink alcoholic wine are further deceived. Scripture does not contradict itself! Alcohol being condemned by the Bible is not supported in other parts of the Bible. In fact, all topics are that way. It is human injection that makes it so. Timothy drank grape juice – non-alcoholic wine. Jesus turned water also into grape juice. He would not support

drunkenness. If He refused the influence of strong drink on the cross, He certainly did not encourage drunken debauchery, even moderate drinking.

#### **January 10—CBC**

**At least 33 Canadian churches have burned to the ground since May 2021. Only 2 were accidents**

With 24 confirmed arsons, 5 suspected of being arson, and 2 others still under investigation points to one thing – persecution. Yet, hardly is it a blip in the news. But the important question is, are you one that "when tribulation or persecution ariseth because of the word, by and by he is offended" (Matthew 13:21) or despite persecution, are you one of whom "he that endureth to the end shall be saved" (Matthew 10:22).

#### **January 13—BBC**

**TB Joshua exposé: How the disgraced pastor faked his miracles**

He used the emergency department, drugs, brainwashing, bribes, fake medical certificates, and video manipulation. "For

there shall arise false Christs" (Matthew 24:24) or those that come in the name of Christ or even taking on the name Christian.

#### **January 27—People**

**Nicole Eggert Regrets Getting Implants at 18 to Fill Out Her Baywatch Swimsuit: 'Leave Your Bodies Alone' (Exclusive)**

People do not realize the effects of all the unnatural things they do to their bodies until age sets in and effects are revealed. Not only are implants vain and so unnatural to the body that it does things over time to deal with such an invasion, but so are other things. The hair products, facial applications including covering up pimples, tattoos, wearing of metals in the form of piercings, various types of clothing that are synthetic, etc., all contribute to various problems later in life. "In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones" (Proverbs 3:6-8).



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# What Verses Describe the Antichrist?

Daniel 7:3-8 And four great beasts came up from the sea, diverse one from another. The first [was] like a lion, and had eagle's wings: I beheld till the wings thereof were plucked, and it was lifted up from the earth, and made stand upon the feet as a man, and a man's heart was given to it. And behold another beast, a second, like to a bear, and it raised up itself on one side, and [it had] three ribs in the mouth of it between the teeth of it: and they said thus unto it, Arise, devour much flesh. After this I beheld, and lo another, like a leopard, which had upon the back of it four wings of a fowl; the beast had also four heads; and dominion was given to it. After this I saw in the night visions, and behold a fourth beast, dreadful and terrible, and strong exceedingly; and it had great iron teeth: it devoured and brake in pieces, and stamped the residue with the feet of it: and it [was] diverse from all the beasts that [were] before it; and it had ten horns. I considered the horns, and, behold, there came up among them another little horn, before whom there were three of the first horns plucked up by the roots: and, behold, in this horn [were] eyes like the eyes of man, and a mouth speaking great things.

Daniel 7:20-21 And of the ten horns that [were] in his head, and [of] the other which came up, and before whom three fell; even [of] that horn that had eyes, and a mouth that spake very great things, whose look [was] more stout than his fellows. I beheld, and the same horn made war with the saints, and prevailed against them;

Daniel 7:24-25 And the ten horns out of this kingdom [are] ten kings [that] shall arise: and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings. And he shall speak [great] words against the most High, and

shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.

Daniel 8:8-12 Therefore the he goat waxed very great: and when he was strong, the great horn was broken; and for it came up four notable ones toward the four winds of heaven. And out of one of them came forth a little horn, which waxed exceeding great, toward the south, and toward the east, and toward the pleasant [land]. And it waxed great, [even] to the host of heaven; and it cast down [some] of the host and of the stars to the ground, and stamped upon them. Yea, he magnified [himself] even to the prince of the host, and by him the daily [sacrifice] was taken away, and the place of his sanctuary was cast down. And an host was given [him] against the daily [sacrifice] by reason of transgression, and it cast down the truth to the ground; and it practised, and prospered.

Daniel 11:45 And he shall plant the tabernacles of his palace between the seas in the glorious holy mountain; yet he shall come to his end, and none shall help him.

2 Thessalonians 2:3-4 Let no man deceive you by any means: for [that day shall not come], except there come a falling away first, and that man of sin be revealed, the son of perdition; Who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, shewing himself that he is God.

2 Thessalonians 2:7-10 For the mystery of iniquity doth already work: only he who now letteth [will let], until he be taken out of the way. And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall

destroy with the brightness of his coming: [Even him], whose coming is after the working of Satan with all power and signs and lying wonders, And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.

1 Timothy 4:1-3 Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, [and commanding] to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth.

1 John 2:22-23 Who is a liar but he that denieth that Jesus is the Christ? He is Antichrist, that denieth the Father and the Son. Whosoever denieth the Son, the same hath not the Father: [(but) he that acknowledgeth the Son hath the Father also].

1 John 4:1-6 Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world. Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that [spirit] of Antichrist, whereof ye have heard that it should come; and even now already is it in the world. Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. They are of the world: therefore speak they of the world, and the world heareth them. We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby

know we the spirit of truth, and the spirit of error.

2 John 1:7-9 For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an Antichrist. Look to yourselves, that we lose not those things which we have wrought, but that we receive a full reward. Whosoever transgresseth, and abideth not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son.

Revelation 13:1-10 And I stood upon the sand of the sea, and saw a beast rise up out of the sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy. And the beast which I saw was like unto a leopard, and his feet were as [the feet] of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority. And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and all the world wondered after the beast. And they worshipped the dragon which gave power unto the beast: and they worshipped the beast, saying, Who [is] like unto the beast? who is able to make war with him? And there was given unto him a mouth speaking great things and blasphemies; and power was given unto him to continue forty [and] two months. And he opened his mouth in blasphemy against God, to blaspheme his name, and his tabernacle, and them that dwell in heaven. And it was given unto him to make war with the saints, and to overcome them: and power was given him over all kindreds, and tongues, and nations. And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world. If any man have an ear, let him hear. He that leadeth into captivity shall go into captivity: he that killeth with the sword must be killed with the sword.

Here is the patience and the faith of the saints.

Revelation 13:18 Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number [is] Six hundred threescore [and] six.

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,

Revelation 17:1-11 And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters: With whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication. So he carried me away in the spirit into the wilderness: and I saw a woman sit upon a scarlet coloured beast, full of names of blasphemy, having seven heads and ten horns. And the woman was arrayed in purple and scarlet colour, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication: And upon her forehead [was] a name written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH. And I saw the woman drunken with the blood of the saints, and with the blood of the martyrs of Jesus: and when I saw her, I wondered with great admiration. And the angel said unto me, Wherefore didst thou marvel? I will tell thee the mystery of the woman, and of the beast that carrieth her, which hath the seven heads and ten horns. The beast that thou sawest was, and is not; and shall ascend out of the bottomless pit, and go into perdition: and they that dwell on the earth shall wonder, whose names were not written in the book of life from the foundation of the world, when they behold the beast

that was, and is not, and yet is. And here [is] the mind which hath wisdom. The seven heads are seven mountains, on which the woman sitteth. And there are seven kings: five are fallen, and one is, [and] the other is not yet come; and when he cometh, he must continue a short space. And the beast that was, and is not, even he is the eighth, and is of the seven, and goeth into perdition.

Revelation 18:1-9 And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies. 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. For her sins have reached unto heaven, and God hath remembered her iniquities. Reward her even as she rewarded you, and double unto her double according to her works: in the cup which she hath filled fill to her double. How much she hath glorified herself, and lived deliciously, so much torment and sorrow give her: for she saith in her heart, I sit a queen, and am no widow, and shall see no sorrow. Therefore shall her plagues come in one day, death, and mourning, and famine; and she shall be utterly burned with fire: for strong [is] the Lord God who judgeth her. And the kings of the earth, who have committed fornication and lived deliciously with her, shall bewail her, and lament for her, when they shall see the smoke of her burning.



## Natural Remedies

### Digital Detox for Stress Reduction

In times of so much uncertainty and heightened worldly tensions, it is essential to prioritize our spiritual, mental, and emotional well-being. Limiting news consumption is a great way to start a digital detox; excessive

exposure to negative news can heighten stress and anxiety and keep your mind in a state of unnecessary information overload. Setting specific times to catch up on the news and avoiding constant updates via phone or social media

is a good way to take control of your screen time and promote your mental clarity.

