

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

## *A Monthly Magazine*

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### *What Is the Real Impact of the Marital Act? - Jerry O'Donnell*

When it comes to the marital act, the discussion with young adults, and even young teens, instructs that it is an intimate activity that should be reserved for marriage. Adults separate the activity out from marriage making it just another act on the lines similar to telling a young person, not of our faith, to not drink alcohol until they are at least of age and are disappointed with them if they drink earlier. That act should have been described as something intimate saved for adulthood.

What is about to be revealed Biblically is not designed to be an attack on a role exercised by ministers, but instruction for the guarding of our children. And if you happen to have been a person who did not wait to engage in the marital activity until "getting married", and in fact may have had more than one partner, please set aside what impact that this article may have in that thought process and follow the Biblical connection. To justify a position different from what is about to be shared to lighten the meaning in one's own life is a selfish act, especially if the proper understanding was withheld from

a young person which could have saved them from heartache as well as making a serious mistake.

It has been my experience that there are two camps when it comes to the meaning of the marital act. One camp believes marriage is simply two people who love each other and are willing to give themselves to each other, not necessarily sexually, especially since there are people out there, for one reason or another, who cannot perform the marital act. Their argument is based upon the small percentage of the situation of married couples who are unable to conduct the marital act. In reality, the vast majority of married people are able to participate in the marital act. No doubt that those who do fall into the exception that cannot engage in the activity, are still considered married in the eyes of God. But setting that argument aside, let us look at one situation brought to our attention a number of years ago.

What is interesting about this content that may be eye-opening to some is that secular television has known about the truth of the matter more so than Christians

have. In many sitcoms, the proper meaning of the marital act is very much made a laughing stock. For instance, on May 1, 2015, the *Big Bang Theory* television show had a supposed religious person known as Mary Cooper state the proper understanding. [Yes, it was necessary to search for the transcript so as to accurately portray this one of many examples of where Hollywood makes this matter an extreme joke.] Mary was in conversation with a character known as Penny, who was actively engaged in the marital activity with her boyfriend, Leonard, though he was not in the conversation at the time. However, Leonard's atheistic mother, Beverly Hofstadter, was also among the people in conversation. Mary Cooper spoke up and stated, "The moment a man lays with a woman, they are married in the eyes of the Lord." This dialog would continue as Beverly takes to task against Mary for uttering such "nonsense". Mary said that it is Bible! And she is right.

According to historians, the first marriage, using an official, dates back to Mesopotamia in 2350 B.C.

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Several hundred years later, it would evolve into something ancient Hebrews, Greeks, and Romans would embrace. And it would not be adopted by the Christian church until after the Protestant Reformation. It was eventually made canon law in the Catholic Church only as of 1563. [Resource provided by *The Week* publication, religious section.]

But all of that is not important because we do not take secular or religious/secular sources as gospel, however, it was presented to let you know that what we accept in society as always having been, is not so. This is only several hundred years old. Now, the reason such evidence does not matter is because we take our position from the scriptures.

Now, this is not meant to belittle the practice of having a church wedding, a minister officiating, and the papers being signed. Today, there does need to be a bit of official regulation so as to protect the parties involved, grant certain privileges like that of medical decisions, etc.

So, let us search the scriptures to see what we really find out on the matter regarding the marital act.

The first occurrence of becoming married is found in Genesis 2:24, which says, "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh." The simple act of leaving one's mother and father and joining with their spouse to live together is what we see. The verse does not declare, "and the two shall see a minister and be declared as one flesh."

That means the whole notion that couples who "live in sin" before the eyes of God, are actually living in marriage. What makes it sinful is the lack of commitment in which if either party gets tired of the other, they can just move on since there is no piece of legal paper involved. This what Jesus saw instead of the high divorce rate, which is an inaccurate measurement to begin with. "They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all" (Luke 17:27). People marrying and separating and becoming married to someone else is really fulfilled in those who jump from one "living together relationship" to another which is Biblically called fornication.

And Jesus reaffirmed the verse in Genesis by stating, "Have ye not read, that he which made [them] at the beginning made them male and female, and said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder" (Matthew 19:4-6). Even Paul reiterates the statement: "For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh" (Ephesians 5:31).

And for those who especially label women unfavorably (but it is also applicable to men) who jump from one "living together relationship" to another, or simply engage in

the marital activity often, this is what the Bible has to say about those who indulge in such promiscuity: "What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh" (1 Corinthians 6:16). Is there need to state any more evidence given that even conducting the activity with a prostitute is considered "one flesh", as in being married, in the eyes of God? But we shall continue on the positive side of the subject.

We shall skip all of the verses that simply declare that couples were husband and wife because nothing is mentioned or hinted at concerning how they became such, but here are notable incidents where the Bible shows what defined these unions as marriage.

"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 16:3-4). We see from these verses that the marital act allowed Abram to have a second wife.

"And Isaac brought her into his mother Sarah's tent, and took Rebekah, and she became his wife; and he loved her: and Isaac was comforted after his mother's [death]" (Genesis 24:67). For Isaac to "take Rebekah" means that the marital act was performed. What was the result? – "She became his

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## **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.

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wife.” There is no mention of a minister being present in that tent.

Now let us have Jacob, not only once, but four times, show us that engaging in the marital act is not an act reserved *for* marriage, but actually “*is* marriage”.

The first of the four acts was the trick, or deception, perpetrated by Laban. “And Jacob said unto Laban, Give [me] my wife, for my days are fulfilled, that I may go in unto her. And Laban gathered together all the men of the place, and made a feast. And it came to pass in the evening, that he took Leah his daughter, and brought her to him; and he went in unto her” (Genesis 29:21-23). To “go in unto her” was the marital act. Upon learning of the trickery, Jacob could not simply hand Leah back to Laban, for the act had made them married. Jacob would have to go through a divorce process, which had not existed as of yet. The “bill of divorcement” would not come into existence until the time of Moses (Deuteronomy 24:1). Further, he knew that Leah would then not be of marriage material since “laying” with a man, and not wanting to

shame her, he decided to keep her.

Genesis 29:28-30 shows the process for obtaining the second wife. “And Jacob did so, and fulfilled her week: and he gave him Rachel his daughter to wife also. And Laban gave to Rachel his daughter Bilhah his handmaid to be her maid. And he went in also unto Rachel, and he loved also Rachel more than Leah, and served with him yet seven other years.” To “go in also unto Rachel” is the wording for the marital act.

For the third wife, Genesis 30:4 states, “And she gave him Bilhah her handmaid to wife: and Jacob went in unto her”, and the fourth wife, Genesis 30:9 tells us, “When Leah saw that she had left bearing, she took Zilpah her maid, and gave her Jacob to wife.” Alright, so the fourth wife is not so clear with Jacob actually conducting the marital act, but the third one is with the words “went in unto her”.

Now, let us look at a law that was in practice for war situations. “And what man [is there] that hath betrothed a wife, and hath not taken her? let him go and return unto his house, lest he die in the battle, and another man take

her” (Deuteronomy 20:7). As long as there is no marital activity, a woman was considered only betrothed, or engaged. Oh, it was a serious engagement that would involve divorce proceedings, but none the less, she was not his married wife until he had engaged in the marital activity with her. Basically, all those who were engaged were allowed to use it as an excuse for not going to war.

So, the bottom line is, we need to be educating our youth properly, Biblically, and just maybe it would reduce the number of youths engaged in such activity while thinking that it is nothing more than premarital activity. “Oh, well, it’s not like anyone is being murdered.” Sure, it would still be considered fornication, an act condemned by the Bible, but it has far more serious repercussions if we teach our youth that if you lie with a person, you are married.

This is why the rape in Genesis 34 was so serious, causing all kinds of rules to be broken. In short, Dinah was raped by Shechem, a heathen. Exchanging sons and daughters with the heathen was at least verbally understood as being forbidden, yet an agreement was reached between this heathen group because of the incident. This did not sit well with Simeon and Levi who knew that as long as Shechem lived, Dinah could not be married to someone else. Even Romans 7:1-2 states, “Know ye not, brethren, (for I speak to them that know the law,) how that the law hath dominion over a man as long as he liveth? For the woman which hath an husband is bound by the law to [her] husband so long as he liveth; but if the

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husband be dead, she is loosed from the law of [her] husband.” The final result was a surprise slaughter attack freeing their sister from the obligation of being married to a heathen.

And for those who were curious about the statement of the erroneous divorce rate, let us briefly address it. The way the divorce rate is calculated is that in one particular year, all requests for marriage licenses are compared to all the requests for divorces back to the beginning of all marriages conducted and are still alive. What is unfair about the calculation is that the divorce requests are based upon all marriages over all the years as compared to only those married in a particular year. A better calculation would be to add up all existing marriages and see how many ended in divorce. According to the little unknown method of doing it properly, instead of reporting a 50 to 60 percent rate of divorce, it is more like 5 to 6 percent. In our day and age, the vast majority of adults “live together” instead of filing paperwork with the government. It is definitely an inaccurate way to track the divorce rate.

But get this – according to other statistics, most people who do get married through the proper paperwork, be it a church wedding or justice of the peace, 93% have already engaged in marital activity and not with the person they are getting married to. Before the 1960s, a woman especially, would not be participating in such activity as women were protective of their reputation. Today, with both men and women, if they do

not engage in the activity by the third date, it is time to move on. Clearly, this activity fulfills Jesus’ prophecy as spoken of earlier.

Again, we are doing a disservice to our youth by trying to teach them not to engage in the marital activity through the simple means of saying that such an act is to be

reserved for marriage. It makes much more of an impact if we tell our youth that *to engage in the marital activity is actually making a marital commitment.*

God help our youth!



## ***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

## **Why isn't that on the label?**

Acrylamide. You might never have even heard this word, but it is all around you, and even worse, in you, and exposure to it or having ingested it could be an unrecognized source of cancer, nerve damage or breathing difficulties. So, how do we get it in our systems? I'm glad you asked! We will get to that, but first questions, first.

You won't find it on the labels of your food or drink because it is not an ingredient, but rather it is a result of the process of producing much, or even most, of our food found in grocery stores and restaurants, and even our own kitchens. This is how many dangerous things get into our bodies that we are not even aware of and are allowed by all of those three-letter agencies. According to the FDA website, acrylamide is considered a "Process Contaminant in food", which means it is formed through natural chemical reactions between certain natural elements already contained in the food such as sugars and an amino acid, asparagine, which are in plant-based foods, when they are processed with high heat. But they also go on to say it "forms during high-temperature cooking, such as frying, roasting, and baking."

Even though they clearly state it is a "Process Contaminant", indicating it is formed in the processing itself, it seems we can add to its existence in our food by "frying, roasting and baking" certain food types at home. Let us

take a look at the pre-packaged selections first that many of us are drawn to. Foods from the grocers' shelves already containing high levels of this substance seem to be potato chips and other similar snacks, crackers, cookies, cereals and breads, which are foods containing natural and added sugars, and the amino acid, asparagine, which at high heat activates the offending substance. So these foods come to us containing this contaminant in undetermined amounts, all set for us to consume for breakfast, lunch, dinner and snack.

So what are those foods in which we are likely to have activated the acrylamide content in our own kitchens? Here are some that top that list: Potatoes came up #1 almost everywhere I looked – specifically French fried potatoes and potato chips. Roasted and baked are right behind French fries, but for some unexplained reason, boiled potatoes are not such a threat, having quite a bit lower level of this carcinogen. Another high content food item is canned black olives which have been shown to contain significant levels of acrylamide due to the pasteurization methods (high heat) used in the canning process.

Next, surprisingly, is prune juice. I could find no explanation for prunes requiring an exceptionally high-temperature processing.

Toasted nuts and peanut butter were quite low on the lists, but remember, we are just talking about acrylamide levels in this

article, not the overall safety of a food.

Coffee was the only beverage I saw with a mention of acrylamide and it is on the high end of the list of most agencies. Just one more reason not to indulge.

And inhaling cigarette smoke is very high in acrylamide.

Along my research travels I ran across somewhat of an opposing view of many of the dangers of this substance from Harvard Medical School so I took a look at what they had to say. These are a couple of their paragraphs:

## **In brief: Acrylamide: No longer such a hot potato**

"Remember acrylamide? Its 15 minutes of fame occurred in 2002, when Swedish researchers and food regulators reported that fried and baked goods — French fries and potato chips especially — contained large amounts of the chemical. Subsequent analyses by researchers in other countries, including the United States, confirmed what the Swedes had found and then some: acrylamide was found in breads, cereals, cookies, crackers, coffee, and cocoa. By some reckonings, over a third of the calories we get each day come from foods that contain the chemical.

"Although new to most of us, acrylamide (pronounced a-KRIL-a-mide) was a known entity before the headlines. It had a long history of being used in several manufacturing processes and as a "clarifier" in water treatment

because it traps suspended solids and takes them out of solution. Its health-effects dossier included cases of neurological damage from large, on-the-job exposures, but the bigger worry, by far, was that it might cause cancer. Based on the results of animal studies that involved feeding rats large quantities, the International Agency for Research on Cancer had classified it as a probable carcinogen.”

Is it just me, or does that sound sort of like “*Pshaw!* It's no big deal! It's been around forever! Lots of other things might cause cancer! And we use it for all kinds of good stuff, like filtering water for example!” Neurological damage sounds pretty important

to me, and since water treatment is quite nasty business, I think acrylamide is a pretty big deal. So I wondered what else it is used for. Here is a smattering of what I found in a general search:

“Acrylamide is a chemical used primarily to make substances called **polyacrylamide and acrylamide copolymers**. Polyacrylamide and acrylamide copolymers are used in many industrial processes, such as the production of paper, dyes, and plastics, and in the treatment of drinking water and wastewater, including sewage. Workplace exposure to high amounts of acrylamide can cause nerve damage. In very high doses, acrylamide is known to cause

cancer in animals. Not much is known about whether it's safe for humans.”

Unfortunately, but not surprisingly, from agency to agency I found much conflicting reporting and not much well-defined information, and a lot of it looked like borrowed, copy/pasted pages from one to another. We would be well-advised, as always, to follow as closely as possible the guidelines set forth by our Creator in the book of Genesis in choosing what to put into our bodies to sustain our health. We will find no confusing contradictions there, and we can never go wrong when we trust in God's Word.



## Healthy and Delicious Recipes

### Jackfruit Pot Roast

#### Ingredients:

- 2 TBSP Olive Oil
- 1 Small Onion
- 4 cloves of garlic
- 2 TBSP lemon juice
- 3 cups of Vegetable Broth (reserving 2 cups)
- 1 tsp Thyme
- 1 tsp Rosemary
- 1 tsp sea salt
- 2 TBSP Cornstarch
- 1 lbs. Red Potatoes
- 1 lbs. Carrots
- 18 oz. Young Jackfruit (if

canned use a 24 oz can)

#### Instructions:

1. Preheat oven to 400 deg.
2. Drain and rinse jackfruit squeezing out water.
3. In extra large skillet or stockpot, heat the olive oil over medium heat.
4. Sauté onion for 5 min.
5. Add the chopped garlic and drained jackfruit and cook for 2 minutes more.
6. Add in one cup of broth, lemon juice, thyme, rosemary and salt.

7. Stir and bring to gentle simmer.
8. In a small bowl whisk together remaining 2 cups of broth and cornstarch until fully combined and mix into the skillet with the jackfruit.
9. Bring to a simmer and cook for 5 minutes stirring often.
10. Pour jackfruit mixture over top of the carrots and potatoes and bake for 40 minutes or until the veggies are tender.
11. Cool slightly and enjoy.



# Natural Vitamins

## Brussels Sprouts

1. High in fiber, which helps with digestion.
2. Rich in vitamin K, which is good for bone health and necessary for blood clotting.
3. High in vitamin C, which aids in tissue repair and immune functions.
4. Contain small amounts of B6, potassium, iron, thiamine, magnesium, and phosphorus.
5. Rich in antioxidants, which helps prevent cell damage.
6. Help with maintaining healthy blood sugar levels.
7. May reduce inflammation, reducing the risk of pro-inflammatory diseases.
8. Natural source of folate, an essential nutrient for preventing certain birth defects.
9. Rich in carotenoids, nutrients that can be converted to vitamin A in your body.
10. Contribute to collagen production, keeping your skin firm and glowing.
11. Rich in alpha-linolenic acid (ALA), which is converted to omega-3s in your body.



## Be Ye Holy — 1 Peter 1:15

Hebrews 3:1 refers to “holy brethren, partakers of the heavenly calling”. Why are they holy? Because they are partakers of what we are called to be. We are called to be holy and sanctified, for Jesus said, “that they also might be sanctified through the truth” (John 17:19), specifically, “Sanctify them through thy truth: thy word is truth” (John 17:17). So, are you living up to your holy calling, studying the Word of God regularly, and applying the expectation of that holy existence into your daily life?

James 1:19-20 states, “Wherefore, my beloved brethren, let every man be swift to hear, slow to

speak, slow to wrath: For the wrath of man worketh not the righteousness of God.” Too many Christians are blinded by not understanding that if we do not have the righteousness of God, even though we may call ourselves Christians, we are not. Therefore, it is the holy and sanctified life that is in self-control, but if we are quick to wrath over spilt milk, we are not holy or sanctified and will be lost unless that is dealt with. Keep in mind, not all anger is wrong or sinful. It is being in self-control of it and the subject matter which we are angry about that makes the difference. So, how quick is your temper?

1 Peter 1:15-16 clearly states, “But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy.” Clearly, we are to be holy, which is the sanctified life. When we choose to sin, and choice is exactly what it is, we are not holy. And we are to be holy in every way that conveys a message. That includes all facial expressions; of course, it includes the words spoken; but it also includes the clothing we wear and what we do. So, are you holy in every way you can convey a message, or do you not even think about those things and just do what is acceptable in society, like flipping people off in traffic, wearing shirts with worldly impressions, speak to one another



in ways that put each other down (even in jest), etc.?

We are not going to repeat all of 2 Peter, 4-10 here, but what Peter does in these verses is that he states no difference between sinning before the cross and after the cross, and states no difference between being saved before the cross and after the cross. All the history of before the cross where people were destroyed or saved are examples for us to live by. We do not want to be like those who were lost in the days of Noah or Sodom and Gomorrah. In all cases, God is able to deliver the godly as He does today, which is the holy and sanctified life. That is what Peter brings out. There are only two classes of people. We are either godly or ungodly. A little allowance for sin here and there despite not murdering anyone makes us ungodly. It is not a percentage thing. We either “love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (Matthew 22:37) or we do not. In other words, we are either 100% committed to God or we are not. There is no, “But I’m saved by grace!”, “I’m saved by faith!”. Even Paul tells us that grace is not the permission to continue breaking the commandments, which is sinning (Romans 6:1-2). “God forbid” was his declaration. So, are you living godly all of the time by the “divine power” of God, which is “given unto us all things that [pertain] unto life and godliness” (2 Peter 1:3), or are you excusing sin in your life by “denying the power” (2 Timothy 3:5) to overcome sin?

1 John 2:4 clearly states, “He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.” Therefore, it is not the truth that grace cancels the obedience to the Ten Commandments. It is not the truth that faith cancels the obedience to the Ten Commandments. It is not the truth to claim once you are saved there is no possibility of being lost, therefore, the Ten Commandments are not important. It is not the truth, for any reason, to cancel the obedience to the Ten Commandments. If we are making an excuse to not keep the commandments, we are liars. And according to Revelation 21:8, those who do such are in the list of people going to hell. “But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.” So, are you a liar, or are you keeping the Ten Commandments by the power of God (2 Peter 1:3, Jude 24)?

2 John 1:9 speaks very plainly. “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.” There are only two groups of people where doctrines determine if one has God or not. This verse does not say, “But if you are under grace”, “But if you are once saved”, “But if you have faith”, etc. We are to know the doctrines of Christ and abide, or live them,

which is the holy and sanctified life. If we do not, we are lost. God’s Word does not contradict itself. So do not go off pointing to other verses. Explain what this verse means if it does not mean what has been stated. The contradiction comes in when people who read the verses about grace, faith, condemning works, even of the law to be saved, etc.; they apply them to both the forgiveness part (justification) and the living part (sanctification), which is wrong. We are saved by grace – period. We have faith that that we are saved by grace. Grace is not something that we can contribute towards. We are just saved. But that is the justification part. When we are justified, we choose to live according to the doctrines of Christ giving evidence that we are saved, which is the sanctification part. If we live according to other people’s doctrines, that would mean that they save us. If we live according to what we think and how we ought to live, then we are saying that we save ourselves. So, through obedience and submission to doctrine, who do you show that you are saved by? God? Other people? Yourself?

Jude 1:14-19 talks a lot about ungodly men. Most Christians do not consider themselves ungodly as they live in sin still, yet, it is the actions, not the words, that determine if one is ungodly – a word not reserved only for the Hitlers, the Hugh Hefners, the really bad people. “My little children, let us not love in word, neither in tongue; but in deed and in truth” (1 John 3:18). Anything

short of living in “deed and truth” is ungodly, for we are even told in the context of these verses, “These be they who separate themselves, sensual, having not the Spirit” (Jude 1:19). If we are given into anything sensual, which is more than just sex, we are ungodly. That includes not being disciplined, but given into temptation. Wanting to have something to gratify ourselves is inclusive. Wanting and getting the chocolate cake and being a glutton is an example. Seeking to climb the corporate ladder because it feels good to have the income when one does not need that much money is inclusive. Not

given into the sensual, to any sin, is the holy and sanctified life. So, how much does sensuality control you?

Revelation 2:22 speaks plainly between the verses that are symbolic. In other words, there is no symbolism at the end of the verse that states, “Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation, except they repent of their deeds.” Our deeds, not our mouths, reveal if we are Christ’s or not. “My little children, let us not love in word, neither in tongue; but in deed and in

truth” (1 John 3:18). We can say we are Christian all the day long, that Jesus has saved us, but if the heart is not converted, the deeds remain evil, sinful. And if sin does remain, even though it is not on the scale of committing murder, it reveals that we are still unconverted and will not be saved. Deeds earn nothing; they simply reveal. If we are saved, our deeds, our fruit, will be good. So, what type of deeds are in your life?

Matthew 5:5 states, “Blessed [are] the meek: for they shall inherit the earth.” At quick glance, it does not

## Who Is the Real Antichrist?



## Who Is the Real Antichrist?

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appear that sanctification or holy living is expected in this verse, but when one understands that the opposite of meek is to be proud, we find that “Pride [goeth] before destruction, and an haughty spirit before a fall” (Proverbs 16:18), with the ultimate destruction being hell. Further, Jesus said, “by their fruits ye shall know them” (Matthew 7:20) of which “the Father, who without respect of persons judgeth according to every man's work” (1 Peter 1:17). And what is that fruit, or work, that shall be judged? “The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law” (Galatians 5:22-23). If we do not have the fruit of the Spirit, of which meekness is part, we will be judged to be lacking the fruit and shall be lost. So, are you a meek person or prideful one?

Mark 4:24 says, “And he said unto them, Take heed what ye hear: with what measure ye mete, it shall be measured to you: and unto you that hear shall more be given. For he that hath, to him shall be given: and he that hath not, from him shall be taken even that which he hath.” To “take heed” is to do. The thing we are to do is what we hear from God, which today we read from the Word – the Bible. If we discover something in the Bible that we did not know before, we are to follow it. If we compare ourselves with others and say, “Well, they seem like good people. They seem to be on their way to Heaven. They are not having to follow this verse, so neither will I”, then that is when

“what we have” will be taken away from us. And what will be taken away from us is being aware to “hold that fast which thou hast, that no man take thy crown” (Revelation 3:11). Although, “no [man] is able to pluck [them] out of my Father's hand” (John 10:29), we can, as the example stated, look to other “men” and let them influence our decision to either “love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (Matthew 22:37) or not. When we make the excuse not to obey what we see, that is how we lose the crown of eternal life. That is how we choose to leave the Father's hand without a man pulling us out. Each of us is judged, not on obtaining a certain level of Christianity, but on what light each of us has. It is true that those who know little of the Christian lifestyle, but take heed to it, will go to Heaven, when other Christians will go to hell who live more of a Christian lifestyle than the first person, and makes excuses for certain “little sins” that the first person unknowingly is doing, claiming that it is not fair to expect more of us and less of them. Just remember the parable of the workers and everyone getting a penny. Be careful. So, are you taking heed and obeying all that you know as if there were no other person on earth to compare to, or are you making excuses, declaring that too much is required of you while less is required of others?

Luke 3:8 states, “Bring forth therefore fruits worthy of repentance, and begin not to say within yourselves, We have

Abraham to [our] father: for I say unto you, That God is able of these stones to raise up children unto Abraham.” Today, it can be said, “Bring forth therefore fruits worthy of repentance, and begin not to say within yourselves, We are Christians and are saved: for I say unto you, That God is able of these stones to raise up children unto Christ.” Some may think this is a stretch, but repentance is required: “Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost” (Acts 2:38). We repent because we love God and so “My little children, let us not love in word, neither in tongue; but in deed and in truth” (1 John 3:18), and “Bring forth therefore fruits worthy of repentance”, which “the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law” (Galatians 5:22-23). And repentance is not one thing for the Jews and another thing for Christians or non-Jews “For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him” (Romans 10:12). Fruit is the works of the fruit of the Spirit bringing forth all of those things. So, does your fruit, or character, display true repentance, reflecting the fruit of the Spirit, or do you just mouth the fact that you are saved while continuing in your old life of excusing sinning here and there?



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

## Be Ready

1. What are we, the church, represented by the wife or bride of Christ, to be ready for?

**Revelation 19:7, Matthew 25:10, Matthew 22:4**

2. What shall we be ready to experience? **Luke 14:16-17**

3. What can we not know, but always be ready for? **Luke 12:40**

4. What are we to be ready for when interacting with people? **1 Peter 3:15**

5. The goal is not to just have the right answer, but what are we

to make ready? **Luke 1:17**

6. If we point to our weakness and fear to share the gospel, what can God make ready? **Isaiah 32:4**

7. What are we always to be ready to do? **Titus 3:1**

8. What shall we be ready to experience if necessary? **Acts 21:13, Luke 22:33**

9. What two things ought we to do to make our spirits ready? **Beginning of Mark 14:38**

10. When we enter the House of God, what are we to be ready to do? **Ecclesiastes 5:1**

## March 2024 - 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 "love the Lord thy God"**

2. What is a person to believe with all of their heart? **Acts 8:37 "that Jesus Christ is the Son of God"**

3. What is the expected relationship with God in our hearts? **Beginning of 1 Peter 3:15 "sanctify", James 4:8 "purify"**

4. As the second coming is getting closer, what should we do in our hearts? **James 5:8 "stablish"**

5. What is the heart to be established with? **Hebrews**

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### 13:9 “grace”

6. What has been placed in our hearts and minds? **Hebrews 10:16** “laws”
7. What are we to avoid doing with our hearts? **Hebrews 4:7**

### “harden”

8. To “follow righteousness, faith, charity, peace”, what type of heart do we need to have? **2 Timothy 2:22** “pure”
9. What is the peace of God do

to our hearts? **Colossians 3:15** “rule”

10. How are our hearts and minds kept? **Philippians 4:7** “through Christ Jesus”



## Questions & Answers

**QUESTION:** In John 14:13-14, Jesus says that He gives us water by which we shall never thirst, yet we keep needing to come back to drink more of that water, so how can Jesus say the words, “never thirst”?

**ANSWER:** John 4:13-14 says, “Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

The water that was in the well represented worldly solutions to quench the thirst that we all experience, not knowing that all of the worldly offerings can never quench it. Jesus offers the real solution in which, when we drink and keep drinking, we shall no longer thirst after worldliness, but rather we shall thirst after righteousness. “Blessed [are] they which do hunger and thirst after righteousness: for they shall be filled” (Matthew 5:6).

To drink once and never thirst for righteousness ever again would be “once saved, always saved”, and we know that it is not true as we need “our daily bread” (Matthew

6:11). So, not only shall we continue to thirst after the spiritual, but hunger after it as well. And we are only provided with that amount that is sufficient for the day we are given, for we are to “Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof” (Matthew 6:34).

**QUESTION:** Did Lot really do what he was told to do in Genesis 19:17?

**ANSWER:** Genesis 19:17 states, “And it came to pass, when they had brought them forth abroad, that he said, Escape for thy life; look not behind thee, neither stay thou in all the plain; escape to the mountain, lest thou be consumed.”

According to Genesis 19:18-22, initially Lot did not do as he was told. “And Lot said unto them, Oh, not so, my Lord: Behold now, thy servant hath found grace in thy sight, and thou hast magnified thy mercy, which thou hast shewed unto me in saving my life; and I cannot escape to the mountain, lest some evil take me, and I die: Behold now, this city [is] near to flee unto, and it [is] a little one: Oh, let me escape thither, ([is] it not a

little one?) and my soul shall live. And he said unto him, See, I have accepted thee concerning this thing also, that I will not overthrow this city, for the which thou hast spoken. Haste thee, escape thither; for I cannot do any thing till thou be come thither. Therefore the name of the city was called Zoar.”

But then Lot realized the error of his way and changed his mind as described in Genesis 19:29-30, which says, “And it came to pass, when God destroyed the cities of the plain, that God remembered Abraham, and sent Lot out of the midst of the overthrow, when he overthrew the cities in the which Lot dwelt. And Lot went up out of Zoar, and dwelt in the mountain, and his two daughters with him; for he feared to dwell in Zoar: and he dwelt in a cave, he and his two daughters.”

Now, before we condemn Lot for not initially going where he was told to go right away, but later repented, this was a real situation that should cause us to recall a parable of Jesus. Matthew 21:28-31 tells us, “But what think ye? A [certain] man had two sons; and he came to the first, and said, Son, go work to day in my vineyard. He answered and said, I will not: but

afterward he repented, and went. And he came to the second, and said likewise. And he answered and said, I [go], sir: and went not. Whether of them twain did the will of [his] father? They say unto him, The first. Jesus saith unto them, Verily I say unto you, That the publicans and the harlots go into the kingdom of God before you."

So, Lot is like the son that said he would not go, but went, and evidently that was the acceptable answer in the parable.

**QUESTION:** Is God good to all, no matter what, or does He make the third and fourth generations pay?

**ANSWER:** Exodus 20:5 says, "Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God [am] a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth [generation] of them that hate me;" while Psalms 145:9 states, "The LORD [is] good to all: and his tender mercies [are] over all his works."

So, if a person does evil in the sight of God, according to the surface reading of Exodus 20:5, that sin will appear upon that person's children, their grandchildren, their great-grandchildren, and possibly the great-great-grandchildren, even if a person in one of those generations wants to obey and follow God.

The confusion by surface readers is further confounded by connecting Psalms 145:9, where, if God is good to all and willing to bestow His mercy upon all, would that also include first, second, third, and fourth generation people as well?

The main answer relies upon the proper reading of Exodus 20:5, where it is applied to those who hate God. Looking at one of the best examples in the Bible, reading the list of kings and the brutality they commanded along with the constant wanting to worship Baal (1 Kings 16:32) instead of the true God, there indeed was hatred towards God. When a king died and the son reigned afterwards and did even more evil than his

father, that evil would technically start a new timeline for counting towards the third and fourth generation because of the new evils.

However, in the line of kings, we have glimpses of some kings that loved God either for part or all of their reign. Technically, in some cases, they would be part of one of those generations that supposedly God was to visit the iniquity upon, yet God had mercy instead (2 Chronicles 20:30-32).

God is also always open to hearing from a repentant heart for He is "good, and ready to forgive; and plenteous in mercy unto all them that call upon thee" (Psalms 86:5).

Therefore, there is no contradiction. Only those of subsequent generations that continue to hate God shall God allow the iniquity of the father and the father's father to pass forward. Those that stop the hatred and repent, God will show forth His tender mercies.



## News and Comments

**January 30—NY Post**

**Drinking coffee can help you lose weight — here's how many cups per day**

Here we go again. Yes, this may be true, but are people really serious about losing weight to the risk of heart attack, anger issues, drug withdrawals symptoms, just to start with. If there were no benefits to

coffee, no one would drink it, but those that are serious about being Christian will not place such liquids into their bodies. "What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's" (1 Corinthians

6:19-20).

**February 1—Business Insider**

**A Florida mom was barred from dropping her kids off at a private Christian school over a decal promoting her OnlyFans page**

What is perplexing about the article is the contradictory position this

mom holds. There is a reason a person sends their children to a Christian school – to get a Christian education, learn Christian morals, etc. To then live a different lifestyle at home models just the opposite; even if the children have not been explicitly exposed to her activity, the fact that they are "ok" with it means they have knowledge of it. "Hear, O Israel: The LORD our God [is] one LORD: And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes" (Deuteronomy 6:4-8). To teach is to demonstrate.

## February 6—MSN

### 18 Misunderstood Acts The Bible Says Aren't Actually Sins

So, it appears that people or news outlets get to just declare what is no longer a sin without even providing scriptural support. That includes alternative dressing, getting tattoos, drinking alcohol, playing sports on the Sabbath, eating shellfish, dancing, working on the Sabbath, consulting psychics, and drinking caffeinated beverages. "Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!" (Isaiah 5:20).

## February 16—Fortune

### Trump hit with \$364 million civil fraud judgment in New York over yearslong scheme to inflate his wealth

First, this is not a political support as we are not supportive of any party or political person, and we hope you are the same way because Christians should not be involved in politics; however, that is a separate topic. Now, according to this article, "Trump, one of 40 witnesses to testify at the trial, said his financial statements actually understated his net worth and that banks did their own research and were happy with his business." If that is true that there was no wrong -doing claimed by the banks, no victim involved, and the judge publicly stating that other businesses do not have to worry because Trump was brought before the courts for being different than all the other business. Agree or disagree, it does not matter, but if people can honestly believe that all of this was conducted properly and neutrally, they are blind. Today, it is Trump. Tomorrow it is others that they disagree with. And eventually, they will come after true, Bible-believing Christians. This is very concerning because none should expect a fair trial. This is an example of this country beginning to fulfill the prophecy "he spake as a dragon" (Revelation 13:11). "But beware of men: for they will deliver you up to the councils, and they will scourge you in their synagogues; And ye shall be brought before governors and kings for my sake, for a testimony against them and the Gentiles" (Matthew 10:17-18).

## February 20—MSN

### California teacher suing Newsom says gender policy forced her to

### teach students to 'live a double life'

We usually only comment on political content that has been completed and makes an impact on freedom of conscience or unbiblical actions. This one is not settled but caught our attention because the current policy is in place and here is the reality of it that causes the lawsuit: "A Christian teacher in California is suing the state's top officials over a gender policy she says forced her to lie to parents and teach her students to live "double" lives." First of all, no one can force anyone to lie. The consequence of always being truthful is a different matter, for instance, the teacher probably would be fired. That is not a desired consequence, however, to lie without repentance, the Bible says, "all liars, shall have their part in the lake which burneth with fire and brimstone." (Revelation 21:8). And the verse certainly does not say, "Except if you are saved!" It says that "all liars" go to hell. And to lie while planning to repent later is not acceptable with God.

## February 26- Business Insider

### A woman lost her \$823,000 injury claim after lawyers found a photo of her winning a Christmas-tree-throwing competition

Numbers 32:23 states, "But if ye will not do so, behold, ye have sinned against the LORD: and be sure your sin will find you out." And ultimately, God knows our deeds of Whom we are responsible to answer to.



## Natural Remedies

### Ginseng for debilitating exhaustion

Both American ginseng (*Panax quinquefolius*, L.) and Asian ginseng (*P. Ginseng*) have long been used in traditional medicine as a natural energy booster. Debilitating fatigue in cancer patients has been linked to an

increase in the immune system's inflammatory cytokines as well as poorly regulated levels of the stress-hormone cortisol. Ginseng's active ingredients, called ginsenosides, have been shown in animal studies to reduce cytokines

related to inflammation and help regulate cortisol levels. Ginseng may also help stimulate mental activity in people who feel weak and tired.

