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

A Monthly Magazine

PO Box 301, Boiling Springs, PA 17007 (717) 460-7881

For the Sake of the Truth - Jerry O'Donnell

For the Sake of the Truth

Most Christians treat Jews, specifically, the nation of Israel, as God's favored class of people, but all of us non-Jews and non-Israelites, appear to be under a different set of rules for salvation, even a freer set of rules, such as "Just believe!". However, that is a falsehood, a deception, a lie, and "no lie is of the truth" (1 John 2:21), of which is associated with antichrist (1 John 2:22). If a person were to trace that sentiment back to its origin, they would find out how anti-Christian it happens to be.

The real reason Christians want to treat Jews and the nation of Israel as a special people, even today, is because they want to paint the moral law of Ten Commandments to be a Jewish thing so as to become exempt from keeping the laws themselves. They try to make it seem as if God randomly picked certain people that eventually were led to become the group known as the Israelites, or the children of Israel, referring to Jacob being renamed Israel, and eventually forming an exclusionary country known as Israel. And that, again, is a lie.

There is one thing that matters to God and that is the preservation of

the truth through all times. Those that have been enlightened by the truth are responsible for obeying the truth and sharing it with others as time and means allow. Period. End of story.

Unfortunately, Satan has many variations to distort the truth. In fact, that is what earns Satan a certain title as "he is a liar, and the father of it" (John 8:44), according to Jesus. Outright lies can work, somewhat, but most effective lies are those that have a mixture of truth in them. Keep in mind, once again, rat poison is actually made from 95% good food. It is the 5% that is lethal.

So, though it appears that God calls Israel the chosen (Deuteronomy 7:6), favored (Exodus 3:21), and other titles, making it appear as if Israel became God's experiment or separate pathway to salvation for just them, well, that is not the case at all. If that were true, all of us, including Satan, would declare "foul" according to the rules of engagement, for there is war raging between Christ and Satan (Revelation 12:7). There is but one way for salvation for all time. Jesus declared, "I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6). If there can be two different ways,

then Jesus is a liar. Therefore, Christians, believing that Jews were, and still are, saved one way (works), but Christians are saved another (faith and grace), are nothing short of falling into the snare of Satan.

Now, these are blatant declarations that other preachers can simply state boldly in a different directions, so let us take a walk through the Bible from the perspective that "we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him" (1 John 4:16), which is the ultimate establishment of truth. This truth is what needs to be preserved for all time, or when Jesus said, "upon this rock I will build my church; and the gates of hell shall not prevail against it" (Matthew 16:18) becomes an erroneous statement.

In the beginning, both Adam and Eve sinned and were cast out of the garden but God did not forsake the entire human race (Genesis 3). God instituted a practice that revealed the promise made in Genesis 3:15: "And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel" (Genesis 3:15). That practice was the sacrificial system for "Unto Adam also and to his wife did the

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LORD God make coats of skins, and clothed them" (Genesis 3:21). All those who acknowledged that they believed in a Savior, Who would shed His blood innocently to save the human race, took up the sacrificial system. Abel did while "Cain brought of the fruit of the ground an offering unto the LORD" (Genesis 4:3). So, right up front, we see a fifty-fifty split happening. Those who believed performed the practice. Of course, those who did not believe are not satisfied by not practicing, but try to force others into compliance, and if they do not comply, "Cain rose up against Abel his brother, and slew him" (Genesis 4:8).

Soon, afterwards, "men began to multiply on the face of the earth, and daughters were born unto them" (Genesis 6:1). These were the ungodly people because in the next verse, "the sons of God saw the daughters of men that they [were] fair; and they took them wives" (Genesis 6:2). We do not have time to argue about the "sons of God" being angels for they are not angels, as Jesus said such beings do not marry (Mark 12:25). Now we have the godly race ("sons of God") mixing with the ungodly race ("men") and we know "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?" (2 Corinthians 6:14). The result was that, basically, all of the human race were becoming ungodly.

Now, to preserve the godly race, God did not arbitrarily pick out Noah and make him a preacher, "But Noah found grace in the eyes of the LORD" (Genesis 6:8). First, Noah was of the lineage of the godly race (Genesis 5). Noah was not a

descendant of Cain or anyone else in that lineage. That means that Noah had a relationship with God, though not perfect as he did drink alcohol to the point of drunkenness (Genesis 9:21). Just because someone was in the godly chain did not mean they were godly automatically, either. "Lamech lived after he begat Noah five hundred ninety and five years, and begat sons and daughters" (Genesis 5:30). What about those other sons and daughters, which were Noah's siblings? What happened to them? Well, they drowned. Therefore, like Adam, Seth, Enos, Cainan, Mahalaleel, Jared, Enoch, Methuselah, and Lamech, Noah continued the relationship between the human race and God. In that whole line, everyone had sons and daughters, but not many, or even any, of them became identified by name as being part of the godly race. And just because someone was mentioned by name, like Ham, does not mean they were godly, but this chain from Adam to Noah by name happened to be godly. And that is why God spoke to Noah. If Noah would have rejected God, we would not be here today.

Moving on in time, we see how sin raised up after the flood very quickly to engulf great multitudes, once again, in their rejection of God. Through the generations that followed from the time of Noah, we see that the human race had chosen very rapidly to pretty much be all on Satan's side. In fact, there was not one human being that seemed to be on God's side who was not influenced by man-made paganism save one single person who responded positively, though he was not perfect, either: "Because that Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws" (Genesis 26:5). Humans

are not perfect "For all have sinned, and come short of the glory of God" (Romans 3:23), but as they walk with God, they become perfect. The rest of the human race was pretty much wholly given over to idolatry, hence why Abram was commanded to isolate himself and his immediate family. God chose Abram to become Abraham eventually because "he will command his children and his household after him" (Genesis 18:19). All the other families did not do this, like many today. They say, "I don't want to influence my child into any religion. I will let them grow up neutral and then they can choose for themselves." An ungodly child, one who does not know God, is not likely to become godly when they are an adult. That is the dumbest argument ever accepted by human beings.

So, when Abram was told, "thou shalt be a father of many nations" (Genesis 17:4), that was not God arbitrarily choosing Abram at random. It came down to having a right relationship with God. Now keep in mind that Abram had a lot of "family" through the servants he and his nephew had gathered together, but no other group of people were following the practice, "Train up a child in the way he should go" (Proverbs 22:6). Again, all others were worldly and idolatrous people. The intent was to have the children of Abraham influence the world to God, but it had to start out small with the only person willing to cooperate with God, who then had a son so submissive to the ways of God that that son, Isaac, submitted to being "laid ... on the altar upon the wood" (Genesis 22:9) to become a sacrifice.

Isaac then had two sons. Now keep in mind, during the life of Isaac,

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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.

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there was not another human family that were godly, so God continued with Abraham's lineage including with Isaac's sons. If you remember the story, Esau was not a godly person, in fact, his descendants gave the children of Israel great challenges when they left Egypt. Though Jacob was not perfect, God continued to show His favor upon Abraham's lineage. Jacob even went as far as stating to God, "all that thou shalt give me I will surely give the tenth unto thee" (Genesis 28:22). No one else on the earth had that type of relationship.

As we know, Jacob multiplied greatly with a number of sons along with a daughter. Jacob became known as Israel by then, as well, therefore, all the descendants of Jacob became known as the children of Israel. But despite Jacob's presence before Laban for twenty years (Genesis 31:38), Laban remained pretty much pagan.

Going on quickly to Joseph, we see the great blessings brought before all of Egypt, yet they remained pagan. No other group of people exposed to God happened to give up their paganism and turn to God. So again, God continued to be with the lineage of Abraham. If another nation would have risen up to worship God, God would have quickly forsaken the children of Israel, but the case turned out that the children of Israel were the closest to be in right relationship with Him. And do not be pointing out all of the promises God made to Abraham in which God was then "stuck" with working with the children of Israel. God knows the future. In fact, God lives in past, present, and future all at the same time. There is nothing that catches God off guard, so much so that He was even prepared to save the human race before sin entered the

picture. "Who hath saved us, and called [us] with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began" (2 Timothy 1:9). Therefore, knowing that the children of Israel would be the closest to worshipping Him, God made the promises with Abraham.

Now, after four-hundred years of captivity, needless to say, it had a negative impact upon the children of Israel. Paganism was deeply engrained into them; however, they were willing to worship the true God despite their frequent backsliding.

By the time of Moses, though, it seems that even a smaller family than the children of Israel became knowledgeable about God. "Jethro his father in law, the priest of Midian" (Exodus 3:1). We know that Midian were not a very godly people despite at some point "Jethro said, Blessed [be] the LORD" (Exodus 18:10). The reason we know this is because the Midianites were Israel's enemy. Like the descendants of Esau, Ishmael, the Midianites may have claimed to worship Yahweh, but that is not the true God. Only "the LORD [is] the true God" (Jeremiah 10:10). And as usual, "The LORD did not set his love upon you, nor choose you, because ye were more in number than any people; for ye [were] the fewest of all people" (Deuteronomy 7:7).

During the desert experience, God tried to verbally teach the children of Israel His ways (Exodus 16), but time after time, it failed. Therefore, God wrote things down, such as the moral code known as the Ten Commandments, which existed also before the world began (Revelation 11:19), along with the expanded sacrificial system. The expanded

sacrificial system was the gospel acted out. All nations were to be taught through Israel about the true God and His plan to save the human race, and not just Israel. They were entrusted with the truth, for "all thy commandments [are] truth" (Psalms 119:151). It is the love expressed towards God and our fellow human beings. "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second [is] like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets" (Matthew 22:37-40).

If Israel had not ever fallen into paganism time and time again, Israel would have expanded eventually to engulf the entire world, but like Moses, they ruined the intent of the teaching. Moses striking the rock twice tainted the valuable lesson God wanted expressed. Likewise, Israel's constant apostasy caused a failure in sharing the gospel. Sure, they came back to God time after time, hence why God did not forsake them, but that has resulted in countless human beings to be lost for eternity, not to mention how many Christians have been taught incorrectly about the nation of Israel, which has caused so many to be lost even inside the Christian faith. Hardly any Christian understands the gospel as revealed through the feast days. From the cross to the second coming, it is all laid out perfectly.

All other nations were worse off than Israel. Look at the incident with Dagon (1 Samuel 5). Not once, but twice with the ark in possession of the Philistines, Dagon fell over. The second time it smashed into several pieces. The ark was moved from town to town bringing devastation. In 1 Samuel 6, they finally dispose of the ark and did so in a manner that proved either these things were acts of God, or just a coincidence. They turned out to be acts of God, but did the Philistines give up their paganism? No! And that is what makes Israel God's favored people – it is the fact that after backsliding, they turned to the true God.

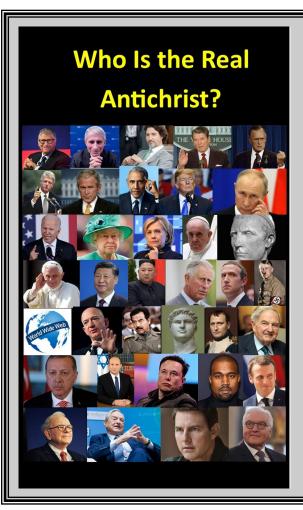
So, as the nation of Israel was entrusted with both the Ten Commandments and the gospel message being responsible for evangelizing the world with such truth, there was a set time eventually placed upon Israel to once and for all get it right, or be forsaken. Daniel's symbolic seventyweek prophecy (Daniel 9:24-27) set

the timeline in motion. When Jesus came in human form to walk among us, He announced, "The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel" (Mark 1:15). There is but one timeline that identifies the coming of the Messiah, and that is the one in Daniel 9. Right there in that timeline, it is told that Israel would fail at the final time allowance. Jesus also confirmed the timeline with the amount of time He has been forgiving Israel ever since the timeline began: "Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven" (Matthew 18:21-22). Jesus does not just say the word

"times", and He could have used other numbers, but to use the numbers of Daniel 9:24 is no coincidence. Seventy times seven is the same as seventy-weeks, for there are seven days in a week.

Now, how did Israel fail? They were "to finish the transgression, and to make an end of sins, and to make reconciliation for iniquity, and to bring in everlasting righteousness" (Daniel 9:24), but they did not. How do we know? The ultimate transgression, sin, iniquity to be preformed is to murder the Savior, Who was the "everlasting righteousness".

From there, Daniel 9 also tells us that the acting out of the gospel message would come to an end, but not the moral law, for "he shall



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cause the sacrifice and the oblation to cease" (Daniel 9:27). Jesus even said, regarding the moral law, "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach [them], the same shall be called great in the kingdom of heaven" (Matthew 5:17-19). The Father confirmed the end of the sacrificial system by His role in the matter: "And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent" (Matthew 27:51).

Jesus even announced the end. "Jesus saith unto them, Did ye never read in the scriptures, The stone which the builders rejected, the same is become the head of the corner: this is the Lord's doing, and it is marvellous in our eyes? Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof" (Matthew 21:42-43).

The end of the seventy-weeks was marked by the stoning of Stephen. This is when the physical nation of Israel was left to be destroyed in 70 A.D. Today's Israel is not the theocracy nation of old. Today's Israel is just a political nation.

The people responsible with the gospel, along with the commandments, are spiritual now. "For he is not a Jew, which is one outwardly; neither [is that] circumcision, which is outward in

the flesh: But he [is] a Jew, which is one inwardly; and circumcision [is that] of the heart, in the spirit, [and] not in the letter; whose praise [is] not of men, but of God" (Romans 2:28-29). "And if ye [be] Christ's, then are ye Abraham's seed, and heirs according to the promise" (Galatians 3:29).

And this is so, because as described for the last days, "And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people" (Revelation 14:6). And along with the gospel is the Ten Commandments: "Here is the patience of the saints: here [are] they that keep the commandments of God, and the faith of Jesus" (Revelation 14:12).

So, there is no favored physical nation today. Israel of old did not work their way to Heaven by keeping the commandments. We are not under grace and faith to the point that the commandments are nailed to the cross, "for sin is the transgression of the law" (1 John 3:4), and "What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein?" (Romans 6:1-2). "Do we then make void the law through faith? God forbid: yea, we establish the law" (Romans 3:31). And what was nailed to the cross was the "Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross" (Colossians 2:14). The commandments are not ordinances; they are commandments!

Now, will you be part of the gospel messengers living according to the

one and only expectation which is, "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), which means that we give every God-given effort to live according to the commandments, but if we slip, we have and Advocate to go and "confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness" (1 John 1:9). Then He "is able to keep you from falling, and to present [you] faultless before the presence of his glory with exceeding joy" (Jude 1:24).

Remember, "Thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth" (1 Timothy 3:15). And there is that truth once again.

So, will you represent what a true Christian ought to be – obedient to God?

Had Israel remained true to God, this glorious building would have stood forever, a perpetual sign of God's especial favor to His chosen people. "The sons of the stranger," God declared, "that join themselves to the Lord, to serve Him, and to love the name of the Lord, to be His servants, everyone that keepeth the Sabbath from polluting it, and taketh hold of My covenant; even them will I bring to My holy mountain, and make them joyful in My house of prayer: their burnt offerings and their sacrifices shall be accepted upon Mine altar; for Mine house shall be called an house of prayer for all people." Isaiah 56:6, 7. {PK 46.1}

Heavenly Health

Mindfulness

This month I want to put before us, once again, the meaning of health that we presented in the October 2023 issue of this publication, where in the first paragraph health is defined as: "That state of an animal or living body, in which the parts are sound, well organized and disposed, and in which they all perform freely their natural functions. In this state the animal feels no pain. This word is applied also to plants." Also, in that same issue, we pointed out that to be healthy is to be whole, and being whole certainly does include what goes on in our minds. Stop and ask yourself, "Was I mindful of the definition I just read?" Did you really notice the sentence that says if you are in the state of health you are in no pain? That simply means if you are in any pain, large or small, you are not in health. Barring an accident or birth defect, somewhere along the line in your life, you were not paying attention to things occurring in your body and dis-ease has taken place, ease and comfort are missing from your life. And did you notice when we dissect that word it loses power over our perception of it? Try this little experiment – apply 'dis-ease' to any condition you have, regardless of how severe it may currently be, and watch it losing power over your life. Now go back to referring to your condition as a 'disease' and you might even be able to actually feel the shift in your body taking place; fear and impending doom might set in. We have made the term 'disease' into something bigger than life, completely out of our control, something that comes from 'out there somewhere', latching onto us

and we cannot do a thing about it except to put ourselves *under* the care of a complete stranger in most cases and then vaguely hope for the best as they prod and poke and slice and fill us full of chemicals in an attempt to get this situation straightened out.

Be mindful of your language, and that of others. Dis-ease is not a raging, out-of-control monster, but you have been conditioned to think and believe that a disease is exactly that. Do you see the difference in the two terms? Watch the response of a long lost friend you encounter on a sunny day, when they ask, "How are you, how have you been doing?" and you reply, "I have kidney disease", and note their body language. The scenario, otherwise happy and cheerful up to this point, will probably immediately go something like this - "Awww!! Oh, how horrible! Who is your doctor?" as arms surround you with a hug, and their facial expression, their countenance, falls downward, and the atmosphere surrounding them (and you, if you are not careful!) actually changes (climate change!). But, what if you simply smile and say, "Well, I'm experiencing some discomfort (dis-ease) right now, but I'm on top if it (the opposite of being "under the care of a complete stranger"), following God's instructions." You have a hopeful outlook, as opposed to caving in to depression and defeat and even more misery.

So now that we have a pretty good picture of what dis-ease is — what does 'ease' actually mean, from the same source? — "Rest; an undisturbed state. Applied to the body, freedom from pain, ..." Stop

right there. Doesn't that sound just like part of the definition of health? - "In this state the animal feels no pain." You see, if, or when, we do experience times of dis-ease we can still have rest, peace of mind when we realize that the one true God is ever mindful of everything we do, or experience, but our mindfulness is no match for His. Ps. 115:12 "The LORD hath been mindful of us:..." There is never a moment that we are not on God's mind, His mind is full of us in every situation of life, and we cannot afford not to be mindful of Him, for He is in the very breath we breathe, and without Him we can do nothing. We cannot recover from any set-backs in life without Him and we cannot heal. Oh, we can apply the world's bandaids, of which the world supplies many, but no true healing can take place without Him, whether it be physical, emotional or spiritual; so as believers we can experience Jer. 32:17, "...there is nothing too hard for Thee."

In Gen. 8:1, we read of one beautiful example of God's mindfulness of man when it is stated, "And God remembered Noah, and every living thing, and all the cattle that [was] with him in the ark:" You might wonder how God could ever forget Noah, but in this case, and many others in scripture, Strong's Concordance tells us that "remembered" means "mindful" -God had Noah and his family and all of the beasts in his mind and heart through all they were experiencing on that ark. He never let them slip from His mind, His watchfulness and His care.

When we know in our hearts, as Noah surely did, that God is always

world." What love, what complete mindfulness.

Healthy and Delicious Recipes

Vegan Corn Chowder

Ingredients

- 6-7 cups vegetable stock (1440-1680g)
- 5 cups corn kernels (825g or about 6 cobs)
- 2 tablespoon vegan butter (or olive oil or stock)
- 1½ teaspoon old bay seasoning
- 1 ½ teaspoon smoked paprika
- ½ teaspoon dried thyme
- ½ teaspoon dried chives
- ¼ teaspoon garlic powder
- ¼ teaspoon celery salt
- ¼ teaspoon coriander
- 1 bay leaf
- 1 sweet onion, diced
- 3 cloves garlic
- 1 ½ lb Yukon gold potatoes, cubed (450g)
- 1 stick celery, chopped
- 1 red bell pepper, diced
- 2 carrots, diced

- ¼ cup sun dried tomatoes in oil, chopped
- ½ cup coconut milk (160g)
- fresh lime juice, to taste

Instructions

- In a dutch oven or large soup stock pot, add 6 cups vegetable stock and bring to a boil.
- Once boiling, add 5 cups corn kernels and let cook for 15 minutes while prepping your other ingredients. Remove stock from the pot and reserve.
- 3. With the corn still in the pot, over medium heat, add 2 tablespoon vegan butter, 1½ teaspoon each old bay seasoning and smoked paprika, dried thyme, dried chives, and ¼ teaspoon each garlic powder, celery salt, coriander, and 1 bay leaf. Stir together and allow corn to get some brown bits on it.
- Add 1 large diced onion and 3 cloves minced garlic and allow to cook, stirring occasionally,

- for 2-3 minutes. Add in the 1lb cubed potatoes, 1 stick chopped celery, 1 diced red bell pepper, 1 diced carrot, and ¼ cup chopped sun-dried tomatoes.
- 5. Stir together for 2-3 minutes allowing everything to come together.
- Add in the stock and make sure everything is covered under the stock (adding in the additional 1 cup if needed). Add a little bit more stock if needed to cover.
- 7. Reduce heat to simmer and allow to cook for 20-25 minutes.
- 8. Add about 1/3 of the soup to a blender with 1/3 cup coconut milk and blend until smooth.
- 9. Add blended mixture back into your soup pot and stir together.
- 10. Taste and adjust any seasonings if desired.
- 11. Top with lime juice to taste and stir together, then serve.

Notes

- Slow Cooker Instructions –
 Place all ingredients into slow
 cooker or crock pot except the
 lime juice and stir together.
- Cook on low for 6-8 hours or high for 3-4 hours.
- Remove ½ of the mixture to a blender and blend until smooth.
- Pour back in, add the lime juice as desired, and stir together until combined.

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Natural Vitamins

Benefits of Eating Chickpeas

- The protein and fiber in chickpeas may help keep your appetite under control.
- Chickpeas help control blood sugar, as canned and dried chickpeas have a low glycemic index.
- They help with digestion as they are high in dietary fiber, especially a soluble fiber called raffinose.
- 4. They can help lower cholesterol as soluble fiber is good for more than gut health, which can lessen your total cholesterol and your LDL ("bad") cholesterol.
- They may lower your cancer risk, for when you eat chickpeas, your body makes a short-chain fatty acid called

- butyrate, which helps get rid of sick and dying cells.
- They have calcium, magnesium, fiber, and other nutrients for strong bones.
- 7. They have choline, a nutrient that helps make important chemicals for memory, mood, muscle control, and other brain and nervous system activity.



Be Ye Holy — 1 Peter 1:15

Titus 2:11-13 clearly teaches what grace produces – a sanctified and holy life. If it does not, grace is a mockery. "For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ." Grace teaches and causes us to change our lives. If we continue in the ungodly ways, are into sports still, worldly entertainment, eating and drinking whatever we choose, etc., we are then not learning, not or being taught what grace really means. So, do you have the true grace that changes your life, or are you just claiming grace as a free ticket to go to Heaven while still living the same life that unbelievers do?

Hebrews 5:9 clearly states, "And being made perfect, he became the author of eternal salvation unto all them that obey him." To obey is to live the holy and sanctified life. To disobey is to lose out on salvation. Salvation is not earned, but

regarding salvation, "not the hearers of the law [are] just before God, but the doers of the law shall be justified" (Romans 2:13), yet "by the deeds of the law there shall no flesh be justified in his sight" (Romans 3:20). We are not saved by living in obedience and doing the law. We do the law and live in obedience because of salvation. Where we have sinned, we are "justified freely by his grace through the redemption that is in Christ Jesus" (Romans 3:24), but in no wise are justification and forgiveness wasted on those who return to their life of sinning. So, do you obey, or disobey? Do you continue in your sins, or have you received of the "divine power" which God "hath given unto us all things that [pertain] unto life and godliness" (2 Peter 1:3)?

James 1:25 states, "But whoso looketh into the perfect law of liberty, and continueth [therein], he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed." The law of liberty is the Ten Commandments

(James 2:10-12). The expected life of a Christian is to continue doing the commandments, which is living the holy and sanctified life. Too many Christians see this as an optional verse, where, if you want to be blessed, you keep the commandments; with the consequence of not keeping the commandments, simply being not blessed, but thinking you still have eternal life. Revelation 22:14 connects the blessing with eternal life. "Blessed [are] they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city." So, are you continuing in the commandments as a result of being saved, or are you forfeiting the blessing of eternal life, claiming grace alone?

According to 1 Peter 2:2, when we say that we believe on Jesus and believe we shall be saved, we are but "As newborn babes, desire the sincere milk of the word", but it concludes with "that ye may grow thereby". That growth is the holy and sanctified life. In other words,

when we receive God's grace, for "ve have tasted that the Lord [is] gracious" (1 Peter 2:3), we then are "laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings" (1 Peter 2:1). In short, grace received changes us into different people, where that list of things laid aside is just the beginning. We "press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:14). We are called to obey a much higher standard than unbelievers. So, is there a difference between life before receiving God's grace and after? Are you growing up into an obedient child of God?

2 Peter 2:20 takes down two false theories. "For if after they have escaped the pollutions of the world through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the latter end is worse with them than the beginning." First, after believing on the Lord Jesus Christ, the expectation is for the Christian to walk the holy and sanctified life, for they are to escape the pollutions of the world as revealed in God's Word, which means "whoso keepeth his word, in him verily is the love of God perfected" (1 John 2:5). If we participate in the pollutions of the world, we shall be lost, for "if any man [be] in Christ, [he is] a new creature: old things are passed away; behold, all things are become new" (2 Corinthians 5:17). Which brings us to the second false theory. Evidently, they were believers. They are not false or pretended believers as so many on the "once saved, always saved" group claim. If they escaped the pollutions of the world and stayed that way, they would stay saved, but, as Jesus warned all of us, "Watch and pray, that ye enter not into temptation: the spirit

indeed [is] willing, but the flesh [is] weak" (Matthew 26:41), so if they fall back into the pollutions, they would be lost. Even if the "once saved, always saved" claim is correct and these were false believers who never really gave up the pollutions, but pretended to, then I have yet to meet a "once saved, always saved" true Christian for they all enjoy the pollutions of the world. "Once saved, always saved" believers make careless sinners. So, have you escaped the pollutions and are, by the "divined power" (2 Peter 1:3) allowing Jesus "to keep you from falling" (Jude 1:24)?

1 John 2:13-15 tells us, "I write unto you, fathers, because ye have known him [that is] from the beginning. I write unto you, young men, because ye have overcome the wicked one. I write unto you, little children, because ye have known the Father. I have written unto you, fathers, because ye have known him [that is] from the beginning. I have written unto you, young men, because ye are strong, and the word of God abideth in you, and ye have overcome the wicked one. Love not the world, neither the things [that are] in the world. If any man love the world, the love of the Father is not in him." If we are sinning, we are listening to the wicked one, even if we do not think so, therefore, we have not overcome Satan and his suggestions. To abide in the Word and, again, overcome the wicked one, means we obey God always and never Satan. Then, to make sure we really understand the holy and sanctified walk that is expected after "being saved", we are plainly are told not to love the world nor the things in it. That means if we can name all the players on a sports team, we are in the world. If we can name the latest

top hits in music, we are in the world. If we just have to catch up on a movie or TV show, we are in the world. If we dress and eat to fit in with everyone else, we are in the world. If we are taking political positions, we are in the world. So, how much are you in the world, or have you overcome the wicked one and even abide in God's Word always?

Jude 1:24-25 says, "Now unto him that is able to keep you from falling, and to present [you] faultless before the presence of his glory with exceeding joy, To the only wise God our Saviour, [be] glory and majesty, dominion and power, both now and ever. Amen." Being kept from falling means if we trust in Jesus and dedicate our souls to Him, we will walk the holy and sanctified life. It is when we choose to go through life as an unbeliever that we sin. Oh, we may believe in Jesus and believe we may be saved, but true belief involves believing we can live the rest of our lives without sinning, but hardly a Christian believes that such a life is possible. Regarding this type of life that seems so unbelievable, Jesus said, "With men this is impossible; but with God all things are possible" (Matthew 19:26). So, do you justify a little sinning in your life claiming no one is perfect, or do you believe Jesus can help you to always live in obedience to His commandments?

Revelation 3:3 is addressing the believer, where we are told, "Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee." As stated before, many times, we are not eternally saved by mouthing "I believe" one day, but we are to

"hold fast" from that moment on. That is all day and every day. And if we find ourselves dabbling in temptation leading to sin, we must repent or face the consequence. That "watch and pray, that ye enter not into temptation" (Matthew 26:41), where we "hold fast [our] profession" (Hebrews 4:14) is the expected holy and sanctified life. So, how much are you holding on to what you professed?

Mark 7:15 says, "There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man." This may sound silly and barely makes the holy and sanctified lifestyle list, but there are so many that say they are Christian and have foul mouths, speak envious words, tell dirty jokes, speak gossip, speak hateful and angry words, etc. "And the tongue [is] a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell" (James 3:6). "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which [temple] ye are" (1 Corinthians 3:17). "Let us not be desirous of vain glory, provoking one another, envying one another" (Galatians 5:26). "Now the works of the flesh are manifest.

which are [these]; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God" (Galatians 5:19-21). As you see, as we include the verses that deal with defilement coming out of a person; now is revealed the expected holy and sanctified life, or otherwise, we shall not see the kingdom of God. So, what comes out of your heart?

Matthew 5:20 states, "For I say unto you, That except your righteousness shall exceed [the righteousness] of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven." And that righteousness that exceeds the Pharisees is Christ's righteousness. But what does that mean? Jesus will go on to explain that it does involve the deeper extent of obedience to the commandments, but even Paul writes, "put ye on the Lord Jesus Christ, and make not provision for the flesh, to [fulfil] the lusts [thereof]" (Romans 13:14). 1 John 3:7 states, "Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous." 1 John 2:6 says,

"He that saith he abideth in him ought himself also so to walk, even as he walked." In other words, we are to live and be like Christ, walking the holy and sanctified life. So, does your righteousness exceed the outward form of the Pharisees who had unconverted hearts by living the righteous life by the grace and having faith in the power of God, or do you live a life of fitting in with society and according to what is acceptable to society, instead of God's way of living?

Luke 4:4 tells us how we are to live: "And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God." So, when the Word of God says, "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice" (Ephesians 4:31), we do not say, "I don't have to because another verse tells me that I am eternally saved no matter what I do." That is not living by every word, but canceling the Word of God. The scriptures were not written to be canceled out, but to be lived. So, do you live the holy and sanctified life through living by every Word of God, or do you dismiss God's Word by using other verses against such commands?

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

The Wrath of God That Is Coming

- What does the future wrath of God lack (is without)? Revelation 14:10
- What does God usually include with His wrath, in times past?
 Habakkuk 3:2
- Destroying all but eight souls in the time of Noah was pretty wrathful, but what did God use during the hundred and twenty years while the ark was being built? 2 Peter 2:5
- In the time of Sodom and Gomorrah, what would have spared the cities from being destroyed? Compare Genesis 18:26, 28, and finally verse 32
- What did Paul predict God would do in the future when only a remnant will be saved during a great time of trouble? Romans 9:27-28

- 6. What does God keep for thousands? **Exodus 34:7**
- 7. But what will God not clear? **Exodus 34:7**
- 8. Why will a whole bunch of Christians be lost at the end of time? **Matthew 7:22-23**
- 9. Those that do get to enter the Kingdom of Heaven are described as performing what action? **Matthew 7:21**
- 10. What will God's judgment in the end be without? **James 2:13**

September 2024

Destroy This Temple

- What did Jesus say about destroying that was misunderstood? John 2:19 "this temple"
- What did the Jews point to in applying Jesus' words? John 2:20

"building"

- 3. What did Jesus actually mean? John 2:21 "body"
- What did Paul refer to as being the temple of the Holy Ghost (Spirit)? 1 Corinthians 6:19 "body"
- What will God do to people who do not take care of it? 1 Corinthians 3:17 "destroy"
- 6. Why are we not allowed to do whatever we want to our temples? End of 1 Corinthians 6:18 "sinneth against his own body"
- What makes us not have ownership of our own temples?
 Beginning of 1 Corinthians 6:20 "bought with a price"
- What are we expected to do in response to what God the Father has done through Jesus Christ? Last half of 1 Corinthians 6:20 "glorify God in your body"
- What words did false witnesses add to what Jesus said that makes people think of the physical temple once again? Matthew 26:60-61 "the temple of God"
- 10. Still more false witnesses testified of the physical building but added what method of its reconstruction? Mark 14:57-58 "made with hands"

Questions & Answers

QUESTION: Last month we did not have a good answer for this question, "Can you explain Deuteronomy 14:26

in regards to strong drink?", but we think we have a better answer now.

ANSWER: We see in a number of places that instruction is given to people, especially those who are

with child. "And the angel of the LORD said unto Manoah, Of all that I said unto the woman let her beware. She may not eat of any [thing] that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean [thing]: all that I commanded her let her observe" (Judges 13:13-14). This implies that it was natural to drink alcohol, otherwise, why would God forbid it just during pregnancy? But that is not the case.

Again, "And the LORD spake unto Moses, saying, Speak unto the children of Israel, and say unto them, When either man or woman shall separate [themselves] to vow a vow of a Nazarite, to separate [themselves] unto the LORD: He shall separate [himself] from wine and strong drink, and shall drink no vinegar of wine, or vinegar of strong drink, neither shall he drink any liquor of grapes, nor eat moist grapes, or dried" (Numbers 6:1-3). So, it appears that strong drink or alcohol was common among the people, as if it were not a sinful pleasure, but only the Nazarite was to go a step further and remove that from their diet. Again, that is not the case.

There are other Bible references that have the same implication, and trust us, we have heard these examples used to justify the allowance of alcohol today. It has been said that it is alright to drink alcohol unless they are an elder or pastor or other type of minister. Basically, those called of God to hold an office are the only ones that ought to refrain from the use thereof.

But the Bible is very clear against the use of it at all. "Wine [is] a mocker, strong drink [is] raging: and whosoever is deceived thereby is not wise" (Proverbs 20:1). There is no clarification to who this is addressed to, therefore, it applies to everyone, no matter being pregnant or not, minister or not, etc.

Further, we are told, "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, [when] it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me, [shalt thou say, and] I was not sick; they have beaten me, [and] I felt [it] not: when shall I awake? I will seek it yet again" (Proverbs 23:29-35). And slurred speech can happen just after one drink, along with other impairments. Overall, it is not a gratifying beverage.

So, it is quite clear that "strong drink" is condemned in those verses, however, we still have to address the exception in Deuteronomy 14:26. We do not just ignore verses, but are told, "precept [must be] upon precept, precept upon precept; line upon line, line upon line; here a little, [and] there a little" (Isaiah 28:10). That is how we are "to understand doctrine" (Isaiah 28:9).

A precept is a type of pattern set forth using an unrelated topic, but how the action is exercised to handle the situation is applicable to the current topic at hand. A precept is a principle – how God handles one situation is the same application for a different situation with the same pattern. For instance, let us set alcohol aside for a moment and look at divorce. Divorce is an unrelated topic in comparison to alcohol, however what is at the root of the cause is the same. How God handles that root will determine how it was handled in the "strong drink" scenario.

Jesus was asked, "Why did Moses then command to give a writing of divorcement, and to put her away?" (Matthew 19:7). Notice Jesus' response. "Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so" (Matthew 19:8). From the beginning, "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh" (Genesis 2:24). There was to be only one man and one woman and divorce over trivial matters was not an option. Only "fornication" was an exception according to Jesus (Matthew 19:9). Yet, divorce over trivial matters was permitted under Moses and we certainly know that numerous wives were part of the life of the kings, but we do not see a rebuke from God. Keep in mind, just because God does not rebuke something does not mean it is His will, or even permitted.

Alcohol is a forbidden substance. It destroys the temple of God despite being drunk in moderation. The smallest amounts of alcohol attack the thinking part of the brain, where moral decisions are made. So, to drink even a small amount is decreasing the ability to make right moral decisions. That certainly sounds like an invention of Satan to destroy the Christian character and to participate in such is truly a snare.

So, we take the allowance principle in the divorce situation permitted under Moses, which was for the hardness of their hearts, the root of the matter, and apply it to Deuteronomy 14:26. Basically, the people were hardened in their hearts for the use of alcohol. Until God could lead them out of that thinking, it was granted at the time, but that was not to be the rule for the remainder of the days of human beings. That is the same thing regarding meat-eating in general. Yes, Noah and his family were permitted to eat meat, but that was not to continue until the end of time. However, that is a deeper subject that we do not want to be distracted with at the moment, but worth mentioning to think about.

If you are not convinced that God permits things for the hardness of hearts, and in this case, it being alcohol consumption, let us look at the same "hardness of heart" principle regarding another topic – having a king.

Deuteronomy 17:14-17 states, "When thou art come unto the land which the LORD thy God giveth thee, and shalt possess it, and shalt dwell therein, and shalt say, I will set a king over me, like as all the nations that [are] about me; Thou shalt in any wise set [him] king over thee, whom the LORD thy God shall choose: [one] from among thy brethren shalt thou set king over thee: thou mayest not set a stranger over thee, which [is] not thy brother. But he shall not multiply horses to himself, nor cause the people to return to Egypt, to the end that he should multiply horses: forasmuch as the LORD hath said unto you, Ye shall henceforth return no more that way. Neither shall he multiply wives to himself, that his heart turn not away: neither shall he greatly multiply to himself silver

and gold." That so describes mostly Solomon but other kings as well. This was not the way God wanted things to turn out but He foresaw the day. And when that day came, what did God do? Did He respond with, "Thou shalt not have a king for I am your King?" No. Did He open up the earth and swallow all them that called for a king? No. "And the LORD said unto Samuel, Hearken unto the voice of the people in all that they say unto thee: for they have not rejected thee, but they have rejected me, that I should not reign over them" (1 Samuel 8:7). God worked with the hardness of their hearts. They looked around and wanted a king just like all the other nations. God was rejected. That was definitely not the way God wanted it, but Samuel was instructed to make the allowance.

The reason for the allowance is because outright addressing of an issue and forbidding it adds to the hardness of people's hearts and does not soften them. In many cases, God indeed had to act swiftly, but He does not always. "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil" (Ecclesiastes 8:11). Parents may discipline their children in a manner that makes them comply completely, but the children will distance themselves from God and will rebel once they get out from under the parent's roof on to their own lives, or the parents can approach the situation in a manner that leaves the door open to have a connection with God. A parent basically can beat the child to a pulp or show the child the error of his ways; pray with him; encourage him to make a different choice; etc. There is a time to use the switch and there is a time to show the tears.

Overall, we ought not be so quick to see the "permission" for sinful acts as an overall allowance for even us today. Does anyone know the destination of every soul that participated in the allowance of Deuteronomy 14:26, the "strong drink"? Look at the destination of all those who begged for flesh to eat in the desert because they were sick of the manna. "He caused an east wind to blow in the heaven: and by his power he brought in the south wind. He rained flesh also upon them as dust, and feathered fowls like as the sand of the sea: And he let [it] fall in the midst of their camp, round about their habitations. So they did eat, and were well filled: for he gave them their own desire; They were not estranged from their lust. But while their meat [was] yet in their mouths, The wrath of God came upon them, and slew the fattest of them, and smote down the chosen [men] of Israel. For all this they sinned still, and believed not for his wondrous works" (Psalms 78:26-32). God gave them the flesh they craved because of the hardness of their hearts and "while the flesh [was] yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted" (Numbers 11:33-34).

Now, for those that use
Deuteronomy 14:26 to justify their
drink in moderation, do realize that
you are also running the risk of
being eternally lost, because it is a
test to see if your heart is hardened,
not only with drink, but other things
He condemns.

News and Comments

August 3—The Cool Down

Officials urge people to kill and eat highly invasive fish devastating ecosystems: 'Maryland may have to eat itself out of this mess'

That may be the recommendation by the government but God says, "all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which [is] in the waters, they [shall be] an abomination unto you" (Leviticus 11:10). Noah knew this was more than ceremonial (Genesis 7:2). And no, Peter was not told that unclean meats are now allowed because he stated, "God hath shewed me that I should not call any man common or unclean" (Acts 10:28).

August 6—Fox News

Suzanne Somers' widower says late 'Three's Company' star shows signs she's around: 'There is an afterlife'

But the Bible teaches the opposite of what he "feels". "His breath goeth forth, he returneth to his earth; in that very day his thoughts perish" (Psalms 146:4). She does not even remember him because she has no thoughts happening. "For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten" (Ecclesiastes 9:5).

August 8-Slate

Help! The Love of My Life Dumped Me Over an Impossible Ultimatum. Now She Wants Me Back.

We do not go looking for columns like this, but it did come across our desk and in need of a response on multiple levels to teach Christians at large the truth of the matter. These advisory columns usually have the backing of some psychologist or other degreed

person who are to be experts. And this is a perfect example of why we cannot trust any "science" person no matter what their degree happens to be. Even those that claim to have a Christian background are trained in the brainwashing of society. We follow God and not the supposed experts. This supposed expert attacked the conviction of the newly found faith observer, in this case, being a woman. Though the article was not specific in the religious background, the woman was following a principle: "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?" (2 Corinthians 6:14). The man, being an atheist, would find no way to agree with the woman, especially in rearing children. And what union can there really be when one is living a completely separate life from their spouse? The woman's hands are tied. It obviously is not something she is doing on a whim. And that goes for denominational lines as well, though so few Christians practice it. How can a Catholic and a Baptist get married and have kids?, just as an example. Do they baptize the baby with sprinkling, or wait for the child to grow up to a teen to make their own decision? Do they pray to Mary and the saints and keep holidays or not? God says to not be unequally tied together! So, when the expert said to the atheist, "Can you trust her not to make any more major life changes that result in her saying 'Do what I want or it's over", this is so far off the proper advice. It is not "what I want" as it is a practice handed down by God. She wants to obey God in every aspect, including and especially, in getting married. The atheist needs to take it up with God and not the woman and not even seek advice from another human despite how much of an expert they are.

August 15—Mashable

Scientists discover where the huge dinosaur-killing asteroid came from

They say, "As the solar system formed, many C-type asteroids came to inhabit the outskirts of the main asteroid belt, a ring containing millions of rocky objects between Mars and Jupiter. It's here the six-mile -wide Chicxulub impactor was probably propelled towards Earth." Now let us not miss this. The title of the article appears to emphatically declare that they have discovered the source, but in the article, they declared it is only a probability - a guess. The Bible provides the answer. God simply did not let them live. Between the flood (Genesis 6:17) and reduced age for all life, including humans going from the nine hundreds (Genesis 5:5) to a mere seventy or eighty (Psalms 90:10), allowed for the disappearance.

August 22—Fox News

Mormon TikTok swinger's mom speaks out over 'hypocritical' backlash: 'A lot of sins are committed' in church

The article quotes from Taylor Frankie Paul, "For someone to come to say that I shouldn't be a member of the church because I'm not Mormon enough or I sin. Let me tell you, a lot of things happen in the church and a lot of sins are committed every single day. Nobody is perfect". Although there are sins in the church, it is not to be a way of life, which evidently it is, especially making a show around it. We are told, "My little children, these things write I unto you, that ye sin not" (1 John 2:1) and "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" (1 John 3:9). Sin is to be put

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away, to be ceased from, etc. Thinking we are forgiven despite no fruit of repenting, ceasing, etc. from it is called deception.

August 25—Business Insider

A Gen Xer with a 6-figure salary and

over \$315,000 in debt can't afford a home: 'This country has failed us'

So, personal choices and personal circumstances mean failure by the country? Where is personal responsibility? Where is help being offered by others in time of need? But

the whole country is not to blame.
"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap" (Galatians 6:7). Life happens and people have set-backs.

Natural Remedies

Mosquito Repellent

Natural mosquito repellents include a combination of essential oils such as citronella, eucalyptus, rosemary, peppermint, lavender, thyme, clove, and sage. Essential oils are the immune system of the plants from which they are derived, which protect plants from

being eaten by bugs, bacteria, and viruses, so they may do the same for us.

Here is one blend you might want to try: Combine 20 drops eucalyptus oil, 20 drops cedarwood oil, 10 drops tea tree oil, 10 drops geranium oil, and two drops almond oil in a four-ounce container. Apply lightly to skin as needed, avoiding eye area. Test on a small area of skin and try different oils for effectiveness and an aroma pleasing to you.