

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

A Monthly Magazine

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Porn is Not a Sin! - Jerry O'Donnell

Now that I have your attention and waiting for you to get over the shock, think about the subject for a moment. Is it really a sin? The honest answer is no. It may be sinful to participate in, but not a sin. It is the fruit of sin. The same is true about punching someone in the face. It is the fruit of sin.

Now, let me get right to the point without delay so you do not think I am out of my mind and toss away this publication. "Keep thy heart with all diligence; for out of it [are] the issues of life" (Proverbs 4:23). "A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh" (Luke 6:45). "O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh" (Matthew 12:34). "But those things which proceed out of the mouth come forth from the heart; and they defile the man" (Matthew 15:18). "For from within, out of the heart of men, proceed evil thoughts, adulteries,

fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man" (Mark 7:21-23).

Alright. Let us pause here before we continue with the machine gun of verses and quotes. Sin is what is in the heart. Works or fruit are the result of our heart. If our heart is right, then we will have "the fruit of the Spirit" which "is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts" (Galatians 5:22-24). And did you catch that last part? If we are crucified with Christ then the affections and especially the lusts, which is the fruit of sin, will also be put off. Sure, the word "lust" incorporates more than sensuality of the body. Therefore, porn is a fruit of an adulterous heart. Eating a whole cake in one sitting is the fruit of gluttony in the heart. Likewise, punching someone in the face is the fruit of the sin of anger in the

heart, which is the sin of murder, according to Jesus (Matthew 5:22).

Some may be troubled that we might be contradicting Jesus, Who said, "But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart" (Matthew 5:28). Notice that Jesus focused upon the heart, just as stated and will continue to be stated. The looking on a woman to lust is the fruit of the heart.

Now, the reason for this stark announcement or article title is to wake us up to the fact that too many people try to remove the fruit from the tree not realizing the roots are where the problem resides and then finding themselves not being successful at ceasing from grabbing the fruit that they were so determined to remove. This is a very popular cycle every New Year, where resolutions are made upon the fruits and not the heart, hence why most people break their resolutions so easily.

Using our stark topic as an example, those that know they have an addiction to porn try their

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For Bible Believing Christians**

best to cease from porn and may be successful for periods of time with frequent lapses. The same goes with the bottle of alcohol or any subject for that matter. Sticking with porn though, since this topic has infiltrated so many homes, brought down a number of pastors, have been the subject of many schools in the exposure thereof, and throwing in there something called sexting on a cell phone, it is a prevalent problem infiltrating every aspect of life, especially when we are done with exposing all of it because right now, there are so many things that are acceptable in society that is actually not acceptable to God or of a godly character.

Again, the person trying to remove porn from their life fails often because they are dealing with the fruit. They need Christ in the heart as Paul wrote, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Galatians 2:20).

Specifically, the whole subject of sensuality needs addressed. Looking at images of people in bathing suits, be it with men or women because this is no longer a male issue alone, is actually still called porn. Seeing the six-pack, the muscles bulging, etc. on a man is just as tantalizing as seeing a woman, unfortunately, young girls, too, in revealing swimwear. When we say revealing, of course the specific gender items are not revealed but they might as well be. Bikinis were bad enough but the allowance of swimwear at pools and beaches are actually unbelievable today. Therefore,

everything that excites has to be dealt with, otherwise we are fighting against Romans 13:14. "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to [fulfil] the lusts [thereof]" (Romans 13:14).

To make provision is to supply the access without accessing it at the moment, but it is there upon failing the committed change. "Might as well hide a pack of cigarettes in the house somewhere so when I fail at giving up smoking, at least I don't have to run to the store to buy them!" Likewise, feeding the mind with television and societal-approved movies, all of which is considered "soft" porn to God, has to be cut out. Social media may be too explicit as well. No, we cannot help that at a family gathering where someone has a pool that certain members of the family are going to strip down to near nothing right before our eyes, but what we can do is limit the exposure as best as possible – or here is a thought, not attend. We cannot make others comply. We can only control that which is in our ability. If we need to legitimately purchase an electronic item at a store that sells large screen displays and sensual material is being aired, we cannot control that.

Overall though, we need the heart be right. The heart needs to be cleansed. And we all know that David had an issue with this subject and that was before it became so easy to access such today, but listen to Him. "Create in me a clean heart, O God; and renew a right spirit within me" (Psalms 51:10). And how about others? "I will take the stony heart

out of their flesh, and will give them an heart of flesh" (Ezekiel 11:19). "Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit: for why will ye die, O house of Israel?" (Ezekiel 18:31). "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh" (Ezekiel 36:26). "Therefore 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).

Here are some other principles to consider: "For as he thinketh in his heart, so [is] he" (Proverbs 23:7). "Why do thoughts arise in your hearts?" (Luke 24:38). "For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart" (Hebrews 4:12). "Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; As obedient children, not fashioning yourselves according to the former lusts in your ignorance: 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" (1 Peter 1:13-16).

So, what is causing the desire in the heart for adultery in the first place? What can a person contribute to bring satisfaction to

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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.

Subscription and Donations

Although we are volunteers, the cost of this publication is challenging to provide to everyone for free. So, we are asking for a subscription of \$21 annually for 12 issues, and if the Lord impresses you with the means to be able to provide a donation, we definitely would welcome such and put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

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the relationship so adultery does not occur? We cannot make the other person do or say anything. Again, we can only control things from our perspective and may have an influence to the positive upon the other person, though we cannot control that part.

And one connection that needs to be foremost is that with God. The more we are lax in our part by not praying properly and not spending time in His Word, the more likely the mind will drift. It will not be so disciplined. It will start making little allowances. "Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death" (James 1:15). The fruit of adulterous lust does not have to be physical adultery with someone else. Spending more and more time in the presence of someone who is not a spouse or one who is not the one we are desiring to marry because their company seems to be more comfortable is as guilty of adultery as if it is committed in physical form. And yes, the excuse of, "Well, I'm not married yet" is satanic. That is the world's way, called "dating". "Because ye are not of the world, but I have chosen you out of the world,

therefore the world hateth you" (John 15:19). "I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world" (John 17:14).

Let me address one more thing. As said before, the last battle ground is our mind., and in our mind, there is something we need to bring under subjection or it will destroy us. We need to be "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (2 Corinthians 10:5). And the sooner we get started the better for "the imagination of man's heart [is] evil from his youth" (Genesis 8:21). And we certainly live in a repeated time in which "every imagination of the thoughts of his heart [was] only evil continually" (Genesis 6:5). Otherwise, "we will walk after our own devices, and we will every one do the imagination of his evil heart" (Jeremiah 18:12). "Because that, when they knew God, they glorified [him] not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was

darkened" (Romans 1:21). "This evil people, which refuse to hear my words, which walk in the imagination of their heart, and walk after other gods, to serve them, and to worship them, shall even be as this girdle, which is good for nothing" (Jeremiah 13:10). Instead, we ought to "know thou the God of thy father, and serve him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever" (1 Chronicles 28:9).

Now, substitute some other fruit in the place of the subject matter and see how it is being dealt with. Victory over all fruit starts with victory in the heart. "Blessed [are] the pure in heart: for they shall see God" (Matthew 5:8).

Victory in Jesus is ours! "But thanks [be] to God, which giveth us the victory through our Lord Jesus Christ" (1 Corinthians 15:57).



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Heavenly Health

Is weight loss on your mind?

This seems to be the main event at the beginning of every new year in the way of so-called resolutions. The amount of money spent on weight loss and support systems for such in 2024 staggers the mind and makes a dent in many pocketbooks. These numbers do not even take into account the cost of post-surgical interventions for those who have thus far been unsuccessful in getting their weight under control and have turned to such drastic life-altering measures.

Top Weight Loss Industry Stats for 2024

- **How big is the weight loss industry:** Marketdata estimates that the total U.S. weight loss market reached new highs of \$89.9 billion in 2023. The market is expected to grow another 4.3% to \$93.8 billion in 2024.
- **Obesity medications:** The market for prescription weight loss drugs in the U.S. more than doubled in 2023, from an estimated \$5.1 billion in 2022 to \$11.9 billion in 2023 as demand continued to soar for drugs such as Novo Nordisk's Saxenda, Wegovy and Ozempic, as well as the entry of new drugs such as Mounjaro and Zepbound into the market.
- **Medical weight loss programs and services:** This segment was estimated to be worth \$21.0 billion in 2023—the highest share of the market posted since 1989. Medical programs are provided by independent physicians (incl. bariatricians), clinics, hospitals and medical weight loss franchises.
- **Commercial weight loss chains:** Revenues of the major commercial weight loss chains (Weight Watchers, NutriSystem, Jenny Craig, Medifast and others) fell 25% from 2021 to 2023, to \$3.35 billion. They are scrambling to add medical programs and survive.
- **Meal replacements and retail appetite suppressants:** Combined sales for these weight loss products were estimated to be worth \$4.86 billion in 2023—down 14% from 2021. The 2024 forecast is for a 4.7% decline to \$4.63 billion in 2024.
- **Weight loss advertising spend:** Commercial diet companies and obesity drug manufacturers spent \$882 million on advertising in 2023.
- **Weight loss coaches:** An estimated 26,500 of them lost their jobs since 2020, as the commercial diet companies implemented layoffs. This is affecting the quality and nature of support for many dieters.

Most weight-loss programs are actually based on deprivation, even cutting out necessary food groups, which is foolish, not to mention miserable.

Food preoccupation is an inevitable result of dieting. Psychologists call this phenomenon “Ironic processing”: Some diets promise you'll avoid feelings of deprivation by letting you eat as much as you want of certain food groups while totally eliminating others. The trouble is that when you eliminate your favorite foods – a requirement of most weight-loss regimens – you develop a deeper longing for them. Vow to avoid pasta, and you will soon find yourself dreaming about spaghetti. Words from the late social psychologist, Daniel M. Wegner.

Call me simple, but would it not be best to plan to gain instead of lose? By consuming a proper, *well-rounded, nutritious* meal plan, where you can actually eat more of the right foods, drink adequate water, get lots of outdoor exercise, and actually improve your complete all-round soundness of body, the weight will come off naturally, and you will gain precious heavenly health.

Just a few words from a wise forefather in health about the importance of water while trying to regain your proper weight...

“Now a few words about the value of water. People will tell you that

you should feel thirsty before drinking. But this is not an infallible rule. The daily normal use of water is two quarts for the kidneys, almost the same for the skin, the lungs have to throw off about the same amount of moisture, the liver has to use that much in manufacturing bile, and the alimentary tract uses still more. Even granting that the lungs take much moisture from the air, it still leaves a large quantity that should be taken in by drinking. But the body can only use that which it has, and often there is not enough water taken into the body to supply more than a fourth of its needs.

“We can live a great deal longer without food than without water. No one can live over ten days without water, and people have been known to live sixty days without food.

“If a person has too much fat, drinking water will bring him to his *normal* weight; for it increases alimentation and helps oxidation. On the other hand, if a person is too thin, he is lacking in assimilative power. Water helps to carry out the waste matter and improves the assimilation, thus tending to bring the weight up to normal.

“Distilled water is the only absolutely pure water. When we think of the waste matter that must be washed out of the body, it will be seen that the purer the water, the better it will do its work. The best time of day to drink water is early in the morning, and preceding the noon hour. Water increases the blood pressure, and that stimulates every secretion of the body, and

we need that in the morning to stir us up.”

Question: Which is the better, cold water or hot?

“We consider cool water better if the digestive organs are in proper shape. But I do not mean ice-water. The nearer it is to the


temperature of the body, the better.”

-H.F. Rand, June 1, 1909 WAsE, GCB 251.17



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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Do you think the attack on gas stoves is by chance?

Do you think high fuel prices are typical of up and down prices?

Do you think inflation is just the normal highs and lows over the economic timeline?

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

Healthy and Delicious Recipes

Tofu Paprikash

Ingredients

- 28-32 oz super firm tofu, cut into 8 squares (or desired size) [2 blocks of tofu]
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 3 tablespoons olive oil
- 1 large sweet onion, diced
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 4 tablespoons all-purpose flour (use gluten free if needed)
- 3 tablespoons sweet paprika
- ½ teaspoon smoked paprika
- 2 cups vegetable broth
- ½ cup coconut cream*
- ¼ cup fresh parsley

Instructions

1. Lay tofu pieces on a plate and evenly season both sides with the garlic powder and salt.
2. In a large, deep skillet, add oil and heat over medium high heat. Add the seasoned tofu and sear for 1-2 minutes. Flip and cook the other side for additional 1-2 minutes or until lightly browned. Remove tofu to a plate.
3. Same skillet, reduce heat to medium low, add onions and cook for 3-4 minutes or until softened. Add garlic, tomato paste, and flour and cook, stirring, another 2-3 minutes. Add sweet and smoked paprika and stir together. Cook for 1 minute, careful not to burn. Add vegetable broth and stir together well.
4. Add seared tofu back to the dish, cover with some of the sauce and let cook for 30 minutes (up to an hour), basting occasionally. Remove tofu back to the plate.
5. Add in coconut cream into the sauce and bring to a simmer, stirring occasionally. Simmer, uncovered, about 10 minutes. Add tofu back into the sauce and cook until heated through. Taste and adjust seasoning if needed.

*Any thick milk can be used (oat, almond, cashew, coconut). Alternatively, you can use a vegan sour cream.



Natural Vitamins

Benefits of Eating Honey

[Disclaimer: To the strictest of people who ingest no animal products at all, then this topic will not benefit you as much as those who do consume animal products.]

1. Antioxidants. Minimally-processed honey contains many important bioactive plant compounds and antioxidants, such as flavonoids and phenolic acids. Darker varieties tend to offer more antioxidants than lighter varieties.
2. Digestion. Raw honey also contains beneficial prebiotics, which nourish the beneficial bacteria that live in the intestines. A healthy gut microbiome is crucial for digestion and overall health.
3. Energy. As a carbohydrate made up of fructose and glucose, the sticky stuff makes for a high-powered, energy snack. It also contains small amounts of proteins and minerals such as B6, riboflavin and amino acids; compounds

that help the body metabolize bad cholesterol and fatty acids.

4. Antifungal and antibacterial. Raw honey has significant potential for both internal and topical treatments. Honey's effectiveness as an antibacterial or antifungal varies depending on the variety, but researchers are studying some varieties for specific therapeutic uses, such as against Candida-associated infections.
5. Aiding with allergies. As bees collect pollen from local flowers, that same pollen makes its way into our honey. When allergy sufferers

consume it over a period of time, they can become less sensitive to the same pollen that previously caused their symptoms.

6. Improves cholesterol. Honey has been shown to improve cholesterol levels by lowering total LDL cholesterol and significantly increasing HDL cholesterol.
7. Wound healing. Honey is the oldest wound treatment and healing agent known to humankind. It activates an immune response that fights infection, stimulating white blood cells (which help fight infection and disease) to begin tissue repair. Honey is

effective in the treatment of acute and mild wounds and surface and partial burns.

8. Improves heart health. Antioxidants present in honey help improve heart health by reducing the risk of heart failure. They lower the risk of heart failure by reducing the ability of platelets in the blood to clot and preventing low-density lipoproteins (a protein that carries cholesterol in bloodstreams) from oxidizing.
9. Alternative to processed sugar. Raw honey can be a healthy alternative to highly processed sugar in recipes that don't require heat. For every one tablespoon of sugar

Who Is the Real Antichrist?



Who Is the Real Antichrist?

All of the people and even an object at one point or another has been labeled as being the antichrist, but what does the Bible really reveal?

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in a recipe (that doesn't require heating), you can typically use two teaspoons of honey instead.

10. Soothes sore throats. Raw honey soothes the throat by coating the mucous membranes. It provides a protective layer that can help reduce throat irritation and inflammation (honey stimulates saliva production, which also eases throat pain). The natural antibacterial properties help combat infection, while the thick consistency offers immediate relief from dryness. The antioxidants in raw honey also encourage healing, all of

which make raw honey an effective remedy for soothing a sore throat.

11. Relieves coughs. Studies show that honey works better than some common cough medicines and relieves cough symptoms and improves sleep more than cough medicines.

12. Improves immunity. Raw honey contains over 30 different polyphenols, 22 amino acids, and a wide variety of vitamins and minerals. Polyphenols are responsible for raw honey's high level of antioxidants, which help your body protect itself against free radicals (and

therefore are believed to improve overall health and boost immunity).

13. Reduces ulcers. A 2017 study found that honey aided in the recovery process from gastroenteritis, and other studies have noted the same for ulcers and gastritis.

14. Benefits the brain. The antioxidant and anti-inflammatory effects of honey may benefit many functions of the body, including brain health.



Be Ye Holy — 1 Peter 1:15

Even in this simple verse, there is call to live a holy and sanctified life, with the other option being that of losing eternal life. "For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it" (Mark 8:35). That means if our motivation is to avoid suffering and even death, especially for our faith, then lying is on the table to get out of a situation, even stealing, and some of the other commandments, if not all of them, are at risk of being broken. So, what is your motivation? To preserve your life at all cost in this world, or the next?

One cannot appreciate Luke 5:32 before one is told that "all have

sinned, and come short of the glory of God" (Romans 3:23), which makes us all sinners. Then Luke 5:32 states, "I came not to call the righteous, but sinners to repentance." The word "repentance" is the seeking to be forgiven of committing sin and wanting to stop sinning, which means to live a holy and sanctified life. Seeking forgiveness so one can return to sinning negates the desire to repent. If a person trying to lose weight repents of eating a whole cake themselves in one sitting, that person, serious about losing weight, will try their best not to eat a whole cake by themselves like that again. If, on the other hand, the next day they do eat a whole cake and have no desire to stop eating whole cakes each day, and even keep on being

sorry at the end of every day that they have done so, then that repentance was meaningless, and is meaningless. So, is your repentance meaningless because you choose to continue to be careless about sinning, or are you seriously repenting and ceasing by the power of God to do so (2 Peter 1:3, Jude 24)?

John 3:21 tells us, "But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God." Here we have the opposite of the condemnation that does not come to the light. We have now those that do come to the light so that their deeds, works, the living of a holy and sanctified life, may occur, having works

approved of God. The reference to the word "he" is opened to everyone but is the expected lifestyle when one is born again. So, do you open up the Word of God to know what sin is and stop sinning by the grace of God, and know what righteousness is and do it, realizing that all face judgment, as convicted by the Holy Spirit (John 16:8), who also is the one that guides us into knowing the truth (John 16:13), preparing us to be judged by our works (Revelation 20:13)?

Acts 11:21 may be difficult for some to see how, when we become a believer, we then live the holy and sanctified life. If we do not, we are not really a believer. The verse states, "And the hand of the Lord was with them: and a great number believed, and turned unto the Lord." To turn to the Lord is to turn away from something else. Ezekiel 18:21 tells us what that "something else" is: "But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die" (Ezekiel 18:21). Keep in mind that all who live in sin are wicked, and the

principles of God from the Old Testament do not change, for God does not change (Malachi 3:6). So, have you truly turned to the Lord, or have you just mouthed the words that you believe without any turning?

Romans 2:14-16 says, "For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: Which shew the work of the law written in their hearts, their conscience also bearing witness, and [their] thoughts the mean while accusing or else excusing one another;) In the day when God shall judge the secrets of men by Jesus Christ according to my gospel." If unbelievers can keep God's commandments without knowing them, how much more ought Christians keep the law when "this [is] the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people" (Hebrews 8:10). Unbelievers keep the law when they know murdering, stealing, disrespecting authority, etc. is

wrong, and governments even go as far as to enact penalties for breaking those commandments. God expects everyone to keep His law, to walk in the holy and sanctified life, not in a manner of having to keep them, but wanting to keep them. So, are the commandments written in your heart, or are you carelessly breaking the commandments?

1 Corinthians 5:11 says, "But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolater, or a railer, or a drunkard, or an extortioner; with such an one no not to eat." So, if a brother or sister participates in any of these things, which is not an exhaustive list of sins, that means they are failing in that area of living the holy and sanctified life and an enemy of Christ. It is so serious that they are supposed to be disfellowshipped, yet we have people in church positions guilty of having affairs and are still left in position. That does not change the record in Heaven despite the lax church. So, are you avoiding such sinful activities? Do you work on the removal of such people, especially those in positions who

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practice such things as that? So, are you an accomplice or a watchman, depending upon your actions?

Ephesians 4:17-19 tells us that true Christians do not participate in the activities of unbelievers (spiritual Gentiles). We have a certain walk and it avoids certain things. "This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness." Our past worldliness and sinfulness ceases as a Christian. If it does not cease, then we are lying to ourselves if we think we are saved. So, has your past worldliness ceased, or do you think the mere words of saying, "I'm saved", is sufficient despite over 300 verses that say otherwise because God expects us to receive of the divine power (2 Peter 1:3) and live godly lives?

Philippians 4:1 uses language that most Christians seem to read through quickly, not realizing the true meaning. "Therefore, my brethren dearly beloved and longed for, my joy and crown, so stand fast in the Lord, [my] dearly beloved." A born-again Christian will "stand fast", which is to be uncompromising in the ways of God, which is to stand on holy and sanctified principles. To not stand

fast is a lost state, even a meaningless profession. If a bodyguard is to stand guard over a person, the expectation is that such a person would not abandon their position when bullets start flying or a serious threat is being experienced. The bodyguard's goal is protecting the person – standing fast at their job. So, are you standing fast in the ways of the Lord, or do you abandon your post when temptations start flying around, threats of livelihood come your way?

2 Thessalonians 3:4 takes us back to the last words of Jesus. "And we have confidence in the Lord touching you, that ye both do and will do the things which we command you." Did Paul and gang arbitrarily make up commands to follow? Of course not. Jesus said, "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, [even] unto the end of the world. Amen" (Matthew 28:19-20). Christians are to be taught a certain basic way of life and if they obey those things, they may be baptized, and then they are to continue to be taught what it means to be a Christian, as none of us are endowed with knowing every righteous way of God, and then they are to observe and obey those things, too. They that do not are not Christians because a Christian is submissive to the rules of Christ and denies his own wants and desires. The word "Christian" means to follow the discipline of Christ, just as He

said, "If any [man] will come after me, let him deny himself, and take up his cross, and follow me" (Matthew 16:24). We are to deny ourselves of our selfish ways, resist the temptations, and follow and obey Jesus. That is the holy and sanctified life expected of every true follower of Christ, not to just be saved or to earn salvation, but to follow as the fruit of being saved. So, are you doing the things commanded of Jesus?

1 Timothy 4:1-3 gives warning to all Christians: "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; speaking lies in hypocrisy; having their conscience seared with a hot iron; forbidding to marry, [and commanding] to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth." That means there is an expected lifestyle of a Christian, which is the holy and sanctified life. A Christian will not depart the faith, turning to seducing spirits and doctrines of devils, which is exactly what yoga is. Do not be deceived into believing there can be "Christian" yoga. Yoga is just another variation of spiritualism, including following horoscopes. A Christian will not be speaking lies, especially in a hypocritical manner, in which that person says one thing like, "I'm saved", but acts a different way, participating in the devil's ways called sin. And such people have no sense of conscience that they are doing anything wrong, for example the forbidding of marriage is representative of the

priests in the Catholic Church, and abstaining from meats in certain observances of theirs, ought not be participated in, for the Bible does not teach anything godly about practicing Lent, but does connect it with the worship of Tammuz (Ezekiel 8:14). The bottom line is that we are to know the truth, obey the truth, and stick with the truth, otherwise, we shall be lost. So, do you “transgresseth, and abideth not in the doctrine of Christ,” and “hath not God”, or do you “abideth in the doctrine of Christ,” and “hath both the Father and the Son” (2 John 1:9)? Basically, do you follow and obey the teachings of antichrist (2 John 1:7), or Jesus Christ (2 John 1:9)? Keep in mind that if you did not know these things, in “the times of this ignorance God winked at; but now commandeth all men every where to repent” (Acts 17:30).

Titus 3:1-2 tells us what is expected of a Christian and if one does not act in this manner, they are not a Christian, but selfish. “Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work, to speak evil of no man, to be no brawlers, [but] gentle, shewing all meekness unto all men.” Now, keep the submission to principalities and power along with obeying magistrates in balance, for “We ought to obey God rather than men” (Acts 5:29). Now, where there is no conflict with God’s law being forced upon the people, we are to obey even if we do not like it, but overall, we are to live according to these expectations.

So, are you living this, or living however you feel like (selfishly)?

James 2:8-9 states, “If ye fulfil the royal law according to the scripture, Thou shalt love thy neighbour as thyself, ye do well: But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors.” And remember, “the wages of sin [is] death” (Romans 6:23). So, if we have the fruit of loving our neighbor as ourselves we are following the holy and sanctified life, but if we do not, we are headed to death, called hell. Again, there is no exception for those who simply believe they are saved. In fact, it is this fruit that reveals if we are saved, or not. So, how do you treat your neighbor?

Mark 8:38 states, “Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels.” At first glance, it may not appear to mention the holy and sanctified life, but it is there in the word “ashamed” connected with Jesus and His words in comparison to this adulterous and sinful generation. Oh, we may believe in Jesus and acknowledge some form of the Bible containing a version of Jesus’ words, but do we live by them? We may acknowledge someone at a gathering but if we keep our distance, only pretend to hear what they say, it is the same thing that Jesus is referring to. In the context itself, the verse makes reference that all around us is spiritual adultery and sinfulness,

along with literal adultery, of course, but we can tell that Jesus was focused upon the spiritual aspect as brought out in James 4:4 because not every person commits physical adultery, yet are guilty. Therefore, if we are not ashamed, we shall avoid the spiritual adultery and avoid the sins of this generation. To avoid the sins is to obey God’s commandments, the holy and sanctified life, for “sin is the transgression of the law” (1 John 3:4). Now, are you ashamed of Jesus or His Words by choosing to commit spiritual adultery, even participating in the sins of the world, or are you proud of Jesus, talking of Jesus, and obeying Him as He said, “If a man keep my saying, he shall never see death” (John 8:51)?

John 3:36 is so misunderstood. “He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.” “Just believe!”, many Christians say today. “Obedience is not required. The commandments mean nothing!”, they continue to chant. If belief is all that is necessary, “the devils also believe, and tremble” (James 2:19). Now, are the devils saved? “And the angels which kept not their first estate, but left their own habitation, he hath reserved in everlasting chains under darkness unto the judgment of the great day” (Jude 1:6). No, they are not saved. They shall receive judgment or punishment of hell in the end. Belief comes with action. If one believes a building is on fire, they will exit the building quickly. If one believes the brakes on the vehicle work, they will use them. If one

believes that Jesus “is able to keep you from falling” (Jude 1:24), “He that hath my commandments, and keepeth them, he it is that loveth

me” (John 14:21). So, do you believe fully upon Jesus Who is able to help you live a holy and sanctified life obeying all of His

commandments, and even not sinning? Those that do have the strongest belief.



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

Freed!

1. What was Jesus’ mission?
Matthew 1:21
2. What is the truth to make us?
John 8:32
3. When we sin, what are we towards sin? **John 8:34**
4. What is another word for being a servant of sin? **Galatians 5:1**
5. When servants of sin, what were we free from? **Romans 6:20**
6. What allows us to become servants of God? **First part of Romans 6:22**

7. What are we made to become servants of righteousness?
Romans 6:18
8. Our old life of sin, symbolized by our old man, is to become what so as to be free? **Romans 6:6-7**
9. What does serving, or living in sin, lead to? **Romans 6:16**
10. What does living, or serving in obedience, lead to? **Romans 6:16**

December 2024

What are we to do towards evil?

1. What are we to do towards evil, according to David?
Psalms 97:10 “hate”
2. What did Peter tell us not to use when evil is practiced against us? **1 Peter 3:9 “Not**

rendering evil for evil, or railing for railing”

3. What did Peter tell us to refrain from, regarding evil? **1 Peter 3:10 “refrain his tongue from evil, and his lips that they speak no guile”**
4. What did Peter tell us to do about evil? **1 Peter 3:11 “eschew”**
5. What are we not to do towards evil, according to John? **3 John 1:11 “follow”**
6. What did James tell us to avoid, regarding evil? **James 4:11 “Speak not evil one of another”**
7. What did Paul state, regarding evil, even if not really practiced? **1 Thessalonians 5:22 “Abstain from all appearance”**
8. What did Paul pray which can apply to us as well, regarding evil? **2 Corinthians 13:7 “do no evil”**
9. Where should evil not be found? **1 Corinthians 13:5 “thinketh” [no thought of evil]**
10. What activity should we avoid, regarding evil? **1 Corinthians 10:6 “not lust after”**



Questions & Answers

QUESTION: How do we know that only the ceremonial law is done away with at the cross when the majority of Christians try to say the moral law of Ten Commandments are also done away with?

ANSWER: The work of Satan is to combine the moral law of Ten Commandments and the ceremonial laws together and nail them both to the cross (Colossians 2:14) so there is no moral standard. In fact, many argue that Ten Commandment upholders seem to pick and choose when they see the words “law” and “commandments” in the New Testament and they will say, “That one is the ceremonial law” or “That one is the Ten Commandments”. It is declared that it comes across as putting our influence upon the meaning of the verse to try and support our position, thinking that is not supportable. Sure, when we see the verse that states, “Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath [days]” (Colossians 2:16), we say that it is not the Sabbath of the Ten Commandments but the ceremonial Sabbaths (Leviticus 23:24, 32, and 39). Sure, when we see Jesus say, “If ye love me, keep my commandments” (John 14:15) that it refers to the Ten Commandments. Of course, we show them that it is a quote right from the Ten Commandments (Exodus 20:6). Overall, that is what is known as “rightly dividing the word of truth” (2 Timothy 2:15). There is to be effort to be put into properly understanding the verses, and not surface reading them.

But we do need Bible justification to make a separation. Sure, we can

show how the ceremonial laws were placed in a book (Exodus 17:14) and placed in the side of the ark (Deuteronomy 31:26) as opposed to the Ten Commandments, written by the finger of God (Exodus 31:18), was placed into the ark (Exodus 25:16). Sure, we can point to the fact that the Ten Commandments are in Heaven by implication of the ark being there (Revelation 11:19), but all of that is also successfully argued against from the other side. It is successful because many more hold onto the belief that it is all the same law and done away with as opposed to those that keep the commandments.

Now, there is one verse that is explicit, however, and Satan has attacked it in such a way that it will take effort to remove the error from their eyes. It is Daniel 9:27, which says that the Messiah “shall cause the sacrifice and the oblation to cease”. That has nothing to do with the Ten Commandments but it does apply to the ceremonial law, confirming our position. And there are plenty of references to Jesus and the crucifixion that point indeed to the ceremonial service (example: John 1:29, John 1:36, Matthew 27:51, 1 Corinthians 5:7, etc.).

However, Satan has caused everyone to be blinded in the popular Christian churches to think differently about Daniel 9:27. First, they separate that verse from the prior sixty-nine-week part of the prophecy and throw it into the future creating a seven-year timeline yet to be fulfilled. Second, they attribute the verse to Antichrist instead of Jesus Christ, the Messiah. That means, Daniel 9:24 through Daniel 9:26 are equally understood between just about every

denomination. It is that last verse that we differ on, and for a very good reason.

They do not want to be obligated in keeping the moral law, especially the Sabbath, so they have to discredit the application of the verse in those two manners.

Now, what are we left to do? To the person that has an open mind, remind them that Daniel 9:24 states that it is a seventy-week prophecy and not a sixty-nine-week prophecy plus 1 week. Also, in Daniel 9:24, the word “determined” means to “cut off”, as in “cut off from the timeline in Daniel 8:14”, which is the twenty-three-hundred-day prophecy, as Daniel was praying for an answer about Daniel 8:14 meaning starting from Daniel 9:4 through verse 23. There are not two separate “determines” or “cut offs”. Just one slice.

Interestingly, the Bible states, “we must through much tribulation enter into the kingdom of God” (Acts 14:22), and yet, there is a teaching where the last generation gets an easy out? That is not biblical.

QUESTION: Does God Repent or Not?

ANSWER: Numbers 23:19 says, “God [is] not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do [it]? or hath he spoken, and shall he not make it good?” while Exodus 32:14 says, “And the LORD repented of the evil which he thought to do unto his people.”

In addition to Exodus 32:14, there are other verses that point to God stating that He repents. So, does God repent or not? He declares that He

does not, when it appears that He does.

Looking at the context, the apparent inconsistency works itself out. To lie is to break the commandment, "Thou shalt not bear false witness against thy neighbour" (Exodus 20:16). So, the question then should be asked, does God sin? And the answer is no, of course, for the Bible says that Jesus "was in all points tempted like as [we are, yet] without sin" (Hebrews 4:15). Also, "God, that cannot lie" (Titus 1:2).

Therefore, the statement in Numbers 23:19 is true. God is not like man or the son of man where, "all have sinned, and come short of the glory of God" (Romans 3:23). Therefore, the implication is that God does not repent of sin because He does not sin.

Now, looking at Exodus 32:14, bringing evil upon people seems sinful, but is that what was going

on? Was God literally just wanting to commit evil upon the people? In the context, the Bible says, "They have turned aside quickly out of the way which I commanded them: they have made them a molten calf, and have worshipped it, and have sacrificed thereunto, and said, These [be] thy gods, O Israel, which have brought thee up out of the land of Egypt" (Exodus 32:8). So, the evil is actually a punishment. In fact, looking at the Hebrew word for "evil", we have other words that could have been put in place that bring out the punishment action as opposed to doing something sinful, like committing evil. They include: unhappiness, misery, giving pain, displeasing, injury, calamity, and distress. There are other words as well, but these words show more of a corrective action being given as opposed to a sinful act.

Getting a spanking probably would result in some pain, injury where

one cannot sit down for a while, a bit of distress because no child likes being spanked, and much unhappiness and misery at that.

So, in the case of Exodus 32:14, the word "repent" regarding the evil simply means "to change His mind", which is in the scope of God. He changed His mind about destroying Nineveh (Jonah 3:10). Why? Because they repented. God will not destroy all human beings. Why? "If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness" (1 John 1:9).

So, look at the object of what God is repenting of to determine if there is a contradiction or not. God cannot repent of sin because He does not sin, especially in lying, but He will mercifully repent of pouring out His wrath when people repent.



News and Comments

October 24—Car Scoops

Corvette Flips Over On Its Top After Alleged Burnout At Car Show

And we have a modern fulfillment of "Pride [goeth] before destruction, and an haughty spirit before a fall" (Proverbs 16:18).

November 12—The Daily Beast

Fox News' Jesse Watters' Mom Didn't Invite Him to Thanksgiving

This is but one example of punishment handed out for not voting the way another person thought the vote should have gone. There are boycotts, movements that include women divorcing their husbands, etc.

Back in the day, people voted on one day, and even though they knew a person voted opposite of them, no grudges were held. It was truly, "Let the better person win". Not today! Peter admonishes, "Use hospitality one to another without grudging" (1 Peter 4:9). Today, there is no hospitality and there is a whole lot of grudging going on.

November 27—Fox News

Lee Greenwood says the 'pendulum has swung,' senses a conservative revival in America

According to the second half of Revelation 13, worship is a form of religion, which is held more with

conservatives as they return under the first beast of Revelation 13, a religious, world-influencing entity. It is also represented by Daniel in Daniel 11, where it predicts a swing of the pendulum. "He shall stretch forth his hand also upon the countries: and the land of Egypt shall not escape" (Daniel 11:42). The word "He" refers to the King of the North (Daniel 11:40), being a religious entity, swinging down upon spiritual Egypt, which is atheism and worldliness or sin, demonstrates at some time the conservative swing will take place, where the religious power has the upper hand. Time will only tell if this statement is true. If it is, we ought to be readying to meet the mark of the beast head on.

November 29—Futurism

When They Took Fluoride Out of the Water Like RFK Jr. Wants to Do Everywhere, People's Teeth Started Rotting Out of Their Heads

One sample in a far, far away place in Alaska while displaying an adult picture to imply adults were involved

in the study, we find out that it was adolescents only and only those that used Medicaid dental care as opposed to out of pocket or other insurance options. One sample does not make a definitive result. Also, adolescent behaviors do change over time. On top of that, studies show that tooth paste with fluoride has not prevented

as many cavities as they brag about. So, before declaring the results as 'fluoride does prevent rotting teeth', how about a better control study and multiple studies? Be careful of "oppositions of science falsely so called" (1 Timothy 6:20).



Natural Remedies

Garlic Syrup

Place one cup of finely chopped garlic in a small pan with a lid. Use enough honey to cover the garlic. Slowly simmer on low heat for about 20 minutes, or until the garlic begins to disintegrate. Keep

the pan covered as much as possible, and stir mixture often. You can strain it if you wish, but I would leave the garlic particles in it, due to garlic's healing properties. Store in a jar with a lid

in the refrigerator, administering as often as needed, 1 tsp for children, and 1 Tbsp for adults suffering with tonsillitis, sore throat or coughs.

