

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

## *A Monthly Magazine*

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### *What Will the Diet of the Last Generation Be?*

*Jerry O'Donnell*

Let us remember what the original diet consisted of, for "God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat" (Genesis 1:29).

Meat was not eaten by God's people before the flood, although those who were not God's people did subsist on animal flesh. After the flood, however, God gave Noah permission to eat the flesh of animals, seeing the vegetation was not recovered from the flood yet. "And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth [upon] the earth, and upon all the fishes of the sea; into your hand are they delivered. Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, [which is] the blood thereof, shall ye not eat" (Genesis 9:2-4).

We know this to be temporary because in the desert, God tried to make the Israelites vegetarians by

providing only manna to be nourished with. After a period of time, rebellion occurred, and God gave them what they asked for, but it was with a penalty: "But now our soul [is] dried away: [there is] nothing at all, beside this manna, [before] our eyes" (Numbers 11:6). "Give us flesh, that we may eat" (Numbers 11:13). "And there went forth a wind from the LORD, and brought quails from the sea, and let [them] fall by the camp, as it were a day's journey on this side, and as it were a day's journey on the other side, round about the camp, and as it were two cubits [high] upon the face of the earth. And the people stood up all that day, and all [that] night, and all the next day, and they gathered the quails: he that gathered least gathered ten homers: and they spread [them] all abroad for themselves round about the camp. 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 11:31-34).

Then we take a look at Daniel, who was an important representative of God's will, regarding the diet. Not only did he show unflinching stance early on, it is what John referenced numerous times in the Book of Revelation. Facing Babylon, Daniel subsisted on "pulse to eat, and water to drink" (Daniel 1:12) and was allowed to continue on that diet thereafter (Daniel 1:16). We are facing Babylon in our day. For clarity of thought, for heightened spiritual relationship with God, we ought to be living on the pulse diet as well, which was vegetables. Of course, consuming nuts, fruits, herbs, and grains as God originally intended is also beneficial.

Now, those who insist on eating meat, will strongly point out that Jesus ate meat. If God wanted us to be vegetarians, why did He not establish it as a doctrine through Jesus Christ? Again, meat eating is not a test; however, it is proven time and time again that most people suffer more problems under a meat diet, clouding the mind, and enraging the emotions.

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

Jesus went to the cross for what He did establish as doctrine. But these same people who insist on eating meat because Jesus did, happen to ignore the fact that there are three statements directed right at the non-Jew to comply with the blood restriction – not to eat meat with the blood still in it (Acts 15:20, 15:29, 21:25). So, if that steak, that chicken, that whatever, is not properly drained of blood, that, in itself, is a sin that needs to be repented of immediately.

Moving forward, we see the strongest evidence that is given in the Bible, and the Bible alone, to encourage a vegetarian diet in the last days, and is found by the hand of Paul: “Now these things were our examples, to the intent we should not lust after evil things, as they also lusted” (1 Corinthians 10:6). And what makes it an end time issue is 1 Corinthians 10:11, which says, “Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.” And the timeframe of the lusting to learn the lesson from is the time of “Moses” (1 Corinthians 10:2). Basically, it is the desert experience.

Many will claim that the Israelites, while wandering around in the desert, lusted after all kinds of

things. And lusting is usually associated with a sexual nature. And that is not true to the Bible searcher. Look through Exodus, Numbers, Leviticus, and Deuteronomy for all forms of lusting and you will find out that it is one topic alone that is labeled as lusting for the Israelites. Ignore the two references to the mixed multitude and enemies, as they are not Israelites. That leaves five other references, all containing meat. “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). “Notwithstanding thou mayest kill and eat flesh in all thy gates, whatsoever thy soul lusteth after...” (Deuteronomy 12:15). “... Because thy soul longeth to eat flesh; thou mayest eat flesh, whatsoever thy soul lusteth after” (Deuteronomy 12:20). “... Thou shalt kill of thy herd and of thy flock, which the LORD hath given thee, as I have commanded thee, and thou shalt eat in thy gates whatsoever thy soul lusteth after” (Deuteronomy 12:21). “And thou shalt bestow that money for whatsoever thy soul lusteth after,

for oxen, or for sheep, or for wine, or for strong drink, or for whatsoever thy soul desireth...” (Deuteronomy 14:26).

The specific lesson that Paul referred to is Numbers 11, involving the quail, a “clean meat”. So, the lesson Paul said to learn from the incident of lusting after meat is not to seek after it in the generation “whom the ends of the world are come” (1 Corinthians 10:11), which is believed to be most definitely, now. In fact, the Bible dates the time of the end as being 1798. That is too long of a study to tack on here, but we have been living in the “time of the end”, leading up to the “end of time”, and there is a difference, when Jesus will present Himself. One phrase refers to the period of 1798 until the second coming while the other phrase refers to the second coming itself.

And that is why it does not matter if Jesus ate meat or not. Those living past 1798 have faced, and are facing, Babylon, and as Daniel being our example, let us “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (1 Peter 5:8). And he is, indeed, after the mind, which is greatly influenced by what we eat.



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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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## **TABLE OF CONTENTS**

Main Article	Page 1
Heavenly Health	Page 4
Recipe	Page 6
Natural Vitamins	Page 6
Holy Living	Page 8
Bible Study	Page 10
Questions and Answers	Page 12
News and Comment	Page 14
What Is Sin?	Page 15
Natural Remedy	Page 16

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# Heavenly Health

## “Divine Prescriptions for Health”, final pt. 3

Alonzo Trevier Jones

Suppose that Adam and Eve and all mankind from the beginning, had received the word of God as it is, and had not turned aside to the right or to the left, had set their thoughts and hearts upon it, had received it and continued to conform to it, would there ever have been any sickness in the world?—Impossible. Then since it is literally true that if men had conformed to God's word from the first there never could have been any sickness in the world, it follows that the way from sickness and disease to health is in receiving the word and conforming to every item of it. That is the truth.

The history of the deliverance of the children of Israel is altogether different from what it should have been. Well, then, since that is so, and he gave to them precisely the same thing that he gave to man in the beginning, if Israel had received it the results would have been far different.

Another prescription: "And the inhabitants shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity." Isa. 33:24. That says that the forgiveness of iniquity is the way to deliverance from sickness. The forgiveness of iniquity is an element in the recovery from disease.

Another prescription: "I create the fruit of the lips; Peace, peace to him that is far off, and to him that

is near, saith the Lord; and I will heal him. But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked." Then the peace of God which comes in the forgiveness of iniquity and the restoration of the soul to righteousness, to holiness,—that peace which comes thus is shown by this verse to be an element in the recovery from disease, is an element in health, is a right of way to health.

"Peace, peace to him that is far off, and to him that is near, saith the Lord; and I will heal him." There is not a physician in this world, though he be a downright atheist, who will not say to you that a disturbed mind, a troubled heart, a perplexed life, is a hindrance to success in whatever he may do to help a person to recover from disease; and that peace of mind and quietness of heart is a positive help. Very good; that which every physician admits to be a positive help, God provides in perfection: "Peace, peace, saith the Lord, . . . and I will heal them." And when a person has that "peace of God which passeth all understanding," and it is necessary to take treatments, then all the treatments that are prescribed after God's way will be a means to health.

"The peace of God which passeth all understanding shall keep your hearts and minds through Christ

Jesus." Again it is written, "Keep thy heart with all diligence; for out of it are the issues of life." The peace of God can keep your heart in order that out of it shall be indeed the issues of life and peace and health. Thus Bible health means not only that I am not sick to-day, but that I am defended against disease.

Another divine prescription : "A merry heart doeth good like a medicine." Prov. 17:22. The marginal reading of medicine is "healing." "A merry heart," does not mean a foolish, giddy heart. It means the heart that is cheerful, peaceful, and glad in the Lord—the heart that God gives. "Be of good cheer; I have overcome the world." "In me ye shall have peace." He has met the perplexities; he has met all the difficulties that there are in the world. He has conquered them all, and in him ye shall have peace. Thus a merry heart, Christian good cheer, doeth good like a medicine.

God's way of healing is a sound one: "Physician, heal thyself." God's way of treating disease is such that the doctor can take the medicine first and then recommend it to others. How many of the physicians of the world can first take the medicine which they prescribe? God's medicine can be taken by the physician, so that he can stand before the people and recommend it for the value that he personally knows is in it.



Another prescription: "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward." Isa. 58:6-8. This is a divine prescription for health; for sick people who want to get well. Receive the word of God, receive

forgiveness of sins, receive the peace of God, then the good that you have received, pass it on to the people who know it not. Thus your health shall spring forth speedily.

Jesus was anointed with the Holy Ghost and with power, and went about doing good; for God was with him, to undo heavy burdens, and to let the oppressed go free, and to break every yoke. See how exactly that is what Jesus did. He went into the synagogue; he opened the Book and found the place where it was written, "The Spirit of the Lord is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind

up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound." Isa. 61:1. Then he closed the book, gave it to the minister, sat down, and said, "This day is the scripture fulfilled in your ears." And they brought their sick unto him, and he healed them every one.

Brothers and sisters, fellow-workers, all people, please study this for your life; for it is your life. Study these scriptures and receive them; for this is for your health. Then recommend it, and by Christian ministry pass it on to all people. "God be merciful unto us, and bless us; and cause his face to shine upon us." What for? What is

## 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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the object? "That thy way may be known upon the earth, thy saving health among all nations." Ps. 67:1, 2. What is his saving health?—His blessing unto his people, and the light of his

countenance upon us. That gives saving health.

Then God be merciful unto us and bless us, and cause his face to shine upon us to-day, that his way may be known by us on earth, and

his saving health to all people on the earth.

April 1903, ATJ, The Medical Missionary, 98.3-99.6



## Healthy and Delicious Recipes

### Lemon Coconut Energy Bites

#### Ingredients:

- 1 cup unsweetened shredded coconut (plus extra for rolling)
- 1/2 cup almond flour
- 2 tablespoons coconut oil (melted)
- 2–3 tablespoons maple syrup (use 2 for lower sugar)
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice
- 1/2 teaspoon vanilla non-alcoholic extract
- Pinch of salt

#### Instructions:

1. In a food processor, combine the shredded coconut and almond flour. Pulse a few times to mix.
2. Add the melted coconut oil, maple syrup, lemon zest, lemon juice, vanilla, and a pinch of salt.
3. Pulse until the mixture starts to come together. It should be sticky enough to form into balls.
4. (If too dry, add a tiny splash of lemon juice. If too wet, sprinkle a bit more almond flour.)

5. Roll the mixture into small bite-sized balls. Roll each ball in extra shredded coconut for coating.
6. Chill in the fridge for at least 20 minutes to firm up.

#### Storage:

Keep in an airtight container in the fridge for up to a week — they actually taste even better after a day!



"Life handed me lemons, so I made lemonade, lemon cake, lemon drops, and I even used the rinds to make lemon art. Never waste a good lemon." ~Emilyann Allen.

## Natural Vitamins

### The Benefits of Eating Cabbage

#### 1. The Benefits of Eating Cabbage

2. **Fights and reduces inflammation.** Cabbage leaves are loaded with antioxidants

and anti-inflammatory compounds like sulforaphane and lutein. These compounds help reduce inflammatory enzyme activity, making them

a potent weapon against inflammation.

3. **Promoting weight loss.** Cabbage is an excellent source of soluble fiber, a type of fiber

that dissolves in water and forms a type of "gel" in the stomach. This can help promote weight loss by slowing down digestion, and prolonging a feeling of fullness. Cabbage can also be an integral part of weight loss diets, as it is low in calories, carbohydrates, and fat.

4. **Lowers Cholesterol.** Cabbage can also be used to help lower your cholesterol. Its fiber and nutrients bind with bile acids in the intestines and pass out of the body through the stool, rather than being absorbed into the blood. Eating it steamed gives it more cholesterol-lowering power.

5. **Anticancer.** Evidence suggests that cabbage may play a significant role in cancer prevention. Cabbage contains sulforaphane and indole-3-carbinol, which have anti-tumor effects by inhibiting the development and growth of cancer cells. Additionally, cabbage is a good source of antioxidants, which can help to protect your cells and DNA from damage by free radicals, and may reduce the risk of cancer.

6. **Enhances Eye Health.** The amount of Vitamin A in red cabbage is adequate for maintaining perfect eyesight and keeping a healthy vision. It can also help to prevent macular degeneration besides reducing the chances of cataracts in old age.

7. **Improves digestion.** Packed with phytosterols (plant sterols) and insoluble fiber, cabbage can help keep your digestive system healthy and bowel movements regular. It fuels the good bacteria in your gut that protects your immune system and produces essential nutrients. Fiber is a nondigestible or absorbed carbohydrate, so it adds bulk to meals and takes space in your belly causing you to feel full faster and longer without ingesting carbs that you're absorbing.

8. **Heart health.** When it comes to heart-healthy foods, cabbage often is overlooked. Yet, cabbage is rich in several nutrients linked to improved heart health, and regular cabbage intake is connected to a decreased risk of developing heart disease. Red cabbage contains

anthocyanins, health-promoting plant compounds, that protect your blood vessels from inflammation, help regulate blood pressure, and support a healthy cardiovascular system. What's more, cabbage is high in soluble fiber and a good source of plant sterols, which help lower harmful LDL cholesterol linked to stroke and heart attacks.

9. **Remedies Hypertension.** Red cabbage is a storehouse of the vital trace mineral potassium. This plays a key role in controlling sudden spikes in blood pressure by limiting the harmful effects of sodium, thereby maintaining optimal cardiac activity. Furthermore, it aids in the relaxation of heart muscles, which lowers high BP and effectively rectifies hypertension.

10. **Boosts Immunity.** The high vitamin C content in cabbage supports a healthy immune system and helps the body fight off infections and illnesses.

11. **Managing diabetes.** Because cabbage is low in carbohydrates and high in

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fiber, it's a great choice for those living with diabetes as it can help keep blood sugar

levels stable without dangerous spikes.

12. **High in nutrients.** Includes vitamins, calcium, magnesium,

iron, sulfur, vitamin A, which provide antioxidants that stimulate hair growth.



## *Be Ye Holy — 1 Peter 1:15*

Revelation 7:14-15 states, "And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb. Therefore, are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them." The use of the word "therefore" tells us that there is an action before the word that is to be taken so as to receive the result mentioned after the word. Being before the throne of God is receiving the reward of Heaven, while the action is that Christians are to wash their robes. That is the holy and sanctified life. Without going into great detail, which is needed, but too few would endure, directly speaking, what the Bible says, "For as many of you as have been baptized into Christ have put on Christ" (Galatians 3:27). We wear His robe of righteousness by "he that doeth righteousness is righteous, even as he is righteous" (1 John 3:7). Those walking in sin ought to realize that "the wages of sin [is] death" (Romans 6:23) and "Let not sin therefore reign in your mortal body" (Romans 6:12). "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) while "He that committeth sin is of the devil" (1 John 3:8). So many Christians are being tricked into thinking that sin does not matter when it does. So, are you washing sin out of your life by the Blood of the Lamb, where "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)?

A holy and sanctified Christian would not try to tempt Christ, as 1 Corinthians 10:9 tells us, "Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents." People can tempt Christ in many ways. Some say while lying, "If I am lying, may God strike me dead!" Many say, "If you do this for me, God, I will do that for you" and then God holds up his side of the deal while the human breaks their promise either right away, or modifies it greatly over time. So, do you carelessly invoke God, or are you careful in addressing Him?

2 Corinthians 13:7 tells Christians to live the holy and sanctified life despite what others may consider it, though we ought not seek after

society's approval, for they will think us reprobates anyways. "Now I pray to God that ye do no evil; not that we should appear approved, but that ye should do that which is honest, though we be as reprobates." So, are you avoiding all evil and are honest, or are you too busy seeking society's approval, forgetting "Ye cannot serve God and mammon" (Matthew 6:24)?

2 Timothy 4:7-8 states, "I have fought a good fight, I have finished [my] course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing." Christians are expected to fight to retain our faith. We are to endure until the end of our life, or the second coming (Matthew 10:22). And the result is the crown of righteousness, which provides us with eternal life. That is what temptation is all about – to make us lose faith, to let go of the way of God. And those that put up a good fight, resisting the pressures, will receive the crown. So, how are your fighting skills (Ephesians 6:11-18)?



1 John 3:16 says, “Hereby perceive we the love [of God], because he laid down his life for us: and we ought to lay down [our] lives for the brethren.” How many Christians would actually be willing to die for a soul that is not quite ready to die giving them time to come to the right decision? We are told that “He that saith he abideth in him ought himself also so to walk, even as he walked” (1 John 2:6). Therefore, being willing to lay one’s life down for another is the holy and sanctified life, having “love thy neighbour as thyself” (Matthew 22:39) in our hearts. So, how much do you love your neighbor?

Matthew 7:19 states, “Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.” If the fruit of the Spirit is not found in us, we are headed to hell. So, having love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance (Galatians 5:22-23) is the holy and sanctified life. Failing in all, or any, one item, as all seven are one fruit, means a lost state no matter how much evidence we try to provide to show that we are saved. Heaven determines if we are, or are not, saved. So, what type of fruit grows on your tree?

Mark 13:5-6 states, “And Jesus answering them began to say, Take heed lest any [man] deceive you: For many shall come in my name, saying, I am [Christ]; and shall deceive many.” To be subject to deceptions means that we are to hold onto something and not be deceived away from it. That holding on is the holy and

sanctified life. We are told, “Let us hold fast the profession of [our] faith without wavering” (Hebrews 10:23). And notice the “if” in this verse: “But Christ as a son over his own house; whose house are we, if we hold fast the confidence and the rejoicing of the hope firm unto the end” (Hebrews 3:6). And we are told what to hold fast to: “Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus” (2 Timothy 1:13). If holding fast to “sound words” or doctrine did not matter, then the seven or more commands to “hold fast”, would not be in the Bible. So, since they are in the Bible, are you holding fast to the teachings of Jesus by living what Jesus taught, obeying His “sound words”?

Luke 8:15 explains part of the parable of the seed and the sower where “the seed is the Word of God” (Luke 8:11) and it falls upon the “way side”, “rock”, “among thorns”, and “the good ground” (Luke 8:5-8). “But that on the good ground are they, which in an honest and good heart, having heard the word, keep [it], and bring forth fruit with patience.” Keeping the word of God and showing forth the fruit as in the “fruit of the Spirit” (Galatians 5:22-23) and fruit of winning souls is the expected holy and sanctified life. So, are you keeping God’s Word by obeying it always, or do you just go about doing your own thing?

John 8:32 is a famous quote, but people have no clue that it is the

expected holy and sanctified life. “And ye shall know the truth, and the truth shall make you free.” The question is “free from what?” A couple verses later Jesus said, “Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin” (John 8:34). And like a sandwich, this “free” reference is stated again: “If the Son therefore shall make you free, ye shall be free indeed” (John 8:36). Therefore, Jesus makes us free from sin. Not free from the penalty of sin, allowing us to continue in sin, but from the actual sin, for we are to “Let not sin therefore reign in your mortal body” (Romans 6:12). And true born-again people do not sin, for “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), meaning, we do not excuse away sin in our lives even with grace, but “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). In other words, we go forth not sinning, but if there were to be a sinful moment, we immediately go to our Advocate 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). So, are you free from sinning, or do you just claim grace to cover your carelessness?

1 Corinthians 10:10 tells us that if we are holy and sanctified, which we are to be (Hebrews 12:14), “Neither murmur ye, as some of them also murmured, and were

destroyed of the destroyer.” So, do you murmur and complain, destroying moments, and even people’s outlook, or do you surrender it to God?

2 Corinthians 13:11 tells us, “Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.” So, if we are not perfect in all that we know, create discomfort, are of a different mind on spiritual matters, and are a disruption, the opposite would be true – God would not be with us. And if God is not with us, then we are not saved. Therefore, being perfect, good comfort, one mind, and living in peace, – that is the expected holy and sanctified life. Even Jesus said, “Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:48). So, do you walk perfectly before God while God winks at ignorance (Acts 17:30), bringing comfort, having the one mind of Christ (Philippians 2:5), and living in peace, or not?

Romans 6:13 tells us what is expected as a born-again Christian, which is the holy and sanctified life – “Neither yield ye

your members [as] instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members [as] instruments of righteousness unto God.” So, are you allowing sin in your life, and are still dead, or do you “Submit yourselves therefore to God. Resist the devil, and he will flee from you” (James 4:7)?

1 Corinthians 10:13 tells us that it is expected for Christians to not fall into temptation, for God has planned a way to get out of the temptation, and we are expected to take it, living the holy and sanctified life by resisting. “There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it].” Temptation is an attempt on the devil’s part to cause us to sin. By entering into the temptation and not taking the escape, we choose to leave the protective hand of God (John 10:28-29). Further, if we give in to the temptation and sin, “the wages of sin [is] death” (Romans 6:23), and we shall be lost. So, do you constantly “Submit yourselves

therefore to God. Resist the devil, and he will flee from you” (James 4:7), or do you think sin and temptation are no big deal, for you think you are saved, no matter what?

1 Timothy 5:20 states, “Them that sin rebuke before all, that others also may fear.” Sin is not to be tolerated, for if sin did not affect salvation, what is the purpose of rebuking it? And what would the problem be if others would then participate in it, if salvation were not at stake? Rebuke is to cause a person to become “zealous therefore, and repent” (Revelation 3:19). And being in the mode of repentance from sinning is entrance into the Kingdom of God: “Repent: for the kingdom of heaven is at hand” (Matthew 4:17). If we do not repent, we do not enter in. Therefore, to repent of sin that may have been rebuked, is the holy and sanctified life. So, do you repent of all sin and sinning, or do you think repentance is just a moment in time, and then you can just return to sinning?



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

### **Tongues**

1. What are tongues considered one of? **1 Corinthians 12:9-10**
2. Which two groups can people speak to? **1 Corinthians 13:1**
3. Who controls when tongues are used? **Acts 2:4**

4. What group were the apostles speaking in tongues to?

**Acts 2:5**

5. How did the people hear what was spoken?

**Acts 2:8**

6. Who are the tongues not for?

**1 Corinthians 14:22**

7. Who are tongues for?

**1 Corinthians 14:22**

8. When the whole church is speaking in tongues, what will people think is happening?

**1 Corinthians 14:23**

9. When tongues are used and no one understands, what is the result?

**1 Corinthians 14:13-14**

10. Who is edified when speaking in an unknown tongue?

**1 Corinthians 14:4**

### **May 2025**

#### **Reactions of Seeing God or Heavenly Being**

1. What was Isaiah's reaction to seeing God?

**Isaiah 6:5 "I am undone"**

2. What was Elijah's reaction to simply hearing the voice of God?

**1 Kings 19:12-13 "he wrapped his face in his mantle"**

3. What two concerns of Gideon were addressed by God after Gideon saw God?

**Judges 6:22-23 "Peace [be] unto thee" and "fear not: thou shalt not die".**

4. What was Manoah's concern after seeing God?

**Judges 13:22 "We shall surely**

**die, because we have seen God"**

5. When Daniel met Gabriel, what did Daniel do?  
**Daniel 8:16-17 "I was afraid, and fell upon my face"**

6. After seeing God, what two reactions did Daniel experience?  
**Daniel 10:17 "there remained no strength in me" and "neither is there breath left in me"**

7. What was John's reaction towards an angel of God?  
**Revelation 19:10 "I fell at his feet to worship him"**

8. What reaction did Joshua have towards the Captain of the heavenly hosts?  
**Joshua 5:13 -14 "Joshua fell on his face to the earth, and did worship"**

9. What was Mary's reaction towards Gabriel?  
**Luke 1:26, 30 "Fear"**

10. What was Paul's (who used to be Saul) reaction to seeing Jesus?  
**Acts 9:6 "trembling and astonished"**



# Questions & Answers

**Question:** Since God can see the future, why did God not just skip over the creation of Lucifer? And God does seem to control outcomes.

**Answer:** As for control, though God sets up kings and takes them down, that is not the same as controlling the creation of beings. For instance, God brought the flood, which would appear as controlling, but it was to allow evil to go no further, or every righteous person would have been gone. According to the Bible, that was a just act of God. To refuse to create a being is not a just act of God. In effect, He would have been creating robots of good only, even though they would think they have free will.

Remember, when it comes to kings, just because God may set them up and remove them, does not mean they are all good kings. One Pharaoh rose up to enslave the Israelites in Egypt. If there had not been an evil Pharaoh, the Israelites would have stayed in Egypt and there would have been no Israel. At the same time, the Pharaoh that knew Joseph was kind enough to save Joseph and his family. Satan would have chosen an evil Pharaoh for the time of Joseph to wipe out the beginnings of Israel, but God prevented it with a good Pharaoh, hence, God ultimately chose the leader of the country. Likewise, prophecy of the 400-year captivity was at hand and the Israelites were no closer to leaving, so Satan was permitted, by God, to choose his Pharaoh – an evil one – however, it was still by the allowance of God. God was ultimately responsible for

setting him up by allowing him to come into power. God also took him down in the Red Sea.

Likewise, in the opposite direction, we have the bad kingship, at least at first, of King Nebuchadnezzar who was used to punish Israel; however, under Cyrus, Darius, and Artaxerxes, the outcome was turned to good in that they financed the rebuilding of Jerusalem. Satan did not want that, but could not stop them from coming into power, so God prevented Satan's wipe-out attempt by bringing Israel's friendly leaders to power.

Keeping in mind that every creature, including Lucifer himself, was created perfect and there was no evil being actually created, if some being were to find out that God created only good creatures that obeyed Him, and He had rejected all the opportunities that an evil being could have come into existence, that would have led to the concept of free will being tainted. Even if no being found out, to live with that secret would actually tear God's heart. It was free will that allowed the evil to happen. To go through eternity with only the surety of good beings would be like controlling the outcome of a game – every game. What enjoyment does that bring, knowing you will win every game even though the opponents would never know that the outcome was fixed? God could never really say that every being has free will; everyone that would have used their free will inappropriately would have been squashed. That is

a dictator. That is not love. Love permits real free will.

Think of it this way: A woman wants many children but does not wish to go the natural route for conception, but instead chooses to have it done in a lab. Now taking science fiction a step further, she is able to see the outcome of each of the 12 lives that have been produced; would she, out of love, accept every child, or would she choose only the three 'good' children, which would result in destroying the lives of the remaining nine? She never has to tell the three that they potentially had nine other siblings, but she would forever have to live with that decision. That would be miserable.

God knew the future of each created being. He has "overcome evil with good" (Romans 12:21). Yes, sin was permitted to enter the universe, but the demonstration of the willingness to send His Son to save us has been performed. If there were never any sin, all created beings would just have *heard* about what a loving God He really is, but through sin, we are able to *witness* the love.

**Question:** What are we to do with lazy people? It seems they just continuously take advantage of those who work hard trying to take care of everything while not being grateful. No amount of coaxing seems to change them as they think they are fine as is.

**Answer:** As regard to dealing with lazy people, Proverbs 15:19 tells us

that such a person is not saved, for they are the opposite of being righteous. "The way of the slothful [man is] as an hedge of thorns: but the way of the righteous [is] made plain." Therefore, it is our duty to not encourage slothfulness, for we would be encouraging sin. In other words, not doing for others what they should do for themselves is the rule to follow. "If any would not work, neither should he eat" (2 Thessalonians 3:10). With that said, if they are people we live with, it becomes quite difficult to do nothing for them that encourages slothfulness. Not picking things up that are left lying around can create a safety hazard, even potentially a bug infestation. Either be on their case constantly, expecting to be on their case forever, or do it yourself. Proverbs 26:4-5 tells us that there is no winning against a fool. And "The way of a fool [is] right in his own eyes" (Proverbs 12:15). Unfortunately, there is not a better solution. We can only do that which is right, say that which is right, and go about our business, despite how right they think they are. As best as possible, ignore those lies. We cannot change unconverted people.

**Question:** Can a person be in God's service one minute and the next be possessed of the devil? Does he jump in and out of people?

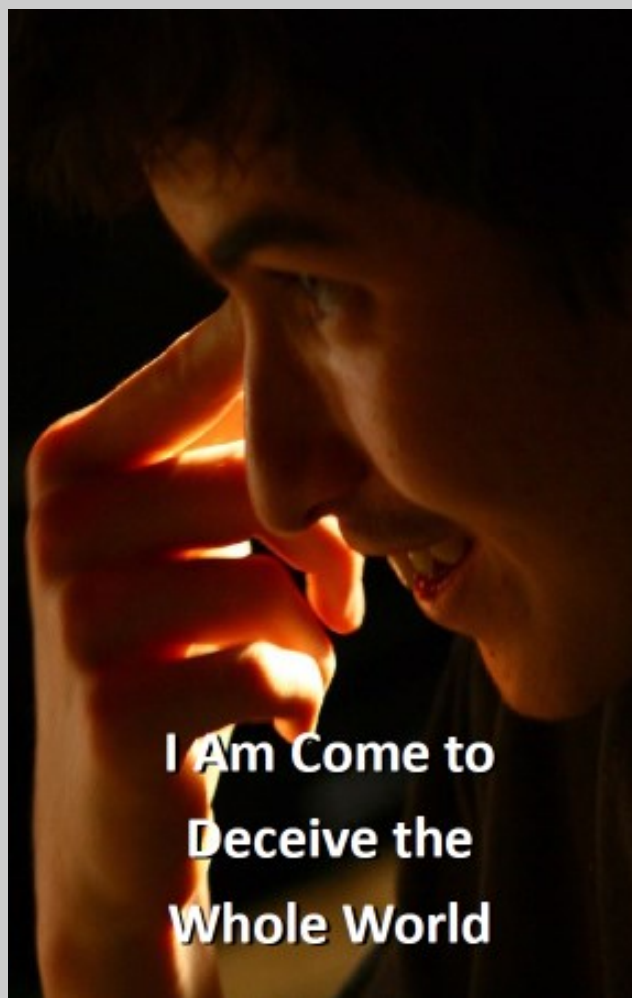
**Answer:** There are quite a few in the church who have brought in the false teaching that states as long as you are connected with the church, you are saved. This was the argument that Jews made

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



in Jesus' day, too – "We be Abraham's seed!" (John 8:33).

But, in a practical sense, if we are behaving in an un-Christian way for a moment, just from having a bad day, and in an unusual manner decide to blow up and lose self-control, that is not of God. That only leaves one other

being – Satan. And if we take it out on someone, we can really injure a soul. That is why repentance and trying to make things right with others is so important. Ignoring the incident, thinking that the injured party will eventually just forget about it, has caused many souls to leave the church, leave

the faith. It may not be a conscious effort to be an agent of Satan. All of us ought to be perfect, but in reality, every one of us has had bad days in being servants of God and has acted in an un-Christ-like manner.



## News and Comments

**March 30**

**Tribuna**

**German side Kaiserslautern's fans debut surreal 'Devils' tifo from 'Pentagram' sign**

While Christianity is under attack, hardly any are phased by satanic activity. They think it is a joke, just in the name of fun. Sports, among other activities, is Satan's cathedral for worship and the world is following along. "They worshipped the dragon" (Revelation 13:4).

**April 7**

**The Guardian**

**Wonder drug or waste of money? The truth about fish oil supplements**

Here is why we need to remain with the old, but trusted, health message as fish oil happens to be pushed everywhere. Almost every doctor was on board, even those of a natural environment. "Some studies have found that potent fish oil supplements can put people at higher risk of atrial fibrillation – an irregular heartbeat that can lead to blood clots, stroke

and heart complications. One trial of 13,076 patients was halted in 2020 'based on evidence of a low chance of clinical benefit and a statistically significant increase in atrial fibrillation'." "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 1:2).

**April 15**

**Popular Science**

**How did water end up on Earth? New evidence upends long-held theory.**

"In 2020, researchers at France's University of Lorraine announced evidence seen in a meteorite known as Sahara 97096 that supported an increasingly popular theory: Earth's original water ingredients hid inside meteorites that collided with the planet billions of years ago." "'We now think that the material that built our planet... was far richer in hydrogen than we thought previously,' he added. 'This finding supports the idea that the formation of water on Earth was a natural process, rather than a fluke of hydrated asteroids

bombarding our planet after it formed.'" So, as usual, schools teach theories as facts only to be contradicted later by scientists. There is but one sure, unchanging explanation – God. "And the earth was without form, and void; and darkness [was] upon the face of the deep. And the Spirit of God moved upon the face of the waters" (Genesis 1:2). The earth being without form, and void, means that it took form and then there was water. Water could not be present while this place was without form, and void. That means God formed the planet and the rest is history. "Worship him that made heaven, and earth, and the sea, and the fountains of waters" (Revelation 14:7).

**April 7**

**Men's Journal**

**Can Dire Wolf Scientists Bring Back the Dinosaurs & Woolly Mammoth?**

Though man cannot create life out of nothing, they are still trying to play God. We live in dangerous times. This is no joke. The original lie is still being strived for, where

people try to become gods. "For God doth know that in the day ye

eat thereof, then your eyes shall be opened, and ye shall be as

gods, knowing good and evil" (Genesis 3:5).



## *What is Sin?*

### **1 John 3:4**

Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

### **1 John 3:8**

He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

### **Romans 6:23**

For the wages of sin [is] death; but the gift of God [is] eternal life through Jesus Christ our Lord.

### **James 4:17**

Therefore to him that knoweth to do good, and doeth [it] not, to him it is sin.

### **Proverbs 14:34**

Righteousness exalteth a nation: but sin [is] a reproach to any people.

### **Psalms 51:3**

For I acknowledge my transgressions: and my sin [is] ever before me.

### **Proverbs 21:4**

An high look, and a proud heart, [and] the plowing of the wicked, [is] sin.

### **Proverbs 24:9**

The thought of foolishness [is] sin: and the scorner [is] an abomination to men.

### **1 John 5:17**

All unrighteousness is sin: and there is a sin not unto death.

### **Hebrews 12:1**

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset [us], and let us run with patience the race that is set before us,

### **James 2:9**

But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors.

### **James 1:15**

Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

### **John 8:34**

Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin.

### **Romans 14:23**

And he that doubteth is damned if he eat, because [he eateth] not of faith: for whatsoever [is] not of faith is sin.

### **Hebrews 10:26**

For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins,

### **1 Corinthians 8:12**

But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.

### **Romans 7:7**

What shall we say then? [Is] the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet.



## Natural Remedies

### **Dogwood for Sore Muscles**

Dogwood flowers are pretty to look at, but the leaves that appear after flowering time are the focus today, as they contain anti

inflammatory and analgesic agents which can be released by crushing or grinding the leaves for use in a poultice to relieve muscle pain or

wounds. Handy information for hikers and campers!

