

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

A Monthly Magazine

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What Did Jesus Tell Us That We Must Do?

Jerry O'Donnell

The word “must” indicates a requirement. If we do not do that which we must do, then we do not get to have what is promised to those who do that which we must do. For instance, we must eat, drink, and breathe to live. If we do not meet one of those requirements, we do not get to live. We will die. If a new born baby refuses to eat or drink and is not breathing, medical attention is applied immediately to help the child to live. All should be able to agree with that statement and definition of the word “must” to be accurate.

When it comes to Christianity, though, despite Jesus saying we “must” do something, it is cast aside, ignored, and excused away, for in some minds, all that Christians need to do is simply “believe”. Basically, they have found a verse or two that nullifies the rest of the Bible: “Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house” (Acts 16:31). What is the use of the rest of the Bible if that is the case? That verse is so powerful that even Jesus Himself cannot override it, as many Christians

would believe, but believe incorrectly.

So, when Jesus said, “Except a man be born again, he cannot see the kingdom of God” (John 3:3) followed up with “Marvel not that I said unto thee, Ye must be born again” (John 3:7), are we to ignore these verses for the sake of “believing”? Jesus declared not once, but twice, the requirement of entering Heaven and it goes beyond “just believe”. The requirement is to be “born again”.

Now, we have to agree what the Bible teaches about being “born again”. To be “born again” is not the same as believing in Jesus, whereas, beforehand, they did not. That is just a change in thought. We are so glad that the Bible defines words for us, so that no one can accuse us of just sharing our opinion. According to the Bible, “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).

So, now we see that to be “born again”, which is a requirement to entering Heaven, is to change from the old life of sinning, to the

new life of not sinning, which is typically called holy living, godly living, etc. Therefore, to all those who state that a person just needs to believe, then needs to believe a whole lot more, like the fact that it is possible to stop sinning because even Jesus said, “Neither do I condemn thee: go, and sin no more” (John 8:11) and “Behold, thou art made whole: sin no more, lest a worse thing come unto thee” (John 5:14).

Now, let us pause for one moment to address all those who want to continue their old way of life who dismiss the “must” requirement. Many who try to dismiss the words of Jesus say that Jesus was speaking to Nicodemus, and it was a message for him but not for us. That is not what Jesus said! Jesus said, “Except a man be born again”, and not “Except Nicodemus be born again”, or even “Except you be born again”. Further, for those that say that Jesus meant the Jews, again, that is a stretch. Jesus did not say, “Except a Jew be born again”, but said, “man”. That is inclusive of the human race.

It is funny how worldly Christians argue against all forms of effort,

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

works, fruits, etc., but are all on board with the saving part, despite the context of “I am not sent but unto the lost sheep of the house of Israel” (Matthew 15:24). So, are only Jews saved, then, and Christians are fooling themselves? Or is it accurate that Jesus could say, “I came not to judge the world, but to save the world” (John 12:47). There are only two options here. We either meet the expectations Jesus set for everyone along with accepting the free gift of salvation, or we reject the expectations and salvation seeing Jesus came to save Jews only. To accept the expectations and not the salvation is when people enter into legalism. To accept the salvation without meeting the expectations is liberalism, “turning the grace of our God into lasciviousness” (Jude 1:4) along with “denying the power” (2 Timothy 3:5) to be an overcomer, and is foolishness because that is not really an option. It is a fantasy to think we are saved in our worldliness without having to let go of any of it.

The fault lies within the heart, which is always searching for the way to enjoy the things that the world has to offer, which is usually

sinful at some level, instead of submitting to the changed life.

To be “born again”, “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). All the old ways of life are over. The new godly way is the way to walk.

“[There is] therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit” (Romans 8:1), but there is condemnation for those that claim to be Christian who chase after the flesh. They are the ones who put no restriction upon their appetite and eat any food they desire, including the forbidden foods. They are the ones who put no restriction upon what they drink and even take in a bit of alcohol. They are the ones who put no restriction upon what they listen to and enjoy the music that is foul-mouthed, destructive, rebellious, idol worshipping, sexually motivating, etc. They are the ones that put no restriction on what they watch and enjoy the latest movies that take the name of the Lord God in vain, that show private body parts, that are filled with all kinds of foul words, that

contain much violence, and even permit the viewing of content that leads to idol worship in the form of modern day gods, where Jupiter is Superman, Neptune is Aquaman, Mercury is the Flash, Isis or Venus is Wonder Woman, etc. To “Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof” (Romans 6:12) begins with not feeding it the sin. To nourish the body physically, wholesome food, fresh fruits and vegetables are best, as opposed to decaying produce and highly processed foods. Is the spiritual life any less important?

“The labour of the righteous [tendeth] to life: the fruit of the wicked to sin” (Proverbs 10:16), and is said in the New Testament as “Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous” (1 John 3:7), because the same God that inspired Solomon inspired John. These guys are writers. The Author is God!

That means that a “born again” person will live in a righteous path, or way, and the end of that journey is not just plain, ordinary life, but eternal life! While those

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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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who claim to just believe, so therefore are saved, while living in sin, even in the slightest measure, are actually considered by God as being wicked, and will be destroyed. That is the stark reality of Proverbs 10:16, confirmed by 1 John 3:7, that it did not change at the cross.

These words may be strong, but they are strong to the point that we all need to wake up to the seriousness of going to Heaven and repent of our ways now, before it is too late. These words

are not to condemn, but to “not to call the righteous, but sinners to repentance” (Luke 5:32).

And that brings us to the second requirement. The first is to be “born again”. The second is “the times of this ignorance God winked at; but now commandeth all men every where to repent” (Acts 17:30). To command is another synonym to “must”, and is required as well.

Both of these steps actually go hand-in-hand with each other. To be “born again”, which causes

people to cease from sinning to living righteously and godly, is on the same lines as repenting. To repent, as stated before, “they should repent and turn to God, and do works meet for repentance” (Acts 26:20). All that a person does needs to change from the ways of the world to the ways of God, which, in essence, is to change from sinning to righteousness again.

Now, do not be fooled by fake repentance. No “just believe” Christian would think that a

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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practicing murderer, who does not cease murdering, is going to go to Heaven no matter how much they cry, "I'm saved by the blood of Jesus!" So, on the big sins, even the "just believe" Christians typically agree that they need to stop, hence, why they are all for calling people to stop going to the bar and getting plastered, as they say, to stop hopping around from bed to bed with a different person each time, to stop going to gambling places and betting away one's earnings, etc. But these same "just believe" Christians get all put out when told they will not be going to Heaven with that angry temper, that occasional alcoholic drink to relax, that relationship that has gone too far, too often, acting like a married couple, leaving nothing for the legitimate marriage time, that playing of the government lottery, etc.

Even closer still, many "just believe" Christians have a hard time recognizing that "sin is the transgression of the law" (1 John 3:4), meaning that no person, knowingly breaking even one of God's commandments will go to Heaven, "For whosoever shall keep the whole law, and yet offend in one [point], he is guilty of all" (James 2:10). Only those "they that do his commandments,

that they may have right to the tree of life, and may enter in through the gates into the city" (Revelation 22:14). And Jesus said, "If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love" (John 15:10), therefore, in breaking the commandments, we do not abide with the Son or the Father, and will not be in their presence in the end.

"Knowing this, that our old man is crucified with [him], that the body of sin might be destroyed, that henceforth we should not serve sin" (Romans 6:6). Is our old way of life, which includes sin, truly destroyed, or just covered in a clothing that blinds us to reality? In other words, Christians who think they do not have to be truly "born again", or "repent", claim to have the robe of Christ's righteousness about them that no one can recognize. The real robe of Christ's righteousness is that of His righteousness shining through in letting "your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:16). "The man of God may be perfect, throughly furnished unto all good works" (2 Timothy 3:17).

No amount of personal selfishness may be retained. Putting on a good show for others is not even good enough. If, in the privacy of our homes, we are doing what we please because it is "down time", "me time", "sin time", we have another thing coming if we think we are Heaven bound. There is no "man cave" or "woman cave" in which to decompress. All of that is a fabrication, a counterfeit. If a person is overwhelmed, prayer is our resource, not video games, garbage on TV, or who knows what else is practiced in the "cave".

So, as you see, "Just Believe" is not possible without works. It requires ignoring Jesus' requirement and the Apostles' command. We must be "born again", and we must "repent". Both are actions that involve "putting away of the filth of the flesh" (1 Peter 3:21), "hath ceased from sin" (1 Peter 4:1), and "denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world" (Titus 2:12).

Jesus asks, "If any [man] will come after me, let him deny himself, and take up his cross daily, and follow me" (Luke 9:23). Do you believe the words of Jesus?



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 1. *What Does It Mean for the World to Have One Mind?*
 2. *I Am Come to Deceive the Whole World*
 3. *Who Is the Real Antichrist?*
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Heavenly Health

Brain Fog

In short, Cleveland Clinic defines brain fog as “a common group of symptoms that affect how you think, remember and concentrate. It can make doing ordinary tasks challenging. You might lose your train of thought in the middle of a conversation. It’s usually temporary, but the length of time you’ll experience brain fog can vary.”

Brain fog is a term for a range of symptoms that cause cognitive impairment which affects your ability to think clearly, focus, concentrate, remember and pay attention. Like its name, these symptoms cloud your mind and make it difficult to perform routine tasks like holding a conversation, listening to instructions or remembering the steps of something you are doing.

Also referred to as mental fog, it can happen after an illness, as a side effect of a medication or as a symptom of an underlying condition. It is a collection of symptoms that affect your cognitive function.

I think most of us have experienced episodes of either short or long-term mind fogginess in our daily lives and have probably labeled it somewhat differently from the experiences of others, since it might have originated from a different source, such as an illness, side effects from medications, work overload, or just plain stress. But however we label its origin, for whatever duration, it is not a good place to

be; it should even be considered an enemy to our soul and mind since clear, focused thinking is not possible when the thoughts are clouded, or overworked, stretched too thin, or just plain tired.

Thinking is a necessary private process and in our busy world it is easy to get pulled into many conversations and activities simultaneously, while multitasking, which might require us to give some thought to an important subject, not just blindly responding or acting. But when our think time is invaded, or hi-jacked by others even attempting to change our thinking patterns or outcomes, what happens then? How solid is your own thinking about a particular subject at that time? Let us face a hard reality here – we are living in a time where evil sometimes appears good, and good evil, and those defining lines are becoming more and more indistinguishable every day. So how do we develop clear minds that think well-developed thoughts with no fog?

Living a temperate lifestyle offers great protection against brain fog, or beclouding the mind. Your food must be of that simple, healthful quality which will make the best kind of blood. Foul blood will surely becloud, obscure, or make dim the moral and intellectual powers, and arouse and strengthen the baser passions of your nature. None of us can afford such a feverish diet; for it is at the

expense of the health of the body, and the prosperity of our own souls. We have discussed the dangers of tea and coffee drinking in earlier editions of this magazine, but in these critical times when thinking seems to be at a premium, we need to revisit the topic a little bit and say coffee has a great tendency to becloud the intellect and even to benumb the energies, and most coffee drinkers actually believe it gives them energy, when in reality it is robbing the system of vital energy, stealing it from later necessary reserves for the body. This is one of those instances that we have believed it good, when in fact it is evil.

There is even much more than what we eat or drink that can upset and becloud the thinking. There is much danger in harboring doubts about God's Word. That is Eden thinking, where Eve listened to the serpent's suggestions about the errors in God's Word. Do not give a moment of your time (which is actually God's time) to listening to any of the enemy's agents who try to prove God's Word wrong. We must each “Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” 2 Timothy 2:15. Our faith must be on a firm Biblical foundation – a “thus saith the Lord” which can clear any foggy thinking from the mind. There are even those among us who will think it virtuous to doubt the Word of God, to try to

display their own intelligence above the Word, but God does not compel any to believe; it is our choice, and not that of another.

All God's children must have room to exercise their own judgment and discretion and not be overpowered by thoughts and opinions of others. God has given each person talents which He means that they should use. He

has given them minds, and He means that they should become thinkers, and do their own thinking and planning, rather than depending upon others to think for them.

“Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? for ye are bought with a price; therefore

glorify God in your body and in your spirit, which are God's.”
1 Corinthians 6:19.

When anyone does anything that needlessly expends their vitality or beclouds their intellect, they sin against God. On top of that, they do not glorify God in their body and spirit, which are His.



Healthy and Delicious Recipes

Turkish Baked Tofu Crumbles

Ingredients:

- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon cardamom
- ½ teaspoon or less cloves (adjust to taste as they are strong in flavor)
- ½ teaspoon salt, more or less to taste

Baked Tofu Ingredients:

- 32 ounces super firm tofu, grated
- 1 small yellow onion, diced (about ½ cup diced)
- ½ cup fresh parsley, chopped fine
- 8 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- 2 tablespoons tomato paste

- 1 tablespoon soy sauce*

Optional Quick Tzatziki-Style Sauce:

- 1 cup non-dairy yogurt
- 2 tablespoons lemon juice
- ⅓ cup fresh parsley, chopped
- 1-2 cloves garlic, minced

Additional Recipe Ingredients and Toppings:

- Pita or Flat Bread
- ½ cup red onion, diced
- 1 cup Mini cucumbers, thinly sliced
- 1 cup cherry tomatoes, thinly sliced

*Soy sauce substitute:

(This is a concentrated seasoning, not a food by itself)

- ½ medium onion, chopped and caramelized in an oiled skillet

- ¾ cup water
- 1 tsp carob powder
- ¼ cup salt
- ½ tsp celery seed
- 2 Tbsp sucanat or coconut sugar
- 2 ¼ Tbsp lemon juice
- 1 ¼ Tbsp Roma or Pero
- 1 Tbsp onion powder
- 2 Tbsp sunflower seeds, the inside, not the shell

Blend until smooth. Keep in container in freezer. Due to the salt content it will not freeze solid and may be scooped out as needed.

Instructions

1. Preheat oven to 425F (220C). Prepare a large baking sheet with olive oil and set aside.
2. In a small bowl, combine 2 teaspoon each cumin and paprika, 1 teaspoon each smoked paprika and dried

oregano, ½ teaspoon cloves and salt or adjusted to taste. Combine well and set aside.

3. In a large bowl, add the 32 ounces grated tofu, ½ cup diced yellow onion, ½ cup finely chopped parsley, 8 cloves, minced garlic and toss gently to combine ingredients. Then, add in 2 tablespoon lemon juice and half of the spice mixture. Stir together, then add remaining spice mixture and combine again.
4. Now, add in 3 tablespoon olive oil, 2 tablespoon tomato paste,

and 1 tablespoon soy sauce (or substitute). Stir together well until all ingredients have been combined.

5. Pour mixture on your prepared baking sheet and spread into an even layer and bake in preheated oven for 25-30 minutes.
6. Add to pitas, flatbreads, salads, and more with the sauce and additional toppings!
7. If making the optional sauce – combine all ingredients into a

bowl, and stir together. Serve on top of baked tofu.

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The flavor of cloves is complex; they are known for their sweet, warm, and slightly bitter notes. This unique profile makes them a popular choice in both sweet and savory dishes, adding depth and warmth. Cloves are used in various cuisines around the world, from Indian and Middle Eastern to Western baking,



## Natural Vitamins

### Benefits of Eating Radishes

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- Protect cells from damage
- Reduce inflammation

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Radishes have a low glycemic index and contain compounds that:

- Help stabilize blood sugar levels
- Improve insulin sensitivity

This can be helpful for people managing diabetes or preventing blood sugar spikes.

#### Support heart health

Radishes contain antioxidants and potassium, which:

- Help control blood pressure
- Improve circulation
- Reduce the risk of heart disease

#### Aid weight management

Because they are low in calories and filling:

- They help you feel full longer
- Reduce overeating
- Fit well into weight-loss diets



# Questions & Answers

## Question:

Did Mary Magdalene arrive in darkness or sunshine?

## Answer:

Mark 16:1-2 says, "And when the sabbath was past, Mary Magdalene, and Mary the [mother] of James, and Salome, had bought sweet spices, that they might come and anoint him. And very early in the morning the first [day] of the week, they came unto the sepulchre at the rising of the sun." And John 20:1 states, "The first [day] of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre."

There is more than one way to resolve this. The first way is noting that the period known as the "rising of the sun" is still a bit dark. Mark's version does not state that the sun was risen. When the sun is rising, the darkness gives way to a light blue sky; then a bit of whiteness, followed by yellow, red, or even orange glow; and when the sun is just beginning to be seen, during the very tip of the sun coming up, there is still darkness.

The second way is when the declaration of all the women is present at the sepulchre. Some people make an assumption that all of the women traveled together but that is not what the verse states. It just names the names of the women in Mark's version and what they were doing. If one were to call a meeting, the last one to

arrive is when the meeting officially begins. Therefore, Mary Magdalene could have arrived first and then the other women arrived by the time the sun is still rising.

Either way, Mary Magdalene arrived while there was still darkness and definitely before the sun had risen completely.

## Question:

Are the seven last plagues a period of time that could be a year-long?

## Answer:

Yes, the plagues will last up to, but not necessarily a whole year because of the one day for a year principle (Numbers 14:34, Ezekiel 4:6), but do realize that it means it is a period of 360 days or less. Based upon Revelation 18:8, which refers to the plagues being inside of a day, the year for a day principle is applied. Even the plagues of Egypt, the example for the end of time, lasted for days per plague. There has to be enough time for society to declare all at war against true Christians as being the reason for the plagues, even in an emergency assembly it could take a week or so to assemble, pass legislation to put forth a death penalty, and the president sign it – "And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed" (Revelation 13:15). That is all

going to happen in more than a literal 24-hour period. And the world would need to see more than one plague before acting.

The Bible says that one particular plague devastates the seat of authority: "And the fifth angel poured out his vial upon the seat of the beast; and his kingdom was full of darkness; and they gnawed their tongues for pain, and blasphemed the God of heaven because of their pains and their sores, and repented not of their deeds" (Revelation 16:10-11). How long does the beast suffer this plague? Now we know that the seven last plagues will last at least fifteen days. Why? Because of the one-hour reference in Revelation 18:19: "And they cast dust on their heads, and cried, weeping and wailing, saying, Alas, alas, that great city, wherein were made rich all that had ships in the sea by reason of her costliness! for in one hour is she made desolate."

1 hour = 1/24th of a day.

1 day = 360 days which is 1 year.

1/24th of 360 days is 15 days.

So, that means the seven last plagues will last over 15 days because the one plague for "her" is fifteen days, but overall, the seven last plagues will be no more than three hundred and sixty days.

## Question:

Is it natural for humans, especially Christians, to want to figure out when the second coming will be?

### Answer:

Although it may be natural for curiosity's sake, it is something we ought to let go and let it happen when it happens; however, we are in good company.

Luke 19:11 says, "And as they heard these things, he added and spake a parable, because he was

nigh to Jerusalem, and because they thought that the kingdom of God should immediately appear." This was not the first time the disciples did a type of date setting. Right before Jesus ascended, "When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore again the kingdom to Israel?" (Acts

1:6). Humans are not without fault. What we do have though, is the gift of repentance from God (2 Timothy 2:25).

Now, we need to put to practice not to be date setting, and resist that urge.



## News and Comments

### April 2—SI Live

**'Blasphemous': White House deletes Easter video after televangelist makes off-the-wall Trump remark**

If the antichrist were a mere human being, Trump would be playing right into it. Not taking political sides, but being observant, considering himself to be the modern day Cyrus, thinking he is ordained of God to start the final war and even Armageddon (used improperly, by the way), and now accepting commentary and comparison with Jesus Christ by simply responding with a "Thank you", is definitely playing into the sensationalism. One of the things that disqualifies Trump from being the antichrist is the fact that the first beast of Revelation 13, commonly known also as the antichrist beast, is a beast, and a beast in Bible prophecy is a nation (Daniel 7:23). Trump is not a nation, and no, the United States is not that nation, either, as it is

the second beast of Revelation 13. There are also 80+ other identifiers that disqualify Trump as the antichrist.

### April 13—The Independent

**Trump slams Pope Leo as 'weak' and posts picture of himself as Jesus healing the sick**

No matter which political party a person belongs to, this is blasphemous and very egotistic. [If this comment offends, then that reveals idolatry in one's life as this is not a political statement,] The futurist's theory of an antichrist to come is dangerously being fulfilled in Trump. His expression of peace though, was being so involved in the Middle East, setting himself up by pushing the way for restoration of the temple in Jerusalem, trying to broker a peace agreement in the Middle East, etc. It has long been expected, according to futurists, that the president of the United States, or the United

Nation's leader would be such an antichrist, but showing himself as being Christ-like. How much more antichrist can one get than to picture himself as Jesus Christ in the flesh, even if it was just a jab at the papacy or other purpose, believing to be the modern day Cyrus, etc.? The good news is that Trump cannot be the antichrist as there are many other points of identification, even 88 of them as published in our book (<https://haveonemind.com/books.php>), that Trump cannot fulfill. And besides, the only reason why a future antichrist is in Christian theology is to undo the true finger-pointing revealed by just about every denomination's founder. "For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if [it were] possible, they shall deceive the very elect" (Matthew 24:24).



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

## Wisdom of Man is Foolishness to God

1. What are the thoughts of the wise of this world considered? **1 Corinthians 3:20**
2. What did the wisdom of a ship owner result in? **Acts 27:10-11, 22**
3. What did Solomon's wisdom of marrying multiple wives, and pagan ones at that, to keep the peace between Israel and the other nations result in? **1 Kings 11:4**
4. What do those who profess to be wise in the ways of the world result in? **Romans 1:22**
5. What does God make of those who think themselves wise in the scripture, twisting it to their purpose, creating a worldly understanding of scripture instead of a godly one? **1 Corinthians 1:20**

6. What is the result of those having worldly wisdom when faced with what appears to be foolish, but is actually godly wisdom? **1 Corinthians 1:27**
7. What does worldly wisdom usually turn to that influences their decisions? **James 3:15 [3 answers]**
8. What type of wisdom is then being exercised when influenced by those items? **2 Corinthians 1:12**
9. What type of words are used by worldly wise people? **1 Corinthians 2:4**
10. What will the result be of those who are worldly wise? **Isaiah 29:14**

## What Does It Mean to Watch?

1. What did Jesus say about watching? **Matthew 24:42-43**  
**"know not what hour your Lord**

**doth come", Luke 12:37-40 "Son of man cometh at an hour when ye think not"**

2. What is the watch warning about? **Matthew 25:7-13 "our lamps are gone out"**
3. What is the main thing to watch out for? **Matthew 26:41 "temptation"**
4. What other thing are we to be watching out for? **Mark 13:28-37 "find you sleeping"**
5. What are we to watch and pray about? **Luke 21:36 "be accounted worthy to escape all these things"**
6. What did Paul warn to watch about? **1 Corinthians 16:13-14 "stand fast in the faith"**
7. What else are we to watch for? **Ephesians 6:18 "supplication for all saints", Revelation 3:2-3 "strengthen the things which remain"**
8. What are we expected to do? **1 Thessalonians 5:6 "be sober", 1 Peter 4:7 "be ye therefore sober"**
9. What may we suffer? **2 Timothy 4:5 "afflictions"**
10. Why are we to be serious about watching? **Hebrews 13:17 "must give account", Revelation 16:15 "keepeth his garments, lest he walk naked" (have on Christ's righteousness)**



## Natural Remedies

### Bug Bite Remedy

We are getting back into bug biting season! Mix a little baking soda with water to make a thick

paste and dab it on bug bites. It helps to reduce itching and swelling almost immediately.

Leave the paste on for 10–15 minutes, then rinse.



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