

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

A Monthly Magazine

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Christian Nationalism, the Good, the Bad, and Ugly

Jerry O'Donnell

Christian nationalism is a complex ideology that fuses religious and national identities. It is highly debated, with perspectives ranging from a defense of traditional values ("the good") to concerns over the conflation of faith with political power ("the bad") and outright extremism ("the ugly").

The concept can be broken down into three distinct facets:

The **Good** (Influence & Values) Proponents argue that Christian nationalism, in its most moderate form, simply advocates for the integration of Christian principles into civil life. Advocates suggest America was founded on transcendent principles (like natural law and unalienable rights), and they view the movement as a way to promote these morals, support traditional families, and argue for religious advocacy in the public square. From this viewpoint, it provides a positive moral compass for society.

The **Bad** (National Idolatry & Exclusivity) Critics, including many theologians and religious leaders, argue that Christian nationalism treats a single nation (such as the United States) as uniquely favored by God, essentially creating a "virtual Israel". Theologians contend

that this shifts the church's focus from a spiritual mission to a political one, risking idolatry and compromising the Great Commission by treating the state as a messianic rescuer.

The **Ugly** (Extremism & Coercion) In its most extreme forms, the ideology seeks to enforce Christian morality through government coercion, disenfranchising dissenters and non-Christians. This strain is often associated with exclusionary hierarchies, the rehabilitation of historical revisionism, and radicalized political actions. Critics view this version as deeply toxic and entirely opposed to the New Testament's teachings of love and persuasion.

The sad part is that Christians, and even those of the world, have a short memory recall, are not being taught proper history, and have been blinded to the things of God. What is moving forward under Christian Nationalism is not the first time, or even the first nation, to go under this type of movement.

Looking at history through the eyes of God as revealed in the Bible, we begin in Revelation 12:7, all the way back to the time when war broke out in Heaven. Revelation 12:7-8 states, "And there was war in

heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven." So, Satan uniting his angels on rebellious grounds towards God's established law, fought to enforce their way in Heaven, but were stopped, and even expelled, from Heaven. Here is the first organized effort to force, and the key word is "force", compliance to what a group of people think ought to be the rules, despite them contradicting God's rules.

Now, continuing on in Revelation 12:9, it states, "And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him." Technically, Satan deceived the whole world by deceiving Adam and Eve, and will do again by having "all the world wondered after the beast" (Revelation 13:3). At the time of Adam and Eve, we have a united movement against God's word where they were told, "In the day that thou eatest thereof thou shalt surely die" (Genesis 2:17), while Satan said, "Ye shall not surely die" (Genesis 3:4). Then looking at the last days, God's Word would be

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challenged on a grander level especially since antichrist “cast down the truth to the ground” (Daniel 8:12), and “think to change times and laws” (Daniel 7:25), of God that is.

But Heaven responded in Revelation 12:10, where John penned, “And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.” Thank God for Jesus Christ living a perfect life, dying, and rising again, giving us hope!

We then pick up the biblical history lesson in Revelation 12:11-13, which says, “And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death. Therefore rejoice, [ye] heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time. And when the dragon saw that he was cast unto the earth, he persecuted the woman which brought forth the man [child].” This woe, this persecution, is being perpetrated by those that want to make up the rules for Christians to live by, while setting aside God’s Word.

The next verse places the history lesson well past the cross, even pushing into the starting period of 538 A.D., and ending in 1798, “And to the woman were given two wings of a great eagle, that she might fly into the wilderness, into her place, where she is nourished for a time, and times, and half a time, from the face of the serpent” (Revelation 12:14). We do not have to guess what “time, and times, and half a

time” means, because the same verbiage is given to us in the number of days it covers back in Revelation 12:6, which says, “And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred [and] threescore days.” One thousand two hundred and sixty (threescore, as a score, is twenty) days turns out to be three and a half years, but that is prophetically speaking where “each day for a year” (Numbers 14:34, Ezekiel 4:6) is used to cover the period in years instead of days. That period of time is best known as the dark ages.

During that time, “the serpent cast out of his mouth water as a flood after the woman, that he might cause her to be carried away of the flood” (Revelation 12:15). Here is a loosely termed Christian Nationalism movement. Actually, it was church and state joined together and those adhering to the Word of God were persecuted. Finally, “the earth helped the woman, and the earth opened her mouth, and swallowed up the flood which the dragon cast out of his mouth” (Revelation 12:16), in which she made her escape to the New World, which was sparsely populated but became a place to freely practice religion which would eventually become the United States. Unfortunately, a form of Christian Nationalism once again raises its ugly head, where “the dragon was wroth with the woman,” but does nothing towards her because she is compromised by joining upon the few doctrines believed by all denominations and forcing the state to comply to her will, “and went to make war with the remnant of her seed”, which were born in the United States and are identified by the fact that they “keep the commandments of God,

and have the testimony of Jesus Christ” (Revelation 12:17).

Now, this same United States has more detail revealed about her starting in Revelation 13:11. “And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon.” So, the Protestantism and Republicanism, which are the founding powers of this nation, would eventually give way to forceful laws, as a country speaks through its laws. The United States will “exerciseth all the power of the first beast before him”, which is church dictating to the state, “and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed” (Revelation 13:12). Ironically, the first beast is today getting worshipped, not by telling everyone to worship her, but to pick a fight with the leader of the country, creating great sympathy for her. The United States will do “great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, and deceiveth them that dwell on the earth by [the means of] those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live” (Revelation 13:13-14), which is completed when she has legislation enacted to force compliance to false doctrines.

The United States will have “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), and this is where the death decree begins. This is the extreme form of some type of

(Continued on page 4)

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.

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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Christian Nationalism in our day.

But the United States goes even further: "And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name" (Revelation 13:16-17). The mark always has existed since the beginning of time, because the mark of authority of the first beast has been long-bragged about, and is simply enforced upon the world at the end of time. Accepting the mark, accepting through obedience what the first beast dictates, which is a form of accepting the name, and the number, not by coincidence, adds up the reverence of the sun being "Six hundred threescore [and] six" (Revelation 13:18). The sun being the ultimate object of pagan worship.

Now, all the current form of Christian Nationalism is not bad, but misdirected. We should not have all these divisions among us. We ought to be untied; however, we are not to unite upon doctrines held in common, but rather as Jesus prayed for His church.

"These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee: As thou hast given him power over all flesh, that he should give

eternal life to as many as thou hast given him. And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent" (John 17:1-3), which is the first step. We need to know the true God, even Jesus Christ; otherwise, if we declare "my Jesus" permits this and that, then the real Jesus will say, "I never knew you: depart from me, ye that work iniquity" (Matthew 7:23).

Jesus continued, "I have glorified thee on the earth: I have finished the work which thou gavest me to do. And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was. I have manifested thy name unto the men which thou gavest me out of the world: thine they were, and thou gavest them me; and they have kept thy word" (John 17:4-6). And there we have it. We are to unify on God's Word, and not on what we think, what our parents think, what our church thinks, not even what church counsels think!

"Now they have known that all things whatsoever thou hast given me are of thee. For I have given unto them the words which thou gavest me; and they have received [them], and have known surely that I came out from thee, and they have believed that thou didst send me. I pray for them: I pray not for the world, but for them which thou hast

given me; for they are thine. And all mine are thine, and thine are mine; and I am glorified in them" (John 17:7-10). So, it is a fallacy to think the whole world will be saved. Instead, it is only those that glorify Jesus through obedience, and not Satan by sinning, which is permitted in just about all denominations. There is little to no victory over sin ever preached.

Now, unity is what Jesus wants: "And now I am no more in the world, but these are in the world, and I come to thee. Holy Father, keep through thine own name those whom thou hast given me, that they may be one, as we [are]" (John 17:11).

"While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled" (John 17:12), which that title also happens to be applied to the "man of sin" (2 Thessalonians 2:3), showing that antichrist is not anti-Christian, but, actually, anti-Christ doctrines. "Whosoever transgresseth, and abideth not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son" (2 John 1:9). And up in verse 7, John stated, "This is a deceiver and an antichrist."

"And now come I to thee; and these things I speak in the world, that they

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might have my joy fulfilled in themselves. 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 17:13-14). And so, all who claim to be Christian, but are worldly, are fake Christians. If the world is not hating a person’s stance, even by making fun of it, then it, more than likely, is not a Christian value. If Christians feel like they can fit in with the worldly friends and maintain their Christianity, it is not their friends who compromised, it is the Christian who has rejected Jesus’ words, even the words of “Ye cannot serve God and mammon” (Matthew 6:24).

“I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil” (John 17:15), in which we also ought to be careful of being entertained by the evil, because it is hypnotic.

“They are not of the world, even as I am not of the world” (John 17:16), yet we see so many Christians into sports, into celebrities, into everything that the world has to offer. No wonder they hate true Christians, and are even willing to exterminate them, because of how Cain was uncomfortable with, and intolerant of, Abel’s obedience.

“Sanctify them through thy truth: thy word is truth” (John 17:17), where truth does matter, and holy people are made, by adhering to it along with the working of the Holy Spirit.

“As thou hast sent me into the world, even so have I also sent them into the world. And for their sakes I sanctify myself, that they also might be sanctified through the truth. Neither pray I for these alone, but for them also which shall believe on me through their word; That they all may be one; as thou, Father, [art] in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me” (John 17:18-21). And we see why we have such division. Satan does not want to have Jesus be recognized as being sent of the Father. Again, unity is not wrong, but it must be based on the right foundation, which is the Word of God properly understood (Isaiah 28:9-10) and by “rightly dividing the word of truth” (2 Timothy 2:15).

“And the glory which thou gavest me I have given them; that they may be one, even as we are one: I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me” (John 17:22-23). And there is something

Christian Nationalism does not believe in – perfection. But striving for perfection by the Word of God, by the grace of God, by the power of God, creates the unity. Instead, Christian Nationalism takes a survey and forces belief through legislation on what is agreed upon by the majority.

“Father, I will that they also, whom thou hast given me, be with me where I am; that they may behold my glory, which thou hast given me: for thou lovedst me before the foundation of the world. O righteous Father, the world hath not known thee: but I have known thee, and these have known that thou hast sent me. And I have declared unto them thy name, and will declare [it]: that the love wherewith thou hast loved me may be in them, and I in them” (John 17:24-26). And we, too, are to declare the Father’s name for “an hundred forty [and] four thousand, having his Father’s name written in their foreheads” (Revelation 14:1).

So, are you involved in the right unity through the Word of God, keeping all Ten of God’s Commandments, and living by the Testimony of Jesus Christ, which “the testimony of Jesus is the spirit of prophecy” (Revelation 19:10)?



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Heavenly Health

LOVE vs SENTIMENTALISM

Why is it Imperative that We Know the Difference?

We seem to believe that God was, and still is, joking. *All these laws and rules! For what? Are they really all that necessary? I just don't feel like following them all the time; they are just not fun; and so confining. Some just seem mean and downright cruel – like killing someone just because he put his hand out to steady the ark.* If it isn't stated outright, it is stated in facial expressions or other body language, but we are at the point in this world's history that things must be stated clearly, so on we go.

The fate of Uzzah was a divine judgment upon the violation of a most explicit command. None but the priests, the descendants of Aaron, were to even touch the ark, or even look upon it uncovered. The divine direction was, "The sons of Kohath shall come to bear it: but they shall not touch any holy thing, lest they die." Numbers 4:15. The priests were to cover the ark, and then the Kohathites must lift it by the staves, which were placed in rings on each side of the ark. They should bear the ark "upon their shoulders." Numbers 7:9. There had been an inexcusable disregard of the Lord's directions. Uzzah meddled with the ark, disregarding the plain command of the Lord to regard it with fear and trembling, and to keep it sacred. He had to be removed from the Lord's work. God changes not. And He still expects explicit obedience from us today.

Even meddling is a serious offense, especially when it comes to the Lord's work. The Lord loves to see

His work done as perfectly as possible. In the wilderness, the Israelites had to learn to accomplish with exactness and promptness the work connected with the order of the camp and especially the work of the tabernacle, its ornaments, and its service. All had to learn before they could accomplish this, which to them was new work. Remember, when they were in Egypt the only building materials they had to work with were bricks which they had to make themselves. They had to be trained before they could do this fine, detailed work as God desired. There were men there ready to give counsel and advice and to meddle with the work of mounting and dismounting the tabernacle, so it could travel with them; and those who neglected their special work to meddle with the work of others, thinking they had special wisdom and knew how it should be done, were put to death. Each one had to be taught the value of promptness and exactness in every position of trust, and the importance of minding their own business to get the job done in the allotted time-frame, and not interfering with the work of others.

God had directed that this tabernacle should be built, so the Israelites, during their wilderness-journeying, could worship Him. Orders from heaven were given that this tabernacle should be built without delay. Because of the sacredness of the work and the need for haste, some argued that the work of the tabernacle should be carried forward on the Sabbath, as well as on the other days of the week. Christ heard these suggestions, and

saw that the people were in great danger of being ensnared by concluding that they would be justified in working on the Sabbath that the tabernacle might be completed as quickly as possible. The word came to them, "Verily my Sabbaths ye shall keep." Though the work on the tabernacle must be carried forward expeditiously, the Sabbath must not be considered as a working day. Even the work on the Lord's house must give way to the sacred observance of the Lord's rest day. God is jealous for the honor of His memorial of creation still today.

Aaron's sin of pacifying. We repeat the sin of Aaron, pacifying, when our eyesight should be clear to discern evil and *state it plainly*, even if it places us in an unpleasant position, because our motives may be misunderstood. We must not allow wrong to be committed by a brother or any soul with whom we are connected in any way. This neglect to stand up firmly for truth was the sin of Aaron. Had he spoken the truth plainly to the Israelites, that golden calf would never have been made. The same spirit that led him to shun to declare the whole truth for fear of offending his brethren, led him to act a falsehood in pointing to the golden calf as a representation of the One who brought them from Egypt. Thus, one act of unfaithfulness leads to another. The result of their murmuring and unbelief was that Aaron made them a golden calf to represent God. He proclaimed this idol to be God, and a great deal of enthusiasm was created over this false God. In utter discouragement and wrath because of their great

sin, Moses threw down the tables of stone by divine direction purposely to break them in the sight of the people, and thus signify that they had broken the covenant so recently made with God. How like the Israelites are we, when we learn more truths, we demand to have our own way. And to keep peace with that crowd, Aaron gave in to their wishes to make them feel better – he pacified them and compromised truth.

In 1 John 4:8, we are told quite plainly that “...God is love.” This simple statement is the foundation and the zenith, and everything good and holy and right in between, of Christian belief. It is solid, truth, constant, the basic quality of God Himself. It does not get any better or safer than that.

When a person does not have that definition in their life, whether they call themselves a heathen or not, they do not have Christ in them, so they cannot rightly call themselves Christians, but they do, they are simply placating evil spirits and filling in the blank spaces in their lives with that Satanic-made grey area, which really does not exist with God, called sentimentalism. God said you are either for me or against me, there is no halfway with Him – it is either all or nothing. Satan says anything goes; you should enjoy your life your way, after all, it is yours.

So where was the sentimentalism in the action of Uzzah? It was in the act of presumptuously performing something outside of his designation. Taking on a responsibility that was not his. He was playing God, but to the untrained eye it would have appeared to be an act of caring, of love, but it was actually hatred. Absence of the attributes of love marks the presence of hatred. In

God's eyes there is no neutral ground.

Where was sentimentalism in those who were meddling? The answer is right in the story – “those who neglected their special work to meddle with the work of others, thinking they had special wisdom and knew how it should be done, were put to death.” They built themselves up with pride of wisdom which they obviously did not actually have. Self is big in sentimentalism. You are so self-important and knowledgeable that you can afford to leave your own position to correct that of others, and it looks so helpful. So much for God's advice to die daily to self.

And then there is Aaron, the pacifist. Here we must be very careful. We are never to sacrifice principle for peace – even within our family or circle of friends. Then let the followers of Christ settle it in their minds that they will never compromise truth, never yield one iota of principle for the favor of the world. To be swayed by the emotions of others, especially when we are outnumbered as Aaron was, could cause us to fall. That using of emotions to control others is a strong tendril of sentimentalism and it is even used in the church today.

There is one more that we cannot ignore, for it is the very first mention in scripture of sentimentalism in action and it affects us all today. Satan used it directly on Eve – “you will not surely die” – you can almost hear his reassuring voice, and Eve used it, in turn, on Adam in a different way, even more subtle. We do not know of the conversation details that passed between those two, but sentiments can be shared between intimate partners in absolutely silent ways – a look, a shrug, etc. The fear of losing his only companion made Adam cave in and accept Eve's offer of that fruit and we

all have those same seeds in us today from our first parents. And Satan rejoices at how successful he has been in fooling us into believing that sentimentalism is actually love, when they are nothing but absolute opposites.

These are only a very few of the ways that we can identify sentimentalism from scripture; there are many more, and we hope to address some others in-depth next month.

If you sense in your own relations with others that this hideous grey area is at work, beware, and check yourself first to make sure you are not perpetrating it since we are all carriers. Sharpen your senses, even within the brethren where it is doing untold harm, destroying God's church and increasing Satan's. We cannot afford to be silent.

“The love of Christ will not make us less fit for actual life, but will enable us to adapt ourselves to the wants of others, and will develop highly practical fruit in our daily experience. It is not a weak sentimentalism. It is not of that cheap order that is earthly and sensual, leading to debasement of the soul and defilement of the character. It is not of earthly, but of heavenly origin. This love is elevating in its nature, enduring and ennobling, shedding rays of beneficence upon all within the circle of its influence. God, through his Son, has sent down this heavenly love to unite us with himself. “Beloved, if God so loved us, we ought also to love one another.” Let us ponder this divine love, that we may become changed, and may reflect this precious attribute of the character of our Redeemer. We shall be in less peril of placing our affections on unworthy objects.”



Healthy and Delicious Recipes

Creamy Coconut Tomato Sauce

Ingredients for the Blistered Cherry Tomatoes

- 1 cup cherry tomatoes
- 1 teaspoon olive oil
- pinch salt

Ingredients for the Creamy Coconut Tomato Sauce

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 6 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- ½ teaspoon turmeric
- 1 teaspoon low sodium soy sauce*
- 13.5 ounces canned full-fat coconut milk (400mL)
- ½ cup low sodium vegetable broth
- 1 teaspoon salt, more or less to taste

*Replacement for Soy Sauce - No Brag-Mock Aminos

(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. Into a large high-wall skillet over medium heat, add 1 teaspoon olive oil.
2. When hot, add your cherry tomatoes and a pinch of salt.
3. Cook for about 7 minutes until slightly charred and softened.
4. Remove from heat and transfer to a plate.
5. To the same skillet over medium heat, add 1 tablespoon more olive oil.
6. Once hot, add your diced onions and cook for 5-7

minutes until soft and translucent.

7. Then, add 6 cloves minced garlic and grated 1 tablespoon fresh ginger. Stir together and cook for about 30-60 seconds or until fragrant.
8. Add 2 tablespoons tomato paste and stir together until spread out and other ingredients are coated.
9. Then add in 1 teaspoon each ground cumin, ground coriander, and smoked paprika and ½ teaspoon turmeric.
10. Add a splash out of your ½ cup vegetable stock and scrape anything off the bottom of your skillet. Then add the remaining stock, 13.5 ounces coconut milk and 1 teaspoon soy sauce (or replacement). Reduce heat to simmer and allow to cook for 10-15 minutes.
11. Add tomatoes back in and serve as desired.

This is a delicious, versatile sauce. Add to sauce 1 cup of cooked brown or green lentils, cubed tofu or chickpeas. You can also top with roasted, seasoned cauliflower.

Serve with rice, crusty bread or naan.



Natural Vitamins

Benefits of Eating Eggplant

Eggplant (also called aubergine) is a nutritious, low-calorie vegetable with several potential health benefits:

1. Rich in Antioxidants

Eggplant contains antioxidants such as nasunin (found in the purple skin), which helps protect cells from damage caused by free radicals. Antioxidants may support healthy aging and reduce the risk of chronic diseases.

2. Good Source of Fiber

A cup of cooked eggplant provides dietary fiber, which can:

- Support digestive health
- Promote regular bowel movements
- Help you feel full longer
- Assist with blood sugar control

3. Heart Health Support

Eggplant contains fiber, potassium, and antioxidant compounds that may contribute to:

- Healthy cholesterol levels
- Healthy blood pressure
- Reduced risk factors for cardiovascular disease

4. May Help with Blood Sugar Management

Because it is low in carbohydrates and contains fiber, eggplant can be a useful addition to meals for people who are monitoring their blood sugar levels.

5. Low in Calories

Eggplant is about 20–35 calories per cup (depending on preparation), making it a filling food that can fit well into weight-management plans.

6. Provides Important Nutrients

Eggplant contains modest amounts of:

- Vitamin C
- Vitamin K
- Vitamin B6
- Folate

- Potassium
- Manganese

7. Versatile and Plant-Based

It absorbs flavors well and can be grilled, roasted, baked, stir-fried, or used as a meat substitute in dishes such as:

- Eggplant Parmesan
- Baba ganoush
- Ratatouille
- Grilled eggplant sandwiches

A Few Things to Keep in Mind

- Some people may find eggplant slightly bitter; salting slices before cooking can reduce bitterness.
- Eggplant belongs to the nightshade family, though most people tolerate it well.

For the healthiest preparation, try roasting, grilling, or air-frying eggplant with olive oil and herbs rather than deep-frying it.



Questions & Answers

Question: What was Paul's thorn in the side referring to?

Answer: Paul makes a statement that has had Bible believers puzzled for some time. "And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my

infirmities, that the power of Christ may rest upon me" (2 Corinthians 12:7-9).

Now, from the Bible, we know that the Galatians were a people that would do anything for Paul. Whatever he needed, they would be willing to support him. So, in a statement, the Galatians were willing to give Paul something that he was in need of at the time. "Where is then the blessedness ye spake of? for I bear you record, that, if [it had been] possible, ye would have plucked out your own eyes, and have given them to me" (Galatians 4:15). A person would not

be willing to pluck out their eyes to give them to a person that could see perfectly, therefore, it would be a valid conclusion that Paul had issues with his eyes.

This plucking of the eyes is not in reference to what Jesus had said: "And if thy right eye offend thee, pluck it out, and cast [it] from thee: for it is profitable for thee that one of thy members should perish, and not [that] thy whole body should be cast into hell" (Matthew 5:29). If it were, Paul would have mentioned the words "right eyes" instead of just "eyes".

And in the context of the Galatian

response, their willingness to pluck out their eyes follows the prior verse of Galatians 4:14, which says, "And my temptation which was in my flesh ye despised not, nor rejected; but received me as an angel of God, [even] as Christ Jesus." The words "in my flesh" no doubt refers to the "thorn in the flesh" phrase from 2 Corinthians.

Question: When comparing 1 John 1:10 with 1 John 2:1, are we allowed to sin or are we not supposed to sin?

1 John 1:10 says, "If we say that we have not sinned, we make him a liar, and his word is not in us" while 1 John 2:1 says, "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."

In fact, there are stronger verses that really drive the point home regarding putting away sin: "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. 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 3:8-9). Pay attention to the forms of the word "commit" used twice in this topic. To be committed to something involves the whole heart, not just a casual relationship. If someone persists in sin and has made it his career to sin, he is committed to being

a sinner, or we could say he is married to his sin. This is a far cry from someone who has slipped and fallen into a sin, or backslid, or simply did not realize they had sinned.

So, if we put away all sin and declare that we are not sinning, then according to 1 John 1:10, it appears that we are a liar. Yet, according to 1 John 2:1, it is God's intent that we do not sin. And as stated in 1 John 3:8-9, if we do sin, we are of the devil and will be lost, while there are people evidently who are able to live without sinning. Again, this would mean without being committed to sinning, or God would not have offered us a way out of our backslidden condition. He would have said, "Too bad – I told you not to sin, so it is all over for you." But instead, in His mercy and knowledge of our human hearts, He gives us that out, that chance to confess and make it right.

This is easily rectified by the tense of the verse in 1 John 1:10. "If we say that we have not sinned" is past tense. Of course, everyone should admit to having at least one sin in their lives, "For all have sinned, and come short of the glory of God" (Romans 3:23). But we do not have to be presently or in the future committing sin, or making a commitment to it.

And 1 John 2:1 sets the expectation that from hence forth that we do not sin, but if there was a failure on our part and we sin, then immediately go

to the Advocate, for "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).

Now, there is one complication and that is 1 John 1:8, which says, "If we say that we have no sin, we deceive ourselves, and the truth is not in us." That looks like it is present tense, but it is not. Put it in a more understandable phrase, "If we say that we have no history of sin in our life, we deceive ourselves, and the truth is not in us." Now, before anyone accuses us of adding to the verse, understand that there are two ways of reading the verse.

There is "the current evaluation where if we are currently sinning and admit to it but are unable to stop sinning" version. However, this would contradict so many verses of the Bible to understand it that way.

The other option is treating the words of "have no sin" as in examining the whole history realizing that our past does contain sin, therefore, we are not deceived and it matches all of the other verses in the Bible on that particular perspective.

Besides, if we realize that 1 John 1:8 and 10 are saying the same thing with slightly different wording, since 1 John 1:10 is clearly past tense, then 1 John 1:8 must be also past tense as there is no intent to switch tenses.



News and Comments

June 5— Fox News

Bill replacing 'mother' and 'father' with gender-neutral terms passes in New York, heads to Hochul's desk

Genesis 1:27 states, "So God created man in his [own] image, in the image of God created he him; male and

female created he them." Any human reason to support something different, even in the excuse of kindness, is ungodly, irreligious, and very much anti-God. Remember how God responded to an act of kindness through disobedience: "And when they came to Nachon's threshingfloor,

Uzzah put forth [his hand] to the ark of God, and took hold of it; for the oxen shook [it]. And the anger of the LORD was kindled against Uzzah; and God smote him there for [his] error; and there he died by the ark of God" (2 Samuel 6:6-7).



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

A Forbidden Worship

1. Along with “the moon, and the stars, [even] all the host of heaven”, what other object was forbidden to be worshipped? **Deuteronomy 4:19**
2. What is the worship of all the objects in the heavens associated with? **Beginning of Deuteronomy 17:3**
3. Which specific god was associated with the worship of the objects in the heavens? **2 Kings 23:5**
4. Where does Ezekiel see the object in the east being worshipped? **Ezekiel 8:16**
5. What day does Isaiah see in which the objects in the heavens become darkened? **Isaiah 13:9-10**
6. Why are they darkened? **Isaiah 13:11 [Looking for two answers of which one is from the world and the other is from the wicked]**
7. When Jesus tells people to depart at the second coming, what is the reason they are being rejected? **End of Matthew 7:23**
8. When the event of the darkening occurs, what happens to the nations? **Ezekiel 32:7-9**
9. What day does Joel call it when the darkness happens? **Joel 2:31**
10. During the seven last plagues, what do the people experience being part of the kingdom, the seat of the beast, that instituted such worship of the objects of heaven? **Revelation 16:10 [It is what is done inside their mouths]**
3. What are we to develop during times when things seem to be closing in and out of our control? **James 1:3 “patience”**
4. What are we to do to recognize that we know that God is in control? **Psalms 46:10 “Be still”**
5. What ought we to be doing during these times of challenge? **1 Thessalonians 5:17 “Pray without ceasing”**
6. For answered prayer, what condition should our hearts be in? **2 Chronicles 19:9 “perfect”**
7. To combat the notion that we do nothing physically regarding these concerns, what is a person supposed to do especially for his own family? **1 Timothy 5:8 “provide”**
8. What do works show, and not having a lack of it? **James 2:18 “faith”**
9. Throughout Hebrews 11, a list of people is provided as an example of doing things, even in trying times, and did so by what? **Hebrews 11:4, 5, 7, 8, 20, 21, 22, 23, 31 “faith”**
10. What do we need to keep in mind regarding God’s answer to our needs? **Matthew 6:32 “heavenly Father knoweth that ye have need of all these things”**

July 2026 Answers

Set Worry Aside

1. What are we not to stress about in thought regarding the coming problems and evils? **Matthew 6:34 “the morrow” referring to any day outside of today**
2. Instead of dealing with future evils, what are we to do? **Proverbs 20:22 “wait”**



Natural Remedies

Heart Health Booster

Chief among avocados' benefits is that they are great for your heart. Avocados are the only fruit (yes, they are a fruit!) that contain healthy monounsaturated fats. They also contain more than twice the amount of potassium than bananas and are high in fiber—two

more heart-healthy attributes. "The healthy fats in avocados improve the absorption of other key nutrients and research has shown that the avocado is a powerhouse when it comes to lowering total cholesterol, triglycerides, and LDL cholesterol—the small dense type

that is particularly dangerous for the heart," says Dr. Low Dog. "I suggest adding avocados to your smoothies, using it as a spread on whole grain bread instead of butter, or just slicing one open and eating it for breakfast with a little lemon."



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Thank you.

