

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

A Monthly Magazine

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

Christians Who Nail the Commandments Do Not Need Jesus!

Jerry O'Donnell

And if that is the case, then why be a Christian? And when a Christian says, "I'm saved", what are they saved from, or for what?

So, why do most Christians think that the Commandments were nailed to the cross? Colossians 2:14-17 gives us a clue: "Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; [And] having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it. Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath [days]: Which are a shadow of things to come; but the body [is] of Christ." Evidently, something has been nailed to the cross, and seeing the phrase "Sabbath days" causes a knee-jerk reaction to having the Ten Commandments inclusive of what has been nailed to the cross. On top of that, the fact that Exodus 20 is part of the books of Moses, it is thought that all that is contained in the first five

books of the Bible has been nailed to the cross, which again, includes the Ten Commandments.

Then how do most Christians think we are to live? Ephesians 2:8-9 states, "For by grace are ye saved through faith; and that not of yourselves: [it is] the gift of God: Not of works, lest any man should boast." This is why so many claim to be saved by grace and not of any effort of keeping the commandments, or we would end up boasting. Although, in general, that statement is true, we are not saved by anything but by grace and we accept it by faith; that does not mean our condition is to remain sinful. If we are saved by grace through faith, the fruit of that experience would be commandment keeping, but such Christians do not want to hear "by their fruits ye shall know them" (Matthew 7:20).

On top of that, the misunderstanding of Galatians 5:4 hurts the case of keeping the Ten Commandments. It says, "Christ is become of no effect unto you, whosoever of you are justified by

the law; ye are fallen from grace." To those who are determined to allow worldliness in their life, they see any commandment keeping as a fall from grace. When it comes to being justified, commandment keeping does not play a role, but justification and the condition of a human are two different things, as we shall see later.

Additionally, Romans 3:28 very directly states, "Therefore we conclude that a man is justified by faith without the deeds of the law." It really looks like the commandments are unimportant.

But before we reveal how all of these verses are misunderstood, let us begin with the basics and ask, "What did Jesus come to do?" Acts 16:31 tells us, "And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house." This is where many Christians get the notion that they can walk around claiming to already be saved, despite Jesus also saying, "He that endureth to the end shall be saved" (Matthew 10:22).

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

But what are we saved from? "He shall save his people from their sins" (Matthew 1:21). "Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)" (Ephesians 2:5). "Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins" (James 5:20). The answer is the word "sins".

So, how does the Bible define sin? "Sin is the transgression of the law" (1 John 3:4). But let us make sure that sin and the law are connected. "Because the law worketh wrath: for where no law is, [there is] no transgression" (Romans 4:15). Did you catch that? If we do away with the law, especially the moral law of Ten Commandments, there is no transgression. There is no sin. And if there is no sin, then we do not need to be saved. And if we do not need to be saved, we certainly do not need a Savior. We must be born for eternity automatically then. Therefore, there is no need for Jesus to save us since the reckoning of sin by the commandments being nailed to the cross ended in 31 A.D. That makes Jesus truly the Savior for only the Jews then because they were "under the obligation to keep the law" up until the cross.

By this point, everything about nailing the Ten Commandments to the cross should be falling apart, especially when Jesus said, "I came not to call the righteous, but sinners to repentance" (Luke 5:32). If we are not called of God, we are not going to be in His kingdom. And seeing that "all have

sinned, and come short of the glory of God" (Romans 3:23), we must have been a sinner at some point and been called to repent. By the way, to repent is to stop doing it. But how would one know they are a sinner if the measurement of sin was nailed to the cross? Even Paul tells us the true purpose of the commandments: "by the law [is] the knowledge of sin" (Romans 3:20). No one is saved by keeping the law because the law cannot save. The purpose is to know what sin is and then run to Jesus, at which time, "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), and He will "present [you] faultless before the presence of his glory with exceeding joy". And who is "He"? "To the only wise God our Saviour" (Jude 1:25). He is to be our Savior!

Jesus does not save people for Heaven without the Ten Commandments existing because there would be nothing to save people from. Therefore, the Ten Commandments have to exist to need a Savior to be saved. And saved from what? "The wages of sin [is] death; but the gift of God [is] eternal life through Jesus Christ our Lord" (Romans 6:23). We all need saved from what we deserve, which is death, hell, destruction, to perish, etc. And we cannot contribute to the saving process. It is totally by grace through faith that we are freely justified without a single deed from us.

Speaking of faith, how does the law truly work with faith? "Do we

then make void the law through faith? God forbid: yea, we establish the law" (Romans 3:31). To establish the law is to live it, be an example, to be a Christian and not just call oneself a Christian.

So, how does that law work with grace then? "What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? What then? shall we sin, because we are not under the law, but under grace? God forbid" (Romans 6:1-2, 15). That means that every Christian who claims, "I live by grace and not the law" are missing Paul's point. God forbid if you think that grace permits sinning, which is commandment breaking.

Now, that is faith and grace, but what about justification? The law does not play a role in that. The Bible is clear that only Jesus justifies.

How does the law work with justification then? "For not the hearers of the law [are] just before God, but the doers of the law shall be justified" (Romans 2:13), and "if, while we seek to be justified by Christ, we ourselves also are found sinners, [is] therefore Christ the minister of sin? God forbid" (Galatians 2:17). We are expected to be in the condition of commandment keeping, but again, "all have sinned, and come short of the glory of God" (Romans 3:23). Therefore, we need our past record cleansed or justified. All the commandment keeping for the rest of our lives is not going to erase the past sins. Only Jesus is

(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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able to justify us, but He certainly is not going to tell the commandment breaker to go and continue to break His commandments. Jesus is not the minister of sin! Sin is hurtful. Sin kills. Sin causes diseases. Sin creates ill will between human beings. Sin is awful. Christians are not to be promoting it by being careless in lifestyle. Jesus does not want His children to continue to be hurt, have diseases, have ill will, etc.

And in bringing it forward into prophecy, there is a title of the head of the antichrist. It is the title "that man of sin" (2 Thessalonians 2:3). But if the law has been nailed to the cross, we can never know who the antichrist is because there is no more record of sin. Of course, that is not the right understanding of things. The commandments remain and anyone causing the vast majority of human beings to sin is known as "that man of sin".

And just how does antichrist get that title? That is because he will "think to change times and laws" (Daniel 7:25). If antichrist is known for changing God's times and His laws, then that means

they have to still exist, for what would the concern be then if the commandments were nailed to the cross and antichrist is messing around with them? There would be no concern at all. So, all who believe in antichrist must acknowledge all of the activities of antichrist and one of the many activities is to change the Ten Commandments.

And just how successful will antichrist be? "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity" (Matthew 7:21-23). The vast majority (many) will be very good Christians in appearance and even in their activities of doing good, but Jesus discards them because they lived their lives in a manner that they ended up working iniquity. The word "iniquity" is synonymous with the word "sin". Telling

everyone that the commandments have been nailed to the cross and living their lives in a worldly manner is what they are guilty of and will have no place with Jesus, especially since they really did not need Jesus to save them. We are only saved from the results of our sins, which is death, but we only sin if the commandments exist, and we only need a Savior if we have sin on our record. Seeing that so many Christians have nailed the commandments to the cross, they do not have a record of any sin, and then do not need Jesus to save them, and they will be lost.

So, will you keep the commandments, allowing Jesus to freely provide His grace where we failed, and may fail yet a few more times, and do so believing by faith? "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: And he is the propitiation for our sins: and not for ours only, but also for [the sins of] the whole world. And hereby we do know that we know him, if we keep his commandments" (1 John 2:1-3).



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Heavenly Health

Why Should We Not Eat Meat?

Because God said so, that is why. Period. End of story.

OK, I will tell you more. We cannot very well refer to modern-day research to give us clear, honest answers about the effects of eating meat to our health since there are such variances in the truth about the wide range of health issues, and most are never traced back to meat-eating; plus the fact that there would be too much money riding on their response. Our economy would suffer greatly, or possibly even shut down, if all the income from meat eating were suddenly denied the Treasury. Here are the financial “positives” to our country from meat-eating as of last year: November 20, 2025.

ARLINGTON, VA – The Meat Institute today released an economic study that found the meat and poultry processing industry contributes \$57.3 billion to the US economy and provides 584,000 jobs. The entire meat and poultry industry, including livestock production, animal feed, equipment manufacturing, transportation and more contributes \$347.7 billion in value to the nation, supporting 3.2 million jobs.

Is that a real “value to the nation”? Those are very impressive figures, if we do not take in the full spectrum and consider the losses sustained from meat in the human system.

The very first lesson that God gave

man in the beginning, the very first word that He said to him, so far as we have any record, is on the subject of diet. Isn't that interesting? I believe that shows us the importance of good diet. That was his first lesson. He began by telling him what to eat. "And 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. So you see, there is such a thing as vegetable meat, – seeds, nuts, and fruits, – and that was the food that God gave to man. That is vegetable meat – that is heavenly meat which will lead to having heavenly health. Now the seeds, nuts, and fruits have energy stored up in them for us, and they are the natural diet of man.

We do not even have to go into any discussion over this, or even have to study man's physiology and anatomy books at great length, or anything else about man, not even his blood type, to find out what he should eat, and to see the original definition of “meat”. We find it right in the Bible, in very plain language which even a child can understand. This is not to even suggest we should not read those books, but for now we are just dealing with plain and simple Bible facts.

When we eat vegetables, we get pure energy-creating food, just as the Lord made it for us. God did not put any poisons in the vegetables; there is no dead

matter in them. Every animal, a cow that grazes on grass for example, has potential death within him in the form of flesh. The vegetable has living matter and food for life, but no death in it; but the animal has food – living matter – *and* death in its body. So, when we eat an animal, we take in the food that is there, and the living matter from the grass he ate, but also the dead matter; so, we are adding to the dead matter already within our own body, which is already so near the danger-point of death, the poisons of the other animal's body. That is the reason the use of flesh shortens life, – because it adds to the accumulation of dead matter in the human body that we were not designed to draw life from, or to excrete; and soon it overcomes the life-force, and brings death.

So we said we would take a look at a couple Bible statements concerning meat, and I want to point to an important one that will show just how terribly and completely we have corrupted the meanings of certain words in the Bible down through the ages, to our own demise: John 4:34 says, “Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.” Jesus is simply stating that His life is sustained by doing the Father's will in complete obedience and simple faithfulness which provide Jesus with the deepest satisfaction; the material requirements of life were incidental to Him. By following the

Father's ways, Jesus was energized and fulfilled. Most men live for "the meat which perisheth" John 6:27. We are to copy the ways of Jesus as closely as possible to be able to make it through to the end.

Our world is not ready to meet Jesus. Disease has corrupted minds and bodies, largely from meat eating. Just to name two major current diseases that are so prevalent they are considered common among us, taking lives from us as well as leaving us mentally, emotionally, and spiritually crippled are diabetes and heart disease. Medical researchers learned years ago that eating as little as 2 ounces of processed meat (that is about the size of the palm of your hand) per day increases the risk of heart disease by 42% and the risk of diabetes by 19%.

And just a note to all those who say they need to eat meat for the iron – Heme iron, the iron found in the hemoglobin and myoglobin of foods such as meat, poultry and fish, is significantly associated with a higher risk of type 2 diabetes.

And our minds are at greater risk than ever of being misled and corrupted from not just the direct effects of these two diseases, but life in general. Stress and subsequent depression are eating away at everyone, including eating away at everyone's income. We are told in Deuteronomy 11:16, "Take heed to yourselves, that your heart be not deceived, ..."; that warning spreads across every aspect of our lives. So do not allow yourself to be dazzled by the dollar signs we started this article with, but remember not to be deceived.

In conclusion, we want to leave you with some wise words from ancient minds on construction of a solid body.

HUMAN BUILDING MATERIAL

"Man is built out of the food he eats, and the body can be no better than the material that enters into its construction."

"If he eats unnatural food, he becomes unnatural, sickly, cross, inharmonious; he takes medicine and increases in unnaturalness."

"It is natural for man to be strong

and vigorous, physically, mentally, morally; and nothing but natural food will make this condition possible."

"The most natural food is the food that nourishes each element of the body in proportion to its natural requirements. When Nature designed man, the same Intelligence provided the material suited to the requirements of the design, among which is the marvelously perfect food product, whole wheat."

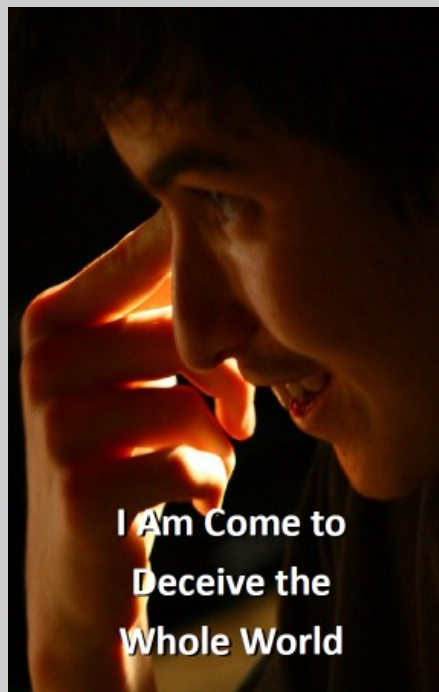


I Am Come to Deceive The Whole World

How Satan, from his perspective, is distracting so many Christians while his agenda marches on.

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Do you think the war in Iran is by chance?

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

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

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

Healthy and Delicious Recipes

Crab Cakes

Ingredients:

- 14 oz can Hearts of Palm, drained, flaked/shredded
- ¼ Vegan Mayonnaise
- 1 tsp. Old Bay Seasoning
- 2 tsp. Dijon Mustard (substitute with non-dairy Greek yogurt, or non-dairy sour cream at 1:1 ratio with a few drops of additional lemon juice)
- 1 tsp. Lemon Juice
- ¼ cup finely chopped celery or green onion
- 2TBSP. Fresh Parsley, chopped
- ½ cup Panko Breadcrumbs, plus extra for coating
- Salt to taste
- 2 TBSP. oil for frying

Instructions:

1. Shred hearts of palm gently with a fork or by hand to mimic crab meat texture.
2. In a large bowl stir together the mayonnaise, old bay, Dijon mustard (or substitute), lemon juice, celery or green onion, parsley and salt.
3. Add in the hearts of palm and ½ cup of Panko bread crumbs to the wet mixture. Gently folding in until they hold together. Do not over mash.
4. Divide and squeeze the mixture tightly into small patties and coat gently with extra breadcrumbs.
5. In a hot skillet with oil cook the cakes for approximately 3 minutes on each side until golden and crispy.



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?

- This book walks through Daniel, Matthew, Thessalonians, 1st & 2nd John, and Revelation along with many other books of the Bible gathering **over 80 identifying marks** of who the antichrist is making it the most comprehensive book on the topic to ever poses.
- In a “Who done it” layout, we shall provide all the evidence you will ever find in existence pinpointing the suspect while allowing you to come to the conclusion yourself.
- Solve the mystery plaguing many for generations and be part of the very elect having the knowledge that others lack.

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Natural Vitamins

Hearts of Palm

Hearts of palm are white vegetables obtained from the tender inner core of certain palm trees. They have a mild, slightly nutty flavor and a texture somewhere between asparagus and artichokes. They are nutritious, low in calories, and easy to add to salads, grain bowls, tacos, or stir-fries.

Here are some of their main benefits:

1. Low in calories, high in nutrients

A typical serving (about 1 cup) provides relatively few calories while supplying:

- Fiber
- Potassium
- Vitamin B6
- Vitamin C
- Copper
- Manganese

This makes them a nutrient-dense food that can fit well into many eating patterns.

2. Good source of fiber

Fiber helps:

- Support healthy digestion
- Promote regular bowel movements
- Increase feelings of fullness
- Support healthy cholesterol and blood sugar levels

3. May support heart health

Hearts of palm contain:

- **Potassium**, which helps regulate blood pressure by balancing sodium.
- **Fiber**, which can help lower LDL ("bad") cholesterol when eaten as part of an overall healthy diet.

4. Rich in antioxidants

They contain plant compounds such as polyphenols that help protect cells from oxidative stress. While they are not among the highest-antioxidant vegetables, they still contribute to an antioxidant-rich diet.

5. Naturally low in fat and sugar

They are:

- Low in fat
- Low in carbohydrates
- Naturally free of added sugar

This makes them suitable for many eating styles, including Mediterranean, vegetarian, vegan, and lower-carb diets.

6. Can help with weight management

Because they are low in calories but contain fiber and water, hearts of palm can be filling without adding many calories.

7. Plant-based source of minerals

They provide minerals like:

- **Copper**, important for energy production and immune function.
- **Manganese**, involved in bone health and metabolism.

- **Iron** (in modest amounts), which helps transport oxygen throughout the body.

Things to watch for

- **Sodium:** Canned hearts of palm can be high in sodium. Look for low-sodium versions or rinse them under water before eating to reduce some of the salt.
- **Sustainability:** Most commercially available hearts of palm today come from cultivated species (such as peach palm), which are harvested sustainably without killing the tree. Older harvesting methods from wild palms were much less sustainable.

Easy ways to eat them

- Slice into salads.
- Add to pasta or grain bowls.
- Toss into ceviche-style dishes.
- Grill or roast with olive oil and herbs.
- Blend into dips.
- Shred them as a plant-based substitute for crab or lobster in certain recipes.

Overall, hearts of palm are a healthy addition to most diets. They offer fiber, vitamins, minerals, and antioxidants while being low in calories and versatile in the kitchen. If you buy them canned, choosing low-sodium varieties or rinsing them can make them an even healthier choice.



Questions & Answers

Question:

How do we know that there is not a third physical temple to be built?

Answer:

Just in case you did not know, the third temple to be built happens to be a spiritual temple, but what confirms that Jesus' prophecy applied to the destruction of the temple in 70 A.D. is found in Luke 21:5-6, which says, "And as some spake of the temple, how it was adorned with goodly stones and gifts, he said, As for these things which ye behold, the days will come, in the which there shall not be left one stone upon another, that shall not be thrown down."

This settles the argument about a third temple. The understanding is that Israel is still God's chosen people. You know, the ones that crucified God's Son, and the one that Jesus said would no longer be favored (Matthew 21:43). The thought is that in the future, a third temple will be built because Jesus' prophecy of Matthew 24:2 states, "There shall not be left here one stone upon another, that shall not

be thrown down." They point to the wailing wall as evidence as it could not be the second temple but a third temple yet future, despite the wailing wall not being part of the actual temple of God but Herod's temple. Nonetheless, look at the words of Luke. The temple in question was the one they beheld. Jesus was referring to the second temple that they just walked out of and were admiring. Jesus was not referring to a future temple. So, are you going to ignore all of the evidence and more to hold onto a false theory or theories, or are you going to go with the words of Jesus and realize the prophecy of Jesus has been fulfilled and there is no third temple?

Question:

How can Jesus be crucified at the third hour when in the sixth hour Jesus was condemned to be crucified?

Answer:

We have, once again, an apparent contradiction, this time regarding

when crucifixion was called for and the actual act. How can the sixth hour be the declaration of sentence in John's version while in Mark's version, Jesus is crucified at the third hour. It appears Jesus was crucified at the third hour and then three hours later the sentence of crucifixion is given. That is almost like putting the cart before the horse. The accounts are as follows:

Mark 15:25, "And it was the third hour, and they crucified him."

John 19:14-16, "And it was the preparation of the passover, and about the sixth hour: and he saith unto the Jews, Behold your King! But they cried out, Away with [him], away with [him], crucify him. Pilate saith unto them, Shall I crucify your King? The chief priests answered, We have no king but Caesar. Then delivered he him therefore unto them to be crucified. And they took Jesus, and led [him] away."

There is no confusion at all if people would understand that time can be spoken two different ways. Yes, that in itself is confusing, but in this case, it is important to understand that Mark is using one

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type of time calculation while John is using a different type.

John is using the timing of midnight-to-midnight schedule. So, approximately 6:00 am, the sentencing takes place. That is well established in the account according to John.

In Mark's case, he is using the working hours schedule of time. The working day starts at 6:00 am, around sunrise and ends around 6:00 pm, around sunset. Referring to the third hour on this schedule places the crucifixion at 9:00 am (6:00 am plus three hours, or the third hour from 6:00 am).

That means sentencing happened at 6:00 am according to John and Mark tells us that Jesus was crucified at 9:00 am, all of which is in perfect sequence. So, there is no contradiction.

Matthew also uses the same schedule as Mark. Matthew 27:45-46 states, "Now from the sixth hour there was darkness over all the land unto the ninth hour. And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?" Using the working day schedule, the sixth

hour from 6:00 am would be noon when the darkness appeared. It lasted until the ninth hour past 6:00 am, which would be 3:00 pm. And about that ninth hour, or 3:00 pm, Jesus cried out. The same account appears in Mark 15:33-34, as well as Luke 23:44-46. Each of them using the 6:00 am to 6:00 pm schedule and referring to noon as the sixth hour and 3:00 pm as the ninth hour.

John is the one using the midnight-to-midnight schedule.



News and Comments

August 11

Business Insider

My 19-year-old daughter drove 500 miles for a concert. It taught me how to parent an emerging adult.

And yet, many Christians are not willing to drive more than ten miles to go to church. People will endure all kinds of hardships for worldly things, but hardly give any effort for God. "Thou shalt love the Lord thy God with all thy

heart, and with all thy soul, and with all thy mind" (Matthew 22:37).



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- 26 Videos Bible Studies
- A number of sermons
 1. *Endurance For the Last Days*
 2. *Christians Who Nail the Ten Commandments Do Not Need Jesus*
 3. *Christian Nationalism, the Good, the Bad, and the Ugly*
 4. *Trump Cannot Be the Antichrist*

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

The Truth About Coveting

1. What informed Paul to know that coveting was sinful?
Romans 7:7
2. What shall a covetous person not inherit? **1 Corinthians 6:10, Ephesians 5:5**
3. What type of person should not have “fornication, and all uncleanness, or covetousness” named among them?
Ephesians 5:3
4. What is coveting considered a form of? **Colossians 3:5**
5. Since coveting typically is a mental thing and people cannot read minds, nor even angels, who witnesses it then?
1 Thessalonians 2:5
6. What is a popular thing that people covet after?
1 Timothy 6:10
7. Those who hate coveting, what will they gain? **Proverbs 28:16**
8. What is acceptable to covet after? **1 Corinthians 12:31**
9. In what context are we to covet those things? **1 Corinthians 12:30**
10. Specifically, which one are we to covet? **1 Corinthians 14:39**
2. What advice did Jesus give?
Matthew 7:13-14 “Enter ye in at the strait gate”
3. What group will be lost at the second coming? **Matthew 7:21-23 Many Christians because they recognize Jesus only as “Lord”.**
4. How many will respond to the call properly? **Matthew 20:16 “few”**
5. What did Noah example?
1 Peter 3:20 “ark was a preparing”
6. What did Lot example? **2 Peter 2:6-7 “an ensample unto those that after should live ungodly”**
7. Of all of Israel, how many saw Jesus after the resurrection?
1 Corinthians 15:3-6 “above five hundred” [apologies for not including verses 4, 5, and 6]
8. Of all of Israel, how many were present on the day of Pentecost? **Acts 1:15 “hundred and twenty”**
9. What did Paul recall that Isaiah prophesied? **Romans 9:27 “a remnant shall be saved”**
10. What did Paul recognize in his day? **Romans 11:5 “a remnant”**

September 2026

Are There Few That Be Saved?

1. When someone from the crowd asked the question, what did Jesus answer? **Luke 13:23-24 “many” “shall not be able”**



Natural Remedies

Ginger for Blood Sugar

A meta-analysis of 10 randomized controlled trials in 490 people with type 2 diabetes found that ginger supplementation significantly **reduced both HbA1c and fasting blood glucose**. HbA1c fell by an

average of 1 full percentage point. Fasting blood glucose dropped by more than 21 mg/dL on average. The research supports daily consistency in using ginger. The therapeutic amounts in these

meta-analyses were 1-3 grams per day. One teaspoon of fresh-grated ginger provides roughly 2-4 grams.



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