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

A Monthly Magazine

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

Buy It and Do Not Sell It!

Jerry O'Donnell

Right up front, let us give you the answer to the question, "What are we to buy and not sell?" Proverbs 23:23 tells us to "Buy the truth, and sell [it] not; [also] wisdom, and instruction, and understanding." Truth is the answer.

Now that you have the answer, does that mean you ought to stop reading? Just knowing the answer is "truth" is just the first step of this very important, life-impacting journey. There is a whole lot more to knowing that answer.

If it were that easy to hold onto the truth, then why are so many Christians repeating Pilate's mistake from nearly two thousand years ago? He asked, "What is truth?" (John 18:38) and did not wait around for the answer. Most Christians do not believe in absolute truth. In fact, they believe all of Christianity is made of separate denominations, each contributing a piece of truth as all being part of the Christian fold; just like the body reference in 1 Corinthians 12. They state, "For the body is not one member, but many" (verse 14) as if the word "many" refers to denominations instead of individuals.

Where is truth found? John 14:6 says, "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." The truth is found in Jesus, but that is not the only place. John 17:17 states, "Sanctify them through thy truth: thy word is truth." So, the Word of God is another location to find truth, but wait! There is another place as well – "Thy righteousness [is] an everlasting righteousness, and thy law [is] the truth. Thou [art] near, O LORD; and all thy commandments [are] truth" (Psalms 119:142, 151). God's Ten Commandments is another source of truth. So, truth is found in Jesus, the Word, and the Commandments. That means, when we read a verse that contains the word "truth", we ought to be able to substitute these three references in place of the word "truth" without altering the meaning of the Bible. In fact, more of the intent of the verse should be impressed upon us.

Let us give it a try in answering the question, "Why will people be lost in the end?" "Let no man deceive you by any means: for [that day shall not come], except there come a falling away first, and that man of sin be revealed, the son of perdition; who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, shewing himself that he is God" (2 Thessalonians 2:3-4). The man of sin is involved, but continue reading, "Remember ye not, that, when I was yet with you, I told you these things? And now ye know what withholdeth that he might be revealed in his time. For the mystery of iniquity doth already work: only he who now letteth [will let], until he be taken out of the way" (2 Thessalonians 2:5-7). Please take note that the beginnings of the "man of sin", also known as antichrist, began in Paul's day; therefore, antichrist cannot be a single person, but an entity. Now, let us keep reading. "And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming: [Even him], whose coming is after the working of Satan with all power and signs and lying wonders, and with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth *[which is found in Jesus, the Word, and the*

Commandments], that they might be saved" (2 Thessalonians 2:8-10). The lack of having love for Jesus, and we will see what that means, because everyone seems to love Jesus, and the lack of having love for the truth in God's Word and in His Commandments, are why people will perish. Please remember that "lying wonders" are involved. That will be useful in a bit, but let us read a couple more verses. "And for this cause God shall send them strong delusion, that they should believe a lie: That they all might be damned who believed not the truth *[for Jesus, the Word, and the Commandments]*, but had pleasure in unrighteousness" (2 Thessalonians 2:11-12). So, it is stated twice to condemn this notion of saying, "No one has the truth!". If that is the case, then everyone will be lost, because we need to know it and love it, and to love it is to obey it, but if no one can find it, how can we love it.

It is so serious that the destination for those who do not love the truth is a horrible one. "To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life: But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath" (Romans 2:7-8). Indignation and wrath of God are not pleasant, and yet, so many Christians do not take the truth seriously. If a logical person who knew the destination for not loving the truth was indignation and wrath, plus perishing and being damned, they would certainly be searching everywhere for it! That means that everyone who opposes the truth must not be thinking logically.

Now, let us address the vast majority of Christians who claim to be saved, but think works is earning eternal life, or replacing grace, especially when it comes to the commandments. "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness" (Romans 1:18). There is not an exception in this verse for the "saved". If a Christian is being ungodly and being unrighteous, they will receive the wrath of God. And saying anything unrighteous against the truth follows the same condemnation without exception, and they do it by "turning the grace of our God into lasciviousness" (Jude 1:4), which is to allow sin to remain in one's life while claiming grace. Grace is for those who repent, and not for those who continue the lifestyle of sinning (Romans 2:13).

So, what does the "man of sin" do to interfere with the love of the truth? Daniel 8:11-12 tells us that "he magnified [himself] even to the prince of the host, and by him the daily [sacrifice] was taken away, and the place of his sanctuary was cast down. And an host was given [him] against the daily [sacrifice] by reason of transgression, and it cast down the truth *[Jesus, the Word, the Commandments]* to the ground; and it practised, and prospered." Specifically, he "think to change times and laws" (Daniel 7:25), attacking the Ten Commandments. But he also goes further. "For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist. Look to yourselves, that we lose not those things which we have wrought, but that we receive a full reward. 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 1:7-9) The man of sin offers a different set of doctrines, which is connected to the Word of God, for "All scripture [is] given by inspiration of God, and [is] profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works" (2 Timothy 3:16-17). So far, that is the Word and the Commandments that antichrist, man of sin, the beast, the little horn has cast down, but implicitly, if antichrist offers a different set of doctrines different from what Jesus taught, in essence, he has cast down Jesus as well.

And "He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him" (1 John 2:4). All who oppose the keeping of the commandments, in one form or another, are liars, and they do not even know that they are following the antichrist. Then again, "all the world wondered after the beast" (Revelation 13:3).

And that includes many Christians! "For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away [their] ears from the truth *[Jesus, the Word, the Commandments]*, and shall be turned unto fables" (2 Timothy 4:3-4). In fact, "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

(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.

TABLE OF CONTENTS

Main Article	Page 1
Heavenly Health	Page 5
Recipe	Page 7
Natural Vitamins	Page 8
Questions and Answers	Page 9
News and Comment	Page 10
Bible Study	Page 11
Natural Remedy	Page 12

SUBSCRIBE AND OTHER INFORMATION

- Send us a letter with a check payable to **Have One Mind** in the amount of $21 per annual subscription or other amount for donation. Tax receipt available upon request. Do provide your mailing address for the subscription.
- MAILING ADDRESS:
  Have One Mind In Christ,
  PO Box 301, Boiling Springs, PA 17007
- E-MAIL: info@haveonemind.com
- WEBSITE: http://haveonemind.com

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). This establishes that all Christians who do not think the commandments are applicable, even nailed to the cross, will be lost, which is a very sad situation. Hopefully, people who read this article and are on the wrong side will repent before it is too late. The word "iniquity" is synonymous with "sin", which "sin is the transgression of the law" (1 John 3:4). Therefore, they agree with the "little horn power" that casts down the truth, specifically, the law. That makes them wonderers of the beast.

Along with being self-deceived is the false Holy Spirit. Many, many Christians claim to have the Holy Spirit as they continue their worldliness. If they were really filled with the Holy Spirit, "when the Comforter is come, whom I will send unto you from the Father, [even] the Spirit of truth, which proceedeth from the Father, he shall testify of me" (John 15:26), they would point to one resource of truth, which is Jesus, impressing followers to "deny himself, and take up his cross, and follow me" (Matthew 16:24), "also so to walk, even as he walked" (1 John 2:6). Additionally, "Howbeit when he, the Spirit of truth, is come, he will guide you into all truth *[towards Jesus, the Word, and the Commandments]*: for he shall not speak of himself; but whatsoever he shall hear, [that] shall he speak: and he will shew you things to come" (John 16:13).

And being filled with the Holy Spirit, they will be able to do battle with "antichrist…" because "…know we the spirit of truth, and the spirit of error" (1 John 4:3-6). Even John states, "ye have heard that antichrist shall come, even now are there many antichrists … and that no lie is of the truth" (1 John 2:18-21). That is a second witness to the fact that antichrist began nearly two thousand years ago and cannot be a single person, but an organization instead.

Now, Jesus tells us who Christians belong to if they can neither discern the truth, nor abide in it. "Ye are of [your] father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it" (John 8:44).

Again, if we are seeing the attack focused upon only two areas of truth, remember it is not just the Word and Commandments under attack. Jesus said, "If ye love me, keep my commandments" (John 14:15), and "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). To not keep the commandments and/or His Word, is to reject Jesus.

Keep in mind that we know we have the truth. "My little children, let us not love in word, neither in tongue; but in deed and in truth *[Jesus, the Word, the Commandments]*. And hereby we know that we are of the truth *[Jesus, the Word, the Commandments]*, and shall assure our hearts before him" (1 John 3:18-19).

Do remember that every study of the Bible is not equal. Those who grab a verse and build a belief are not using the Word properly. "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). There is a right way, and many wrong ways, to studying the Bible.

Now, a true Christian will express love or charity. "Charity suffereth long, [and] is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth *[Jesus, the Word, the Commandments]*" (1 Corinthians 13:4-6).

Remember, "And ye shall know the truth *[Jesus, the Word, the Commandments]*, and the truth *[Jesus, the Word, the Commandments]* shall make you free" (John 8:32). If there was not absolute truth, how can someone be set free? If I have a habit and I ask one denomination if it is wrong and they tell me "no", while another tells me "yes", how can I be set free?

And for those that do not take this subject seriously, do keep in mind that this is not optional! "But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth *[Jesus, the Word, the Commandments]*: for the Father seeketh such to worship him. God [is] a Spirit: and they that worship him must worship [him] in spirit and in truth *[Jesus, the Word, the Commandments]*" (John 4:23-24).

Heavenly Health

Are All Proteins Created Equal?

What does the word "protein" actually mean on all those nutrition information labels on drinks and cans, including the protein drink bottles? Does this "protein" actually build and help to maintain and support muscle?

Are you spending your hard earned money on fake protein, thinking, even believing, you are building muscle and strength, but actually losing both, as well as money, all the while? Would you believe that this fake protein even turns into sugar and becomes body fat instead of the muscle and strength you were striving for? The truth is, at least half of the protein in many popular foods is this essentially useless, and even dangerous to some, fake protein which is actually contributing to setting you up for diabetes instead of building muscle to help redirect glucose out of your blood.

Remember the big push to "Read the labels"? WE did that, but THEY did not tell the whole story on the labels.

The specific sequence and type of amino acids determine the protein's structure and function.

How it appears on labels

On a Nutrition Facts panel, "Protein" is the **total grams of amino acids** in one serving, *regardless of source or quality* labelgrade.com+1.

- The FDA's Daily Value (DV) for protein is **50 g/day** based on a 2,000 calorie diet labelgrade.com.
- To claim "High in protein", a serving must have **≥10 g protein** (20% DV) labelgrade.com+1.
- The label does **not** indicate whether the protein is complete (**contains all 9 essential amino acids**), how digestible it is, or how well it supports muscle growth labelgrade.com+1.

Sources of labeled protein

Protein can come from:

- **Animal sources**: meat, poultry, fish, dairy, eggs www.accessdata.fda.gov
- **Plant sources**: beans, peas, lentils, soy products, nuts, seeds, whole grains www.accessdata.fda.gov

Manufacturers may use isolated or concentrated plant proteins (e.g., soy, pea, rice) or animal proteins (e.g., whey, casein, meat extract) labelgrade.com.

Why the label doesn't tell the whole story

The gram amount tells you **quantity**, not **quality**:

- A 10 g soy protein isolate counts the same as 10 g grass‑fed beef on the label labelgrade.com.
- Some plant proteins are incomplete or less digestible, so your body may not use all the labeled grams labelgrade.com+1.
- "Nitrogen‑spiking" (adding free amino acids) *can inflate*

Not Already on the Mailing List? Sign Up For "Have One Mind in Christ"

Name: _____

Address: _____

City, State, Zip: _____

Mail To: PO Box 301, Boiling Springs, PA 17007 **We request that you enclose $21 for 1 year**

protein counts without adding muscle relevant amino acids labelgrade.com.

In short: The "protein" on your food label is a sum of amino acids from the food's source, measured in grams, but ***the label does not reveal the protein's source, completeness, or digestibility***

And now I have some questions for you to think about: What about all the unidentifiable illnesses and disease in so many bodies among us? Could much of that be due to the fact that consumers are buying and consuming purposely mislabeled foods they thought were safe for them to eat because they had that famous stamp of approval on them?

Or what about all those who choose to be vegetarians, for whatever reasons, who are unknowingly eating meat disguised in soy products which is simply labeled "protein"?

And then there are the added "proteins" which cannot even be used by the body, so they are just flushed down the toilet. A total waste.

And what gain can those who make such decisions in business practices ever hope to have?

To every church member I would say, Never, never let there be any departing from the strictest integrity. Do not mock God, the Majesty of heaven, by a disregard of his word. Never, never, defraud a fellow-being, and then suppose that your sharpness is something to be proud of. Do not follow maxims of business that are based on false pretensions. There is in this our day a great deal of falsity. The pretender, the deceiver, is increasing in numbers, and truth and integrity are violated. Lies are spoken, lies are acted, and are becoming more and more common among those who do not make the word of God their counselor.



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.

Send $14.00 (includes postage) to:

Have One Mind * PO Box 301 * Boiling Springs, PA 17007

Healthy and Delicious Recipes

Jacob's Lentil Stew

Recipe is from Tori Avey

Ingredients

- ½ cup fresh chopped cilantro (coriander), divided
- 3 carrots
- 3 celery stalks, including leaves
- 2 tablespoons extra virgin olive oil
- 1 large onion, diced
- 1 clove garlic, crushed
- 2 cups dry red lentils
- ¼ cup pearl barley (omit to make gluten free)
- 2 quarts vegetable stock
- 1½ teaspoons cumin
- 1 teaspoon hyssop or parsley
- ½ teaspoon sumac (optional)
- 1 bay leaf
- Salt and pepper to taste

Instructions

1. Roughly chop the cilantro. Scrub the carrots, then cut them into chunks (do not peel). Cut celery into chunks, including leaves. Reserve.
2. In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and saute till translucent.
3. Add garlic, carrot chunks, and celery. Continue to saute till onion turns golden and ingredients begin to caramelize. Add red lentils and barley to the pot, stir. Cover mixture with 2 qts. of broth and bring to a boil. Reduce heat to a simmer. Add ¼ cup of the fresh cilantro to the pot along with the cumin, hyssop or parsley, sumac (optional) and bay leaf; stir.
4. Cover the pot and let the stew simmer slowly for 1½ to 2 hours, stirring every 30 minutes, until barley is tender and the stew is thickened. Garnish soup with remaining cilantro.
5. Broth and vegetables simmering in a stockpot.

Gluten Free Modification: Omit the barley for a more soup-like texture, or substitute ¼ cup brown rice for the barley. Rice is not a Biblical-era grain, but it makes a delicious substitute for those struggling with Celiac or gluten intolerance.



YouTube.com

- https://www.youtube.com/@haveonemind1612
- 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*

Natural Vitamins

The Benefits of Turmeric

Turmeric contains an active compound called curcumin, which provides powerful anti-inflammatory and antioxidant health benefits.

Main Health Benefits

- **Relieves joint pain:**

  Curcumin can ease osteoarthritis symptoms as effectively as some common pain medications.

- **Fights inflammation:**

  It helps lower inflammatory markers in the body, which may reduce chronic disease risk.

- **Manages blood sugar:**

  Studies show it can improve blood sugar control and insulin sensitivity.

- **Supports brain health:**

  It may increase brain levels of BDNF (brain-derived neurotrophic factor), supporting cognitive function.

- **Improves mood:**

  Research suggests it can help reduce symptoms of depression and anxiety.

How to Use It

- **Cook with it:**

  Adding small amounts to food is the safest and easiest way to use it.

- **Watch high doses:**

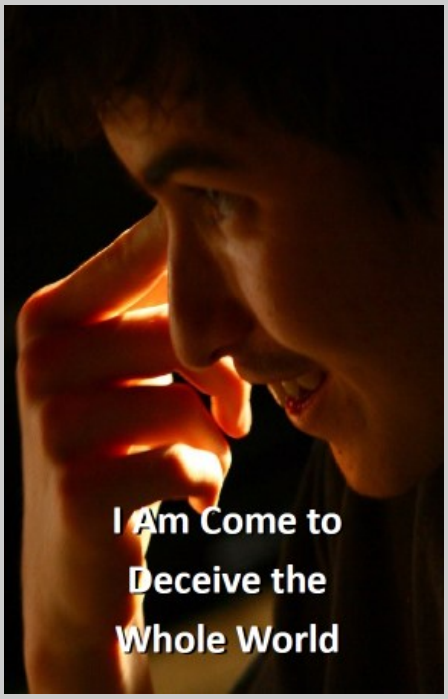
  Large supplement doses can cause stomach upset or interact with medicines.

I Am Come to Deceive The Whole World

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

Send $7.00 (includes postage) to:

Have One Mind
PO Box 301
Boiling Springs, PA 17007



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.

Questions & Answers

QUESTION:

Why did Noah curse Ham's grandson for what he [Noah] did in getting drunk in the first place? What was Canaan's sin?

ANSWER:

What Ham did was vile in character. Noah recognized that something was done to himself while naked (Genesis 9:24). To command a curse is more than playing a practical joke. Noah was violated. And that is more than simply seeing his father naked, more than simply maybe mocking him, but more of a probability of some sexual moment. And evidently that vileness was already passed upon Canaan and though Noah cannot read a person's heart, mind, or complete character, God can, and so it was not Noah actually speaking, but God prophesying through Noah.

Usually, the term nakedness means more than a recognition of the fact. When Adam and Eve were declared to be naked and "were not ashamed" (Genesis 2:25), there was intimacy involved. When the numerous restrictions on seeing certain relatives and people of various relationships naked (Leviticus chapters 18 and 20), it is not simply a command to not change clothes in front of each other, or to be careful of walking into a room accidentally catching someone in the state of nudity, but a sexual advance in one form or another is to be guarded against. Therefore, when Ham saw his father naked, it was not just a recognition of the fact, or a humorous utterance.

Although sin is sin, sexuality and drunkenness both being sinful, there is a difference between private sin – Noah's own tent – and public sin or crime against another – Ham entering into Noah's tent to experience the vileness. Though the thirst of alcohol can be passed on to another generation, evidently the vile character of Ham was most definitely passed on to the next generation, Canaan.

There is no excuse for sin even though there may be a reason why it happened, in no wise does that justify it. Noah's drunkenness was a sinful act despite the fact that severe depression had probably set in. It was an ordeal to be in that ark for so long all cooped up after having witnessed the destruction of the whole human race, while at the same time realizing that physically he has his family safe on board, but spiritually still a distance away. That human race which drowned included friends that helped Noah build the ark, neighbors that he exchanged pleasantries with, people he grew up from childhood with, and many were distant relatives. All of them were now gone and he was facing a challenging future on earth being but part of eight souls. So, in a moment of weakness, he sinned. It is a reason, but not an excuse. We are not sure how much planning

HaveOneMind.com

- Read the news articles before they are published.
- Read all our books for free online:
    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?*
- Read this monthly publication days before it arrives in mailboxes.

he had put into getting drunk, but the sin of Ham being perpetuated onto his son reveals a serious character issue that was developed over a long period of time, so much so that it was passed unto Canaan.

QUESTION:

Where did God lift off the sanctification or holiness from the Sabbath?

ANSWER:

No doubt you are referring to Genesis 2:2-3, which says, “And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”

Now, many Christians believe that when Jesus rose from the dead, that it became the new holy day; however, an act, even of such a miraculous method, does not make the day holy. For something that serious, there needs to be more of a proclamation, but there is none to be found.

Further, Hebrews 4 is quite explicit with stating, “For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God” (Hebrews 4:8-9). And do not be mistaken regarding the topic. “For he spake in a certain place of the seventh [day] on this wise, And God did rest the seventh day from all his works” (Hebrews 4:4). It appears that the day originally blessed and made holy remains intact as the blessed and holy day that it is.

Tradition is another reason why so many think that a different day was made holy. Face it; people have been thinking Sunday is the holy day, but that is only because hundreds upon hundreds of years of such a practice by generation after generation has convinced the population, including atheists, to acknowledge Sunday as the holy day for Christians. God does not fault anyone for going to church on any day of the week; however, we are not talking about holiness of a day as being a mere hour or two as opposed to a whole day.



News and Comments

September 15

Scientific American

Will we ever know how life began?

The answer is in the Bible. "In the beginning God created the heaven and the earth" (Genesis 1:1).



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

Jesus is the Way

1. In following "the Way", what does it lead to? **Acts 16:17**

2. What is our response to acknowledging that Jesus is "the Way"? **1 John 2:6**

3. What do we practically follow if we follow "the Way"? **2 Peter 2:2, Romans 3:17, Matthew 21:32 with 1 John 3:7**

4. When we follow "the Way", what do some consider it to be? **Acts 24:14**

5. When we follow "the Way", what is expected of us? **Acts 18:25, Mark 1:3-4**

6. How do we know we are in the right "way"? **Psalms 32:8, 2 Timothy 3:16-17, 2 Timothy 2:15**

7. Are there few that find "the way"? **Proverbs 15:24**

8. What two choices do we have in following "the Way"? **Matthew 7:13, Proverbs 12:28 and Jeremiah 21:8**

9. What ways are we to avoid? **2 Peter 2:15, Jude 1:11**

10. What concern is there for knowing "the way"? **2 Peter 2:20-21**

October 2026

The Truth About Coveting

1. What informed Paul to know that coveting was sinful? **Romans 7:7 "the law"**

2. What shall a covetous person not inherit? **1 Corinthians 6:10, Ephesians 5:5 "kingdom of God"**

3. What type of person should not have "fornication, and all uncleanness, or covetousness" named among them? **Ephesians 5:3 "saints"**

4. What is coveting considered a form of? **Colossians 3:5 "idolatry"**

5. Since coveting typically is a mental thing and people cannot read minds, nor even angels, who witnesses it then? **1 Thessalonians 2:5 "God"**

6. What is a popular thing that people covet after? **1 Timothy 6:10 "money"**

7. Those who hate coveting, what will they gain? **Proverbs 28:16 "prolong [his] days"**

8. What is acceptable to covet after? **1 Corinthians 12:31 "best gifts"**

9. In what context are we to covet those things? **1 Corinthians 12:30 "gifts" [As given by the Holy Spirit]**

10. Specifically, which one are we to covet? **1 Corinthians 14:39 "prophesy"**



Have One Mind (in Christ)
PO Box 301
Boiling Springs, PA 17007

Natural Remedies

Saffron for Depression and Anxiety

In several clinical trials, saffron extract improved both anxiety and depression symptoms after 6–8 weeks of consistent use. Most people begin noticing improvements in mood and motivation within 4 to 8 weeks of daily saffron use. Consistency is key—skipping doses or taking it irregularly may delay results. Clinical trials typically use 30 mg per day of standardized saffron extract, often divided into two 15-mg doses, which can be taken with or without food. Saffron is generally well tolerated, but some people may experience mild nausea, headache, or drowsiness.

~~~ Please Remove Me! ~~~

If you are **not** reading this publication, at least periodically, then please notify us and save us the expense. Contact us by...

Email at info@haveonemind.com

Calling/Texting (717)-460-7881 and leave a message

Sending us a note to Have One Mind in Christ, PO Box 301, Boiling Springs, PA 17007.

Also, please provide your name or street address. Phone numbers alone are meaningless.

Thank you.