

OCTOBER 2017 NEWSLETTER

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“For the word of God is quick, and powerful, and sharper than any two-edged sword”... Hebrews 4:12

Dear Friends and Family,

Rodney and I got back from our vacation on the 12th of September. We went on the Alaska Cruise with a couple of dear friends from Georgia. The cruise lasted two weeks. We left the Orlando Air Port on August 28th and flew into Seattle Washington where we boarded the ship which took us to Alaska. We enjoyed it very much. I never really knew how beautiful the state of Alaska was! It was wonderful seeing some of God’s creation. I enjoyed looking at the beautiful mountains, the mountain waterfalls, the ice bergs and the blue glaciers. I have never really had a chance to make a trip like that before and it is a trip I shall never forget!

The vast ocean reminded me that God separated the water from the land back in the beginning of creation.

While on ship the water was rough at times and I thought of when Jesus said, “Peace, be still” and the wind and storm obeyed Him!

I know our Country is so blessed to have so many beautiful places to see. I know even though I shall never be able to see them, one day I will see that land that will far surpass anything this earth has to offer! That Heavenly country will be worth waiting for. I pray that we all will be able to be there! It will be a terrible thing to miss all the things Jesus is preparing for those that love and obey Him.

Message this month: THE WAY

Did you know that time is a talent, a talent lent to us by God? Our time belongs to Him, every moment is His, and we should seek to improve it. Time is of the greatest value. During His life on earth, Jesus regarded every moment as precious, and so should we regard it. Life is too short to be trifled away.

Today we are privileged to have many modern conveniences that save us much time in labor, travel, communication, etc. But what are we doing with our spare time?

Many are using it for gratification of selfish desires. Time is spent on various forms of entertainment: sports, movies, video games, television, magazines, novels, etc. But are the movies we watch, the programs we view on television, the books we read, tending to direct our minds toward the heavenly home that Jesus has gone to prepare for us? Are we using our time wisely, forming characters for the future, immortal life, or are we wasting time on selfish pleasure in the indulgence of sin?

SARAH TAYLOR'S DREAM

As the guests came together in the brilliantly lighted parlors at the home of Sarah Taylor that crisp winter evening, there was nothing unusual in the appearance of the rooms to indicate that the party to which they had been invited was to be in any respect different from the round of gaiety to which they had been devoting themselves for the greater part of the winter.

Some of the guests noticed an unusual degree of nervousness in the manner of their young hostess, but, attributing it to the excitement of preparation and anticipation, thought no more of it, and all were soon engaged in conversation.

The musicians were in their places, and the young people were beginning to wonder why the signal was not given for them to begin playing, when Sarah Taylor, her sweet face flushed and pale by turns, took her stand near the musicians. After closing her eyes for a moment, during which the room became perfectly still, in a voice at first trembling, but clear and steady, "Friends, I know

you will think me very queer; but before we do anything else, I must tell you a little story.

I had a dream last night, which has made such an impression on my mind and heart that I must tell it to you. I dreamed that tonight had arrived, and you had all assembled in these rooms, when there came to the door, a Guest who seemed strangely familiar, and yet whom I could not recognize. He had a rare face, peaceful, yet a little sad in its expression, and His eyes were more penetrating than any that I had ever before seen. He was dressed in neat yet very plain clothing, but there was something in His appearance which marked Him as no ordinary man.

While I was trying to think where I had seen Him, He advanced to me, took my hand, and said, gently, 'You do not recognize Me, Sarah?' Surprised at such a form of salutation from a Stranger, I could only say, "Your face, Sir, seems familiar, yet I cannot recall Your name."

'Yet I am One whom you have invited here this evening, or, I should rather say, One to whom both you and your parents have extended many invitations to be present here whenever I am able to come. You have even invited Me to make My home here; and I have come tonight to join your little company.'

"I beg a thousand pardons," I replied, "but You mystify me all the more. Please, won't You tell me whom I have the pleasure of greeting?"

Then He offered to my view the palms of His hands, in which were scars as of nail wounds, and looked me through and through with those piercing yet tender eyes; and I did not need that He should say to me, 'I am Jesus Christ, your Lord.'

"To say that I was startled would be to express only a very small part of my feelings. For a moment I stood still, not knowing what to do or say. Why could I not fall at His feet and say with all my heart, 'I am filled with joy at seeing You here, Lord Jesus'?"

With those eyes looking into mine, I could not say it; for it was not true. For some reason. Could it be that I was ashamed of Him, or was I ashamed of something in myself?

"You wish to speak to my parents, I am sure."

'Yes, Sarah,' as He accompanied me to where my mother and father sat gazing in surprise at my evident confusion in greeting an unexpected Guest; 'but I came this evening chiefly to be with you and your young friends; for I have often heard you speak enthusiastically in your young people's meetings about how delightful it would be if you could have Me visibly present with you.'

Again the blush came to my cheeks as the thought flashed through my mind, Tomorrow night is prayer meeting night; I should have been delighted to see Him then. But why not tonight, on this pleasant occasion?'

I led Him to my parents, and, in a somewhat shamefaced fashion, introduced Him.

"They both gave a start of amazed surprise, but, convinced by His appearance that there was no mistake, my father recovered a degree of self-possession, and bade Him welcome, as he offered Him a seat, remarking that this was an unexpected pleasure. After a somewhat lengthy pause, he explained to Jesus that his daughter, Sarah, being very closely occupied with her studies, and little variety in life, had been allowed to invite a few friends in for a social evening, with a little quiet dancing by way of healthful exercise. Her friends were all of the very choicest, and he felt that this was a harmless amusement, which the church had come to look upon in a somewhat different light from that in which it was viewed in the past. Removing the objectionable feature of bad company had made this pleasant pastime a safe indulgence.

As my father stammered out, in the presence of Jesus, these words of apology, which had fallen from my own lips, I felt myself flush crimson with shame both for my dear father and for myself. Why should he apologize at all for what he considered unquestionably right? How hollow it all sounded there in the presence of the Lord! Did not Jesus know that my studies were not so pressing but that I could keep late hours, sometimes several nights a week, at parties?

Then father, anxious to relieve my evident embarrassment, said, 'I am sure we can leave these young people safely to themselves, and nothing

would please me so well as to take You, my Lord Jesus, off into my study for a talk.'

'No, said Jesus, 'Sarah has often invited Me, and I came tonight especially to be with her. Will you introduce Me to your friends, Sarah? Some of them I know, but some I do not know.'

Of course, all this time you, friends, were looking much in our direction, wondering at our embarrassment, and perhaps guessing that we had been made uncomfortable by the arrival of a not altogether welcome Guest.

I led Him first to some of the church members among you, and there was not one of you whose, as it became known who the Guest was, faces did not change color, and some of you looked very much as if you would like to leave the room. It really seemed as if the church members were quite as unwilling to meet Jesus as those who were not Christians.

One of you came up quietly and whispered to me, 'Shall I tell the musicians not to play the dance music, but to look up some sacred pieces?' Jesus caught the question, and, looking us both squarely in the face, He simply asked, 'Why should you?' and we could not answer. Someone else suggested that we could have a very pleasant and profitable evening if we should change our original plans, and invite Jesus to talk to us. And he also was met with that searching question, 'Why should My presence change your plans?'

After I had introduced the Lord Jesus to you all, and no one knew what to do next, Jesus turned to me and said: 'You were planning for dancing, were you not? It is high time you began, or you cannot complete your program before daylight. Will you not give the word to the musicians, Sarah?'

I was much embarrassed. If my original plan was all right, His presence ought only to add joy to the occasion; yet here were all my guests, as well as myself, made wretchedly uncomfortable by the presence of Him whom most of us called our best Friend. Determined to throw off this feeling and be myself, at His word I ordered the musicians to for the first dance.

The young man with whom I was engaged for that dance did not come to claim me, and no one

went upon the floor. This was still worse embarrassment.

The musicians played once more, and two or three couples, more to relieve me than for any other reason, began to dance in a rather formal fashion. I was almost beside myself with shame and confusion, when the Lord Jesus turned to me and said, 'Sarah, your guests do not seem at ease. Why do you not, as their hostess, relieve their embarrassment by dancing yourself? Would it help you any if I should offer to dance with you?'

My confusion gave way to an expression almost of horror, as I looked into those tenderly sad eyes and cried, 'You dance! You cannot mean it!'

'Why not, Sarah? If My disciples may dance, may not I? Did you think all this winter, when you and others of My disciples have gathered for the dance, or the card party, or at the theater, that you left Me at home or in the church? You prayed for My presence in the prayer meeting; you did not quite want it here; but why not, My dear child? Why have you not welcomed Me tonight, Sarah? Why has My presence spoiled your pleasure? Though I am a 'Man of sorrows, and acquainted with grief,' yet I delight to share and increase all the pure joys of My disciples. Is it possible that you leave Me out of any of your pleasures, Sarah? If so, is it not because you feel that they do not help you to become like Me and to glorify Me; that they take your time and strength and thought to such an extent that you have less delight in My Word and in communion with Me? You have been asking, 'What's the harm?' Have you asked, 'What is the gain?' Have you done these things for the glory of God?'

It was plain to me now. Overcome with self-reproach and profound sorrow, I threw myself on the floor at His feet, and sobbed out my repentance. 'With 'Daughter, go in peace; thy sins be forgiven thee,' He was gone.

I awoke and found that it was as all a dream. And now I want to ask you, my friends, "shall we go on with the program tonight, or shall we take these lists which we have prepared, and discuss for a time with our partners the question, 'What can young people do to make the world better for their having lived in it?'"

As the vote was unanimous in favor of the latter plan, which was followed by other wholesome recreations, and as the social evening was declared the most *delightful of the winter*, it is safe to say that the Lord Jesus had sent that dream for others besides Sarah Taylor.”

Note: This story may seem a bit unrealistic in this day and age of television and amusements, which have dulled the conscience of so many young people, but it is a true story that took place many years ago. ***

DECODING THE BOOK OF DANIEL AND REVELATION (con't)

Read Revelation Chapter 3

In our August Newsletter we learned about some of the seven churches mentioned in Chapters 2 of Revelation. We learned about the churches of Ephesus, Smyrna, Pergamos and Thyatira. Now we will learn about the churches of Sardis, Philadelphia and Laodicea:

“And unto the angel of the church in SARDIS write; These things saith he that hath the seven Spirits of God, and the seven stars; I know thy works, that thou hast a name that thou livest, and art dead. Be watchful, and strengthen the things which remain, that are ready to die: for I have not found thy works perfect before God. Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee. Thou hast a few names even in Sardis which have not defiled their garments; and they shall walk with me in white: for they are worthy. He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels. He that hath an ear, let him hear what the Spirit saith unto the churches.” Rev 3:1-6

(1517 – 1755AD) In SARDIS many had been converted through the preaching of the apostles. The truth had been received as a bright and shining light. But some had forgotten the wonderful

manner in which they had received the truth, and Jesus found it necessary to send reproof.

“And to the angel of the church in PHILADELPHIA write; These things saith he that is holy, he that is true, he that hath the key of David, he that openeth, and no man shutteth; and shutteth, and no man openeth; I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name. Behold, I will make them of the synagogue of Satan, which say they are Jews, and are not, but do lie; behold, I will make them to come and worship before thy feet, and to know that I have loved thee. Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth. Behold, I come quickly: hold that fast which thou hast, that no man take thy crown. Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out: and I will write upon him the name of my God, and the name of the city of my God, [which is] new Jerusalem, which cometh down out of heaven from my God and [I will write upon him] my new name. He that hath an ear, let him hear what the Spirit saith unto the churches.” Rev. 3:7-13

(1755 – 1844AD) We have no discouraging message for PHILADELPHIA, although reproofs and cautions and corrections have been made. The true witness has given us the assurance that He has set before us an open door, which no man can shut. Those who are seeking to be faithful to God may be denied many of the privileges of the world; their way may be hedged up and their work hindered by the enemies of truth; but there is no power that can close the door of communication between God and their souls. The Christian himself may close this door by indulgence in sin, or by rejection of heaven’s light. He may turn away his ears from hearing the message of truth, and in this way sever the connection between God and his soul. Neither man nor Satan can close the door which Christ has opened for us.

“And unto the angel of the church of the LAODICEANS write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent. Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne. He that hath an ear, let him hear what the Spirit saith unto the churches.” Rev. 3:14-22

(1844 – The end) LAODICEA is the latter day church. The Laodicean message is applied to all who profess to keep the law of God, and yet are not doers of it. We are not to be selfish in anything. Every phase of the Christian life is to be a representation of the life of Christ. If it is not, we shall hear the terrible words, “I know you not.”

Christ sees that which man does not see. He sees the sins which if not repented of, will exhaust the patience of a long-suffering God. Christ cannot take up the names of those who are satisfied in their own self-sufficiency. He cannot importune in behalf of a people who feel no need of His help, who claim to know and possess everything.

“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the LORD; and in his law doth he meditate day and night.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

The ungodly are not so: but are like the chaff which the wind driveth away.

Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

Psalms 1:1-6

But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee.

For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a shield.

Psalms 5:11,12

HEALTH NUGGET

NATURAL REMEDIES FOR CONSTIPATION

Natural News (by Michael Ravensthorpe)

As the Western world continues to become more dependent on processed and unnatural foods, constipation and other bowel related conditions are on the rise. Fortunately, constipation – the irregular or infrequent evacuation of the bowels due to intestinal obstruction – is one of the easiest conditions to treat, and often requires little more than an improved diet.

Most individuals acknowledge that fiber-rich foods (especially fruits, vegetables, and bran products) have a positive effect on colon health. However, health stores also contain numerous natural sweet foods that are also effective at treating intestinal blockages. The best of these foods are listed below, complete with information on how to incorporate them into our daily regimens:

BLACKSTRAP MOLASSES

Incredibly rich in trace minerals such as iron, copper, and manganese, blackstrap molasses – a thick syrup sourced from the sugar cane refinement process – is growing in popularity due to its positive effects on our skin, eyes, hair, and mood. One aspect of blackstrap that is seldom discussed; however, is its laxative properties. Indeed, drinking two teaspoons of unsulfured, organic blackstrap molasses mixed with boiled water first thing in the morning is not only a potent natural energizer, but also an effective stool softener that promotes long-term regularity when consumed daily.

XYLITOL

Aside from being good for teeth and weight loss, this convincing and much-loved sugar substitute also serves as a natural colon cleanser, especially when taken in larger quantities. Since studies have shown that Xylitol is safe to consume in any amount (unlike sugar), it is low in calories and contains a low glycemic index), daily servings of 40 grams or more of it could in time, cure even the most persistent instances of constipation. If possible, purchase xylitol sourced from birch rather than corn to avoid GM Issues.

RAW HONEY

Since raw, unprocessed honey retains all the essential minerals and enzymes that would otherwise be lost if it were processed, it has an extremely positive effect on our digestion system. Consider drinking a mixture of raw honey and warm water 30 minutes before a meal to invigorate the intestines and prepare the digestive system for heavier nourishment. You can try 2 teaspoons mixed with boiled water. Note: Don't put honey in boiling water, let it cool first because heat destroys the enzymes in the honey.

CONCLUSION

Ultimately, constipation should rarely be an issue for individuals whose diets are in accord with nature.

FROM KATIE'S COOK BOOKS

Sometimes we have such a busy schedule we are tempted to skip breakfast. But we can still enjoy a healthy breakfast by taking a few minutes the night before to mix up this very tasty breakfast in a cup or jar.

COCONUT CREAM PIE OVERNIGHT OATS

1/2 cup rolled oats, regular or gluten free
 2/3 cup unsweetened almond or milk of choice
 2 Tbsp unsweetened shredded coconut
 1 Tbsp chia seed
 2 tsp pure maple syrup
 1-2 tsp coconut butter (opt)
 ½ tsp vanilla
 Dash of sea salt

1. Combine all ingredients in a bowl or jar that can be sealed tight.
2. Stir well to combine.
3. Seal jar and refrigerate overnight (or at least 4 hrs)
4. Serve warm or cold and with desired garnishes such as toasted coconut flakes, fresh berries, or even sliced almonds or bananas, etc.

I put this together the other night. Next morning I just added some almond milk to it and ate it cold. It was very tasty and I really liked it. It is so easy to make and it is very nourishing. I'll certainly make it again!

Until next time...

Remember God loves you and so do we!

Katie and Rodney Armstrong

THE WAY

Everyone needs to know and understand the plan of salvation.

“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. 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.” Revelation 12:7-9

Lucifer one of the covering angels became jealous of God’s son and wanted to overthrow Him and take His place; this caused his eviction from heaven.

He deceived Eve, causing her and Adam to sin. As the scripture says, “he deceiveth the whole world.” As the result of Adam’s sin we find ourselves slaves to sin, which is disobedience to God’s law. We need to be saved from our disobedience, but we are unable to do it for ourselves; therefore we need a savior.

Satan is now our master and we are no match for him. Only one stronger than him can save us from his clutches. This is the one who evicted him from heaven; Michael was his name before He was born in Bethlehem.

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.” John 14:6

“And all that dwell upon the earth shall worship him, (Satan) whose names are not written in the book of life of **the Lamb slain from the foundation of the world.**” Revelation 13:8

God is all knowing, knowing the end from the beginning, knew sin would arise and made plans to save us. Before the world was created, Jesus volunteered to die on the cross to redeem us.

“Thy way, O God, is in the sanctuary: who is so great a God as our God?” Psalms 77:13

By studying the services of the sanctuary which God instructed Moses to build we find the beautiful plan of salvation in its most simple form.

“And let them make me a sanctuary; that I may dwell among them. According to all that I show thee, after the pattern of the tabernacle, and the pattern of all the instruments thereof, even so shall ye make it.” Exodus 25:8, 9

The pattern was the sanctuary in heaven, God’s throne.

When an Israelite sinned he was to bring a lamb without blemish and slay it. A Priest would take the blood and place some of it on the horns of the alter in the courtyard and also sprinkle some of it on the vail (curtain) between the Holy and the Most Holy place.

Note: I am in no way saying we need to keep the feasts and festivals the Israelites kept. They looked forward to Jesus’ death on the cross by faith in *His sacrifice* and we look back in faith to the *cross*. All from the beginning to the end are saved by the atoning blood of Jesus by faith.

The tabernacle of the sanctuary has three compartments, the courtyard, the Holy place and the Most Holy place.

The courtyard had a gate which represents Jesus, “The Way”.

“Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber.” John 10:1

In the courtyard is the altar where the animals were slain and the laver where the priests washed their hands and feet before entering the Holy and Most Holy Place. If they went in unclean they would not live. If you and I have not been cleansed when Jesus comes we will not have eternal life.

The lamb sacrificed represents Jesus. The laver represents cleansing from sin and it also represents baptism. The courtyard represents the world where Jesus died.

In the Holy Place on the right side of the room is a table of show bread with twelve cakes. One for each tribe of Israel. They represent Jesus the bread of life.

The show bread also represents the Bible. It is necessary for us to read the word every day, witness and pray every day to be strong in the Lord.

On the left side of the room is the Minora, the golden candlesticks which represent the church, the light of the world and our witness to others.

In the middle of the room near the curtain that separates the Holy from the Most Holy place is the altar of incense, which represents Jesus' intercession for us and it also represents our prayers for others. Incense was continually burning, representing Jesus' never ending prayers for us.

The most Holy Place has only one piece of furniture, the Ark of the Covenant. This is where the Ten Commandments are stored. (The Ten Commandments are a transcript of God's character which are to be written on the tables of our hearts.) It represents the throne of God where God dwells. It has a Cherub at each end facing each other with their heads bowed..

To write them on the tables of our hearts is a process with three parts: *Justification, sanctification and glorification.*

To *be justified* requires us to be brought to godly sorrow for every sin we have committed. This is called *repentance.*

"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

Sanctification is a work of a lifetime, growing up into Christ. *Glorification* takes place when Jesus comes to take us home. We will have a new body and be clothed in Christ's robe of righteousness like Adam and Eve before they sinned.

We are made just when we repent but justification is only the beginning of our walk with our Lord. In order for us to be saved we must overcome the defects in our characters. Throughout our lives we have developed unholy habits that need to be forsaken. As an example; illegal drugs or an alcohol habit.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a

price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19,20

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31
Anything we do which will not glorify God is wrong and needs to be given up.

We are not able to overcome our defects without supernatural help. That supernatural help is called grace and grace is power to overcome sin.

"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:" Ephesians 2:8

"Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law." 1 John 3:4

John speaking of heaven said, "And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life." Revelation 21:27

Again let me say, justification is only the beginning of our walk with The Lord. We need to be tested and proven, as gold tried in the fire. Our Lord is not going to take anyone to heaven who might contaminate it.

We must be willing to give up the world and all of its allurements.

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world." 1 John 2:15, 16

When we are justified we are in the boat but we must sail through the storm of life to be tried and be tested to the end.

"And ye shall be hated of all men for my name's sake: **but he that endureth to the end shall be saved.**" Matthew 10:22

We cannot now say we are saved. Salvation is available to all who will embrace Christ and by His grace (power) endure to the end.

Rodney Armstrong

