

Present Truth

2 Peter 1:12

Dear Readers,

January 2003

“Beloved of God, called to be saints: Grace to you and peace from God our Father, and the Lord Jesus Christ.” (Romans 1:7) I pray that this new year finds you closer to the Lord than ever before, for we are closer to His coming than ever before. Let us press onward and upward in our walk with Him. Our brethren in Orlando, Florida would like to inform you that they are hosting a camp meeting, February 26 to March 2, 2003, at the River Forest Campground in the southeast corner of the Ocala National Forest, about 1 hour north of Orlando. The Lord willing, I will be there with my family. Please plan now to attend. For more information contact Bill James at (407) 694-2156 or abj2289@gte.net.

The Law of Love

by Lynnford Beachy

Every nation and government is ruled by law. God’s government is no exception. God’s government includes the entire universe and, therefore, His law is above all other laws. As such, it applies to you and to me personally. If we obey, we will prosper; if we rebel, we will be brought into judgment. God wrote His law with His own finger on two tables of stone, and it is known as the Ten Commandments. The punishment for breaking God’s law is death. “For the wages of sin is death.” (Romans 6:23)

Yet, God is “not willing that any should perish, but that all should come to repentance.” (2 Peter 3:9) Therefore, while the wages of sin is death, “the gift of God is eternal life through Jesus Christ our Lord.” (Romans 6:23) God loves us so much that He “sent his only begotten Son into the world [to die for our sins], that we might live through him.” (1 John 4:9) He didn’t send His Son to “destroy the law” (Matthew 5:17) or to relax its requirements, but to provide a way that we can be forgiven of our past sins and empowered to live a godly life.

While God’s law is a perfect standard of righteousness, it is powerless to save. All the law can do is testify whether a person has broken it or not. Paul wrote, “Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and all the world may become guilty before God. Therefore by the deeds of the law there shall no flesh be justified in his sight: for by the law is the

knowledge of sin... For all have sinned, and come short of the glory of God.” (Romans 3:19, 20, 23)

While the law condemns those who transgress it, the same law bears witness in favor of those who have been justified. Paul wrote, “But now the righteousness of God without the law is manifested, being witnessed by the law and the prophets.” God’s righteousness comes to us, apart from the law, a free gift “unto all and upon all them that believe” (verse 22), and it is “witnessed by the law.” The law bears record that we are justified. The same law that condemns the wicked is a blessing to the righteous, proclaiming that they have been justified, bearing witness that they have God’s righteousness. We shall all be judged by the same law; it will condemn the wicked and vindicate the righteous. Of this, James wrote,

If ye fulfil the royal law according to the scripture, Thou shalt love thy neighbour as thyself, ye do well: But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors. For whosoever shall keep the whole law, and yet offend in one point, he is

ALSO IN THIS ISSUE:

Fearfully and Wonderfully Made (Part 12) . . . page 5
by George McDaniel

Letters from our Readers page 8

Lessons on Faith (Part 4) page 10
by Alonzo T. Jones

Something for the Young at Heart page 11

guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law. So speak ye, and so do, as they that shall be judged by the law of liberty. (James 2:8-12)

James referred to the royal law as the command to “love thy neighbour as thyself,” then he went on to expound on the last six of the Ten Commandments, which deal with our relationship to our fellow man. James pointed out the deeper meaning of the last six commandments, and that is to love one another.

Jesus did the same thing. Summing up the entire Ten Commandments, He said, “The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.” (Mark 12:29-31)

When Jesus spoke these words He was not doing away with the Ten Commandments, but pointing out that they have a deeper meaning than might be obtained by a surface reading of the law. He pointed out that loving God, and loving our neighbors is the principle behind the Ten Commandments. God’s law is a law of love. He intends that we should love God with all our hearts and love our neighbors as ourselves. If we do this, we will fulfill the law. Paul says, “Love worketh no ill to his neighbour: therefore love is the fulfilling of the law.” (Romans 13:10)

A Higher Principle

I would like you to think about something. Does God call us to go beyond obeying the letter of the Ten Commandments? Is there a higher principle that God is calling us to? When asked which is the greatest of the commandments, Jesus said the greatest is to love God with all the heart, soul, strength and mind, and the second is to love our neighbors as ourselves.

Eight of the Ten Commandments tell us what not to do, usually beginning with “Thou shalt *not*...” They are prohibitions. The remaining two tell us to remember the Sabbath and honor our parents, but the vast majority deal with prohibitions. Yet when Jesus was asked which is the greatest commandment, His answer demonstrated that the highest commands, in His mind, began with “Thou *shalt*...” Here Jesus gave us two commands of things we must *do* in order to obey them: “*Thou shalt love God,*” and “*Thou shalt love thy neighbor.*”

Paul was right when He said that if we love our neighbor, we have fulfilled the second half of the Ten Commandment law. If we love our neighbor we certainly will not steal from him, kill him, tell lies about him, etc. The law of love does not do away with, or lessen the requirements of, the letter of law, but rather enhances and deepens their meaning. Anyone who claims that he loves his neighbor, while at the same time he steals from him, or lies about him, is a liar. It is impossible to love your neighbor as yourself and at the same time steal from them or do any evil against them. Therefore, love does not destroy the law, but fulfils it.

Let me ask you a question: What if I never do any harm to Frank down the road? What if I have never stolen from him, told lies about him, or killed him, etc.? Does that mean that I love Frank? Not necessarily. There are many very evil people who have never done any harm to me personally, but I could not claim that they love me. There is an important point in this. Just because I do not harm someone does not mean that I love that person. Love goes beyond not harming a person to the point of doing good to that person.

I have had to ask myself the questions, “What have I done to help the person next-door, the person down the road, or the person I see every week in the store?” “Do I really love these people?” I may have the principle of love for them, but it has never become a reality unless I do something about it; unless I do good to them. If you were to visit my neighbor down the road and ask him, “What do you think of Lynnford?” He could testify that I have never stolen from him, told lies about him, or done any other harm to him, but could he say that I have done something good for him? That is a question that I have had to seriously consider. My thoughts on this subject were deepened when I read the verse that says, “Withhold not good from them to whom it is due, when it is in the power of thine hand to do it.” (Proverbs 3:27) I don’t know about you, but that verse brings me conviction. To whom is good due? To everyone! That is like the man asking Christ, “Who is my neighbor?” The answer is, anyone in need. This verse is telling me that I should take every opportunity I have to do good to those around me. My neighbor could say, “Well, Lynnford is not a bad guy, because he has never done any harm to me,” but I want him to be able to say, “I really like Lynnford, because he has the love of God in his heart. He did something good for me,” or “He went out of his way when I was in trouble, and let me know he cared.”

Friends, God is calling us to love unconditionally. Jesus emphasized it when He said, “Love your enemies, do

good to them which hate you,... For if ye love them which love you, what thank have ye? for sinners also love those that love them.” (Luke 6:27, 32) Love is the opposite of selfishness. If we love selfishly, expecting something in return, this is no better than sinners who love those who love them. Love is giving, whether it be money, gifts, time, attention, resources, etc. God so loved that He *gave*. He gave His all in the gift of His only begotten Son. He held nothing back. God wants us to love others in this way—unselfishly holding nothing back; not just for our friends, but for our enemies as well.

Lessons from the Book of Matthew

Matthew recorded a story of a man who understood the “Thou shalt nots” very well, but he failed to obey the “Thou shalt.” We pick up the story in chapter nineteen:

And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life? And he said unto him, Why callest thou me good? there is none good but one, that is, God: but if thou wilt enter into life, keep the commandments. He saith unto him, Which? Jesus said, Thou shalt do no murder, Thou shalt not commit adultery, Thou shalt not steal, Thou shalt not bear false witness, Honour thy father and thy mother: and, Thou shalt love thy neighbour as thyself. The young man saith unto him, All these things have I kept from my youth up: what lack I yet? Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. But when the young man heard that saying, he went away sorrowful: for he had great possessions. (Matthew 19:16-22)

This man claimed that he had kept God’s commandments since he was a child. He was probably the type of person whom people would want living next door, because he did not steal or harm his neighbor. Yet, he recognized that he was lacking something in His life. Jesus knew exactly what it was, and He pointed it out. This poor man was so caught up in selfishness that he neglected his duty; to love God with all his heart and to love his neighbor as himself. The young man’s response to Christ’s words demonstrated that he did not love his neighbor as himself.

In Matthew 25 we read a parable of the sheep and the goats. I would like you to notice how Jesus described each group. He said,

When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory: And before him shall be gathered all nations: and he shall separate them one from another, as a shepherd divideth his sheep from the goats: And he shall set the sheep on his right hand, but the goats on the left. Then

shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. (Matthew 25:31-40)

In this description of the righteous, nothing is mentioned about things they did *not* do, such as stealing, lying, murdering. The only thing mentioned is the good they did to their fellow man. They truly loved their neighbor as themselves, and this love was demonstrated by their actions.

But there was another group; the goats. Let’s see what Christ has to say about them.

Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels: For I was an hungred, and ye gave me no meat: I was thirsty, and ye gave me no drink: I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not. Then shall they also answer him, saying, Lord, when saw we thee an hungred, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee? Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me. And these shall go away into everlasting punishment: but the righteous into life eternal. (Matthew 25:41-46)

Again, nothing is mentioned here about whether they broke one of the Ten Commandments but, rather, Christ pointed out their lack of love for their neighbor. Who are these people? One of them could very well be the local Sabbath school teacher, the devoted churchgoer, the pastor in the prominent church in town, the evangelist on television, or it could even be you or me. Do you really love your neighbor? God knows, and a faithful record follows you. Jesus said,

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)

Oh dreadful words! Who can imagine how horrible it would be to hear the words “depart from me, I never knew you,” directed at them.

Paul wrote, “if any man love God, the same is *known* of him.” (1 Corinthians 8:3) Anyone who truly loves God is known of God, and he can be sure that Christ will never say to him, “I never knew you.” Loving God is the key. John wrote, “And this commandment have we from him, That he who loveth God love his brother also.” (1 John 4:21) When we truly love God with all our hearts, we will love our neighbors as ourselves, and our love will produce fruit; it will be seen by what we do.

Love is not passive, but active. The book of Hebrews calls it a “labour of love.” (Hebrews 6:10) If your love for your neighbor goes no further than avoiding doing harm to him, then it is no more genuine than that of the rich young ruler who sorrowfully departed from Christ. Jesus was constantly involved in ministering to others, whether it was giving sight to the blind, making the lame to walk, tenderly encouraging a sinner to repent, or feeding the hungry, Jesus was a man who actively loved; laboring for the good of others. John said that we ought “to walk, even as [Jesus] walked.” (1 John 2:6) When Jesus was here He “went about doing good, and healing all that were oppressed of the devil; for God was with him.” (Acts 10:38) If we are to walk as Jesus walked, we must be going about doing good, wherever we go. This is the work of Christ, and this is the work of all those who truly follow Him.

Some ways that you can show love to others is to visit them when they are sick, or in prison. Even a card or letter is usually greatly appreciated. James says, “Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.” (James 1:27) When you learn of those who have need, go out of your way to find out how you can help. Give them a call to encourage them. If they were not in church, stop by and let them know that they were missed. If they have done something to offend you, forgive them quickly. Do not hold grudges. (Leviticus 19:18) Always give people the benefit of the doubt, and never jump to conclusions about their motives. Offer a smile to those around you; smiles are contagious. Always be patient and kind. Speak a friendly word to those who are down. Let someone cut in front of you in line or in traffic. Hold the door for someone. Be a friend of the friendless. Do not prefer the rich or powerful above the

poor and needy. Go out of your way to make people feel special. Love the unlovely. Take every opportunity to do good to those around you. Uplift Christ as the answer to everyone’s need. Speak “the truth in love.” (Ephesians 4:15) “Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.” (Colossians 4:6) “See that ye love one another with a pure heart fervently.” (1 Peter 1:22)

God’s love was so strong that it motivated Him to action; to send His only begotten Son into this world to save sinners like me. If He had only loved me enough that He would not harm me, where would I be? Passive love—love that does not motivate action—is not love at all. Love is only real when it is demonstrated by actions. John wrote, “My little children, let us not love in word, neither in tongue; but *in deed* and in truth.” (1 John 3:18) Love is not an elective, but a requirement. Without it, no man will see the kingdom of heaven.

If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? (1 John 4:20)

Whoso hath this world’s good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? (1 John 3:17)

If we love one another, God dwelleth in us, and his love is perfected in us. (1 John 4:12)

How to Regain Your First Love

In John 5:42 Jesus spoke some very strong words to the church leaders of His day. He said, “I know you, that ye have not the love of God in you.” There are many people today to whom these words could be said and, sadly, just as in Christ’s day, many of these people are church leaders or churchgoers. Could it be said of you or me? If the love of God is not in us, Jesus Christ, the faithful and true witness, knows it. And if it is true, it is about time that we know it, too. Do you love your neighbor with an active love that is demonstrated in doing good for him? There is a record that follows each of us: the law of God testifies whether we have love or not. Jesus said,

I know thy works, and thy labour, and thy patience, and how thou canst not bear them which are evil: and thou hast tried them which say they are apostles, and are not, and hast found them liars: And hast borne, and hast patience, and for my name’s sake hast laboured, and hast not fainted. Nevertheless I have somewhat against thee, because thou hast left thy first love. Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent. (Revelation 2:2-5)


I love the way Christ deals with us. He acknowledges all the hard work done and the effort made for His sake. He points out the good in a person, and then He says, “Nevertheless I have somewhat against thee.” We should all take lessons from this when we are dealing with our children, our spouse, our family, friends, etc.

Friends, do you realize your need? Do you see that you have less love for God, Christ, or your fellow man, than you did at some time in the past? If so, don’t be discouraged. Be encouraged that Christ foresaw this, and gave you the remedy. That is another thing I love about the way Christ deals with us. He points out our problem, but He does not leave us there. He also gives us the remedy. If you have left your first love, Jesus says, “Remember therefore from whence thou art fallen, and repent, and do the first works.”

The first step is to remember from whence you are fallen. Think back to a time when you loved God more, or when you loved others more, than you do today. The second step is to repent for your wickedness. And thirdly, Christ says, “Do the first works.” What is it that you were doing when you had a greater love? Did you read your Bible more than you do today? Did you pray more? Did you sing songs and hymns in your heart throughout the day? Did you meditate often upon God’s love for you? Did you share your faith with those around you? Did you have a great burden for the souls of others? Think about these things and “do the first works.” If you do this, you are bound to have results. Jesus said it

would happen! If it produced good fruits in the beginning, it will do it again. This is the remedy that Christ gave for those whose love has waxed cold. Try it and see, I am sure you will be blessed.

I can guarantee that the first works include a daily contemplation of the wonderful love of God in giving His Son to die for your sins, for this is the power of the gospel that changes the heart of a sinner. If you want to acquire a pure love for your neighbor, it must begin and be maintained by beholding “what manner of love the Father hath bestowed upon us,” in that He “sent his only begotten Son into the world, that we might live through him.” (1 John 3:1; 4:9) It was a contemplation of this love that started you on your Christian experience, and this is the only thing that will see you through unto the end with a genuine pure love for God and your fellow man.

My friends, the world is starving for a manifestation of genuine, unreserved love in God’s people. “For we know that the whole creation groaneth and travaileth in pain together until now.” (Romans 8:22) “For the earnest expectation of the creature waiteth for the manifestation of the sons of God.” (Romans 8:19) Will you be one of those people? Will you make the commitment to behold God’s love and allow it to change you; to follow Christ, forsaking all of your cherished sins? The world is waiting to see it. Christ is waiting for His harvest to be ripe. Don’t let them wait any longer. Give yourself to Christ with a complete surrender to do His will. 

Fearfully and Wonderfully Made (Part 12)

by George McDaniel

(This is the twelfth in a series of health articles that are designed to help you gain a deeper appreciation for God’s amazing handiwork of the human body, and a better understanding of how it works and how it can be better maintained by simple methods. George McDaniel is my father-in-law, and has been a registered nurse for many years, which, along with much research, has taught him many useful health principles. I pray that you are being blessed by these articles. *Editor*)

Water 3 - Hydrotherapy

Before I begin this article on another aspect of the use of water, I would like to mention one thing. Frequently, proponents of various methods of treatment will claim their particular method is the cure for all diseases or that all diseases have only one cause. There is not one specific cause for all diseases. Neither is there one remedy that

will cure all diseases. In most cases, if the cause of the disease is removed, the body will heal itself. If we know what is making us sick, we need to remove that cause. Then we need to provide the conditions that will assist the body to regain its health. These include simple, nourishing food, pure air, rest, sunlight, exercise, water inside and outside the body, trust in God’s power, elimination of harmful stress, and doing all things in moderation.

I could also mention here the knowledgeable use of herbs and dietary supplements. Many of these substances have the ability to help the body cleanse itself of toxins and assist the body in repairing damage and regaining strength. These have to be carefully chosen, however, because most of the herbs and supplements available commercially are worthless. The supplement business is a multi-million dollar industry and too many

manufacturers are more interested in profit than in the quality and purity of their product. Most consumers, also, know little about what to take or why. They have heard that vitamin supplements will improve their health, but don't know one vitamin from another. We all need to become well informed regarding how to care for our bodies to keep them in health.

Hydrotherapy means treatment with water. We are all familiar with the relaxing and invigorating effect of bathing in water. Soaking in warm or hot water is very relaxing. Bathing in cold water can be very stimulating and invigorating. Walking or sitting near a stream, waterfall, or the ocean, can be calming to the mind and body.

The use of water to treat ailments of the body goes back to ancient times. The ancient Egyptians practiced bathing. If Pharoah's daughter had not gone to the river to bathe, she would not have found Moses.

The ancient Greeks, Persians, Romans and Turks are noted for their public baths. Native Americans treated illness, at times, by use of the "sweatlodge." After being in the heated enclosure for a time, they would end with a plunge into a stream. This is similar to the sauna of Finland and Scandinavia. It is effective for several reasons. Sweating helps eliminate toxins; raising the body temperature increases the effectiveness of the immune system to eliminate bacteria and viruses; and the cold water afterward stimulates the circulation.

The modern use of water as treatment for disease appears to go back to Vincent Priessnitz of Austria about 1829. He had an accident in which three of his ribs were broken, and treated himself with applications of cold water. This was successful in relieving the pain and promoting healing, and he tried it on others with similar success. In a few years he was famous worldwide. He succeeded in restoring to health hundreds of people who had been pronounced incurable. Priessnitz was an uneducated peasant with no knowledge of anatomy. He used only cold water in his treatments, which is not helpful in all cases of illness and can't be tolerated by some people, particularly if their vitality is low.

The water cure spread to America around 1850 and prospered greatly for a time. However, around 1870, a law was passed preventing water-cure practitioners from practicing in New York City. Since this was headquarters for orthodox medicine, its use was stopped almost everywhere for awhile.

By the late 19th century, John Harvey Kellogg, one of the most renowned physicians of his day, used water treatments at his famous Battle Creek Sanitarium to manage pain and treat serious infections such as

pneumonia. There are many natural healing centers in the USA today that include hydrotherapy as a major part of their treatment. Most major hospitals also use hydrotherapy in a minor role for treating some types of pain and for wound debridement.

There are many springs located around the world that have a reputation for containing healing virtue. In most cases, it is not the water itself, or the mineral content, that supplies the healing. Rather, it is the moist heat that is gotten from it. This, combined with fresh air, sunshine, exercise, rest and pleasant surroundings brings cure to the people who go to such places.

Water is so effective in treating ailments due to its ability to equalize circulation in the body. It can control pain, relieve congestion, decrease fever, raise the body's temperature and stimulate or soothe the entire nervous system. Here are some simple ways to use water at home:

As a basic introduction, cold water is restorative, energizing, and helps build resistance to disease. This is why Priessnitz' treatments had such a beneficial effect.

Ice or ice water is helpful in reducing the pain of minor burns. It is the preferred treatment for recent injuries, since the cold helps control the bleeding and reduce subsequent swelling. Ice is also an anesthetic.

Warm water is sedating and relaxing to the body. In an injury, hot water increases blood flow and will act to increase any inflammation. Thus it should not be used in treating injuries. Heat can sedate and soothe the body and make it feel more relaxed.

Steam is available by boiling water using a vaporizer, humidifier or a sauna installation. Steam increases skin action and creates perspiration, which cleanses the body from within. Hot steam from a vaporizer eases chest congestion. Cool moist air from a humidifier adds moisture to dry heated air in wintertime and can help prevent nasal and sinus problems.

A few words of caution are necessary. There are certain treatments which should be avoided by people with chronic health problems. People with diabetes or blood vessel disease of the extremities should avoid hot applications to the feet or legs. These can result in severe burns, to such individuals, that will be slow to heal. Full body heating treatments should also be avoided.

People with Raynaud's disease should avoid cold applications.

Hot immersion baths and long hot saunas should be avoided by diabetics, pregnant women, or people with abnormally high or low blood pressure.

People who are prone to bladder or rectal irritation or who suffer from sciatica, pelvic inflammation, or

rheumatism in the feet or ankles, should avoid cold foot baths.

Elderly people and young children may be exhausted by too much heat and should avoid full body hot treatments and saunas.

Anyone with a severe chronic problem such as heart disease or diabetes, who has any questions about the safety of a procedure, should consult a doctor before doing any of these things.

The following is a list of specific treatments:

Baths and showers can be used to treat many health problems. Hot baths can ease joint pain and respiratory ailments. They can provide relaxation. Warm baths can be used to treat insomnia and emotional agitation. Twenty to 30 minutes soaking in water about body temperature can produce relaxation. Cold baths relieve fever and combat fatigue. Alternating between hot and cold water in the shower is an excellent way to increase blood circulation in the body. Just a splash of cold water after a warm shower works wonders.

Sitz baths are used to treat pain and infection in the pelvic area. Sit in a tub or large basin filled with enough water that the pelvic area is submerged. One-and-a-half to five minutes at temperatures from 40 to 80 degrees Fahrenheit (4.5 to 26.5 degrees Celsius), or longer periods at higher temperatures, can relieve anal and vaginal irritations, hemorrhoids and anal fissures. Contrast sitz baths, using separate basins of hot and cold water, improve circulation in the pelvic area, speed the healing of vaginal and urinary tract infections, and reduce pelvic pain. Begin with a three to four minute soak in hot water followed by 30 to 60 seconds in cold water. Repeat three to five times, ending with cold.

Foot baths can be used for more than tired, achy feet. By drawing blood away from other areas, hot foot baths can be used for treatment of headache, congestion in head and chest, and even menstrual cramps. Use comfortably hot water, about 110 degrees Fahrenheit (43 degrees Celsius), for 10 to 30 minutes, adding hot water as needed to maintain the temperature. An ice bag or cold cloth can be applied to the head. Finish by rinsing the feet in cold water. Alternating hot and cold soaks is a way to relieve swelling in the feet and legs if the swelling is not caused by injury. Use three to four minutes in hot, then 30 to 60 seconds in cold, repeating 3 to 5 times, ending with cold.

Steam inhalation can be used for respiratory conditions such as bronchitis and pneumonia. Heat a pot of water to boiling. Remove it from the heat and wait until active boiling stops, to avoid burns from the vapor. Hold the face about a foot from the pot and cover the head and

shoulders with a towel to trap the steam. This can be continued for up to an hour, reheating as needed.

Hot compresses - large compresses applied to the chest are helpful for respiratory problems. Smaller compresses can be used for localized pain, relief from muscle spasms and some kinds of arthritis. To prepare a large compress for the chest, fold a large bath towel lengthwise, twist it as though you were wringing it out, and dip the center third into very hot water. Pull the ends apart hard to remove most of the water, then lay the hot towel on a dry one and place on the chest. Never put the hot moist towel directly on the skin as it can burn. Leave in place for about five minutes. Repeat every two hours. A hot water bottle can also be used. Just be sure to wrap it in a towel before applying it to the skin.

Cold compresses can help relieve the pain and swelling from sprains and bruises. Leave on for 20 minutes. It can be repeated every hour for 20 minutes at a time. If left on for longer periods, the body will try to counteract the effect of the cold by increasing circulation to the area.

Alternating hot and cold compresses stimulate circulation and can be used to help heal sprains and joint and muscle injuries. Wait at least 24 to 48 hours to allow the acute phase of injury to subside and for healing to begin. Then use three to four minutes of heat followed by 30 to 60 seconds of cold, repeated three to five times, and ending with cold.

Heating compresses - These are actually cold compresses that are covered with a layer of dry cloth and left in place for several hours or overnight. They can be used for sore throats, ear infections, chest colds and joint pain. The affected area is first covered with a cloth soaked in cold water and wrung out. This is then covered with a woolen cloth which is fastened in place. The cold water first cools the area. The body increases circulation, which causes a warming. Evaporation causes more cooling and the process is repeated until the cloth becomes dry. This is my wife's favorite treatment for sore throat. She applies it at the first sign of a problem and by morning the soreness is usually gone.

Wet sheet pack or body wrap works on the same principle as the heating compress. The entire body is wrapped in a cold wet sheet and covered with a wool blanket. The feet are kept warm with blankets or a hot foot bath. The pack is left in place until it becomes dry by body heat. The duration of the treatment determines the effect. If removed after 20 minutes, while still wet, it can reduce fever. Left in place longer and removed in the warm stage, it encourages relaxation and sleep. Longer applications, up to three hours, induce profuse


sweating, which is an effective detoxifying treatment. This treatment was used in the fairly recent past as a way to calm agitated mental patients and was a common treatment until the introduction of tranquilizing medications in the 1950s.

Cold water treading is a way to improve circulation and give increased vigor and strength. It also helps develop resistance to infections. This is done by filling a tub with cold water at least ankle deep or even up to the calves. Step into the tub and hold on to a support if necessary. Walk in place for up to 10 minutes. You may only be able to tolerate it for a few seconds at first, but the time can be increased gradually. This can be done every day.

This provides only a small sampling of water treatments that can be done at home. There are many books

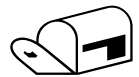
available which cover the topic thoroughly and can be purchased or obtained at a library by almost everyone who desires more information.

A final word on the effects of water on the body. In 1880, Dr. William Winternitz of Austria discovered that water acts on nerve points of the skin. The skin then delivers messages directly to a nearby organ or indirectly through reflex arcs. These arcs connect the skin to muscles, glands and organs. When water, either hot or cold, is applied to the skin, the reflex arcs stimulate nerve impulses that travel to other parts of the body. Thus, effects can be felt on glands and organs not directly in contact with the water.

Next time we will begin a discussion on the effects of sunlight on the body. 



Letters from our Readers



(Each month we receive letters that help us to know how God's work is progressing throughout the world. Because we think you are interested in this work as well, we are printing some of them for you. If you do not wish your letter to be printed, please let us know when you write. *Editor*)

Literature

"I really like the way you answer the questions in the 'Questions and Answers' part of the *Present Truth*. You really do it in a nice way; not argumentative and with a sweet spirit. I do believe the Spirit is with you when you write those answers. Jesus wants them answered and in a good way.

"Thanks for the papers, we still look forward to them. We never tire of this subject." *California*

"I have had several editions of your newsletter sent to me but request that you remove my name from your mailing list. You do have some truth—knowing that the trinity is not a Bible teaching—but when I read that you hold to the Sabbath I realized that there was not any further reason for me to investigate your writings. The Sabbath is not binding on Christians—so you are almost 2,000 years behind the times with that one!" *Australia*

(The Bible never indicates that the Sabbath is not binding for Christians. The Christians of Paul's day, and for many years afterward, kept the seventh-day Sabbath "according to the commandment."—Luke 23:56; Acts 13:42 *Editor*)

"Thank you for the lovely certificate you sent for the completion of 'These Last Days' Bible study course. It

was a pleasure to do. I am sorry it came to an end. Thankfully the study of God's Word has no end for the person who is motivated to the study and obedience of God's Word... Thank you for sharing these studies with me. As you said in your letter, 'I believe the redeemed will be studying the plan of salvation and the goodness of God throughout eternity and the subject will never be exhausted.'" *Michigan*

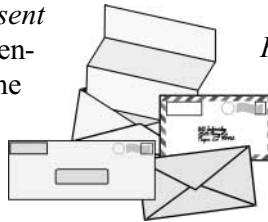
"I am writing about the crossword puzzle in *Present Truth*. This is a great activity for all ages.

We have a group between the ages of 4-38 years old. We all enjoyed doing it. And this week 'State of the Dead' really helped us to remember the texts easier. My children are 7, 6, 5 and 4 years old. On Sabbath or Sunday we get out the board and start the puzzle. When we complete them they look very disappointed. They say the attention span of a four-year-old is very short, but I can complete a puzzle about the pillars and still have her ready for another one. I am looking forward to the next one." *Alabama*

"I just received the *Present Truth* for November... I have compiled over 130 pages and am writing more to send to friends about the Trinity... May I copy your article? I'll give credit and your address." *Florida*

(You are more than welcome to copy any of the articles from *Present Truth*. We just ask that you retain our contact information, including phone, e-mail, website and postal address. Thank you for your interest. *Editor*)

"I personally thank you for your care in preparing your articles in *Present Truth*, November, 2002. They truly



show the love you have for the church and the people. Your job is not an easy one, but someone has to show us what is taking place all around us. I shall pray for your continued effort and success in bringing food to God's people." *Rwanda*

"I hope that you are blessed this day. I am writing so that I may ask you to add the following brothers and sisters to your *Present Truth* mailing list. I have been studying with them for a while now through the mail, and I believe that they are ready to delve deeper into God's Word. I know *Present Truth* will be great for them." *Kentucky*

"Please thank George McDaniel for his enlightening articles about the body God has 'Fearfully and Wonderfully Made.' The article certainly makes me think about the things I eat. Knowing how the body works helps us to respectfully care for the body." *Michigan*

The Work in Africa

"We have received the package. Thanks very much. We are very happy. It means a lot to us as a fellowship, and to the people of South Africa. We believe it's going to make a big difference. Please continue praying for us and the ministry. We are still struggling here and there but we believe this material will be a major contribution to the work. We are going to reproduce it and start distributing it by all means. We are looking forward to a long relationship in fulfilling the great commission. We will keep in touch as we progress with the ministry." *South Africa*

"Thank you for adding me to your mailing list. The videos you will send will be a great blessing to our people here. We have mid-week services every Wednesday and this will be of a great help during our Bible study.

"Pray for me, for I need an amplifier to help me during our services and street preaching. Nairobi is a city where many people live and everywhere it is noisy, whereby you must have an amplifier to give more sound to the people.

"I am very thirsty with this truth and I need everybody to know this truth. Many people say God is a trinity, this is a very popular belief which is held very strongly by many people and some think it is blasphemy to teach anything else. I am praying to God to use me at this time to help people understand this truth before the end comes. Assist me where you can." *Kenya*

"This is to thank you for the booklets that you sent to us. We are very happy for them. I am giving them a thorough reading and they are blessing my soul.

"Please we want you to continue standing with us in prayers and giving. We are in need of books, Bibles, tracts, tapes, etc. We want to affiliate with your group, and let us know if you have one in Benin and if so, where is it so that

we can join them? Or if not, you can help us to establish one here.

"We shall be waiting to hear from you shortly. May God bless you real good." *Benin Republic*

(We are not affiliated with any denomination. The truth unites us rather than a man-made organization. If you would like to join us in spreading the truth, we welcome you with open arms. I pray that the Lord will establish His church in Benin. We do not know of a truth-following group that is established there yet. *Editor*)

"I appreciate your periodical very much. Its spiritual tone is meeting the needs of God's people in this critical time... May the Lord bless you." *Rwanda*

"Thank you for your prayers. The Lord has truly blessed. We have ten students with a firm desire to be a part of gospel workers, God's last army. Please pray that the Lord will use each of these students in a mighty way to finish up His everlasting gospel. We praise the Lord for this opportunity. Miracles happen every day through your prayers. May God bless every one of you. Keep up the good work. Please continue to pray. To God be the glory! We need your prayers." *Zambia*

"Thank you very much for responding to my letter by putting my name on your mailing list and also for sending me all the encouraging and building *Present Truth* newsletters.

"To God be the glory that through the great work by your ministry I will be receiving this publication monthly. I am really happy and I really like it. Since you started sending me the Christian material which builds where spiritual matters are concerned, I am no longer the same. I would like to be receiving the *Present Truth* from you as you and your ministry, together with me, will continue living for Christ. The *Present Truth* publication has become a useful tool as I continue with my battle for the Lord.

"I will be contributing prayers for your success. May God guide and guard you by the Holy Spirit so that the Word of God might be preached to reach the farthest corners of the planet. I am really touched by this publication and it has made me hold to God more firmly. It has been a blessing to my soul. Thank you very much once more." *Zambia*

"I am going to translate the articles in the November issue of *Present Truth*. They are just so good." *Kenya*

The Work Around the World

"Your monthly magazines are reaching me and they are encouraging me very much. Our 15 pastors gathered on December 15, 2002 and conducted fellowship and prayers for the ministry. We were very happy to read 'Questions

(Continued on page 12)

Lessons on Faith (Part 4)

by Alonzo T. Jones

The knowledge of what the Scripture means when urging upon us the necessity of cultivating faith is more essential than any other knowledge that can be acquired.

There is not much said in the Scriptures about any necessity of our having faith, while very, very much is said about our cultivating faith.

The reason of this is that to all people there is given faith to begin with, and all they need to do is to cultivate faith. Nobody can have more faith than is already given him without cultivating the faith that is already given. And there is nothing known to man that will grow so fast as faith, when it is cultivated—"faith groweth exceedingly."

Faith is the expecting that the word of God itself will accomplish what that word says, and the depending upon "the word only" to accomplish what the word says. To cultivate dependence on the word of God, "the word only," itself to do what the word says is to cultivate faith.

Faith is "the gift of God" (Ephesians 2:8), and that it is given to everybody is plainly stated in the Scriptures. "God hath dealt to every man the measure of faith." (Romans 12:3) This measure of faith which "God hath dealt to every man" is the capital with which God endows and starts "every man that cometh into the world," and every man is expected to trade upon this capital—cultivate it—to the salvation of his soul.

There is no danger of ever lessening this capital when it is used; as certainly as it is used at all, it will increase. It will grow exceedingly. And as certainly as it grows, the righteousness, the peace, the joy, of the Lord, are assured to the full salvation of the soul.

Again, faith comes by the word of God. Therefore, it is written, "The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach." (Romans

10:8) Thus faith, the very word of faith, is in the mouth and in the heart of every man.

How is this? Thus: When the first pair sinned in the garden, they wholly believed Satan. They gave themselves wholly to Satan. They were taken completely captive by him. Then there was perfect agreement and peace between them and Satan. But God did not leave it so. He broke up this agreement; He spoiled this peace. And He did it by His word, saying to Satan, "I will put enmity between thee and the woman and between thy seed and her seed." (Genesis 3:15)

It is God alone that can continually put enmity between the seed of the woman and the serpent's seed. After the transgression of man, his nature became evil. Then was peace between Satan and fallen man. Had there been no interference on the part of God, men would have formed an alliance against heaven, and in the place of warfare among themselves, carried on nothing but warfare against God. There is no native enmity between fallen angels and fallen men. Both are evil and that through apostasy, and evil, wherever it exists, will always league against good. Fallen angels and fallen men join in companionship. The wise general of fallen angels calculated that if he could induce men, as he had angels, to join in rebellion, they would stand as his agents of communication with men to league in rebellion against heaven. Just as soon as one separates from God, he has no power of enmity against Satan. The enmity on earth between man and Satan is supernaturally put there. Unless the converting power of God is brought daily to bear upon the human heart, there will be no inclination to be religiously inclined, but men will choose to be the captives of Satan rather than to be free men in Jesus Christ. I say God will put enmity. Man cannot put it. When the will is brought


into subject to the will of God, it must be through man's inclining his heart and will to be on the Lord's side.

This enmity against Satan, this hatred of evil, which God puts in every person by His word, causes each soul to long for deliverance, and the deliverance is found alone in Jesus Christ. (Romans 7:14-25)

Thus this word of God, which plants in each soul enmity against Satan, this hatred of evil that calls for deliverance which is found alone in Jesus Christ, this is the gift of faith to men. This is "the measure of faith" (Romans 12:3) which God has dealt to every man. This is the "word of faith," (Romans 10:8) which is in the mouth and in the heart of every person in the world.

This "is the word of faith, which we preach: That if thou shalt confess with thy mouth the Lord Jesus and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." (Romans 10:8-10)

Therefore say not in thine heart, Who shall ascend into heaven, to bring faith to us? Neither say, Who shall descend into the deep, or, Who shall go far off to find faith and bring it to us? For "the word is nigh thee, even in thy mouth, and in thy heart; that is, the word of faith, which we preach." (Deuteronomy 30:11-14; Romans 10:6-8)

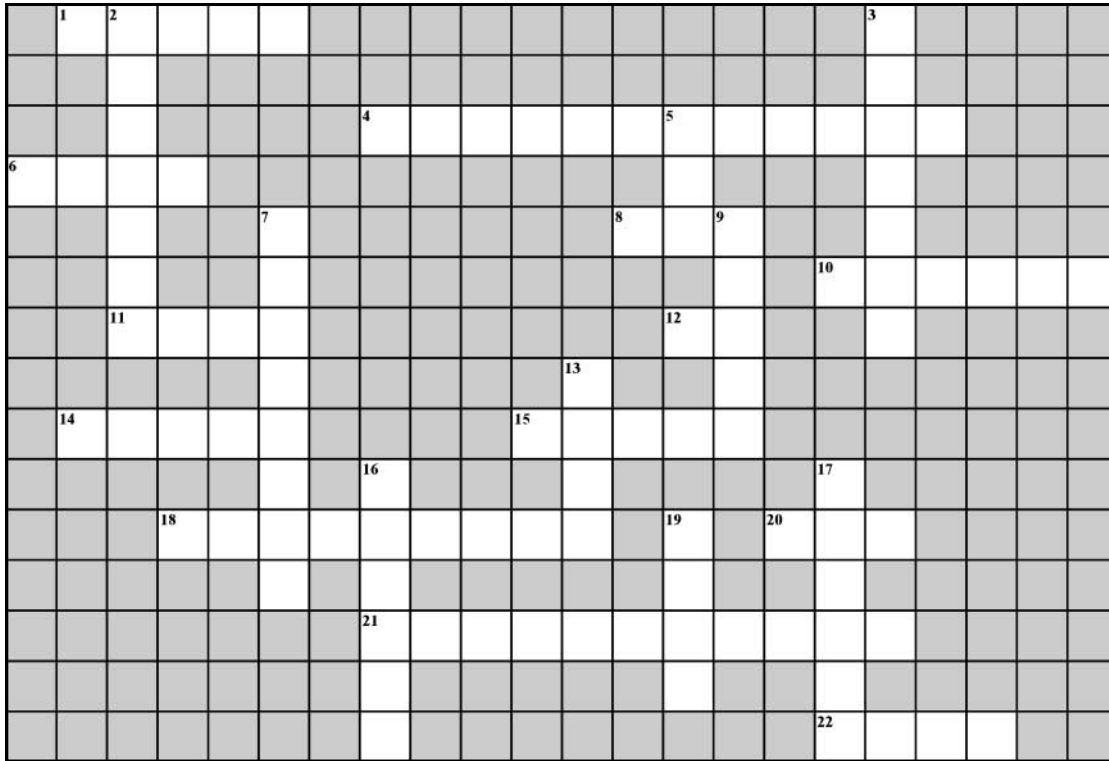
Say that—and exercise the faith which God has given to you, as to every other person in the world, for understanding how to exercise faith, this is the science of the gospel. 

(This article was first printed in the January 10, 1899 issue of *The Review and Herald*. It is also found on pages 21-23 of the book *Lessons on Faith* by A. T. Jones and E. J. Waggoner. I added some verse references that were left out in the original and made some editorial changes. Editor)

Something for the Young at Heart

We would like to give you an interesting and easy way to study the Bible, so we are including a crossword puzzle for you. Try it, and see what you think. If you have any suggestions, please let us know. In order to maintain the flow of the study, this crossword puzzle is not split into Across and Down sections—Across or Down is indicated at the end of each line.

The Natural Mortality of Man



- How is man described in Job 4:17?—**17 Down**
- God said that if Adam ate of the forbidden fruit he would _____. Genesis 2:17—**5 Down**
- Satan was the one who first suggested that man will _____ surely die. Genesis 3:4—**20 Across**
- After Adam sinned, God placed a flaming sword to keep the way of the tree of life lest man would eat and _____ for ever. Genesis 3:22-24—**11 Across**
- Those who do God's _____ will have the right to eat of the tree of life. Revelation 22:14—**4 Across**
- What will happen to those who do not believe in the only begotten Son of God? John 3:16—**16 Down**
- David equated "perish" with consuming into _____. Psalm 37:20—**9 Down**
- Malachi said a day is coming that will _____ up the wicked. Malachi 4:1—**6 Across**
- After the wicked perish they are said to be _____. Malachi 4:3—**14 Across**
- David said that in a little while the wicked shall _____. Psalm 37:10 (2 words)—**15 Across**
- The Bible says that the wicked will be as though they had _____. Obadiah 1:16 (2 words)—**3 Down**
- Can a soul die? Ezekiel 18:4, 20—**8 Across**
- Jesus said that God will destroy both _____ and body in hell. Matthew 10:28—**13 Down**
- Sodom and Gomorrha suffered the vengeance of _____ fire. Jude 1:7—**2 Down**
- Are Sodom and Gomorrha still burning today? 2 Peter 2:6—**12 Across**
- **Note:** Suffering the vengeance of eternal fire does not mean that the fire will burn eternally without end, but that the fire has eternal consequences.
- God promised that He would cause a fire to _____ Satan and turn him to ashes. Ezekiel 28:18—**10 Across**
- When God does this, Satan will _____ be any more. Ezekiel 28:19—**1 Across**
- When God destroys the wicked, they will sleep a _____ sleep and not wake. Jeremiah 51:39—**18 Across**
- After God destroys the wicked, there will not be a _____ to warm at, nor a fire to sit before. Isaiah 47:14—**19 Down**
- God has no _____ in the death of the wicked. Ezekiel 33:11—**7 Down**
- If you accept Christ as your Saviour you will have everlasting _____. John 3:16—**22 Across**
- When Christ comes the second time, the righteous will put on _____. 1 Corinthians 15:53—**21 Across**

(Letters from our Readers, continued from page 9)

and Answers about God and the Trinity' in the magazine and learned very much. Questions and Answers are useful to us. 'Fearfully and Wonderfully Made,' written by McDaniel in the magazine is wonderful.

"Our orphan children and widow women are praying for you all and conveying new year greetings to you. By the grace of Lord we are all safe and doing our Lord's service smoothly. We are all praying for your family and our ministry... Please pray for the monthly support of the widow women. Yesterday I have received 5 cassettes by post. Thank you very much."

India

"I had the opportunity to find and download your study entitled *The Formulation of the Doctrine of the Trinity*; also the Spanish version.

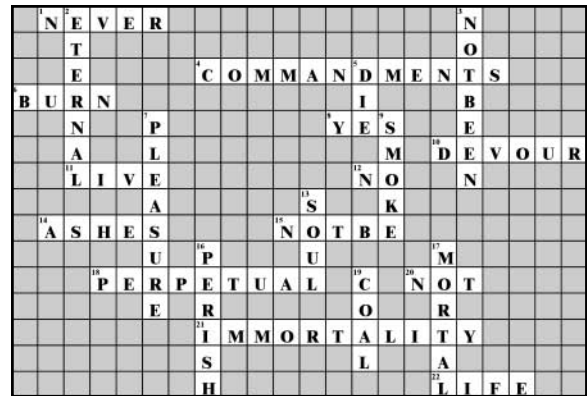
"I'm from Venezuela, and I made a review of the Spanish document and made some corrections of grammar and spelling. Here you have an actualized version of the Spanish version of your study."

Venezuela

"Please add me to your mailing list. We have just accepted the truth about the nature of the deity and appreciate material about this. Thank-you very much. May God bless you."

Australia

Answers to "The Natural Mortality of Man" Crossword Puzzle on page 11



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