

Present Truth

2 Peter 1:12

Dear Readers,

January 2004

“Grace to you, and peace, from God our Father and the Lord Jesus Christ.” (Philemon 1:3) We are another year closer to the coming of the Lord, and I pray that each of us are another year more prepared to face that day in peace. Each day we should be striving to gain more victories in our lives. We should be more Christlike today than we were one year ago. Praise the Lord if that is your experience. If not, it should be a warning to you that your Christian experience is stagnant and in need of the vital connection Jesus spoke of in John 15. When you receive this newsletter, I will be in Ghana, Africa, presenting the truth about God’s love in giving His Son, to over 2,000 people. Please keep me in your prayers, as well as all the dear brethren whom I will have the privilege to meet.

Tanzania Camp Meeting Report

September 25 - October 2, 2003

by Adam Mwambene and Daniel Shechambo

Hearty and warmest greetings from Tanzania with Isaiah 40:31: “But they that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles, they shall run and not be weary and they shall walk and not faint.” The following is our special camp meeting report that brought together two brothers from Jamaica, one sister from USA, three brethren from Kenya, four from Uganda, five from Zimbabwe, four from Zambia and about 40 brethren from Tanzania. Brothers from Rwanda could not attend for reasons yet unknown.

By Wednesday, September 24th, most of the invited visitors had arrived. Sister Esther McDaniel and Brothers David Clayton and Howard Williams from USA and Jamaica respectively, arrived via Nairobi accompanied by brethren from Kenya.

Day One: Thursday, September 25

Brother Alfred Mukhooli from Uganda had the morning worship service. This first meeting of the day was held from 8:00 to 8:30 a.m. His subject centered on Jeremiah 5:1; 2 Thessalonians 2:10; and concluded with Deuteronomy 31:16-18.

The official opening of the camp meeting was held from 9:00 to 10:30 a.m. Brother Adam Mwambene from Tanzania led out by explaining the theme of the meetings, based upon Exodus 25:8 where God said, “That I may dwell among them.”

Next, was the introduction of all the visitors present. At the start of the meetings we had 38 people present,

with more expected to arrive that evening. Brother David Clayton had the first sermon. He began his subject by relating some missionary experiences from Jamaica, on how the truth about God is progressing in the Caribbean Islands. His emphasis was upon our need for the Pentecostal experience as found in Acts 1:4-8.

Brother Howard Williams presented the next sermon. The title of the message was, “Reasons for our Creation.” In the study he maintained that we need a personal experience with God, as this is the key factor for our salvation. Isaiah wrote, “Behold your God.” (Isaiah 40:9)

We closed the day with an evening worship service, at 7 p.m.

Day Two: Friday, September 26

Nine people from Zimbabwe and Zambia joined the congregation. At 8:00 a.m. Brother Mafo, from Zambia,

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held the morning worship service, sharing some important ideas based on Proverbs 8:22-24. Later on, Brother Howard Williams took the first service, where he presented a fundamental subject entitled, "Faith." A new approach to the definition of faith was presented, whereby it was said that faith may be defined as "a distrust of self." Brother Howard appealed to us that we must let God be first at every step of our lives. The meeting was closed with prayer at 11:15 a.m.



Brethren from Zimbabwe with Sister Esther

The second service was held by Brother David Clayton. To begin the study he read from Colossians 1:20: "And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven." In his concluding remarks, Brother David said, "To know God is to love Him."

After this second service we had a lunch break, followed by personal preparations for the Sabbath. The meeting to bring in the Sabbath was held at Brother Kitomari's house compound; the Maji ya Chai area. Brother Kitomari, from Tanzania, led out in the opening meeting, where we heard special songs and testimonies from Sister Annah Mogendi of Nairobi, Kenya. Brother Vuasa Ncube, from Zimbabwe, also held a Sabbath opening service. In his presentation he said, "Discovery of the secret in Jesus brings changes in the life." His main texts were Luke 8:26-39. Herein we find these encouraging words: "Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid." (Luke 8:35)

Day Three: Sabbath, September 27

Our wonderful Sabbath meetings began at 9:30 a.m. with a song entitled, "I Hear Thy Welcome Voice," followed by reading Proverbs 30:4 as a special text before meditating unto prayer by Brother Adam Mwambene, who led the opening part of the service.

There were 53 people present at this meeting and all of them had the great privilege to participate in the Sabbath School program led by Brother Patrick Katambo of Tanzania. The topic of the Sabbath School lesson was, "The Christian and the World." This was discussed, based on two key Bible texts: 1 John 2:15 and Romans 12:2. The Sabbath School program was closed at 11:10 a.m.



Camp meeting group singing

Brother David Clayton led us in the divine service, where 60 people were present, and his subject was entitled, "The Offense of the Cross." In this message we learned that we need to go through the same experience as Paul did. We read, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." (Galatians 2:20)

We were thankful to God for the blessings we received through the personal experiences of Brother David that he shared during his presentation.

Sabbath afternoon was another refreshing opportunity in which we heard missionary experiences from the various countries represented at the camp meeting.



Brethren from Uganda

Brother Alfred Mukhooli from Uganda spoke, with greetings from the book of Matthew 10:16. He told us that there are many people in Uganda who are interested in our message, but are afraid of their leaders. He mentioned the opposition they are facing from denominational pastors in the spread of the message. It was not reported how many souls in Uganda have accepted the truth.

Brother Moses Nyamora and Maurice Anyango gave their interesting missionary experiences from Kenya, where they said that, so far, about 90 people attend Sabbath meetings and services.



Brethren from Kenya with Esther

Next, Brother Ephraim Ngwenya, from Zimbabwe, told us of the important work of printing tracts and the difficulties they are facing in relation to the printing costs involved.

Brother Kitomari reported from Tanzania, where he said, from the eight souls who attended the first presentation of the message in the year 2001, today there are about 60 souls who have received the message of the truth about God.

The closing of the Sabbath was marked by a devotional study by Brother Maurice Anyango entitled, "What Do You Need From God."

Day Four: Sunday, September 28

Brother Charles from Zambia took the morning meeting. His emphasis centered upon Acts 2:4, 36-38. At 10:10 a.m. Sister Esther McDaniel, from West Virginia, USA, had the devotional study, where she spoke about the fundamentals of Christian education. She maintained that we should take the advice given us in Psalms 111:10. Her personal experiences on the subject motivated us all to take the Bible, and the Bible only, for our essential knowledge development and for that of our children.

Brother David Clayton had the opportunity again to present the mid-morning meeting. His topic, entitled, "Set Free," was nicely presented in accordance with the words of Jesus, "The truth shall make you free." (John



Pastor Kitomari and his family

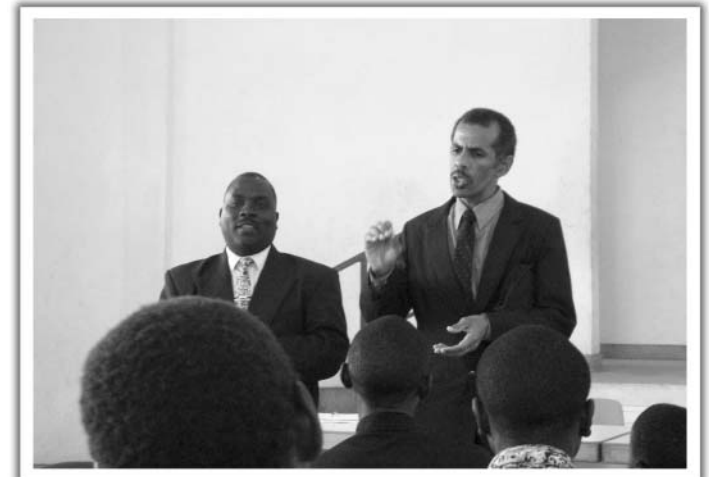
8:32) In the last session of the day, Brother Howard Williams spoke on another important topic, "Who is the True God." In this message we could verify the truth about God by the testimony of the disciples. (See 1 Timothy 2:5, James 2:19 and Emphasis 4:6)

We closed the day with an open discussion where questions on the topics covered, and some from uncovered ones, were answered.

Day Five: Monday, September 29

Brother Moses Nyamora, from Kenya, had the morning meeting at 7:45 a.m., and his good advice was based upon Genesis 6:5, 6.

The first session of the day fell to Elder David Clayton who spoke about another interesting topic entitled, "Delivered from the Law." In this study we observed different kinds of laws in contrast to the Ten Commandments. Most importantly, we learned how to identify the principles lying behind the law, rather than only taking the law as it is. It was emphasized that the purpose of the law is not to serve man, but to show him/her how he/she is to maintain the highest standard of God's righteousness.



Pastor David Clayton preaching

"The Gospel of Christ is the Good News" was the topic presented in the second session by Brother Howard Williams, based upon Romans 1:16, and John 3:16. Adequate evidence was given to prove the Sonship of Christ. We closed the meeting at 4:15 p.m.

Day Six: Tuesday, September 30

Brother Daniel Shechambo, from Tanzania, spoke first, at the morning meeting. His topic was entitled, "By Faith We Should Depend Upon God," recalling the experiences of Daniel, Joseph and others who stood firm by faith, depending upon the promises of God.

Brother Ephraim Ngwenya led us in the devotional study. His topic was, "The Need to be Born Again," as presented by Jesus Himself to Nicodemus. (John 3:3-8) Jesus said, "Except a man be born again, he cannot see the kingdom of God." The old man in us must die in order for the Spirit God to work in us without any restrictions. At 11:25 a.m., Brother David Clayton took the opportunity to speak to us about "God's Plan for Organization."

This important topic was presented at a good time, because it was obvious that our work in Africa needs to be more organized, to provide a co-ordination that will suit both spiritual advancement of souls, as well as the proclamation of the gospel.



Camp meeting group

It was elaborated that there are two kinds of organization: one that places God before the people and the other that puts men before the people. Thus, while our need for some kind of organization is evident, the question to consider must be: What kind of organization do we need?

Brother Howard Williams concluded the day by presenting the subject of, "Who is the Holy Spirit?" This important topic was treated at length by looking at different Bible texts that would help his audience to appreciate the truth.

Some controversial Bible texts were discussed with evidence against the views that are often presented to support the Trinitarian position. These included: 1 John 5:7, 8; Matthew 28:19, 20 and John 10:30.

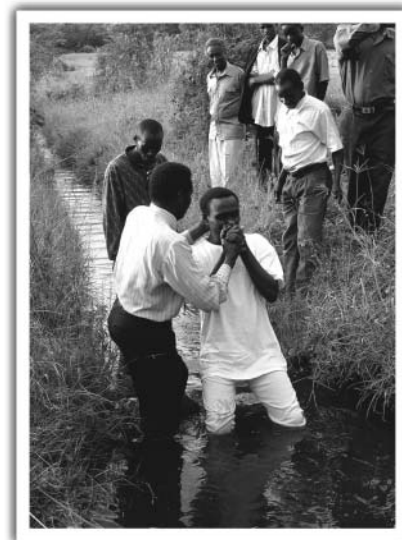
Day Seven: Wednesday, October 1

Brother Samuel Chamade had the morning worship service. Brother David Clayton opened the special workers' meeting at 8:30 a.m., after which Sister Esther had the briefing of the agenda, giving us some insight into what has been taking place at Smyrna Gospel Ministries in relation to the publication and distribution of the *Present Truth* newsletters and other literature and tracts. A complete list of recipients from different African countries was shared.

Some highlights of the important points discussed included: (1) The need to recognize who was translating what, and in which language, so as to avoid unnecessary costs and repetitions of the same work around the world. (2) To identify the cheapest ways of working in carrying out our message to new places. (3) To update our correspondence so that literature and newsletters would not be sent to unconcerned people. (4) To maintain communication from each country through one recognized person(s), especially in relation to requests sent from unknown individuals.

The workers' meeting was closed by prayer from Sister Esther and Brother Howard. The last event of the meeting was the baptismal ceremony, which was conducted at a river stream just off the highway.

Six souls who gave themselves to Christ and requested baptism were baptized. Brother Patrick Katambo led the baptismal service and Brother Kitomari did the baptism.



Baptism

The six souls were later, with joy and praises to God, accepted into the church as new members of the family of God. This event concluded our camp meeting. Each of us departed, enriched with blessings from above.

We would like to thank each of you, not only those who attended, but also those who were not able to attend. Thank you for your prayers and for your participation. May God bless you all in a very special way. Amen. ✍



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. We cannot guarantee the truthfulness of every letter contained herein. *Editor*)

"I have been following your father-in-law's (George McDaniel) 'Fearfully and Wonderfully Made' series in your *Present Truth* publication. Very interesting and insightful! And, I believe, very needed for your readers, like myself.

"Yesterday I received your June 2003 issue and Mr. McDaniel's Part 16 of his human body articles. Having chronic bronchial asthma myself, my breathing habits and techniques no doubt should be revamped and improved. At 60 years old, I can use ALL the help the Lord can provide for His healing touch.

"Even in your June 2003 issue, your Bible Crossword hit the truth right on the head for 13 down from Hosea 4:6; 'God's people are destroyed for lack of knowledge.' Thanks to your father-in-law, Mr. McDaniel reminds us all the Holy Word of God uses Hosea to wake us all up. (Including breathing as well as possible while on this earth created by our Father, the living God.)

"Please thank your wife's dad for me also." *Indiana*

"Please add me to your mailing list. I did a web search and it led me to you." *Alabama*

"Please send 5 copies of *The Formulation of the Doctrine of the Trinity*. Thank you." *Washington*

"I would very much appreciate it if you could please send me a copy of *Present Truth* every month."

South Africa

"Please stop sending me the newsletter. I don't read it."

Minnesota

"I came across a tract and I read it. I would like you to send me a copy of the book on last-day events." *Uganda*

"I read the the newsletter you sent out about the Ten Commandments. I was truly blessed to receive it. I hope you send more." *Indiana*

Lynnford and Allen were on the air last night in front of 60,000 viewers in Evansville, Indiana. They will be on Sigcom channel nine from 5-6 p.m. on Thursday nights. Praise God and His Son Jesus Christ. We must keep going. I will play these tapes over on two different time slots; one is on Tuesday nights at 10:30 p.m., and the other is on Thursday evenings at 5 p.m. Please let me know if you receive any phone calls. Your address and name are on the

beginning and ending of each video. Praise Jesus and God the Father. *Indiana*

"I received our *Present Truth* magazine today. I especially liked George's article about breathing and sunlight—how it revitalizes us. I opened up all the windows and blinds and let the lovely sunshine in. It was very nice to read about how good it was for us while we were sitting in the airy, sunny room." *Australia*

"Recently I saw your listing on the computer and would like a sample copy of your magazine and learn of where your meetings are held.... I also do not believe in the Trinity and do believe Saturday to be the true Sabbath day ordained by God." *Tennessee*

"Could you please put me on your mailing list to get the *Present Truth* at my home." *Kansas*

"Thank you so much for the crossword puzzles. I am printing them out from the website for my children to do on Sabbaths. Please keep them coming." *Australia*

"We appreciated Lynnford coming to Moab, Utah, a few months ago and we are enjoying your publication. Would you be so kind and put our daughter on your mailing list." *Utah*

"Thank you very much for the pamphlets you have been sending to me and for the books you gave me... I also request the book I read about in the *Present Truth* of September, 2003, called *A Time to Choose*." *Tanzania*

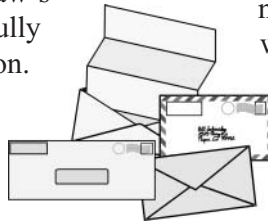
"Greetings to you brethren. I've received your magazine, *Present Truth*, and I am very happy to hear about God the Father and the Son of God (Jesus). Thank you for educating me more about the Son of God. May you please keep on sending me the *Present Truth* magazines and anything that can help me to learn..."

"Brethren, please pray for me in these last days of my life to live a faithful life before God and to not be defeated by the devil until I pass away from this planet earth. I'm saying these are my last days because I've discovered that I am HIV positive although I'm not yet sick, but there is no way out—death is next for me.

"May God bless you all and give you strength in telling the world the truth." *Swaziland*

"I have lived in Korea for about 20 years. Pray for us. Pray that the truth of John 17:3 may spread through Korea... I like your tracts." *Korea*

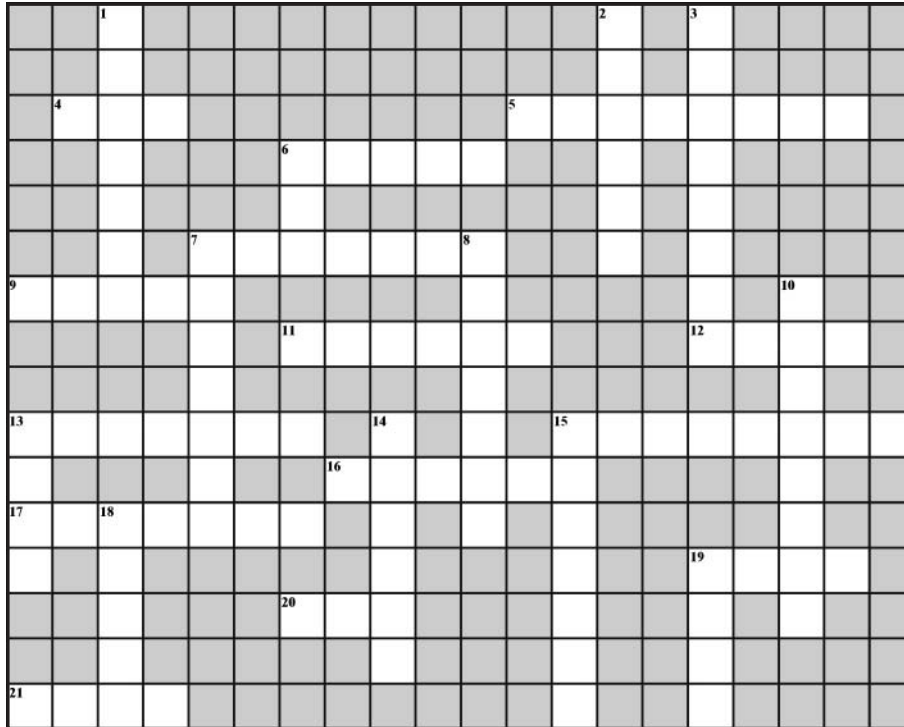
"Thank you for adding my name to your mailing list for *Present Truth*. I read all the stuff you sent me and find my soul and spirit is in agreement with it. Christ is without a doubt God's only begotten Son." *Florida*



Something for the Young at Heart

This month we are continuing a series of crossword Bible studies that are based on the "These Last Days" Bible Lessons. 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.

You Can Be a Friend of God!



Answers are on page 12

- Enoch ____ with God. Genesis 5:22, 24—**11 Across**
- Noah was ____ in his generation. Genesis 6:9—**15 Down**
- Abraham was the ____ of God. James 2:23—**2 Down**
- The LORD spoke to Moses as a ____ speaks to his friend. Exodus 33:11—**6 Down**
- God said He would be with you just as He was with _____. Joshua 1:5—**6 Across**
- When we are close to God we will have fulness of _____. Psalm 16:11—**4 Across**
- **Note:** "The path of the just is as the shining light, that shineth more and more unto the perfect day." (Proverbs 4:18)
- We are ____ when we behold the glory of the Lord. 2 Corinthians 3:18—**17 Across**
- David prayed to God in the _____. Psalm 5:3—**13 Across**
- David also prayed in the evening and at _____. Psalm 55:17—**12 Across**
- Daniel prayed ____ times a day. Daniel 6:10—**9 Across**
- Jesus went out to pray a great while before _____. Mark 1:35—**20 Across**
- Jesus prayed in a ____ place. Mark 1:35—**10 Down**
- Jesus often went alone to a ____ to pray. Matthew 14:23—**3 Down**
- We are to pray without _____. 1 Thessalonians 5:17—**7 Down**
- "Men ought ____ to pray." Luke 18:1—**14 Down**
- Jesus wants us to ____ in Him. John 15:7—**18 Down**
- **Note:** "I sought the Lord, and he heard me, and delivered me from all my fears." (Psalm 34:4)
- Jesus was confident of His Father's presence because He always did things that ____ Him. John 8:29—**16 Across**
- God will answer our prayer requests if we do things that are ____ in His sight. 1 John 3:22—**15 Across**
- **Note:** The Bible gives clear guidelines for prayer: **a.** We pray to God, the Father, in Jesus' name. (John 16:23) **b.** We come to God in faith, believing that He hears and will answer our prayer. (Matthew 21:22; Hebrews 11:6; James 1:6) **c.** We trust Him to answer our prayers according to His will. (1 John 5:14) **d.** Vain repetition in prayer has no value. (Matthew 6:7) **e.** The purpose of prayer is to bring glory to God. (John 14:13)
- God will not hear me if I regard ____ in my heart. Psalm 66:18—**5 Across**
- **Note:** In order to pray acceptably we need to make things right with anyone we have harmed (Matthew 5:23, 24), and put away any grudges we may be holding against others. (Mark 11:25, 26)
- We should pray one for _____. James 5:16—**1 Down**
- Fervent prayer availeth _____. James 5:16—**13 Down**

- God's ears are ____ unto the prayers of the righteous. 1 Peter 3:12—**21 Across**
- We will not receive our request if we intend to ____ it on our lusts. James 4:3—**7 Across**
- Jesus prayed, "Not my ____, but thine be done." Luke 22:42—**19 Down**
- Life ____ depends upon knowing God and His Son. John 17:3—**8 Down**

- **Note:** Knowing God is of more value than wisdom, might, and riches. (Jeremiah 9:23, 24)
- To have victory over sin we must hide God's ____ in our hearts. Psalm 119:11—**19 Across**
- **Note:** God's words "shall be in thine heart: and thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." (Deuteronomy 6:6, 7)

Deliverance

by Alonzo T. Jones

"Walk in the Spirit, and ye shall not fulfill the lust of the flesh." (Galatians 5:16)

What a blessed promise! And as sure as it is blessed, to everyone who believes.

Think of the lust of the flesh. How all-pervading it is! How stern are its dictates! How oppressive its rule! How dismal is the slavery that it lays upon man!

Everybody has experienced it—longing to do the good that he would, yet doing only the evil that he hated; having ever a will to do better, but how to perform it, finding not; delighting in the law of God after the inward man, yet finding in his members another law, warring against the law of his mind, and bringing him into captivity to the law of sin which is in his members; and at last, crying out, "O wretched man that I am! who shall deliver me from the body of this death?" (Romans 7:14-24)

Thank the Lord, there is deliverance. It is found in Christ Jesus and in the Spirit of our God. (Romans 7:25; 8:1, 2) And the law of the Spirit of life in Christ Jesus having made you free from the law of sin and death, then "walk in the Spirit, and ye shall not fulfill the lust of the flesh." There is not only deliverance from the bondage of corruption: there is also the glorious liberty of the children of God for every soul who receives the Spirit, and walks in the Spirit.


"Walk in the Spirit, and ye shall not fulfill the lust of the flesh."

See the list of the workings of the lust of the flesh: "Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revelings, and such like." (Galatians 5:19-21) None of these shall you fulfill, over all these things you have the victory, when you walk in the Spirit. It is the faithful word of God.

Is not that a most desirable prospect? Is not such a thing as that worth having? And when it is had for the

asking and the taking, then is it not worth asking for and taking?

Accept the deliverance that Christ has wrought out for you. Stand, and stand fast, in the liberty wherewith Christ has made us free.

"Ask, and it shall be given you." (Matthew 7:7) "For everyone that asketh receiveth." (Matthew 7:8) "Receive ye the Holy Ghost." (John 20:22) "Be filled with the Spirit," (Ephesians 5:18) yea, "Walk in the" "Holy Spirit of God, whereby ye are sealed unto the day of redemption." (Galatians 5:16; Ephesians 4:30) 

(This is an edited version of an article that was first printed in the March 14, 1899 issue of *The Review and Herald*. It is also found on pages 43-44 of the book *Lessons on Faith* by A. T. Jones and E. J. Waggoner. *Editor*)

Pensacola Meeting Report

Emerald Coast Ministries hosted meetings on December 5-7 at their drug rehabilitation center in Pensacola, Florida. Chaplain Jack VanOrd asked me to speak on the truth about God in giving His Son to die for our sins. The Lord greatly blessed in these meetings. Several people from the surrounding area, as well as the men going through drug rehabilitation, were able to attend. I was able to relate to these dear brothers, as the Lord had to take me out of a similar background. I praise the Lord that He saved me from that lifestyle. I was very glad to see the work being done at the center for those struggling with the same addictions I had to struggle with.

A few people came in off the streets while we were having the meetings. Some of them were looking for food or clothing and others came to hear the messages.

On the last day of the meetings, a brother and sister from Tennessee were baptized in the Gulf of Mexico. A few of the men going through rehabilitation expressed their desire to prepare for baptism as well.

Please keep these men in your prayers, as well as Chaplain VanOrd and the staff of Emerald Coast Ministries. They do not have much to work with, but it is evident that they are having good success with their rehabilitation program. *Editor*

Fearfully and Wonderfully Made (Part 22)

by George McDaniel

(This is the twenty-second 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*)

Rest - Part 3

According to the National Sleep Foundation (NSF) 2001 Sleep in America poll, 63% of adults do not get the recommended eight hours of sleep needed for good health, safety and optimum performance. While the NSF poll reports that Americans spend less time sleeping and more time working, that isn't the only reason why sleepless nights strike as we grow older. The fact is, middle-aged and elderly people tend to spend less time in deeper sleep than younger people. By age 60 or 70 many adults experience a decline in the amount of time spent in the deepest sleep, called delta sleep.

Also, older people are more likely to suffer age-related medical problems that may disrupt sleep and specific sleep disorders that delay, shorten or interrupt sleep. Some of these disorders include arthritis, osteoporosis, heartburn, back pain, cancer, Parkinson's disease, Alzheimer's disease, incontinence, snoring and sleep apnea.

Another thing that can keep one awake is a decline in the level of certain hormones, particularly melatonin. Melatonin is made by the pineal gland, which is located in the brain to the rear of the hypothalamus. It has many nerve connections to the retina in the eye. Exposure to bright light during the day, particularly before noon, sets the stage for release of melatonin at night. Melatonin is not released until it gets dark, but exposure to bright light earlier in the day stimulates its production. The pineal gland often becomes calcified in later life, which may be another reason why older people have difficulty sleeping.

The reason why exposure to bright light early in the day is more beneficial than later in the day is due to the following fact: Located at the top of the retina is a small speck of a protein substance called melanopsin. When bright light strikes the melanopsin it resets the body clock. This happens every day. People who spend all their time under artificial light, or for any other reason

don't get the early morning light exposure, can suffer from more than just difficulty sleeping. The basic biorhythms of the body can be altered and can result in sickness and premature death.

Studies show that older people, who have a low melatonin level and have sleep problems, sleep better if they take a melatonin supplement at bedtime. It has been found that 1 mg. of melatonin taken in the evening improves all aspects of sleep. The most common available dosage is 3 mg. per tablet or capsule. The larger amount doesn't work as well for some people.

In a study in Israel, 34 older people who were taking benzodiazepine sleeping pills agreed to taper off or stop taking the benzodiazepines and substitute melatonin for it. In six months, of the 24 people who completed the program by stopping the benzodiazepines and taking melatonin, 19 maintained good sleep. Melatonin also helped in a study done with blind people, who often have sleep problems because they can't partake of the daily cycles of light and dark that regulate the body's biological clock. Most of the participants of this study experienced normal sleep patterns with melatonin. Melatonin, as with other hormones, has more than one function. It improves gastrointestinal function, reduces the incidence and severity of gastric ulcers, improves immune function, and many other things.

Before anyone begins taking melatonin supplements, it would be better to try natural methods to increase one's own production of melatonin. This would include several hours daily of exposure to bright outdoor sunlight, particularly in the first half of the day. Don't sit in front of a TV or computer screen late in the evening. It would be good to omit this completely for at least two hours before bedtime. Also, make sure the sleeping room is completely dark. Even a very small amount of light can interrupt the production of melatonin.

Another hormone problem that can cause insomnia is the decrease in estrogen and progesterone in women at menopause, occurring approximately from ages 45 to 60. During the perimenopause, menopause and postmenopausal time the decrease in hormone levels can cause insomnia, lighter sleep, poor quality of sleep and frequent nocturnal awakening. Night sweats associated with perimenopause and menopause can cause sleep problems, too. It can result in women missing enough of the most restful, deep state of sleep. There are


therapies for this. Anyone who needs them should consult with an experienced practitioner to determine the best approach.

Listed below are some suggestions to help improve the quality of your sleep:

- ◆ Be sure the bedroom is totally dark. Even a little light from a street or yard light, or the moon, can be a negative influence. Cover or remove electric clocks, telephones that glow, or any other device that emits light.
- ◆ Avoid caffeine. If you do use it, don't take it for at least three hours prior to bedtime.
- ◆ Avoid alcohol. As with caffeine, if you use it, don't take it for at least three hours before bedtime. Alcohol interrupts sleep patterns.
- ◆ Don't watch TV or use the computer for at least two hours before bedtime.
- ◆ Don't eat a protein meal before going to bed. If you must have a snack, limit it to a light snack of complex carbohydrates. It is better to sleep on an empty stomach. The process of digestion requires the use of a lot of energy, which interferes with sound sleep. Of course, if you have a medical need for a bedtime snack, then it is best to follow the doctor's orders. (This brings up the subject of hypoglycemia, diabetes, and insulin resistance, which needs to be covered in another article.)
- ◆ Try to maintain a regular bedtime and regular awakening.
- ◆ Keep the temperature of the bedroom comfortable. In winter a humidifier may be necessary.
- ◆ Be sure you have a comfortable pillow and mattress. Try to sleep on your side rather than on your back or abdomen.
- ◆ Exercise regularly. Even walking 30 to 45 minutes three times a week may help to improve deep, slow wave sleep. People who exercise have fewer awakenings, fall asleep faster and spend more time in deep sleep.
- ◆ If you need help getting to or staying asleep, use only natural, herbal sleep aids. Do not use prescription or over-the-counter remedies. These often cause liver or kidney damage and may become habit forming. Some herbs that have been found useful for aiding sleep are: chamomile, valerian, passion flower, lemon balm and hops.
- ◆ Listening to relaxing music can sometimes relax one enough to go to sleep.

- ◆ Sleep is also improved by psychological arousal during the day because it helps one to stay up long enough to build up sufficient sleep debt, making sleep more efficient and facilitating relaxation at the end of the day. It is particularly beneficial to remain socially active or to seek out exciting activities in old age. If life is dull, one tends to sleep longer (if one can), go to bed earlier and take more naps than needed during the day. Naps are not always bad. If naps are scheduled into the day as part of the normal sleep pattern, and one takes care not to rid himself of too much sleep debt, a short nap can improve alertness without decreasing the day's total sleep debt much. In other words, a short nap can keep one feeling good without keeping him from falling asleep at night.

As one gets older, sleep health, like other aspects of one's health, requires more attention and work. One can't just assume any longer that he will fall asleep at the end of the day and stay asleep. As one gets older, he has to watch what he eats and get the right kind of exercise. One also has to manage his sleep. This means planning how to accumulate and pay off sleep debt; sleeping enough to enjoy a vital day, but not sleeping so much that it is hard to fall asleep at night.

If one fails to get the sleep he needs, he may end up decreasing memory, impairing immune functions, disabling mood and squeezing the fun out of life. Age-related sleep disorders are not normal if something can be done about them. 

Health Tip #2

The Wonders of Charcoal

Activated charcoal is available in most health food stores, and it has some amazing capabilities that few people realize. If you would accidentally ingest a poisonous substance, at the hospital they would pump your stomach and give you charcoal. Taken internally, charcoal works like a magnet to absorb toxins and then it passes through the system, taking the toxins with it. Do not take charcoal with any medication because it will be absorbed and eliminated by the charcoal.

Charcoal has the same effect when used on the skin. It can be mixed into a paste with water or olive oil and put on cuts, bee stings, or any sore where an infection may be present. Charcoal stains clothes very easily, so care should be taken to keep it from coming into contact with clothing. A poultice can be made by wrapping charcoal paste in a damp, thin cloth and placing it on the skin, then covering it with a dry cloth, then plastic to keep the moisture and charcoal in. . . . Editor



Questions and Answers

by Lynnford Beachy



Question: How do you explain Mark 3:29?

"In [your tract] 'The God of the Bible's' questions and answers I read that '...if men worship the Holy Spirit they would worship a god who does not exist.' However, how do you explain or reconcile what Jesus says in Mark 3:29?"

Florida

Answer:

Thank you for your question. To clarify, the statement of the tract, in context, is warning against worshipping the Holy Spirit as a third individual, apart and separate from God, the Father, and His Son, Jesus Christ. Since "God is a Spirit" (John 4:24), when we worship God, we are worshipping a Spirit, but it is not a separate individual apart from God, the Father.

Now, to your question, Jesus said, "Verily I say unto you, All sins shall be forgiven unto the sons of men, and blasphemies wherewith soever they shall blaspheme: But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation." (Mark 3:28, 29) Some people take this to mean that we can blaspheme against God, the Father, and His Son, Jesus Christ, and be forgiven, but that a third person called the Holy Ghost is so highly exalted that if men blaspheme him, they can never be forgiven. To the contrary, Jesus was not talking about a sudden word or action against the Holy Ghost, but a continual rejection of its promptings upon the heart. The blasphemy of the Holy Ghost is when a person has stubbornly ignored the gentle convictions of God's Spirit so long and persistently that God's Spirit can no longer reach him. When a man reaches the point where he has blasphemed the Holy Spirit it is not because God has given up on him, but because he has stopped his ears from hearing God's instruction so long that no matter how hard God tries to reach him, he can no longer hear God's pleading upon his heart.

The Pharaoh of Moses' day had reached that point. His heart had been so hardened that He refused to do what the Lord instructed. God said, "Harden not your heart, as in the provocation, and as in the day of temptation in the wilderness." (Psalms 95:8) Once our hearts are hardened against hearing God's Spirit speak to us, we have committed the "sin unto death" spoken of by John. (See 1 John 5:16)

The Bible says, "Grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption." (Ephesians 4:30) God's Spirit is what seals us, or prepares us for the day when Christ will come to redeem His people. If we continually reject the only avenue by which God can work in our lives, then there is nothing more that God can do for us. That is why there is no forgiveness for the blasphemy of the Holy Spirit. Not that God is unwilling to forgive, but that the person who does this is unwilling to be forgiven.

I hope this helps to answer your question.

Question: Where are OT promises of the Comforter?

"I just read the October 2003 issue of the *Present Truth* newsletter. That was one of the best articles I have read on the Holy Spirit. I have a question on something you said in the article. On page 3, under the heading of 'The Promised Comforter,' at the end of the 3rd paragraph, the last sentence says, 'They all died without receiving the promise of the Comforter that Jesus spoke about in John 14 and Acts 1.' I always thought that the promise made to the patriarchs, or maybe I just mean Abraham, was the promise of a Heavenly Canaan. Where in the Old Testament does God promise the mighty men and women of faith the Comforter?"

California

Answer:

I am glad you enjoyed the article on the Holy Spirit. You asked a very good question concerning it. You are right that God promised the heavenly Canaan to Abraham and others. That is brought out in Hebrews 11:13-16. Here it talks about Abraham not receiving the promises. Yet, in Hebrews 11:39 and 40, the Bible tells us that the great men of old did not receive THE promise. This is talking about a particular promise. The Bible continues by saying, "God having provided some better thing for us, that they without us should not be made perfect." (Hebrews 11:40) Here we are told that God has provided something better for us than He did for the great men of old, and it is spoken of in connection with becoming perfect. This could not be referring to the heavenly Canaan, for Abraham will partake of that promise just as fully as will we.

The first and greatest promise that God gave is found in Genesis 3:15, where it says, "And I will put enmity

between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel." Here is a promise of the coming of Christ and His victory over the wicked one. Paul expressed it this way, "Of this man's seed hath God according to his promise raised unto Israel a Saviour, Jesus." (Acts 13:23) Yet, this promise would be only sufficient to save us from past sins, and ineffective to give us the victory over present sins unless Christ would come to live His righteous life within us. This was Paul's experience, for he said, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me." (Galatians 2:20) So, in connection with the promise of God to send Christ to save us from our sins, is the promise that He would live His righteous life in us to bring us to perfection. God said, "I will put my spirit within you, and *cause* you to walk in my statutes, and ye shall keep my judgments, and do them." (Ezekiel 36:27)

There are many places in the Old Testament where God promised to give us His Spirit. The most notable is Joel 2:28, 29, where Joel prophesied of the coming of the Comforter. On the day of Pentecost, Peter proclaimed that the coming of the Comforter was a fulfillment of Joel's prophecy. He said, "This is that which was spoken by the prophet Joel; And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams." (Acts 2:16, 17)

God spoke through Solomon, when he wrote of the gift of the Spirit, saying, "Turn you at my reproof: behold, I will pour out my spirit unto you, I will make known my words unto you." (Proverbs 1:23) Isaiah prophesied, "Until the spirit be poured upon us from on high, and the wilderness be a fruitful field, and the fruitful field be counted for a forest." (Isaiah 32:15) God said, through Isaiah, "I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring." (Isaiah 44:3)

As you can see, God promised to give His Spirit to His people, and Joel's prophecy was not fulfilled until the Day of Pentecost when the Spirit was poured out upon the disciples. Therefore, the great men of old, did not receive this promise. Please do not get me wrong, they had the Spirit of God living in them, but it was not in the same way that we can have it today, as was explained in the October, 2003 issue of *Present Truth*.

I hope this helps to answer your question.

Question: Where is NT proof for tithing?

"What is the theological basis for tithe in Christendom?"

E-mail

Answer:

This is a very good question. There are some who believe that tithing ended at the time of Christ, and that Christians are not obligated to pay tithes. Is this what the Bible says? Jesus said, "Woe unto you, scribes and Pharisees, hypocrites! for *ye pay tithe* of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: *these ought ye to have done, and not to leave the other undone.*" (Matthew 23:23) According to Jesus we should not leave paying tithe undone.

When Jesus sent forth workers into the ministry He said, "Carry neither purse, nor scrip... And in the same house remain, *eating and drinking such things as they give: for the labourer is worthy of his hire.*" (Luke 10:4, 7) Jesus intended from the beginning for the ministry of the gospel to be supported by tithes and offerings. He could miraculously withhold 10% of our income but, instead, He allows us to have a part in this as a way to eradicate selfishness and keep before our minds the fact that God owns all things. Paul wrote,

"Who goeth a warfare any time at his own charges? who planteth a vineyard, and eateth not of the fruit thereof? or who feedeth a flock, and eateth not of the milk of the flock? Say I these things as a man? or saith not the law the same also? For it is written in the law of Moses, Thou shalt not muzzle the mouth of the ox that treadeth out the corn. Doth God take care for oxen? Or saith he it altogether for our sakes? For our sakes, no doubt, this is written: that he that ploweth should plow in hope; and that he that thresheth in hope should be partaker of his hope. If we have sown unto you spiritual things, is it a great thing if we shall reap your carnal things? If others be partakers of this power over you, are not we rather? Nevertheless we have not used this power; but suffer all things, lest we should hinder the gospel of Christ. Do ye not know that they which minister about holy things live of the things of the temple? and they which wait at the altar are partakers with the altar? Even so hath *the Lord ordained that they which preach the gospel should live of the gospel.*" (1 Corinthians 9:7-14)

Peter and the other apostles said, "We will give ourselves continually to prayer, and to the ministry of the word." (Acts 6:4) The apostles could not have done this if they had to continually support themselves and their families without the support of tithes and offerings.

The work of the ministry has always been supported by the tithes and offerings of God's people. If God had intended for it to be otherwise, He would have told us. God said, "Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." (Malachi 3:8-10) It is a serious thing to rob God, yet God says that is what we do if we neglect to return tithes and give offerings. God promises that if we do this He will open the windows of heaven and pour out blessings beyond what we can receive. If God had changed His mind about this, He would have informed us somewhere in the Bible, but there is no hint anywhere that tithing has been done away with. Tithing is still required by God. The tithe is to be returned on our increase, whether it be in our garden, at our job, or a gift from others.

I hope this helps to answer your question. ✍

Answers to Crossword Puzzle on page 6



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