

Present Truth

2 Peter 1:12

Dear Readers,

May 2011

“Grace, mercy, and peace, from God our Father and Jesus Christ our Lord” (1 Timothy 1:2). I pray that you will find peace amid the many storms of your life, in the only really safe place, in the refuge of the Lord (Psalm 91). The weather has been devastating lately. Please pray for all who have been affected by storms will seek refuge in the Lord, “For he is our peace” (Ephesians 2:14).

WV Camp Meeting: It will be held June 14-18 in Welch, West Virginia. Lord willing, I will see you there. For more information call 304-732-9204.

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May 21, 2011 – What Happened?

by Lynnford Beachy

“Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, And saying, Where is the promise of his coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation” (2 Peter 3:3, 4).

The Lord will surely come for His people, as He promised. He said, “I will come again, and receive you unto myself; that where I am, there ye may be also” (John 14:3). We can be sure that He will come soon, but we do not know the day or the hour of His coming. Jesus said, “But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son,” “but my Father only” (Mark 13:32; Matthew 24:36).

It seems that millions of people expected the Lord to return to secretly rapture His people on May 21, 2011. The warning was sounded in almost every country of the world.

The proclamation of this date came about through Harold Camping’s Bible study and date calculations. Harold Camping is the President and General Manager of Family Stations, Inc., and has a radio station, Family Radio, that broadcasts his beliefs. On their official website it states,

ALSO IN THIS ISSUE:

You May Freely Eat?..... page 10

by Jim Raymond

Young at Heart..... page 16

Sin Shall Not Have Dominion

(Part 7) page 17

by Charles Fitch

What will take place on May 21? On May 21, 2011 two events will occur. These events could not be more opposite in nature, the one more wonderful than can be imagined; the other more horrific than can be imagined.

A great earthquake will occur the Bible describes it as "such as was not since men were upon the earth, so mighty an earthquake, and so great." This earthquake will be so powerful it will throw open all graves. The remains of the all the believers who have ever lived will be instantly transformed into glorified spiritual bodies to be forever with God.

On the other hand the bodies of all unsaved people will be thrown out upon the ground to be shamed. The inhabitants who survive this terrible earthquake will exist in a world of horror and chaos beyond description. Each day people will die until October 21, 2011 when God will completely destroy this earth and its surviving inhabitants (www.familyradio.com/facts).

The Day After

On the day after May 21, everyone was faced with the reality that the secret rapture had not taken place. To many, including myself, this came as no surprise. But for those who wholeheartedly believed in the significance of that date, it has been a real shock, and a faith crisis. We need to pray for each of those who are thus bewildered that they do not loose faith in God and the Bible altogether.

What went wrong? Why didn't the Lord secretly rapture His people on May 21?

There are two reasons why this event did not occur as expected. 1) The

date was miscalculated, 2) the predicted event, the secret rapture, will never take place on any date.

Miscalculations

The year 2011 was calculated by adding 7,000 years to the date 4990 BC which, according to Harold Camping, is the year Noah entered the ark. First of all, Noah entered the ark approximately 1657 years after creation, which was about 2350 BC, over 2,600 years later than Camping's calculation. It is amazing that he could have been so far off on the year of Noah's flood, and since this is the basis of the rest of his calculations, it is startling that so many people accepted his calculations. Camping's website states: "By careful study of the Bible we learn that in the year 4990 B.C. (Before Christ) God brought a flood of water and destroyed the entire earth except for eight people and the animals that were with them." (www.familyradio.com/graphical/literature/judgment/judgment.html).

After Camping set a wrong date for Noah entering the ark, he fabricated an extensive time prophecy in a place where no prophecy was ever intended. Combining these two errors together produced the date May 21, 2011. Camping's website describes his findings as follows:

God declared in 2 Peter 3:8:

But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day.

God has written in the Holy Bible in Genesis 7:4:

For yet seven days, and I will cause it to rain upon the earth forty

days and forty nights; and every living substance that I have made will I destroy from off the face of the earth.

God added in Genesis 7:10-11:

And it came to pass after seven days, that the waters of the Flood were upon the earth. In the six hundredth year of Noah's life, in the second month, the seventeenth day of the month, the same day were all the fountains of the great deep broken up, and the windows of heaven were opened.

The ark that Noah had built was the only place of safety from the destruction of the Flood. Likewise, God's gracious mercy is the only place of safety from the destruction that is coming on the Day of Judgment.

In 2 Peter 3:8, which is quoted above, Holy God reminds us that one day is as 1,000 years. Therefore, with the correct understanding that the seven days referred to in Genesis 7:4 can be understood as 7,000 years, we learn that when God told Noah there were seven days to escape worldwide destruction, He was also telling the world there would be exactly 7,000 years (one day is as 1,000 years) to escape the wrath of God that would come when He destroys the world on Judgment Day. Because Holy Infinite God is all-knowing, He knows the end from the beginning. He knew how sinful the world would become.

Seven thousand years after 4990 B.C. (the year of the Flood) is the year 2011 A.D. (our calendar).

$$4990 + 2011 - 1 = 7,000$$

[One year must be subtracted in going from an Old Testament B.C. calendar date to a New Testament A.D. calendar date because the calendar does not have a year zero.]

Thus Holy God is showing us by the words of 2 Peter 3:8 that He wants us to know that exactly 7,000 years after He destroyed the world with water in Noah's day, He plans to destroy the entire world forever. Because the year 2011 A.D. is exactly 7,000 years after 4990 B.C. when the flood began, the Bible has given us absolute proof that the year 2011 is the end of the world during the Day of Judgment, which will come on the last day of the Day of Judgment.

Amazingly, May 21, 2011 is the 17th day of the 2nd month of the Biblical calendar of our day. Remember, the flood waters also began on the 17th day of the 2nd month, in the year 4990 B.C." (www.familyradio.com/graphical/literature/judgment/judgment.html).

After this poor method of Bible study it is claimed, "the biblical evidence for 2011 has greatly solidified. Today there is no longer any question, May 21, 2011 is the day in which Jesus Christ will return." "It is no longer opinion, but a matter of fact. May 21, 2011 is God's date." (www.familyradio.com/facts).

I find it hard to believe that someone could look at the above Bible evidence and be absolutely convinced that these calculations are correct! It demonstrates how frail humans are, and how easily we can be persuaded of something without any solid evidence.

In addition to this evidence, there was one other mathematical calculation that was said to prove the date, May 21, 2011. Camping's website states,

ANOTHER PROOF

God in His mercy has given another tremendous proof. It is as follows:

We have learned that the precise date of the cross was April 1, 33 A.D. when coordinated with our present modern calendar. April 1, 33 A.D. is the only date that meets all the requirements of the Bible, such as being a Friday that falls on the correct date for the Passover, which was the date Christ was to be crucified.

We also have known for some time that the date of the first day of the Day of Judgment coincides with the day when the Rapture will take place, on May 21, 2011. But then it was discovered that there are exactly 722,500 days from April 1, 33 A.D. until May 21, 2011. This fact gives us another infallible, absolute proof that May 21, 2011 is the date of the Rapture.

Because of the importance and wonder of this proof we will take time to develop it. First we must learn that we can develop with perfect precision the number of days from one date to another. To obtain the precise number of days from a moment in one year to the same moment in any other year we must realize that astronomers have long ago discovered that there are 365.2422 days in a complete year. That is why in our modern calendar there are 365 days in each of three consecutive years. However, every fourth year has 366 days. This is done by adding an extra day in February of that year. Thus the average year for the four years becomes 365.25 days. But .25 is greater than .2422, so every 128 years a day is dropped from the calendar to maintain accuracy.

Thus all we have to do is multiply the number of years separating two events by the number 365.2422 to know the exact number of days

between them. So from April 1, 33 A.D. to April 1, 2011 there are exactly $2011 - 33 = 1,978$ years, each having 365.2422 days. This equals 722,449.07 days. From April 1, 2011 to May 21, 2011 inclusively (including the first day and the last day) are 51 days. Adding these 51 days to the number 722,449.07 gives us exactly 722,500.07 days, from April 1, 33 A.D. to May 21, 2011 inclusively. This number is enormously significant. Presently we will see why this is so....

Let us return now to the 722,500.07 days from April 1, 33 A.D. (the day Christ was crucified and died) until May 21, 2011 (the day when God's salvation plan has been altogether completed and all of the true believers are brought, or raptured into Heaven).

The number 722,500 is made up of two sets of identical significant numbers. Each number is intimately related to God's salvation plan:

$$5 \times 10 \times 17 \times 5 \times 10 \times 17 = 722,500$$

The atonement or redemption demonstrated by Christ's suffering and death on April 1, 33 A.D. (the number 5) is 100% completed on May 21, 2011 (the number 10) when all the true believers are raptured into Heaven (the number 17)." (www.familyradio.com/graphical/literature/proof/proof.html).

Here is an even less substantiated "proof" than the one earlier, yet it is called, "infallible, absolute proof that May 21, 2011 is the date of the Rapture." So, here we have the two "proofs" used to support the date May 21, 2011, neither of which have any validity, yet millions became convinced that the "secret rapture" would take place on that day. They were blindly following a

leader. Jesus said, “Can the blind lead the blind? shall they not both fall into the ditch?” (Luke 6:39).

The Secret Rapture

The expected event that was supposed to take place on May 21 will never happen. The Bible does not teach a secret rapture.

The secret rapture theory has gained popularity in recent years due to the “Left Behind” series of videos, books, and cassettes that are found in many Bible book stores. There is even a song on the radio about this with a line that says, “You’ve been left behind.” Each of these media are designed to portray the idea that, just before the tribulation, Christ will return secretly to rescue His people from the hard times ahead. This “secret rapture” theory postulates that all Christians will one day mysteriously disappear, while the wicked are left on the earth. This theory is based on a misunderstanding of what Jesus said in Matthew chapter twenty-four. Jesus prophesied, “Then shall two be in the field; the one shall be taken, and the other left. Two women shall be grinding at the mill; the one shall be taken, and the other left” (Matthew 24:40, 41). Many assume from these verses that Jesus was saying that there will be a day when the righteous will be taken to heaven and the wicked will be left here on the earth. However, look at the verses again, and you will see that Jesus did not say who would be taken, nor did He say where they would go.

In order to assume that the righteous are taken to heaven while the wicked are left to go through the tribulation,

one would have to ignore the immediate context of Christ’s words. Let us look at the context to get an understanding of what Jesus was talking about. Jesus said,

“But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be. Then shall two be in the field; the one shall be taken, and the other left. Two women shall be grinding at the mill; the one shall be taken, and the other left” (Matthew 24:37-41).

Jesus used the story of Noah and the flood as a parallel to what would happen at the second coming of Christ. In Noah’s day the world was deeply involved in their worldly lives, oblivious to what was about to happen. They were like the wicked will be just before the second coming of Christ who say, “Where is the promise of his coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation” (2 Peter 3:4). Jesus said that when the flood came it took them all away. Who did the flood take away, was it the righteous or the wicked? The flood took away the wicked in death. The only ones left were the eight righteous people in the ark. In the story of Noah’s ark, the wicked were taken in death, and the righteous were left alive. Immediately after telling this story Jesus said, “so shall also the coming of the Son of man be. Then shall two be in the

field; the one shall be taken, and the other left. Two women shall be grinding at the mill; the one shall be taken, and the other left" (Matthew 24:39-41).

The following questions must be asked. Who will be taken? Who will be left? Where will the ones taken go? From the immediate context all these questions have an obvious answer. At Christ's second coming the wicked will be taken in death, and the righteous will be left standing alive. This scene is described in Revelation chapter six. Here we read, "And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; And said to the mountains and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the wrath of the Lamb: For the great day of his wrath is come; and *who shall be able to stand?*" (Revelation 6:15-17).

Regarding the coming of the Lord, Malachi wrote, "But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap" (Malachi 3:2). Only the righteous will be able to stand when Christ comes. They will be the ones left. Isaiah wrote concerning the coming of the Lord: "Therefore hath the curse devoured the earth, and they that dwell therein are desolate: therefore the inhabitants of the earth are burned, and few men left" (Isaiah 24:6). Who will be left? It will be the righteous.

Paul wrote, "For the Lord himself shall descend from heaven with a shout, with the voice of the archangel,

and with the trump of God: and the dead in Christ shall rise first: Then *we which are alive and remain* shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord" (1 Thessalonians 4:16, 17). The ones who are left alive will be caught up to be with Christ. These are the righteous.

Paul said that the man of sin will be destroyed by the brightness of Christ's coming, which will also be true of all the wicked. "And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming" (2 Thessalonians 2:8).

Where the Wicked are Taken

Luke's account of Christ's conversation, where He said, "one shall be taken, and the other left," leaves us in no doubt regarding what Jesus was talking about. Jesus said, "I tell you, in that night there shall be two men in one bed; the one shall be taken, and the other shall be left. Two women shall be grinding together; the one shall be taken, and the other left. Two men shall be in the field; the one shall be taken, and the other left. And they answered and said unto him, *Where, Lord?* And he said unto them, Wheresoever the body is, thither will the eagles be gathered together" (Luke 17:34-37).

The disciples who heard Christ's words wanted a clarification, so they asked Him, "Where, Lord?" Were they asking "Where will they be taken?" or "Where will they be left?" The answer

is obvious. They could not be asking where will they be left, because Jesus had plainly told them that the one in a bed will be left in the bed, the one at the grinding mill will be left at the grinding mill, the one in the field will be left in the field. The disciples wanted to know where the ones taken would go. Jesus answered, "Wheresoever the body is, thither will the eagles be gathered together" (Luke 17:37). Here Christ is saying that the ones taken will be taken in death, and their dead bodies will attract flesh-eating birds. We read about this in Revelation: "And I saw an angel standing in the sun; and he cried with a loud voice, saying to all the fowls that fly in the midst of heaven, Come and gather yourselves together unto the supper of the great God; That ye may eat the flesh of kings, and the flesh of captains, and the flesh of mighty men, and the flesh of horses, and of them that sit on them, and the flesh of all men, both free and bond, both small and great" (Revelation 19:17, 18).

After examining the evidence, we can see that Christ was not talking about a secret rapture when He said, "*one shall be taken, and the other left.*" In fact, if Christ had been referring to such a teaching He would have contradicted His own words that He had spoken a few minutes earlier. He said that the Christians would be here during the tribulation. He said, "Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake" (Matthew 24:9). I doubt anyone could have convinced the true Christians during the Dark Ages, who were tortured to death, that they were going to be raptured

before things got difficult. Nor could you convince the Christians in the world today who are, even now, being tortured for their faith in places like Afghanistan, India, China, Saudi Arabia, etc. that they were going to be raptured before things got difficult.

Jesus said, "But pray ye that your flight be not in the winter, neither on the sabbath day: For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened" (Matthew 24:20-22). It would be pointless for Jesus to admonish us to pray that our flight be not in the winter nor on the Sabbath day if we were to be raptured before the tribulation.

Jesus continued, "Then if any man shall say unto you, Lo, here is Christ, or there; *believe it not.* For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect. Behold, I have told you before. Wherefore if they shall say unto you, Behold, he is in the desert; go not forth: behold, he is in the secret chambers; *believe it not.* For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be. For wheresoever the carcase is, there will the eagles be gathered together" (Matthew 24:23-28).

Jesus said specifically that if anyone tells you that Christ has come secretly we are not to believe it. He said that His coming would be as the lightning, filling the entire sky so that every eye shall

see Him. "Behold, he cometh with clouds; and every eye shall see him, and they also which pierced him: and all kindreds of the earth shall wail because of him. Even so, Amen" (Revelation 1:7). "And then shall they see the Son of man coming in the clouds with great power and glory" (Mark 13:26).

Jesus warned us that there would arise false prophets who would seek to deceive His people on this very subject; and we can see His prophecy fulfilled today. Many false prophets are proclaiming that Christ will come secretly for His people, but Jesus told us *when* He would come for His people. He said, "Immediately *after the tribulation* of those days shall the sun be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken: And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see *the Son of man coming in the clouds of heaven* with power and great glory. And he shall send his angels with a great sound of a trumpet, and they shall gather together his elect from the four winds, from one end of heaven to the other" (Matthew 24:29-31).

Final Thoughts

There should be no doubt in our minds regarding this issue. Christ has made it plain. He said, "Behold, I have told you before." God's people who are alive on the earth when the tribulation for the world begins will go through the tribulation. Some will be killed. Some of the wicked will be converted during

this time. Nearing the end of the tribulation the seven last plagues will be poured out upon the wicked (Revelation 16) while the righteous will be protected from these plagues (Psalm 91:1-16). Immediately following the plagues Christ will come very visibly and the wicked will be destroyed by the brightness of His coming. The graves of the righteous will be opened and they will rise to meet the Lord. Then the righteous will be caught up to be with the Lord. (See 1 Thessalonians 4:16.)

The popularity of the secret rapture is relatively new. It is not scriptural, and it gives people a false hope that if they are not ready at the secret rapture, perhaps they will be able to get ready before the tribulation is over. Friends, that is a delusion of the enemy. Jesus said, "believe it not."

I would like to share a testimony with you regarding this false theory. Several years ago I attended a Bible prophecy meeting that had been advertised in a local newspaper. Being quite interested in Bible prophecy, I decided to attend. It was held in a local church, and the main point of the speaker was that there would be a secret rapture where Christ would secretly come to rapture His people out of the earth. I had studied the Bible on this subject and knew that the idea of the secret rapture was false. However, after hearing the first presentation I was shocked with the reality of how dangerous this teaching is. The speaker distributed a book entitled, *No Guillotine for the Bride*, in which he sought to demonstrate that no true Christians would be here during the tribulation, except the ones who would be converted after the secret rapture.

I was amazed at how appealing and deceptive this theory is. It is appealing to believe that we will never suffer any hardship on this earth, and if we happen to miss out on the rapture, we will always have a second chance during the tribulation. As appealing as this may sound, it is contrary to scripture and a trick of the devil to lull you to sleep. The Bible says, "For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape" (1 Thessalonians 5:3). Paul wrote, "Yea, and all that will live godly in Christ Jesus shall suffer persecution" (2 Timothy 3:12).

Here is where Harold Camping differed from the popular secret rapture theory. Harold taught that after the secret rapture there is no second chance for salvation. His website states, "Anyone whom God has not saved will arrive at that day [the secret rapture] with no hope for salvation. God warns simply the 'door will be shut'" (www.familyradio.com/facts). Yet, Camping's secret rapture theory still leaves his adherents with no desire to prepare for the tribulation.


I pray that you will be ready to meet the Lord when He visibly returns. There will be no second chances then, for the proclamation will have gone forth, "He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still. And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be" (Revelation 22:11, 12).

There are far too many people who already have the idea that they will put off their conversion until the last minute so they can "enjoy the pleasures of sin for a season" (Hebrews 11:25). Sadly, many people who "neglect so great salvation" (Hebrews 2:3) do so too long, until it is forever too late. Let us not encourage them in their wickedness by giving them a false hope of a second chance after the second coming of Christ, for it will not happen. (For a thorough study on this subject please contact us and request the tract entitled, "The Millennium.")

After Harold Camping's May 21 predictions did not come to pass, he revised his predictions for October 21, 2011. He is certain that this will be the date Christ will return to destroy the world. But, as we have seen, the evidence for this whole 2011 scenario is completely without Bible support. It is based on a gross miscalculation of the date Noah entered the ark, combined with an imaginary prophecy of 7,000 years based on the seven day warning given to Noah for the flood.

It is certain that Christ will come soon, but He will not come secretly, "every eye shall see him" (Revelation 1:7). "For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be" (Matthew 24:27).

There are also certain events that must take place before the second coming of Christ (2 Thessalonians 2:3-12), such as the mark of the beast crisis and the seven last plagues (Revelation 13 & 16).

Regardless of the date of His return, I pray that you and I will be ready to meet Him in peace. Maranatha! 

You May Freely Eat?

by Jim Raymond

Migraine Headaches

Headache! Have you ever had one so bad that, along with losing your lunch, your will to live was heading down the same path?

It's of little consolation, but if you are a migraine headache victim (migraineur), you are not alone. In fact, you are in big company! According to the American Migraine Study-II, in the USA alone, you have 28 million fellow sufferers of whom 3 out of 4 are female.

In spite of so many cases, *The International Headache Society* (IHS) says that migraines are frequently misdiagnosed as tension/stress or sinus headaches.

IHS finds that 94% of patients who seek medical help for recurrent headaches meet the IHS criteria for migraine, as do 90% of those reporting or diagnosed with tension/stress or sinus headaches.

It's pretty easy to tell if you suffer with sinus headaches, because sinus headaches are accompanied by a thick, off-colored nasal discharge. Other sinus symptoms include a dull ache near the nose and pressure in the sinus cavities.

So how do you know if it's a migraine, or just an unusually bad headache? A positive answer to the three questions on Dr. Lipton's Migraine Diagnostic Questionnaire is considered conclusive.

Migraine Diagnostic Questionnaire:

- ❶ Has a headache limited your activities for a day or more in the last three months?
- ❷ Are you nauseated or sick to your stomach when you have a headache?
- ❸ Does light bother you when you have a headache?

(R. Lipton et al. *Neurology* 2003; 61:375-382)

You can compare the symptoms of the various types of headaches courtesy of *The International Headache Society*. The IHS publishes authoritative diagnostic guidelines. You may access these at the IHS non-member website: http://www.ihs-headache.org/frame_non_members.asp.

IHS Migraine Without Aura Diagnostic Criteria

At least five attacks fulfilling the following criteria:

- ☞ Headache lasts 4 to 72 hours (untreated or unsuccessfully treated)
- ☞ Headache has at least 2 of the following characteristics:
 - Unilateral location
 - Pulsating quality
 - Moderate or severe intensity (inhibits or prohibits daily activities)
 - Aggravation by walking stairs or similar routine physical activity
- ☞ During headache at least 1 of the following occurs:
 - Nausea and/or vomiting
 - Photophobia and phonophobia [light and sound sensitivity]

Why is the diagnosis important? So you don't expose yourself to the side-effects of an unnecessary drug (OTC or Rx)—not to mention, wasting your money.

It is not surprising that such extreme pain could have a drastic impact on the quality of life.

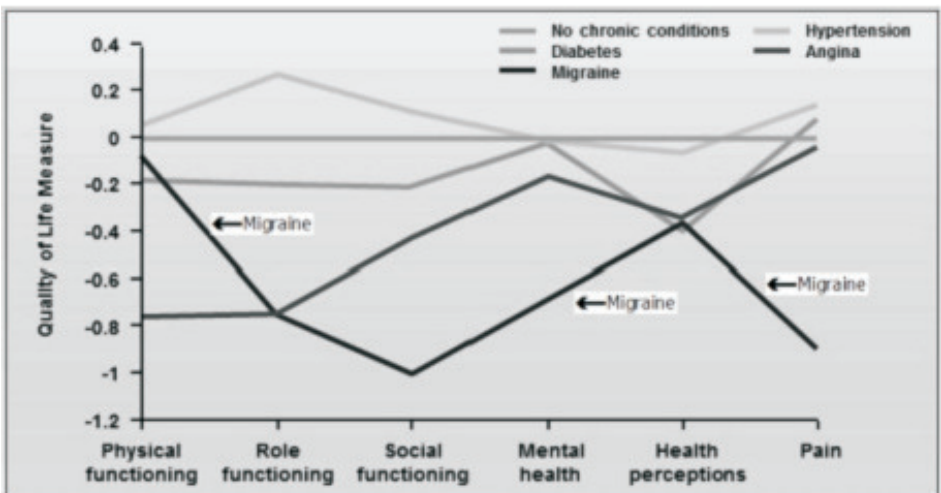
The Quality Of Life graphic at the bottom of this page compares how several chronic diseases affect the life function categories at the bottom of the graph (the lower the line the worse the affect). Except for the "Physical Functioning" category, migraineurs experience the lowest quality of life in all areas, racking up 112-million bedridden days each year. The negative affect of migraine on the quality of life is further reflected in the economic burden valued at \$13-billion a year in missed work and lowered productivity.

No one really knows what causes migraines. Brain anatomy and physiology (dealing with structure and function), and brain pathology (dealing

with diseased structure and malfunction) is obviously involved. It is known that migraines are gene mitigated, and to complicate things further, there are several migraine types.

Familial hemiplegic (affecting one side) migraines are monogenic, as a single gene is responsible. Several genes (polygenic) account for the variable expression of the common migraine.

Cluster headaches are another monogenic type. This type favors young men (usually starting before 30 years of age). The gender ratio is 5 males to 1 female. Some observers show evidence that the incidence in women is increasing, and the ratio is now closer to 3 to one. Cluster headaches are so named because they come in "clusters" which are seasonal. When "in season", the victims may have 3 headaches a day, lasting 15 minutes to 3 hours each. This usually will continue for a couple of months, then, as suddenly as they started, they stop all together—only to return the next



Adapted from Solomon GD et al. Headache 1994;34(3):143-147

season. They are the most painful of all headache types; hence they are also called suicide headaches. We can sympathize with those who suffer from such extreme pain; still, it is unfortunate how many apply this permanent solution to their temporary problem. Beyond a doubt, the Enemy of God and man has sown the migraine seeds.

Migraine Art self-portraits help migraineurs artistically “describe” their migraine experiences. Truly, each picture is worth a thousand words! Truly, “An enemy hath done this!”

You can compare the symptoms of the various types of headaches courtesy of *The International Headache Society*. The IHS publishes authoritative diagnostic guidelines. You may access these at the IHS non-member website: www.ihs-headache.org/frame_non_members.asp.

Migraine treatment involves a set of two basic approaches, abortive and prophylactic. Abortive treatments attempt to stop, shorten or alleviate immediate (attack) symptoms. Prophylactic treatments attempt to decrease and prevent migraine attacks (both in numbers, frequency, and severity). Studies show that about 40% of migraineurs can benefit from prophylaxis. Prevention methods are especially beneficial for those who have frequent headaches (3 or more a month) that do not respond satisfactorily to abortive treatment.

Dr. Alexander Mauskop, MD, of the New York Headache Center, is a leader in the use of alternative and

natural approaches. He has had significant success using, what he calls, a “multipronged” treatment approach with migraines. Examples of a few of his treatment categories and patient action points include: Mental (sleep / bio-feedback / meditation / prayer / social support); Physical (aerobic exercise / neck exercise / acupressure / Tai Chi); Drug (Rx / OTC / herbal); Dietary (healthy food choices / specific supplementation); and Avoidance (trigger identification / narcotic opioids / caffeine / alcohol).

Another outcome of Dr. Mauskop’s pioneer work using magnesium in treating migraine headaches is the finding that combining aspirin and magnesium at low dosage is an effective prophylactic and that sliding the dosage up is an effective early abortive treatment. His most controversial



practice using a dramatically high dose and IV delivery is proving to be a blessing to many of his migraine patients who have had their headaches stopped within minutes by a 5000 mg injection of magnesium sulfate. The minor downside of the IV method is the required office visit.

Affirmingly, a Canadian approach toward migraine prophylaxis suggests that physicians advise migraine patients to consume at least 6 mg magnesium per day for each kilogram (2.2 pounds) of body weight. An even higher intake of 10 mg/day per Kg of body weight may be desirable, provided that it does not trigger a laxative

effect. Breaking the dosage into three or four parts taken at different times of the day helps prevent laxative effect.

Several studies compare plain aspirin to newer prescription drugs (such as, Migravess® & Sumatriptan—Imitrex®, Imigran®, Imigran Recovery®) and to combinations of aspirin mixed with these same prescription drugs. aspirin is a clear winner! Even when pain relief is similar, aspirin has the least side effects. aspirin dosage in the studies ranged from 325 mg to 1000 mg. The low-dose aspirin also shows value for migraine event reduction. Testing 325 mg of plain aspirin taken every other day resulted in a 20% reduction in the number of migraine headaches.

Unfortunately, not even aspirin works for everyone,

It probably goes without saying that aspirin (like other pain killers) works best when used at the earliest onset or warning of the headache.

Stomach irritation is the most common side effect of routine aspirin use, and frequent use can lead to stomach problems.

Magnesium, when taken with aspirin, can buffer the acidity of the aspirin, helping to prevent the tummy burn while, at the same time, helping make the aspirin more effective.

75 mg of magnesium oxide will buffer 500 mg of aspirin.

Once in the body, magnesium and aspirin address the pain by using different mechanisms.

Keep in mind that in children and teenagers, aspirin can cause Reye's syndrome—a rare but dangerous problem. No matter what the drug or

supplement of choice, make sure your young migraineurs are under appropriate medical supervision.

Magnesium is getting a lot of attention because migraineurs typically show deficient levels of magnesium in the brain. Some suggest that this may be related to problems that decrease absorption or increase excretion rates of magnesium. In fact, magnesium retention does occur in patients with migraine after oral loading (taking a large dose and testing to see what stays in and what comes out). Because a good amount “stayed in”, we can assume that the tissues were “glad” to get more, which suggests a systemic magnesium deficiency. If you or your doctor is looking for a magnesium deficiency, relying on blood tests that measure blood serum magnesium levels may result in the mislead conclusion that magnesium is not an issue in your headache. This is because most of the body's magnesium resides in the bones and in, or immediately around, the cells. This is why serum levels can appear normal, while brain cells can be deficient. Currently the best hint as to magnesium status in brain cells is to test for RBC (red blood cell) magnesium. Another test procedure looks at ionic magnesium (iMg) levels. This test is still in the research phase and is too difficult for most medical labs. When it hits the medical marketplace, it promises to be easier to accurately determine brain cell magnesium status.

Migrainous pathology itself seems to cause magnesium to leak out of the affected brain cells (or as in one case to be “switched out” by calcium). Once brain cell magnesium is depleted, brain

cell energy metabolism becomes deficient; which is known to lead to migraines and cluster headaches. Cellular magnesium levels, as determined by the iMg test, are consistently low in migraine sufferers, but just correcting the deficiency is not a sure fix. Yes it can help—a lot! Daily magnesium supplementation between 400-600 mg can reduce attack frequency and the number of days with a migraine by 40% and 52% respectively. Anything that cuts my annual headaches in half is a friend of mine!

Several studies show that magnesium sulfate injections (1000 to 5000 mg) can provide dramatic relief for acute migraine and cluster headache attacks. This amount and the fact that it goes directly into the blood stream, “ignoring” any malabsorptive disorder, would rapidly (albeit temporarily) solve a deficiency.

Magnesium deficiency has many causes. Pathologies, such as familial kidney and genetic metabolism disorders, can cause magnesium deficiency.

Heavy sweating, alcohol, and caffeine deplete the body of minerals due to an increase in water losses.

Sorry to mention it, but, the older we get the less effective we are at absorbing and utilizing many nutrients.

Magnesium needs increase during pregnancy, hormone replacement therapy, and oral contraceptive use.

Poor diet or food allergies may lower magnesium rich foods in the diet.

Stress (physical or psychological) increases adrenaline production which increases magnesium excretion.

In the following three lists of magnesium rich food sources, each set of

five items is based on a different parameter. Each list provides a slightly different piece of the picture.

High-five Mg2foods (by class): nuts and seeds, whole grains & products, dark green leafy vegetables, beans & peas, fin-fish.

High-five Mg2foods (by milligram): cocoa, bran-based cereal, almonds, cashews, pumpkin seeds.

High-five Mg2+ foods (by serving): halibut, mackerel, spinach, bran-based cereal, almonds.

Barring a physiological problem, that affects proper absorption or excretion, it's not difficult to get enough magnesium from dietary sources. Long term “You May Freely Eat” readers know that I generally recommend few supplements. You can read about those few in back issues of PT on the website: www.presenttruth.info starting with October 2009 thru March of 2010. Magnesium for migraine prophylaxis makes far better sense than high risk drug therapy (ditto for aspirin). Supplementation is also the prudent approach to those cases when factors contributing to magnesium loss outweigh dietary capacity or when needed to rapidly address an existing deficiency. Supplement tip: Absorption of dietary and supplemental magnesium can vary as widely as 10 to 50%. Magnesium supplements seem better absorbed when taken with food and supplemental vitamin B6.

Several types of magnesium supplements are on the market. Magnesium hydroxide (Phillips® - Milk of Magnesia, Mylanta®, Maalox®) seems useful only for its antacid or its laxative properties (this is the sure sign

of poor or maxed absorption). Don't bother with the hydroxide form as a supplement. Magnesium oxide, as the lowest cost form, is a good place to start with magnesium supplementation. It will only cost a few dollars for a year supply. This type of magnesium is on the low end of the absorption scale, therefore it is the most likely to cause loose stools. Spreading the dose out into 2 or 3 smaller doses throughout the day may help. If it works for you, rejoice. If you need to increase your magnesium absorption levels, move on to magnesium citrate or malate, which are better absorbed and still reasonably priced.

The citrate and malate are acidic, and may not work synergistically with aspirin as does the oxide form. More options still exist so you can keep searching through the other magnesium salts and chelates until one suits you, or move to the transdermal (through to the skin) products such as magnesium chloride "oil" (actually a brine) which can be sprayed or rubbed on your skin. The granular forms of magnesium chloride and magnesium sulfate (Epsom salts) can be used in the bath. Absorbability claims vary widely, but don't expect more than 250 mg from a 20-minute soak in warm magnesium water. This might help head off a migraine at the early onset, or to augment an abortive dose of aspirin combined with oral magnesium.

The safety limits of magnesium seem quite broad. Pregnant women may be given up to 12,000 mg of intravenous magnesium sulfate to prevent impending seizures (preeclampsia) and to decrease the seizure activity

known as eclampsia. Therapeutic dosages for children run between 6 to 9 mg per Kg (4.1 mg / pound) of body weight, which is accepted as safe. Obviously, I am sharing this information to let you know that magnesium is pretty safe and in no way am I suggesting that you even consider trying this at home.

More on the migraine topic coming next issue including:

☞ **Caffeine is not a migraineurs friend!**

- According to Dr. Mauskop, Migraine sufferers who use caffeine or caffeinated products casually including caffeinated medicines for headache relief have more frequent headaches that worsen over time than those who avoid caffeine. This also seems to be the case with opium based pain drugs. Not only does one have to deal with the migraines, but also with the caffeine addiction headaches every time the blood levels drop below the threshold. The withdrawal headache can be the trigger for your next migraine.

☞ **Caffeine withdrawal**

- What to expect?
- What to do to beat it?
- You can do it!
- Medicine overuse trigger.

☞ **Why not alcohol?**

☞ **A look at natural herbal migraine remedies:**

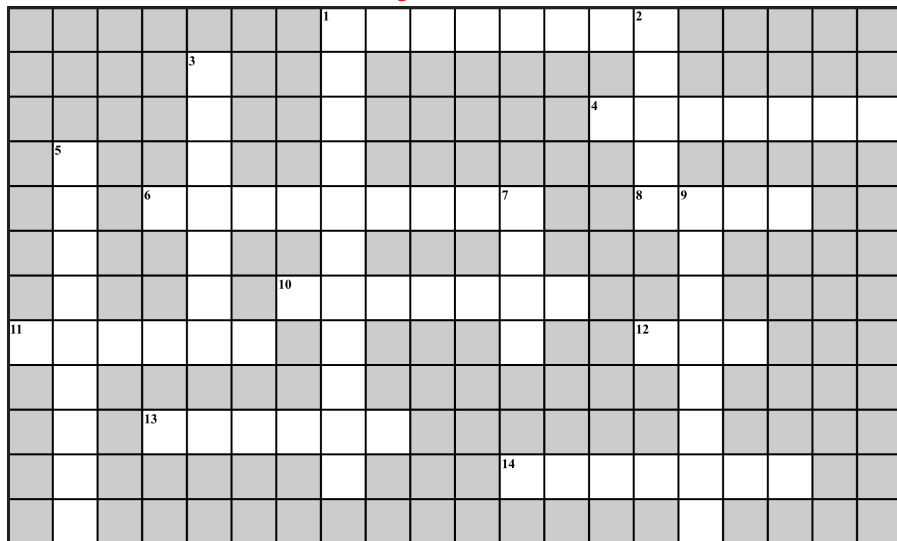
- Some work a lot harder than the others.
- Which ones fit your multipronged regimen?

Blessings! JR

Present Truth
Something for the Young at Heart

This month we are continuing a series of crossword Bible studies based on the book, *Bible Handbook*, by Stephen Haskell. 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 KJV is required.)

Our Duty to the Nation



Answers will be printed on the back page of next month's issue

- "The powers that be are ____ of God." Romans 13:1—**9 Down**
- God removeth kings, and ____ kings. Daniel 2:20, 21 (2 words)—**5 Down**
- "____ therefore unto Caesar the things which are Caesar's." Matthew 22:19-21—**11 Across**
- "Let every soul be ____ unto the higher powers." Romans 13:1—**14 Across**
- "Whosoever therefore resisteth the power, ____ the ordinance of God." Romans 13:1, 2—**6 Across**
- We are to submit so "that with well doing ye may put to ____ the ignorance of foolish men." 1 Peter 2:13-15—**3 Down**
- We are "to be subject to principalities and powers, to obey ____," to be ready to every good work." Titus 3:1, 2—**1 Down**
- Daniel was an envied leader in the Persian government and "the presidents and princes sought to find occasion against Daniel concerning the ____..." Daniel 6:4—**4 Across**
- "...but they could find ____ occasion nor fault; forasmuch as he was faithful, neither was there any error or fault found in him." Daniel 6:4—**8 Across**
- "Then said these men, We shall not find any occasion against this Daniel, except we find it against him concerning the ____ of his God." Daniel 6:5—**12 Across**

Note: A law was fabricated to compel men to violate God's law.

➤ When nations step over the boundary and enforce laws contrary to God's requirements, then Christians have this counsel: "We ought to obey God _____ than men." Acts 5:29—**13 Across**


Note: After Daniel knew about the law, he continued to worship God as before and was cast into the lion's den.

➤ Daniel confessed that before God "innocency was found in me; and

also before thee, O king, have I done no _____. Daniel 6:22—**7 Down**

➤ A nation's ruler is "the _____ of God to thee for good." Romans 13:3, 4—**1 Across**

➤ "I exhort therefore, that, first of all, supplications, _____, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority." 1 Timothy 2:1-3—**10 Across**

➤ God said, "By me kings _____, and princes decree justice." Proverbs 8:15, 16—**2 Down** 

Sin Shall Not Have Dominion Over You (Part 7)

by Charles Fitch

(Charles Fitch was a pastor of the Free Presbyterian Church of Newark, NJ. In 1840 he wrote a series of letters to the headquarters of his church defending his belief in God's power to save us from sin. Here are those letters. *Editor*)

[The following verses were quoted: Psalms 32:8; Deuteronomy 30:6; Ezekiel 36:25, 27-29; Jeremiah 32:40; Hebrews 10:16, 17; Matthew 1:21; 1 John 3:5, 6].

I also found many other scriptures equally full and explicit. But after all this, unbelief triumphed in my mind, and I could not see how it should ever be to me reality in this life, that "the blood of Jesus Christ should cleanse me from all sin." (1 John 1:7). But as I prayed more and more for the teachings of God's spirit, and searched after the truth, I found that, "if we confess our sins, He is faithful and just to forgive us our sins, and to cleanse from all unrighteousness." (1 John 1:9). As faithful to cleanse as He is to forgive. I found also that Christ was "raised up an horn of salvation, to perform the mercy promised unto the fathers, to remember God's holy covenant, the oath which He

swear unto our father Abraham; that He would grant unto us, that we, being delivered from the hand of our enemies, might serve Him without fear, in holiness and righteousness before Him all the days of our life." (Luke 1:69, 72-75). When I inquired why are not these promises, so rich and full, made good to God's people, I saw that as they were yea and amen only in Christ, they were to be fulfilled, like the promises pledging the pardon of sin, to those, and only those, who believed in Christ for their fulfillment. This led me to see that if I would be cleansed from all unrighteousness, as well as have my sins forgiven, I must believe for that cleansing, in Him of whom it is said, "if we confess our sins, He is faithful and just to forgive us our sins, and cleanse us from all unrighteousness." (1 John 1:9). On Him, therefore, I now endeavored often times to cast myself, by trusting simply in His faithfulness, that He would cleanse me from all unrighteousness. But I had yet no evidence on which I could rest a belief that I was thus cleansed. I went on thus, continuing to pray, and endeavoring

to trust in Christ, for this cleansing gift of the Holy Spirit, desiring above all things to be cleansed from all unrighteousness. In this state of mind, I had one day taken my Testament and a little work on "Christian Perfection" by Fletcher, and given myself up to reading, meditation and prayer on this subject. I opened Fletcher at the following passage:

"My heart strings groan with deep complaint – My flesh lies, panting, Lord, for Thee, and every limb, and every joint, stretches for perfect purity.

"But if the Lord be pleased to come softly to thy help; if He make an end of thy corruptions by helping thee gently to sink to unknown depths of meekness; if he drown the indwelling man of sin by baptizing, by plunging him into an abyss of humility; do not find fault with the simplicity of His method, the plainness of His appearing and the commonness of His prescription. Nature, like Naaman, is full of prejudices. She expects that Christ will come to make her clean, with as much ado and pomp and bustle, as the Syrian general looked for, when he was wroth, and said, Behold I thought he will surely come out to me, and stand and call on his God, and strike his hand over the place and recover the leper. (2 Kings 5:11). Christ frequently goes a much plainer way to work, and by this means disconcerts all our preconceived notions and schemes of deliverance. Learn of Me to be meek and lowly in heart, and thou shalt find rest to thy soul (Matthew 11:29), the sweet rest of Christian perfection, of perfect humility, resignation and meekness. If thou wilt absolutely come to mount Zion in a triumphal chariot, or make thine entrance into the New Jerusalem upon a prancing horse, thou art likely never to come there. Leave, then, all thy worldly misconceptions behind, and humbly

follow thy King, who makes His entry into the typical Jerusalem, "meek and lowly, riding upon an ass, yea, upon a colt, the foal of an ass."

These remarks were particularly blessed to me. It seemed to me, indeed, a most delightful thing to sink into the meek and lowly spirit of the blessed Saviour. I had before been laboring to rise above my sins, and thus leave them; now I felt willing to sink below them, into a depth of humility; where the proud, unhumbled spirit of sin would not be willing to follow, and it seemed a delightful thing to sink into the arms of my Saviour, below the reach of all my spiritual foes, when I had long been seeking in vain to escape them, by soaring above. I felt then in my spirit a most sweet and heavenly sinking into the arms of my Redeemer, such as I had not before experienced, and it was followed by a calm, unruffled, blissful peace in Christ – such as I need not attempt to describe to those who have tasted it, and such as I cannot describe to the comprehension of those whose hearts have never felt it. It was attended with such a full delightful submission in all things to the will of God; such a joy of heart, in the thought of being for life, and for death, and forever, altogether at God's disposal; such a gladness in giving up earth in all its possessions and pleasures for Christ's sake; such an overflow of humble, penitential, grateful love to my Redeemer; such a satisfaction in the thought of having Him as my only everlasting portion; such praise to His name that I might possess Him as the portion of my soul forever; such fullhearted and unshrinking confidence in all His promises, and such a readiness to do and suffer all things, even to the laying down of life for His name's sake, that I felt constrained to say, this is purity of heart. I knew that nothing but the Holy Spirit could ever fill

such a heart as mine had been, with such feelings as these, and I therefore believed it to be the work of the Holy Spirit, cleansing my heart from the defilement of sin. I know that some persons are ready to say, all this may be the delusion of Satan, leading you to think of yourself more highly than you ought to think. But I do not think, that the devil ever yet attempted to fill the heart of any man with the love of God. Christ said to His disciples, "I will pray the Father, and He shall give you another Comforter, that He may abide with you forever – even the spirit of truth, whom the world cannot receive, because it seeth Him not, neither knoweth Him. But ye know Him, for He dwelleth with you and shall be in you." (John 14:16, 17). The true disciple, therefore, will know the Comforter. I know that the feelings I have now described were a blessed reality; that there was nothing left in my will or affections in opposition to them, and I do therefore believe that the Saviour gave me to know, at that moment, something of the blessedness of being redeemed from all iniquity, and purified unto Himself. For some length of time I continued in that blessed state of mind. The glory of my Redeemer shone upon my soul without a cloud. He had before seemed to shine upon me with a brightness like the noonday sun, but now, instead of shining from a particular part of the heavens, He seemed to fill the whole firmament, and to shed His mild and sweet and heavenly and life-giving, joy-inspiring radiance upon me from every point. Above and around me all was light and gladness, and praise to the name of my Redeemer seemed the language of every breath. I cannot but feel that in that state of mind sin had no dominion over me. I feel that God, at that time, gave me the victory through our Lord Jesus Christ.

But I had yet one lesson to learn, and there was probably but one way by which I could learn it; and that by drinking, like Peter, of the cup of sorrow, that I might in the future beware. I had been accustomed to say, that if persons believed that they had reason to regard themselves as fully sanctified, there was no necessity for making it known, and the enemy of my soul doubtless knew enough of me, to commence his attack where I was most likely to be overcome.

I was therefore led to say within myself, this need not be mentioned, it never shall be said of me that I go about boasting of my own goodness. To boast of my own goodness I certainly felt no disposition, for I clearly saw that all which had been wrought within me, was the work of the Holy Spirit, and that of my own I had nothing of which to boast.

But I came to the conclusion not to say, even to my dearest friends, that I had ever thought myself to be cleansed from sin even for a moment; I would enjoy it alone with God, and let my life bear witness. The consequence was, that when brought where I feared another might suspect me of thinking this of myself, I was led, for the purpose of giving him a better opinion of my humility, to say that I entertained no such opinion.

Herein I fell into sin. By denying what I had believed to have been wrought in me by the Spirit of God, I was now made to feel what I had lost. I had been told that I could not remain in the delightful state in which I had found myself, without confessing to the honor of Christ what I believed He had done for me by His Spirit, but I believed it not. I accordingly made the attempt, and fell into the snare of the wicked one. I now found the same sins besetting me as before, and bringing me into bondage, and my state precisely what

it was, previous to what I believed the Lord had shown me of the blessedness of a pure heart. I know that by denying that blessed work which the Lord did in me, and by denying it that I might have a reputation for humility with man, I brought leanness and darkness into my own soul.

In this state, however, I was led to desire most earnestly, and to pray most fervently that I might be made like Christ. The burden of my petition was, that I might be made as much like Christ, as it was possible for a soul to become while in the body, and I felt that I could be satisfied with nothing short of this. After praying thus for a time, I saw most clearly that there was nothing which God was more willing to do, than to make me thus like Christ, and I felt a sweetness of assurance in him, that it should be granted me. Now it was that the Lord showed me what must be the consequence of being like Christ and that I could not possibly have the likeness of Christ, without meeting these consequences. I saw that if I would live godly in Christ Jesus, I must suffer persecution, and that I could not be like Christ without being willing to share in His reproach. The Holy Spirit now showed me the sin which I had committed, in denying what God had done for my soul, and I now saw that while with “my heart I believed unto righteousness, with my mouth I must make confession unto salvation” (Romans 10:10), from being again led into sin. This I had not done. With my heart I had believed unto righteousness, but instead of making confession with my mouth, of the grace which God had shown me, and thereby being saved from the sin of denying it, I had refused to make the confession, and by so doing fell again into the hands of my spiritual foes. I now saw that, to continue in the enjoyment of that blessing, I must confess the

whole and take the consequences. These I knew would not be small. I knew that almost ever friend I had on earth would regard me as almost utterly fallen, the moment I should make such a confession, and that my brethren in the ministry whose confidence I had valued above all earthly good, would withdraw their confidence at once, and in all probability cast me out from among them.

I had now come truly to the plucking out of the right eye and the cutting off of the right hand – to the point where I must “forsake father and mother, and brethren and sisters, and wife and children for Christ’s sake and the gospel’s” (Matthew 19:29). Could I make the sacrifice? Could I become an outcast from my brethren, and an alien from my mother’s children? Could I become as lost, to the friends I had loved most dearly, and have my name cast out as evil, by those whose kind regard I most wished to retain, in order to please my Saviour and enjoy His love, as for a little while He had permitted me to do? The struggle was severe. It cost me as much to make these sacrifices as it would cost any one of my brethren; but I could not long hesitate. I had prayed that I might continually enjoy the Saviour’s love, and He had now shown me, what it would cost me – and, blessed be His name, He gave me strength to make the choice of His love, at the sacrifice, if necessary, of everything that I held dear on earth.

I was enabled to pray, Lord, restore me again to that blessed state of conscious purity and peace, and love to Thee, and blessedness in Thee, which I once enjoyed, and I will confess thy faithfulness to the world, and let my worthless name be reproached as it may. Save me, Lord from my sins – redeem me from all iniquity, and give me evidence of it on which I can rely, so that I can go before the

world with no hypocritical pretensions to something which I do not possess – let me in deed and in truth be cleansed from all unrighteousness, and have full and satisfactory evidence that Thou hast done this for me, and I will declare Thy faithfulness, and in Thy strength meet all that shall follow.

In this state of mind, I took up the Word of God, and came to the following passage, in the words of Paul to the Romans, “Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.” (Romans 6:11).

I had before thought of this passage, and it seemed to me that there was a meaning in it which I did not understand. I had said in my thoughts, What if I do think myself dead to sin, how will just thinking myself dead to sin, make me thus dead? How will any change be wrought in the state of my heart before God, by my laboring to think so? Again, I had thought of the injunction, - “Likewise, reckon ye also yourselves to be dead indeed unto sin,” and I said in my heart I will endeavor so to do; but found myself wholly unable to do so in any way that even began to satisfy myself, that I was in truth “dead to sin”. It was not the comfort of a sincere mistake respecting my own character, that I desired. “As the hart panteth after the waterbrooks” (Psalms 42:1), so panted my soul after a full conformity to the will of God. I felt that nothing would satisfy me for a moment, but “to be dead indeed unto sin, and alive unto God.” Nor was it an ambition to have others think me free from sin, that I was seeking to gratify, for if I could have made the whole universe believe me free from sin, while it was not a fact, it would not have begun, in the least degree, to satisfy the longings of my soul. Could I have possessed all the

wealth, and received all the honor, and enjoyed all the pleasure, which the whole universe could have lavished upon me, and have been thought by every creature of God in earth and heaven to have been as pure as the spirits that wait continually before the eternal throne, all this would have done nothing to fill the desires which burned in my heart, to be “cleansed from all unrighteousness.” (1 John 1:9).

Still, however, with my eye on the injunction, “Likewise, reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord” (Romans 6:11), I was not able to see how I should do this, so that it should be indeed and in truth a reality in the sight of God; and nothing short of that would satisfy me for a moment. I now remembered that blessed promise of our divine and glorious and loving Saviour, “When He the Spirit of Truth is come, He shall guide you into all truth. He shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.” (John 16:13). I now cast myself down before the Lord, and prayed in the name of Christ, that the Holy Spirit might guide me into all truth respecting the passage before me, and teach me how to reckon myself dead to sin and alive to God, so that it would be a reality, and not a thing of imagination. Having made known my request, I trusted in Christ that the teachings of the Spirit would be given me, “Verily, verily I say unto you, whatsoever ye shall ask the Father in My name, He will give it you.” (John 15:16). I therefore placed my confidence in the Saviour, and believed that, for His sake the Holy Spirit would show me how “to reckon myself dead indeed unto sin; but alive unto God, through Jesus Christ our Lord.” (Romans 6:11). Instantly, while I was even on my knees, with the blessed

Bible open before me on those words, there seemed to shed upon them a flood of heavenly light, and my very soul was filled with unutterable gladness, with "joy unspeakable and full of glory?" (1 Peter 1:8) with the thought that seemed clear as the brightness of a thousand suns, that I was "To reckon myself dead unto sin," by trusting my Lord Jesus Christ to keep me dead to sin; "and alive to God," by trusting my Lord Jesus Christ to keep me alive to God. This I saw would be reckoning myself to be dead unto sin, but alive unto God, through Jesus Christ my Lord. It was to cease forever from placing my confidence in my own strength, and to rely altogether upon the strength and faithfulness of my blessed Lord Jesus Christ to "make and keep me pure within," to make and keep me "dead indeed unto sin," to make and keep me "alive unto God." And now, if I had found myself that moment monarch of the world, with its crown on my head, its scepter in my hand, its accumulated treasures at my feet, and every individual among all its multitudes ready to do my bidding, it would not have begun to afford me the joy which I felt, when I saw, as I then did, the privilege which a God of infinite love had granted me, to reckon myself dead indeed unto sin, by trusting my Lord Jesus Christ to make and keep me thus alive. How glorious and lovely did my Saviour then appear! "Or ever I was aware, my soul made me like the chariots of Amminadib." (Song of Solomon 6:12), and if the crown and the scepter and the riches and the homage of the world had been mine, I should have leaped for joy and run to give Christ the scepter and the crown, the riches and the homage; and to lay myself in the dust at His feet to be the humblest, lowliest servant forevermore. O, since I have known my high privilege

to reckon myself dead indeed unto sin, but alive unto God, through Jesus Christ my Lord, "His name has been indeed to me as ointment poured forth. He has kissed me with the kisses of His love, and His love has been better than wine. He has drawn me and I have run after Him, and the King has brought me into His chambers, and made me to be glad and rejoice in Him; therefore will I remember His love more than wine, and (by His strength) I will uprightly love Him." (Song of Solomon 1:3, 2, 4).

When the Holy Spirit thus enlightened me respecting the privilege of reckoning myself dead indeed unto sin, but alive to God through Jesus Christ my Lord, He that moment enabled me to avail myself of the privilege, and I instantly found myself more than restored to that blessed state of conscious purity of heart before God, from which I had fallen, by refusing to confess before men, what my Saviour had done for me.

The love of the world was gone, no sinful indulgence had any charm for me. My whole heart was won by Christ, and filled with overflowing love to Him, and I feel that a thousand hearts, had they been mine, would have been most joyfully consecrated to His service. I had no will but His, and no desire of life or death or eternity, but to be disposed of in that way which would secure the highest possible praise to my Redeemer. I was now delivered from the fear of man, and as I had covenanted with the Lord, to confess His faithfulness to the world, when he should give me evidence on which I could rely, that I was redeemed from all iniquity, and as I had now found myself, and in a way so glorious and delightful beyond everything I had ever before conceived, made "dead indeed unto sin and alive unto God through Jesus Christ my Lord" (Romans

Present Truth

6:11), and had been so abundantly enlightened respecting the privilege of every Christian to be kept in that state by the faithfulness of the dear Redeemer, I could not for a moment hesitate, that it was my duty to declare to the world, that by the power of the Holy Spirit given me by my own blessed Saviour, I was made “dead indeed unto sin, but alive unto God through Jesus Christ my Lord.”

Besides, I had once known the bitterness of denying my Saviour here, and the blessed work which He had wrought in me, for the purpose of retaining the good opinion of man; the Holy Spirit had set that sin before me, and I had opened my mouth to the Lord, that if He would restore me, I would bear His reproach. And now He had enabled me once more in His infinite and abounding mercy, “with the heart to believe unto righteousness,” and it remained that “with the mouth I make confession unto salvation” from falling again into the snare of the devil. (Romans 10:10).

I have been enabled to make this confession to the world – That “the great God and my Saviour Jesus Christ, who loved me and gave Himself for me, has redeemed me from all iniquity, and purified me unto Himself (Titus 2:13, 14); that I am dead unto sin, and alive unto God through Jesus Christ my Lord (Romans 6:11), that the God of peace is faithful to sanctify me wholly, and to preserve my whole spirit

and soul and body blameless unto the coming of my Lord Jesus Christ (1 Thessalonians 5:23); that the God of peace who brought again from the dead our Lord Jesus, that great Shepherd of the sheep,” does “through the blood of the everlasting covenant, make me perfect in every good work to do His will, working in me that which is well pleasing in His sight through Jesus Christ, to Whom be glory forever and ever. Amen.” (Hebrews 13:20, 21). I felt that in making this confession, I was laying myself and my all, a sacrifice on the altar of my God and Saviour, but that Saviour had led me by His own amazing love, and given me a heart that could deny Him no more, and that was ready and glad at all hazards, to confess His faithfulness and power and love to the world.

To be Continued...

(This article was taken from pages 33-42 of the book entitled, “Sin Shall Not Have Dominion Over You,” by Charles Fitch. Editor)

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Answers to Last Month's Crossword Puzzle

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