

Present Truth

2 Peter 1:12

Dear Readers,

February 2014

“Grace be to you, and peace, from God our Father, and from the Lord Jesus Christ.” (Ephesians 1:2). I pray that God’s rich grace touches each of you.

Recovery Update: On Tuesday, January 28 I (Lynnford Beachy) saw the doctor who repaired my broken arm. He said the bone is healing very nicely and that I am free to lift any amount of weight that I am comfortable with. He even said I could go rock climbing as long as I don’t trust my life to the strength of my right hand. My hand has a lot of its movement back, but is still limited. Praise the Lord for His intervention! Thank you for your prayers. I pray that each of you are doing well also.

Love or Convenience

by Lynnford Beachy

Jesus once was asked, “What is the first and greatest commandment?” (Mark 12:28). His response was to, first, love the Lord your God with all your heart, all your soul, all your strength and all your mind and, second, to love your neighbor as yourself (verses 29-31). In this article I want to focus on loving your neighbor.

Let’s begin in the book of Romans, “For we know that the whole creation groaneth and travaileth in pain together until now” (Romans 8:22). The whole creation is groaning. Can you look at the world today and see this? It is getting pretty bad isn’t it? This world has just about taken all it can. In fact in Revelation it says God will “destroy them which destroy the earth” (Revelation 11:18). The Bible says the earth “shall wax old like a garment” (Isaiah 51:6). Yet, what is it the earth is groaning to see? “For the earnest expectation

of the creature waiteth for the manifestation of the sons of God” (Romans 8:19). Creation is waiting for, longing for, expecting “the manifestation of the sons of God.”

How are the sons of God manifested? Jesus said, “A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another” (John 13:34, 35). That is a high commandment isn’t it? How did

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Christ love us? He loved us enough to die for us. He was untiring in His labor for us. He was constantly seeking how He could help, how He could relieve the suffering of others and how He could teach them the truth and point them to His Father. His whole life was tied up with these things. The sons of God are manifested by the love they have for one another. This is what the whole creation is groaning for. This is what the world is longing to see; the sons of God having love for one another.

You may question the reality of the world looking for this manifestation. Let's see what some people are saying. John Lennon said, "Jesus was all right, but his disciples were thick and ordinary. It's them twisting it that ruins it for me." Ghandi said, "I like your Christ, I do not like your Christians. Your Christians are so unlike your Christ." There is a bumper sticker that reads, "Jesus, please save us from your followers!" Sadly, there are a lot of people who have turned away from Christ because many who claim to follow Christ have failed to manifest the love of Christ to others. This truth is illustrated in the following Bible verse: "An hypocrite with his mouth destroyeth his neighbour" (Proverbs 11:9). For a further demonstration of how earnestly the world is longing to see the love of God manifested in His children, read the posts here: www.mongoosemom.com/?p=27.

Where does this manifestation start? It has to begin in each individual son and daughter of God. It has to begin in you and in me. As Isaiah said, "Here am I; send me" (Isaiah 6:8). I want to be a manifestation of the sons of God. Why not? Can't we all have that desire?

Can't we all say, "Let the love of God be apparent, right here, right now and let it begin in me"?

How we get Love

Genuine godly love can't just be generated. God's love grows in us as we contemplate and behold the love that He has for us. The Bible says, "We love him, because he first loved us" (1 John 4:19). However, it is not enough just to see that God loves us. This love must be implanted in us by His Spirit. Paul wrote, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith," (Galatians 5:22) We have this love by asking God for His Spirit and then believing that He has given it to us because He promised. Once we have that fruit of love, His love will be made manifest in our lives. Rather than trying harder to be like Christ we need to let Christ live in our hearts.

The manifestation of the love of God that the world is longing for is more than what we see now. God is going to do a work in us, and the main feature of that work is that the world will see the love we have for each other. Now, let's think about that. It is not simply about having all of your doctrines correct. You may believe you have all of your doctrines correct and still hate your brother. We have probably seen people like that. Maybe we have been one of those people. What we have to have is love, love for God and love for our neighbors.

The Bible says, "For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, even in this;

Thou shalt love thy neighbour as thyself. But if ye bite and devour one another, take heed that ye be not consumed one of another. This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh” (Galatians 5:13-16). Sadly, many of God’s people spend a lot of time and resources devouring one another. Many say, “I can’t fellowship with you because you don’t see things exactly as I do.” Emo Philips wrote a hypothetical story that illustrates the unreasonableness of so many divisions among Christians. He wrote,

I was walking across a bridge one day, and I saw a man standing on the edge, about to jump off. So I ran over and said, “Stop! Don’t do it!” “Why shouldn’t I?” he said. I said, “Well, there’s so much to live for!” He said, “Like what?” I said, “Well, are you religious or atheist?” He said, “Religious.” I said, “Me too! Are you Christian or Buddhist?” He said, “Christian.” I said, “Me too! Are you Catholic or Protestant?” He said, “Protestant.” I said, “Me too! Are you Episcopalian or Baptist?” He said, “Baptist!” I said, “Wow! Me too! Are you from Baptist Church of God or Baptist Church of the Lord?” He said, “Baptist Church of God!” I said, “Me too! Are you from Original Baptist Church of God or are you Reformed Baptist Church of God?” He said, “Reformed Baptist Church of God!” I said, “Me too! Are you Reformed Baptist Church of God, Reformation of 1879, or Reformed Baptist Church of God, Reformation of 1915?” He said, “Reformed Baptist Church of God, Reformation of 1915!” I said, “Die, heretic scum!” and pushed him off.

This story could be replaced with any denomination to illustrate it in your

own experience. Few people would take the last step of this story, but many are willing to put up barriers to keep from communicating or mingling with those of other denominations or beliefs. Are we guilty of devouring our brothers and sisters for whom Christ died?

James wrote, “If ye fulfil the royal law according to the scripture, Thou shalt love thy neighbour as thyself, ye do well” (James 2:8). Here the law of loving your neighbor as yourself is called the royal law. This is what the world is looking for.

The other day I was looking at my children with a great deal of love, appreciation, and happiness, knowing that they are mine and they are so special. Then I wondered, what would I do if I knew they were not my own. Would I look at them in the same way? How is it that there is this special feeling knowing that they are my children and why would this feeling be different if I knew that they were not? Why would I potentially not look at them in the same way? I should, right? I should look at them with the same appreciation knowing that we are all the children of God. My son was asking the other day, “Aren’t we all related to Noah? Aren’t we all brothers and sisters? Maybe that’s why people don’t treat others nicely; because they don’t know that we’re all related.” It is true, we are all related to one another. We are all distant brothers and sisters and our relationship should be even closer if we are children of the Lord.

Importunity

Jesus gave a very interesting lesson. He said, “Which of you shall have a

friend, and shall go unto him at midnight, and say unto him, Friend, lend me three loaves; For a friend of mine in his journey is come to me, and I have nothing to set before him? And he from within shall answer and say, Trouble me not: the door is now shut, and my children are with me in bed; I cannot rise and give thee. I say unto you, Though he will not rise and give him, because he is his friend, yet because of his importunity he will rise and give him as many as he needeth” (Luke 11:5-8). Think about that for a minute. Jesus said that the man will not rise and give him bread because he is his friend, but he will rise because of his “importunity,” meaning, the awkwardness of the situation or the trouble it would cause if he didn’t do it. He’s not doing this because he loves this person; he is doing it for selfish reasons, just to get him off his back.

What about us? Have we ever done things for our friends just because it would be inconvenient or more trouble than it was worth not to? Is this the reason we do things? Notice that the manifestation of the sons of God is the love that they have for one another. This is how the world is going to know that we are His disciples. It is not because we act well. This person rose up and gave what was needed; he actually did the work. Yet, Jesus said he did not do it because he loved his friend, but because it would be more inconvenient for him not to. Is this the kind of love the world is looking for? No! The love the world is looking for goes beyond just action. The world is looking for those who will do things because we have “the love of God... shed abroad in

our hearts by the Holy Ghost which is given unto us” (Romans 5:5). We need to do good because we have the love of God in our hearts.

Why do we do the things we do?

Jesus said, “Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly” (Matthew 6:1-4). Here we see that when we do good things, we should not do them to be seen of men.

If you are doing good to show off and be seen, could you say it is done out of love? The hypocrites do this and they have their reward in the praises of men. Remember the widow who gave her two little mites? Jesus said, “That this poor widow hath cast more in, than all they which have cast into the treasury: For all they did cast in of their abundance; but she of her want did cast in all that she had, even all her living” (Mark 12:43, 44).

Silently she went forward and dropped her small offering in, and it was all she had to live on. Jesus said she gave more than anyone else had given. Do you think she did this to be seen of men? No, more than likely she was embarrassed by the little she had to give. Yet, she was giving more because

she was giving out of love. Jesus said the others were giving out of their abundance, the extra that they had. For her, this was everything. What we do needs to be done out of love. We need to examine our motives.

An Unjust Judge

The Bible says about Jesus, “And he spake a parable unto them to this end, that men ought always to pray, and not to faint; Saying, There was in a city a judge, which feared not God, neither regarded man: And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary. And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man; Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me. And the Lord said, Hear what the unjust judge saith” (Luke 18:1-6). This was an unjust judge, and he was going to avenge this widow, why? Was it out of love for the widow? No, he didn’t care for this widow, but he was going to do as she asked because he did not want to be troubled by her any longer. It was more convenient for him to go ahead and take care of her in order to get her off his back. This is very similar to the friend who got up to give his neighbor bread because of the inconvenience it would cause him if he didn’t.

Childish Ways

When I was a child there were certain things I would not do because I knew my father was either watching me, or might find out about it later. Have you ever had that experience? If

he wasn’t around, or if I had the opportunity, I would do it; I would be naughty. I didn’t avoid doing it because I knew it was wrong or because I wanted to be right and upstanding. The only reason I avoided the action was because I was afraid of the consequences. This was not always the case, but I know this was true for me sometimes. Is that the way we should obey God? Is it okay to only obey Him because we don’t want to get into trouble?

My now deceased grandmother loved hellfire and brimstone type sermons. In fact, she once sent me a sermon tape and kept after me, wanting me to listen to it. I did, and found the preacher was describing all of the agonies that go on in hell and claiming that they will continue forever without end. I told my grandmother that I did not believe this is the way things are going to be. I shared scripture with her showing that there is not going to be a continual ever-burning fire in which the wicked will be tortured for billions and billions of years (Genesis 3:22-24; Revelation 2:7; 22:14; John 3:16; Matthew 10:28; Ezekiel 18:4). I showed her in the Bible where it says the wicked will be burned up and turned into ashes (Psalm 37:10, 20; Malachi 4:1-3—For a thorough study on hell, contact us and request the study entitled, *God’s Love Revealed in Hell*.) My grandmother replied, “If that is really the way it is then I might as well just go out and live in the world. If I am only going to be punished for a short time and then it will be over with, I will just live wickedly from now on.” I responded, “If the only reason you are

“serving God is to escape punishment you will not be in heaven anyway.” I know that is a strong statement to my grandmother, and I do believe that I will see her in heaven. I do not believe that was the only reason she served God. If we are serving God just to escape punishment, everything we are doing is in vain anyway. Jesus will have to say, “I never knew you: depart from me, ye that work iniquity” (Matthew 7:23).

I used to avoid doing things out of fear of being punished or getting caught. Today my life is different. I don't serve God because I am afraid that He is going to catch me in the wrong and zap me. I serve Him because of the amazing things He has done for me. I serve Him because of the love that He has shown me. How can I not serve Him? Once, many of His disciples left Jesus and He asked the twelve, “Will ye also go away?” Peter responded, “Lord, to whom shall we go? thou hast the words of eternal life” (John 6:68). There is no better place to be. This should be our attitude as Christians. We serve God, not because we are afraid of Him or don't like the consequences if we don't serve Him, but because He first loved us and gave His Son to die for us. Oh to be like Mary, sitting at Jesus' feet, choosing that learning from Him is more important than anything else (Luke 10:40-42).

Selfless Love

Paul wrote that love “Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil” (1 Corinthians 13:5). Here we learn that love “seeks not her own.”

Love is not self-seeking; it is not selfish. In fact, it is the opposite of selfish. It seeks how it may help someone else. This is how love operates. “Let us therefore follow after the things which make for peace, and things wherewith one may edify another” (Romans 14:19). Here it says that we should seek how we may edify, which means to build up and strengthen each other. Notice this is not talking physically; it is talking spiritually, building each other up in our relationship with God. We are to seek to build each other up, and that may include the physical building of perhaps another room onto their home (2 Kings 4:9, 10). If that is what it takes for them to see a clearer picture of God's love, then that may be what God wants you to do. Jesus often did physical things to help people. More than once He fed thousands of people. This was a physical thing that helped them, but His final goal was to feed them spiritually.

Paul wrote, “We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please his neighbour for his good to edification. For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me” (Romans 15:1-3). We are to seek to edify each other, to lift each other up and to bear the infirmities of the weak. Christ pleased not Himself, and that is how His people are to act. We are to seek ways where we can help each other because we love one another. This is how the children of God are manifested, and this is what the world is looking for! They are longing to see this

unselfish love, where God's people are willing to serve others instead of themselves. "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others" (Philippians 2:3, 4). This is pretty much opposite of the world view isn't it? They always try to get you to esteem yourself, puff yourself up. "Look how good I am." This is Satan's mentality? He said, "I will ascend into heaven, I will exalt my throne above the stars of God:... I will ascend above the heights of the clouds; I will be like the most High" (Isaiah 14:13, 14). The Bible says that with God's love in our hearts, we will esteem others better than ourselves and seek not our own benefit, but the benefit of others (1 Corinthians 13:5).

Take Wrong

Paul instructed the Corinthians, "Now therefore there is utterly a fault among you, because ye go to law one with another. Why do ye not rather take wrong? why do ye not rather suffer yourselves to be defrauded? Nay, ye do wrong, and defraud, and that your brethren" (1 Corinthians 6:7, 8). There was this mentality that said, "If your brother in the church does you wrong, take him to court and try to make him pay; try to get as much as you can from him." This is what Paul was dealing with. He says, "Why would you do this? It is better for you to be wronged, to be defrauded, than to take that action." The Bible says, "Be not overcome of evil, but overcome evil with good." (Romans 12:21)

The other day we were at the park and there was this little girl who was calling my daughter names and being mean to her. My daughter became really upset and hurt by it. I told her afterward, "What you should do is be nice to her. You don't have to stay there and play with her, but make sure that you are kind. Overcome evil with good. Say nice things to turn the situation around." Many times when someone is mean to us or says bad things about us we want to retaliate by being mean and saying bad things about them. We try to push them down in order to make ourselves look better. This is attempting to overcome evil with evil, and the Bible says that won't work. "But if ye bite and devour one another, take heed that ye be not consumed one of another." (Galatians 5:15) You can't overcome evil with evil. It only makes things worse. The only way to overcome evil is with good. And since only God is good (Mark 10:18), we must let Him live in us.

Jesus said, "Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away. Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which

despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so? Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:38-48).

The Bible says that we are to love one another. Who do we think of as the “one another” we are to love? Let’s use our neighbor as an example. Have you ever stolen their car battery? Have you ever thrown rocks through their window? I presume the answer is no. We often think of loving our neighbor as meaning that we don’t do anything bad to them. Is that really what love is? Does love go beyond that? Don’t even the “publicans” do that? Maybe you have a rotten neighbor who hasn’t thrown any rocks through your window. Does that mean he loves you? What is love? Love is giving. Love is manifested through actions. Let’s get beyond this idea that says, “Well, I haven’t hurt my brother today so I must love him.” Let’s ask instead, “What have I done to help my neighbor, my brother?” Doesn’t love go beyond just not hurting, and to the point of actually helping? Do you really love your neighbor as yourself? What have you done to help him? Jesus said we should look to our Father. What does our Father do? “That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and

on the good, and sendeth rain on the just and on the unjust.” (Matthew 5:45) He provides food even to the mouth that is cursing Him. He gives him breath, rain and everything he needs to live. Just as we are unable to provide rain for anyone, we are not able to do good without God dwelling in our hearts, for He is the only one who is good. Ask God to reveal His will for your life, and you may be surprised by what may happen. He may lead you to talk to someone about God’s love, or to give of yourself to serve others. Whatever it is, please submit to God’s leading in your life and make a positive difference in your sphere.

First Love

Now, I want us to look at the first message to the seven churches found in Revelation. “Unto the angel of the church of Ephesus write; These things saith he that holdeth the seven stars in his right hand, who walketh in the midst of the seven golden candlesticks; I know thy works, and thy labour, and thy patience, and how thou canst not bear them which are evil: and thou hast tried them which say they are apostles, and are not, and hast found them liars: And hast borne, and hast patience, and for my name’s sake hast laboured, and hast not fainted. Nevertheless I have somewhat against thee, because thou hast left thy first love. Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent. (Revelation 2:1-5). The first part of that sounds really good doesn’t it? I really like that about Jesus. He always

builds the people up first before delivering an admonition.

What does he have against them? “Thou hast left thy first love.” That sounds pretty serious doesn’t it? Yet, He gives the remedy: “Remember therefore from whence thou art fallen, and repent and do the first works.” Notice this remedy. We have read a lot about love, and some may have realized that they have lost their first love. Maybe you’ve realized that you don’t truly love your neighbor as yourself. Maybe there has been a time in the past when you loved people more than you do now. Maybe there was a time you were more “on fire” to help others, but have been hurt or caught up in the cares of life. That may be an indication that your first love has been left, or, like Jesus said, your love has waxed cold (Matthew 24:12).

Jesus gives the remedy for that. If you have lost your first love, what can you do about it? How can you get it back? First, repent; acknowledge that you are in the wrong. The very first step to any recovery is acknowledging that you have a problem. Until you come to that point you cannot recover. Then He goes on and says, “Do the first works.” That sounds kind of strange. You have to work to get your love back? Yet, this is the remedy Jesus gives. Repent and do the first works. If you had more love in the past, what were you doing then? Think about what you were doing. How was your love acting? When He talks about doing the first works, He is asking you to remember what you did back then. Remember what consumed your thoughts. Maybe you prayed more, maybe you sang spiritual songs more,

maybe you had a routine where you opened the scriptures in the morning and meditated on the things of God. Whatever it was, Jesus says, “Do the first works.” Whatever it was that caused you to love back then, He says, “do that again.” Do it again and don’t let those things slip.

John wrote, “And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him. Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. (1 John 4:16, 17). This love is manifested in that God sent His only begotten Son into the world to die for our sins (verse 9). Our love is made perfect by knowing, believing and dwelling in the love that He has for us.

The chances are that if you remember “from whence you are fallen” you will find that back then you were meditating more on the love that God has for you. I remember in the early days of my walk with God, I was amazed to discover the love that He has for me. At times I would get discouraged and pray for a bit of encouragement. Looking up into the sky I’d see a star fall and think, “God put that there just for me to encourage me.” It is awesome to think about, but God does care about us that much. He loves you so much that He would empty heaven of angels if they were needed by you to encourage you. Let’s dwell upon God’s love for us. God’s love is amazing, it can change us.

Perfect Peace

The Bible says, “Thou wilt keep him in perfect peace, whose mind is stayed

on thee: because he trusteth in thee” (Isaiah 26:3). Do you know what it means to be stayed? It means to be stuck. Your mind is stuck on God. If we do that, if our minds are fixed on God, we will have perfect peace. Where our minds are, what we think about throughout the day, is important! “For as he thinketh in his heart, so is he...” (Proverbs 23:7) What we think about is very important. Our thoughts often become our actions and our actions become our lives.

Solomon wrote, “Keep thy heart with all diligence; for out of it are the issues of life” (Proverbs 4:23). That word “keep” means to guard or protect. When it talks about keeping your heart it isn’t referring to the organ that pumps blood. It is talking about our minds. Make sure your mind is protected. Guard what you put into it. If you think on corruption, what’s going to happen? Corruption will come out in your life in some area. Thinking about God, thinking on good things will affect our lives. It will affect our actions. The greater we see God’s love for us, the greater will be our love, not just for Him, but for others.

Conclusion

Love is the most important aspect of our characters! The Bible is a love letter to give us tools designed to change us, to bring about the result that the world is waiting for; the manifestation of the sons of God. God wants to display His love in us to such a degree that the whole world will take notice. The Bible predicted this event when God inspired Isaiah to write, “Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee.

For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee. And the Gentiles shall come to thy light, and kings to the brightness of thy rising” (Isaiah 60:1-3).

Notice that the glory that will be revealed in us is not our glory; it is the glory of the Lord. God Himself will be manifested clearly in the lives of His people. We have all seen small examples of God’s love manifested in people, but this prophecy is talking about a much greater manifestation of God’s love.

Love is an essential aspect of the fruit of God’s Spirit. God Himself wishes to live in you so completely that the world sees Him instead of you. “For ye are dead, and your life is hid with Christ in God” (Colossians 3:3). Jesus is the way to the Father. He said, “I am the way, the truth, and the life: no man cometh unto the Father, but by me” (John 14:6). Notice that the end goal here is not heaven. It is true that Jesus is the way to heaven but, according to Jesus, the main point is for us to reach the Father. Jesus promised, “If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him” (John 14:23). This is a wonderful promise. Both Jesus and His Father want to live in us to manifest Themselves to the world. The Bible says, “He that abideth in the doctrine of Christ, he hath both the Father and the Son” (2 John 1:9).

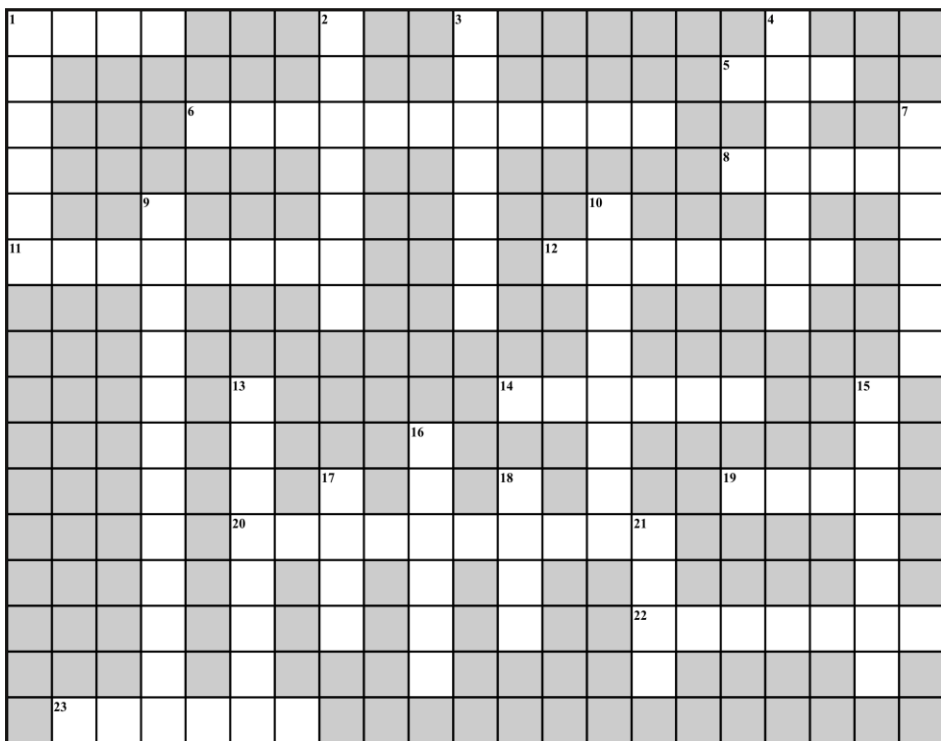
I pray that God will fill your hearts with His love so fully that it will flow out to everyone you contact. >>

Present Truth
Something for the Young at Heart

This month we have a special study written by part of the youth group at the 2013 Tennessee camp meeting. 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.)

Prayer

by Sabrina Oliver, Malinda, Katie, Uriah, and Benjamin Hershberger, Joshua Brown, Zachariah Beachy, Holden Lockridge, Todd Brown, Rhonda Brown, and Lynnford Beachy



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

Who to Pray to

- "After this manner therefore pray ye: Our ____ which art in heaven, Hallowed be thy name." Matthew 6:9—**14 Across**
- "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto ____." Philip-
 pians 4:6—**5 Across**

- "Hearken unto the voice of my cry, my ____, and my God: for unto thee will I pray." Psalms 5:2—
18 Down
- "And it came to pass at the time of the offering of the evening sacrifice, that Elijah the prophet came near, and said, LORD God of Abraham, Isaac, and of Israel, let it be known this day that thou art God in Israel,

and that I am thy servant, and that I have done all these things at thy _____. Hear me, O LORD, hear me, that this people may know that thou art the LORD God, and that thou hast turned their heart back again.” 1 Kings 18:36, 37—**1 Across**

- “Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my _____, that will I do, that the Father may be glorified in the Son.” John 14:12, 13—**19 Across**

How to Pray

- “But when ye pray, use not vain _____, as the heathen do: for they think that they shall be heard for their much speaking.” Matthew 6:7—**6 Across**
- “After this _____ therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.” Matthew 6:9-13—**23 Across**
- “O come, let us worship and bow down: let us _____ before the LORD our maker.” Psalms 95:6—**8 Across**
- “Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh _____ for us with groanings which cannot be uttered.” Romans 8:26—**9 Down**

What to Pray

- “And they said unto him, Ask _____, we pray thee, of God, that we may know whether our way which we go shall be prosperous.” Judges 18:5—**22 Across**
- “If any of you lack _____, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.” James 1:5—**1 Down**
- “But I say unto you, Love your _____, bless them that curse you, do good to them that hate you, and pray for sthem which despitefully use you, and persecute you.” Matthew 5:44—**15 Down**
- “Moreover as for me, God forbid that I should sin against the LORD in _____ to pray for you: but I will teach you the good and the right way.” 1 Samuel 12:23—**12 Across**
- “Is any _____ among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord.” James 5:14—**21 Down**

- “_____ in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit.” Psalms 51:10-12—**16 Across**

When to Pray

- “_____, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.” Psalms 55:17—**2 Down**
- “Now when Daniel knew that the writing was signed, he went into his

house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees ____ a day, and prayed, and gave thanks before his God, as he did aforetime.” Daniel 6:10 (2 words)—**20 Across**

- “Pray ____ ceasing.” 1 Thessalonians 5:17—**3 Down**
- “My voice shalt thou hear in the ____, O LORD; in the ____ will I direct my prayer unto thee, and will look up.” Psalms 5:3 (1 word)—**4 Down**
- “____ in prayer, and watch in the same with thanksgiving.” Colossians 4:2—**13 Down**

Where to Pray

- “And when he had sent the multitudes away, he went up into a ____ apart to pray: and when the evening was come, he was

there alone.” Matthew 14:23—**11 Across**

- “But thou, when thou prayest, enter into thy ____, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” Matthew 6:6—**7 Down**
- “I will therefore that men ____ every where, lifting up holy hands, without wrath and doubting.” 1 Timothy 2:8—**17 Down**
- “And Isaac went out to ____ in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming.” Genesis 24:63—**10 Down** ➤➤

Note: If you or your children would like to participate in preparing Crossword Bible studies, send us a Bible study and we may be able to include it in upcoming issues of *Present Truth*.

You May Freely Eat?

Guest Article - by Gary Hullquist, MD

Editorial Introduction: The following article was originally published as a pamphlet by our guest author, Gary Hullquist, MD. It is reprinted in *Present Truth* as a two-part article in the January and February 2014 issues. For the full introduction to this topic see the Editorial Note in the January issue. If you are missing that issue, write or call and we'll get a copy in the mail, or read it on line here: www.presenttruth.info/newsletters/PresentTruth/2014/pt_a_jan14.htm.

In the first installment Gary shared reasons people are interested in eating more raw plant food and which food classes fit the raw program. Then he takes us on a tour bus ride through the enzymatic digestion process. We stop for

lunch in the vitamin district ready to dash into legumes (in part-2). Not all plant foods will work in raw form and must be cooked. In this concluding part, Gary helps us make our first-pass meal planning less problematic with a wonderful exposé of which legumes, seeds and nuts are suitable raw, truly raw, and “alive” (viable and able to sprout, and so enzymatically loaded!). He also shares helpful steps to make new dietary habits “stick.” —**Jim Raymond**

Live Food

For People who Want to Live! (Part 2)

Legumes

You just can't discuss legumes without addressing the topic of flatu-

lence. Beans are notorious for it. But gas may be reduced by rinsing sprouts just before eating to remove oligosaccharides, the surface sugars that some have identified as at least one gas-producing culprit.

Turmeric and ginger may be added to sprouts to assist in protein digestion. Add anti-gas fenugreek, cumin, dill, and coriander seeds to sprouting legumes. Fenugreek is best with fast-growing mung beans.

Fennel seed one teaspoon of powder fifteen to thirty minutes before a legume meal, taken with warm water. The Asian Indian custom of chewing the licorice-tasting fennel seeds at the end of a meal is based on centuries of experience in the knowledge that this practice is an effective aid in protein digestion. Cardamom and caraway seeds can be added just before serving.

Mung Beans: Easiest to digest, and produce a minimum amount of gas. Has carbohydrate content of a melon, vitamin A of a lemon, thiamin of an avocado, riboflavin of a dry apple, niacin of a banana, and ascorbic acid of a loganberry. But they have only three types of amino acids, while soybeans have seventeen.

Soy Beans: Theoretically edible if sprouted long enough, but are difficult or unsafe to eat raw. Some live foods just must be cooked.

Large Beans: Lima, pinto, navy (white), black, have a very strong, unpleasant flavor when raw which is not improved by sprouting.

Kidney beans are actually toxic if eaten raw.

Cooking sprouted large legumes eliminates flatulence, produces a normal flavor, reduces cooking time.

Seeds

Sunflower: Raw hulled sunflower seeds can be sprouted: soak twelve

hours, pour off hulls to avoid spoilage, and sprout for one to two days.

Unsprouted sunflower seeds are high in fat and protein. Sprouting activates the seed by leeching out enzyme inhibitors, increasing enzyme levels, converting seed fats to essential fatty acids and carbohydrates, and converting proteins to essential amino acids and/or sugars.

Sprouted sunflower seeds may be dehydrated to produce the familiar crunchy texture most of us are used to. Adding salt to the last water change will produce a pleasant taste in the final dried sprouts.

Unhulled sunflower seeds are generally grown for seven days to produce sunflower greens. Sunflower greens have a slightly salty taste like watercress. Rich in chlorophyll, enzymes, vitamins, proteins, lecithin and Vitamin D.

Fenugreek: Common in Indian cuisine, this seed aids in digestion. It sprouts readily and quickly but frequently contains rock hard seeds that won't sprout. These can be separated to the bottom by soaking in water.

Pumpkin: "Lady Godiva" variety doesn't have the hard shell seen in most pumpkin seeds. They will sprout but become rancid quickly (often in less than two days) unless they are dehydrated, which is really preferred. If not dehydrated they should be soaked and refrigerated.

Sesame: Hulled seeds won't sprout. Unhulled seeds sprout easily in one to two days. Hulls contain oxalate (a bitter tasting anti-nutrient) that can be reduced significantly by soaking and rinsing. Sesame seed oil is healing when applied topically. It is antibacterial, antifungal, and anti-inflammatory.

Flax: Flax seed oil is very expensive and spoils quickly, so must be refrigerated.

ated. Flax is a rich source of omega-3 and -6 fatty acids.

Nuts

Soaking nuts (even if they can't be sprouted) will remove some of the tannins in their skins, improving their flavor and digestibility.

Almonds: Sprouted almonds are very delicious, and have much better flavor than dry, unsprouted almonds. Blanched almonds probably won't sprout: use only whole, unblanched almonds.

Sprouting for one day is suggested, after two days the sprouts may turn rancid. Almond sprout is a "whole food." Eat the whole thing, including skin. Raw, unsoaked almond skins are high in tannins, hard to digest, and very astringent. Some advocate peeling the almonds to remove the tannins and the astringency. Save the effort and the fiber. The important thing is that soaking them does remove the tannin; it shows in the color of the water as they are drained. We dehydrate our almond sprouts. They are bigger, plumper, and sweeter than raw almonds by far!

Sprouts may be dehydrated from an optionally salted final rinse to produce marvelous, crunchy almonds very similar to the freeze-dried vacuum packed varieties.

Peanuts: Raw, unblanched peanuts are sproutable and taste better than dry, unsprouted ones. Blanched nuts are treated with heat and/or chemicals, and don't sprout reliably. Can harbor carcinogenic mold toxins (aflatoxin). [Harvesting and storing to maintain proper humidity is essential to prevent fungus and mold growth. Buy only from reputable sources that test their silos and warehouses. Many markets that grind their own nut butters, including natural food markets, do not store bulk peanuts

under ideal conditions. Ask them what they do to prevent mold and fungus growth (esp. *Aspergillus*). And cold storage is not an acceptable plan. Absolutely avoid "reduced for quick sale" nuts.—*JR*]

Pecans: Not sproutable. Shelled nuts are devitalized by processing.

Pistachios: Processing renders them non-viable, so not sproutable.

Walnuts: My favorite soaked nuts.

Not sproutable, but can be soaked, which, as with almonds, improves flavor, removes bitter taste quality and softens the nut. Dehydrating after soaking makes them wonderfully crisp and crunchy.

Brazil Nuts: Shelled nuts are devitalized by boiling process. Buy only in-shell and shell manually.

Cashews: A tropical tree in the plant family Anacardiaceae (includes mango, pistachio, and poison ivy, poison oak, and poison sumac). The edible "nut" must be separated from the toxic shell through a process that involves immersion in a hot oil bath at 170-200 degrees centigrade. This renders it devitalized and, consequently, is not sproutable.

Chestnuts: Most are imported from Europe (the European chestnut). Chestnuts have the lowest fat content of all major nuts (4-6%), which means they contain substantial amounts of carbohydrates (starch and sugar). As a result, they may spoil quickly and should be refrigerated or frozen for storage. Usually sold in-shell.

Filberts (Hazelnuts): Not viable, soaking has little effect on the shelled nut.

Macadamia Nuts: Most are freeze dried and non-viable. Unprocessed nuts require thirty to sixty-plus days to sprout in-shell. This extremely protracted sprouting time means they might be

rancid or rotten by the time the root sprout finally appears.

Coconuts: If you think Macadamia nuts take a long time, coconuts take the cake. They require four or more months to sprout! Supermarket coconuts probably won't sprout because they are usually picked too green. You'll need a fresh, mature raw nut with its husk intact. But, if you are able to manage it, sprouted coconuts are edible, and considered a delicacy.

Dead Food Withdrawal

Those who try a Live Food diet for the first time will almost invariably experience a sense of deprivation.

"I miss my dead food," they cry and abandon their quest for pure nutrition by promptly selling out like Esau for "a mess of pottage." I certainly suffered during my first few weeks. My wife was my only salvation—a constant, vigilant, encouraging partner in Christ to remind me of our lofty goals and aspirations.

Even after some months of experiencing the wonderful benefits of living high on live foods, the urge to "lust after the flesh pots of Egypt" would suddenly erupt. Fortunately, such temptations are short-lived, and will become progressively weaker as your satisfaction with Live Food grows and you expand your repertoire of live dishes. When you limit yourself to manna (as marvelous as it may be) meal after meal, you just might not manage to make it on that alone.

Discovering a significant number of delicious dishes that you really like and witnessing first-hand the results of Eden Eatin' in your own body are the two best safeguards against falling off the raw food wagon. But for those who are still desperate for help in dealing with the fear of backsliding, here are few additional suggestions:

1. Stop and Think. Sure, that pizza or those french-fries are going to taste good, but taste isn't everything. Just remind yourself how good they'll look on you. It's not worth the suffering that is sure to follow.

The problem with eating dead stuff routinely is that you don't recognize the ill feeling that comes from any particular food—it's all sub-optimal and you've been feeling the results for so long you've come to accept it as "normal." But give your body time to get rid of all the built-up toxic waste, enjoy a month or two of pain-free existence (no headaches, no constipation, no bloating, no heartburn), and then indulge in your favorite forbidden food. You will be dramatically impressed by the reaction. Now, share your experience to one and all to reinforce your memory.

2. Substitute live foods. Fruits, especially dried fruits with their concentrated flavors, are super substitutes for candy. Tomatoes have a high concentration of sodium and will satisfy cravings for salty foods. Some, who previously found tomatoes disagreeable, have reported that removing the seeds (and their associated anti-nutrients) solved their problem of indigestion. Avocados, and nuts or seeds, provide the satiety benefits to those who miss their cheese and fried foods.

3. Avoid temptation. Madison Avenue has conditioned us for most of our lives to salivate when we see or smell one of their tempting products, cleverly formulated to stimulate our addictive behaviors and promote repeat sales. If you feel a craving crawling over you when you see that particular morsel (candy, cookie, or casserole) then don't look at it! As Pooh observed, you can get "see sick" from seeing too much. I've delivered that kind of common sense advice to countless patients over many

years of practice: if it hurts, don't do it. Today, I'd say, "Don't even go there."

4. Eat slowly and sensibly. Eat only a moderate amount of food at regular times with no distractions, chewing slowly to receive full benefit of your food's flavor. Savor all the taste and texture. This is only common sense, but it can remarkably reduce unwanted cravings.

5. Eat with other raw-fooders. Enthusiasm loves company and mutual encouragement.

6. Get regular exercise. It reduces stress, improves circulation and elimination, is cleansing, and helps reduce cravings.

7. Develop a spiritual or ethical foundation. For those who cherish the Bible, this means being fully "grounded" in the Word, and feeding on it as well!

8. Consider modifications. If you are following an extremely restricted diet and constant cravings continually stalk you, then seriously consider changing to a more diversified diet. Add more veggies, sprouts, and seeds or nuts to your diet. If you do backslide and eat something bad, simply resolve to avoid the mistake next time. Learn from your mistakes, but don't dwell on them unnecessarily, as guilt is a negative emotion. Cravings can be a major problem during the transition to a living food diet. But after you've been on it long enough, the cravings will usually dissipate. A pure raw food diet is not for everyone, so settling into one which is between sixty to eighty percent raw is usually a workable long-term plan. Be kind to yourself; do what is best for your body, and enjoy our Creator's bounty.

Living on Instant Food

The original recipe in Eden's garden, starting day one, was a right-off-the-tree, pick-n-peel (or not), no waiting

food court. What we know today about live food and longevity may partially explain the long lifespans of biblical proportions recorded in Scripture.

Adam..... 930 years

Methuselah..... 986 years

After Noah's flood, God introduced flesh food into man's diet. The result was a rapid decline in longevity. In less than ten generations, Abraham peaked out at only 175 years.

To be sure, there's more to life than eating, but while you're at it (walking outside in the sunshine, breathing lots of fresh air, and drinking plenty of pure water), a live food Rx can go a long way to restore and prolong life as it was originally meant to be.

And finally, there's the future fresh-friendly fare of heaven! Starting with the Tree of Life with twelve kinds of fruit—a different flavor every month. And, of course, we know there will be no death there. It will be all live food on the menu. >>

Gary Hullquist, MD, as a life-long vegetarian, suffered from seasonal hay fever, migraine* headaches, and serious cat allergies until discovering that a totally vegan diet relieved them all! Plant foods are nutritional powerhouses and emphasizing plant foods, can add a layer of anti-inflammatory, antioxidant, and anticancer* protection to any existing lifestyle.

[* Note: To learn more about the relief of migraine headaches, see the YMFE articles in the May-July 2011 issues of *Present Truth*. To learn more about anticancer foods, see the YMFE articles in the April 2011, May 2013, August 2013 issues of *Present Truth*. If you or friends are missing one or more issues, write or call and we'll get copies in the mail, or read the issues on our website at: www.presenttruth.info.]

Blessings! JR

The Fulfilling of the Law

by Ellet J. Waggoner

The young man who came to Jesus thought that he had kept all the commandments, for when Jesus referred to them, he said, "All these have I kept from my youth up; what lack I yet?" Then Jesus answered, "If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven; and follow Me" (Matthew 19:20, 21). This was a test that the young man could not endure, and he went away sorrowful.

Shall we learn from this that there was something necessary for the young man to do more than the keeping of the commandments? By no means: For the Saviour told him that if he would enter into the kingdom he should keep the commandments. We learn that the young man had not kept the commandments, although he thought that he had. "For all the law is fulfilled in one word, even this; Thou shalt love thy neighbour as thyself" (Galatians 5:14). But this man did not love his neighbour as himself; therefore he had not kept the commandments.

"Love worketh no ill to his neighbor; therefore love is the fulfilling of the law" (Romans 13:10). The Saviour said to the young man, "If thou wilt be perfect, go and sell that thou hast, and give to the poor." In Colossians 3:14 we are told that love is the bond of perfectness. So the Saviour simply pointed out to the man that although he had outwardly kept all the commandments, he lacked the essential element of commandment keeping, which is love. Without love there is no keeping of the law.

True charity is not simply almsgiving, but it is love. Now, remembering that love is the fulfilling of law, and that without love there is nothing of any

value, read the thirteenth chapter of 1 Corinthians, and we shall find out what constitutes the keeping of the commandments. "Love suffereth long, and is kind; love envieth not; love vaunteth not itself; it is not puffed up, doth not behave itself unseemly, seeketh not its own, is not provoked, taketh not account of evil; rejoiceth not in unrighteousness, but rejoiceth with the truth; beareth all things, believeth all things, hopeth all things, endureth all things" (1 Corinthians 13:4-7, *Revised Version*).

When we understand that love, and that alone, is the fulfilling of the law, we can see in this chapter the statement that the keeping of the commandments means kindness, patience, unselfishness, thoughtfulness for others, forgetfulness of self, and labour to build up others, meekness, and gentleness, and true courtesy. In short, it means perfection. Without love in the heart, there is no keeping of the law of God. The law was given in love (Deuteronomy 33:2, 3), and it is love.

"Beloved, let us love one another; for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love" (1 John 4:7, 8). "For this is the love of God, that we keep His commandments; and His commandments are not grievous" (1 John 5:3). "We love, because He first love us" (1 John 4:19), because love is of God. That is, there can be no real love that does not come from God. God is love, and all love springs from Him. So we are able to love one another only as "the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us" (Romans 5:5).

Present Truth

All this goes to show that the keeping of the commandments of God is simply a likeness to God Himself. It is more than mere likeness to God; it is assimilation to God; for love, which is the fulfilling of the law, comes from God. Therefore the keeping of the commandments by any man is nothing less than the manifestation of the life of God in that man. A few paragraphs may profitably be devoted directly to this point in following articles. >>

(This article was taken from the January 26, 1893 edition of *The Present Truth*.)

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Answers to Last Issue's Crossword Puzzle

Simply Vegetarian

by Jerri Raymond

Mushroom & Spinach Frittatta

- 1 cup cooked Quinoa or brown rice**
- 3/4 cup sauteed sliced mushrooms**
(or canned)
- 2 large handfuls baby spinach leaves** (2-3 cups)

- 5 large eggs**
- 1/4 cup almond milk**
- 1 garlic clove-minced**
- 1/2 teaspoon seasoned salt of your choice**

Preparation

Coat the bottom of a 9 or 10 inch skillet with oil and place over medium heat. Sprinkle with rice or quinoa. Layer mushrooms over top and then cover with spinach leaves. Beat eggs, milk, garlic and salt together and pour gently all over surface of spinach. Sprinkle with finely shredded cheese if desired. Place lid on skillet and turn heat down to low. Cook for 15-20 minutes until egg is all puffy and appears cooked all the way thru center. Can be served immediately or placed under the broiler for a couple minutes if a browned surface is desired. (can be made with vege-sausage also)

Yield: about 2-3 servings.

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