

Luke 21:36 - "Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man." NKJV

# Days of Noah

2 Samuel 22:2-4

These are the words he sang: "The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the strength of my salvation, and my stronghold, my high tower, my savior, the one who saves me from violence. I will call on the LORD, who is worthy of praise, for he saves me from my enemies. NLT

February 2011

## Hallelujah Wellness

*Fitness and Nutrition for the Whole Person!*  
**BODY, MIND, SOUL, SPIRIT WELLNESS**

*1 Corinthians 6: 19 – 20 - Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. NKJV*

## Reading the Bible in the Dark?

One evening or early morning I should say, I was trying to read my Bible in poor lighting, and the LORD gave me this spiritual lesson from that experience.

Many people possess a Holy Bible, but read it in poor, low or no lighting. You may ask, "Who would try to read his or her Holy Bible in poor, low or no lighting?" Allow me to answer your question by saying the poor, low or no lighting represents a person who has poor, low or no spiritual lighting which equals to poor, low or no spiritual relationship with the LORD. Have you tried to read your Bible in the dark? "That is quite a ridiculous action for a person to do!" you may say, but many people unknowingly do this every day. "How could that be?" you ask again, well please allow me to explain further.

As you and I both know, it is impossible to read or even see the words of the pages of our Holy Bible in the dark with no lighting of any kind present. However, some people are trying to read their Bible in poor or low lighting or darkness? A person reading his or her Bible in poor, low or darkness is proven either the works of the flesh or by the fruit of the Spirit that a professing Bible believing person exhibit in his or her life. Because some people attempt to read their Bible in spiritual poor, low light or darkness, the person does not have a clear direction on how to serve, obey and seek the LORD God Almighty. The knowledge of LORD God Almighty is lacking in ones trying to read his or her Bible in poor, low or no Spiritual Light while walking in spiritual darkness. No matter how many pages a person turns in his or her Bible while in spiritual darkness, he or she will not be able to receive Godly wisdom. We need the Light of Jesus Christ / Yeshua Ha-Mashiach by the Holy Spirit to see and understand the pages of God's Word.

Just as we need ample and bright light from a bulb to see the pages of our Bible, we need God's Holy Spirit of the Light of the Son of God to see and understand His ways. With the Spiritual Light of Jesus Christ / Yeshua Ha-Mashiach by the Holy Spirit, we will know how to serve, obey and seek God's laws and precepts.

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### Home Remedies for Headaches

> A headache caused by a cold coming on is relieved by a herbal tea made from an infusion of holy basil leaves, and if the throat feels sore, alternate it with a warm herbal mixture made with a level teaspoon of fresh ginger juice mixed with a spoonful of honey in hot water, thrice a day. Another effective remedy is a level teaspoon of ground long pepper, with jaggery to sweeten the taste, thrice a day with warm or hot water.

> A headache caused by indigestion, overeating, dyspepsia, will get well by sipping a tea made with a spoonful of cummin seeds added to a cupful of water. This can be had hot or cold, but acts better if it is warm, bordering on hot. Mint or thyme acts just as well.

From [www.best-home-remedies.com](http://www.best-home-remedies.com), 2011

## Christian Hebrew Jewish Roots

### Distinction between Israel and the Church

There is a distinction between Israel and the Church. Natural Israel and the Gentiles are contrasted in the New Testament in Acts 3:12; 4:8; 21:28; Romans 10:1. Israel is addressed as a nation after the establishment of the Church and the term "Jew" continues to be used as distinct from the Church (I Cor. 10:32) which proves that the Church has not replaced Israel.

([www.jewishrootsofchristianity.org](http://www.jewishrootsofchristianity.org), 2011)

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Ones in spiritual darkness of poor, low or no lighting relationship with the LORD will cause them to stumble and / or fall into ungodly and sinful actions toward God's statues. What causes a person to try reading his or her Bible in spiritual darkness? I am glad you asked this question. Some of the reasons why a person will strive to read his or her Bible in spiritual darkness are

- \* Laziness to turn on the Light by receiving Jesus Christ / Yeshua Ha-Mashiach as Savior, LORD and KING.
- \* Denial of hidden sins against God Almighty.
- \* Habitual continuation and practicing of lawlessness.
- \* Greed.

Some people want to appear to others and in places of worship they contain the Light of Christ / Ha-Mashiach, but in truth they are reading their Bible and living a life in spiritual darkness. Earlier I mention the fruit of the Spirit, that in turn will show and tell anyone if a person is reading his or her Bible in the Light of Christ / Ha-Mashiach. These fruit of the Spirit will blossom forth in ones "digesting" the Bible through the Light of Christ by the Holy Spirit: Ephesians 5:22-23 - *But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.* KJV

The hidden and unconfessed sins in our hearts toward God may be unforgiveness, shame, guilt, resentment, anger, bitterness, gossiping, and loathing. God Almighty knows our deepest thoughts of our heart, and any effort to conceal the heart matters will only demonstrate through outward actions. After we acknowledge our secreted sins to God Almighty we obtain the Light of Jesus / Yeshua to see clearly God's Word by the Holy Spirit. We will receive the Light of Christ / Ha-Mashiach to see His Word better on how to seek Him, obey His commands, and serve Him in the way pleasing to Him. I moved my body and Bible to another location toward a stronger and brighter light to see and read God's Word. Sometimes we may need to travel to another location to receive the better and brighter Light to see, know and learn how to read and obey God's Word, the Holy Bible and His way of living. Some examples of people on the Holy Bible who moved as God directed:

*Abram was in Haran at age 75 when he got the call from God to leave his home and family behind and follow God into a strange land that He would give him. Time quoted Thomas Cahill, author of The Gifts of the Jews, calling the move "a complete departure from everything that has gone before in the evolution of culture and sensibility." Abram took his wife, his nephew, Lot, and his possessions and departed. Abram moved south into the land of Canaan, a land inhabited by a warrior people called the Canaanites. He settled temporarily in Shechem and Beth-el. God told Abraham his descendants would inherit the Canaanite land.*

(<http://www.answers.com/topic/abraham#ixzz1AH1f3CcR>, 2011)  
Read Genesis chapter 12

Due to his jealous brothers, Joseph unwillingly moved from his homeland and ended up in Egypt, but it was all part of God's plans.

*One day, when Joseph was seventeen, his brothers plotted to kill him. But Reuben, the eldest brother, advised them to throw Joseph into a pit, intending to rescue him later. And so the brothers stripped Joseph of the coat of many colours and threw him into the pit. A caravan of Ishmaelites passed by, and Judah, another of the brothers, suggested that they sell Joseph to the merchants. Some Midianites were passing by and took Joseph out of the pit and sold him to the Ishmaelites for twenty shekels of silver and they took him to Egypt. When Reuben came back to the pit he found Joseph gone. The brothers dipped Joseph's coat in the blood of a goat and showed it to Jacob, who mourned for Joseph, believing him dead. The Midianites (or Ishmaelites, at 39:1) sold Joseph to Potiphar, the captain of Pharaoh's guard.*

([http://en.wikipedia.org/wiki/Joseph\\_\(Hebrew\\_Bible\)](http://en.wikipedia.org/wiki/Joseph_(Hebrew_Bible)), 2011) Read Genesis chapter 37

Also, Joseph the earthly father of Jesus Christ / Yeshua Ha-Mashiach was told by God's angel to move to a safer place for his family. Matthew 2:13 - And when they were departed, behold, the angel of the Lord appeareth to Joseph in a dream, saying, Arise, and take the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him. KJV

*In order that prophecy which said that the Messiah would come out of Egypt might be fulfilled, God told Joseph, the father of Jesus to flee to Egypt with his wife and baby son. For Herod was going to kill all the boys in Bethlehem. This is the final time in the Bible where an Israelite went down into Egypt for safety, whether from famine or fear. But this time God commanded it to be done, so rather than relying on the Egyptians, Joseph and Mary were relying on God. And the symbolism of Christ coming out of Egypt as the people of Israel had been brought out of Egypt when God saved them, foreshadowed the Messiah's mission to save every lost soul.*

(<http://www.hyperhistory.net/apwh/essays/cot/t1w05egyptbiblical.htm>, 2011)

With much prayer and seeking God's answer for our matters in life, we may need to move to another city, state or even country as the Holy Spirit of God directs us. We desire to depart from ungodly friends and influences, which contribute to spiritual darkness and resulting in spiritual sightlessness to seek and obey God's Word. With much prayer and supplication toward God through His Son Jesus Christ / Yeshua Ha-Mashiach by the Holy Spirit for God Almighty direction in our lives, we will make hard and difficult decisions that will free us from spiritual darkness. With Almighty God's hand, love, mercy, grace, and help through Jesus Christ / Yeshua Ha-Mashiach by the Holy Spirit, we will make the wise decision to walk correctly with steps toward the Light of the Son of God with Spiritual Light of reading God's Word to see clearly of our transformation into born again believers and doers of the Word of God and follow His will and way. piercegrace

**READ, KNOW AND LIVE YOUR HOLY BIBLE !**

*And the sun stood still, and the moon stayed, until the people had avenged themselves upon their enemies. [Is] not this written in the book of Jasher? So the sun stood still in the midst of heaven, and hasted not to go down about a whole day.*  
Joshua 10:13 KJV



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