

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

January 2011



## Hallelujah Wellness

Genesis 4:7

*If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee [shall be] his desire, and thou shalt rule over him. KJV*

*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*

The word "if" is a small word with big consequences. In the Holy Bible from the King James Version the word "if" occurs 1595 times in 1420 verses (Blue Letter Bible. "Dictionary and Word Search for 'if' in the KJV". Blue Letter Bible. 1996-2010. 27 Dec 2010. <[http:// www.blueletterbible.org](http://www.blueletterbible.org)). The definitions of the word "if" are *in case that; granting or supposing that; on condition that: or a condition, requirement, or stipulation.* (www.Dictionary.com). The LORD God Almighty has conditions, requirements and stipulations for becoming one of His humble obedient clay vessel servants. We will look from God's Word the Holy Bible who will encounter the "if" factor, and about His specifications and consequences of the "if" factor.

Pharaoh encounter the "if" factor with the LORD God Almighty through Moses. The LORD God Almighty sent Moses to warn Pharaoh of pending destruction if he did not let the children of Israel to worship the LORD God Almighty. Because of his hard and stubborn heart, these plagues were pronounced upon Pharaoh with dire repercussions.

**Exodus 4:23** - *And I say unto thee, Let my son go, that he may serve me: and if thou refuse to let him go, behold, I will slay thy son, [even] thy firstborn.*

**Exodus 8:2** - *And if thou refuse to let [them] go, behold, I will smite all thy borders with frogs:*

**Exodus 8:21** - *Else, if thou wilt not let my people go, behold, I will send swarms [of flies] upon thee, and upon thy servants, and upon thy people, and into thy houses: and the houses of the Egyptians shall be full of swarms [of flies], and also the ground whereon they [are].*

**Exodus 10:4** - *Else, if thou refuse to let my people go, behold, to morrow will I bring the locusts into thy coast:*

(Continue on page 2)

### Home Remedies for Anxiety

"**Aromatherapy** is a good treatment for anxiety, and you can do it on your own. Lavender oil is particularly effective, but you can also use jasmine or sandalwood.; **Vitamin deficiencies** - Vitamin B in particular can often cause anxiety. Try taking a daily supplement of a B-complex tablet. Learn some **meditation** and **yoga techniques** to calm yourself. If nothing else, closing your eyes and breathing deeply will do. These techniques can be used whenever you start to get an anxiety attack, and also as part of your daily routine.; **A daily workout** will help you calm down. The physical exertion itself helps fight anxiety, plus it prompts your body to produce certain chemicals that calm you and make you feel good." More remedies at [www.home-remedies-for-you.com](http://www.home-remedies-for-you.com).

## Christian Hebrew Jewish Roots

### CHRISTIANITY IS JEWISH

*"There is the need to realize that because man believed Satan rather than God – separation from God has occurred (Isaiah 59:2). There is the need to realize that God has provided a way back to Himself – a way to bring man to God. "Shalom" – peace – actually means "to repair that which was broken." Our relationship with God was broken. God chose Israel and showed them the way to come to Him – with the lamb – the sacrifice. And He told Israel to share this message with the world. There is the need to believe God is here. "He that comes to God must believe that He is and that He is a rewarder of them that diligently seek Him." There is the need to believe in the God of Israel, the God of Abraham, Isaac, and Jacob. The God of the Bible really exists and He is a personal God – a complex God. Deuteronomy 6:4, the Sh'ma, teaches us that He is "One". The Hebrew word for "one" in this verse is "echad" which means a composite unity. The matzah tosh that sits upon the Passover Seder table is also called a "unity". There is the need to understand our guilt before a Holy God. The prophet Isaiah, when he saw God high and lifted up, realized that he, Isaiah, was "undone" (destroyed) in the presence of a holy God (Isaiah 6). There is the need to realize that we have broken God's commandments (Jeremiah 31:31- 32, we have sinned (Psalm 51: ; Ecclesiastes 7:20; Ezekiel 18: )"*  
(www.jewishrootsofchristianity.org, 2010)

**FREE HOLY BIBLE; [butterflyjourney@yahoo.com](mailto:butterflyjourney@yahoo.com); 678.523.2634**

**January 2011 Holy Bible Facts**

**What is the significance of Beth Peor?**

Deuteronomy 4:45-47 (New King James Version)

These *are* the testimonies, the statutes, and the judgments which Moses spoke to the children of Israel after they came out of Egypt, on this side of the Jordan, in the valley opposite Beth Peor, in the land of Sihon king of the Amorites, who dwelt at Heshbon, whom Moses and the children of Israel defeated after they came out of Egypt. And they took possession of his land and the land of Og king of Bashan, two kings of the Amorites, who *were* on this side of the Jordan, toward the rising of the sun,

**ANSWERS – December 2010 Holy Bible Quiz**

**1. Why did the king become "furious, and his anger burned within him" toward Queen Vashti? Esther 1**

**ANSWER:** Esther 1:12 - *But when they conveyed the king's order to Queen Vashti, she refused to come. This made the king furious, and he burned with anger.* NLT

**2. In Job chapter 42, what did Job confess due to his lack of understanding the things of the LORD God Almighty?**

**ANSWER:** Job 42: 1 - 6: *Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."* NLT

**3. Jesus / Yeshua went up to Jerusalem while the "Passover of the Jews" was at hand, what did He find happening in the temple? John 2**

**ANSWER:** John 2:13 - *It was nearly time for the Jewish Passover celebration, so Jesus went to Jerusalem. 14 In the Temple area he saw merchants selling cattle, sheep, and doves for sacrifices; he also saw dealers at tables exchanging foreign money. 15 Jesus made a whip from some ropes and chased them all out of the Temple. He drove out the sheep and cattle, scattered the money changers' coins over the floor; and turned over their tables. 16 Then, going over to the people who sold doves, he told them, "Get these things out of here. Stop turning my Father's house into a marketplace!"* NLT

The LORD God Almighty tells us what path and directions to walk and follow through His Prophets, Evangelists, Ministers, Holy Word, Holy Spirit, and even angels in disguise bringing His message of the "if" factor effects.

**Exodus 15:26** - *And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee.*

**Exodus 18:23** - *If thou shalt do this thing, and God command thee [so], then thou shalt be able to endure, and all this people shall also go to their place in peace.*

**Exodus 19:5** - *Now therefore, if ye will obey my voice indeed, and keep my covenant, then ye shall be a peculiar treasure unto me above all people: for all the earth [is] mine:*

**Exodus 40:37** - *But if the cloud were not taken up, then they journeyed not till the day that it was taken up.*

**Numbers 21:9** - *And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.*

**Deuteronomy 4:29** - *But if from thence thou shalt seek the LORD thy God, thou shalt find [him], if thou seek him with all thy heart and with all thy soul.*

**Deuteronomy 6:25** - *And it shall be our righteousness, if we observe to do all these commandments before the LORD our God, as he hath commanded us.*

**Deuteronomy 7:12** - *Wherefore it shall come to pass, if ye hearken to these judgments, and keep, and do them, that the LORD thy God shall keep unto thee the covenant and the mercy which he sware unto thy fathers:*

**Deuteronomy 8:19** - *And it shall be, if thou do at all forget the LORD thy God, and walk after other gods, and serve them, and worship them, I testify against you this day that ye shall surely perish.*

**Deuteronomy 11:27, 28** - *A blessing, if ye obey the commandments of the LORD your God, which I command you this day: And a curse, if ye will not obey the commandments of the LORD your God, but turn aside out of the way which I command you this day, to go after other gods, which ye have not known.*

**Psalms 62:10** - *Trust not in oppression, and become not vain in robbery: if riches increase, set not your heart [upon them].*

**Psalms 66:18** - *If I regard iniquity in my heart, the Lord will not hear [me]:*

**Proverbs 1:10** - *My son, if sinners entice thee, consent thou not.*

**Proverbs 25:21** - *If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink:*

**Proverbs 29:9, 12** - *[If] a wise man contendeth with a foolish man, whether he rage or laugh, [there is] no rest. If a ruler hearken to lies, all his servants [are] wicked.*

**Ezekiel 33:9, 19** - *Nevertheless, if thou warn the wicked of his way to turn from it; if he do not turn from his way, he shall die in his iniquity; but thou hast delivered thy soul. But if the wicked turn from his wickedness, and do that which is lawful and right, he shall live thereby.*

**Matthew 6:14, 15** - *For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.*

**Matthew 9:21** - *For she said within herself, If I may but touch his garment, I shall be whole.*

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

**Revelation 3:3** - *Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee.*

When we meet God's prerequisite of becoming one of His obedient clay vessel servants, He will give us His Holy Spirit to become a doer of the Word and we will comply to the "if" factor for the saving our souls. piercegrace (Holy Bible Scriptures from King James Version)



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