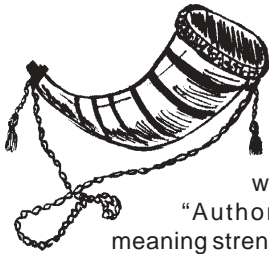


From the Inkhorn



The theme on our cover “He Lives” is developed through the words “Power” and “Authority”. Power meaning strength, force or ability to act and authority meaning an accepted power or right to be believed.

In the articles, Expand Your Bible and “He Lives” we read how Jesus surrendered his power to the authority of Satan, but how Satan could not hold Him in death. In the article “Power and Authority” we show “evil” and its capacity in both of these fields.

Covenants of the Bible, and Preparation for Whitsuntide give us a very positive outlook on how to face life if we want to triumph for God and good.

The Manager of a business has Authority, but if everyone objects, and does not obey him, he has lost his Power to control. Similarly, Satan is in authority in this world, but if we don’t take any notice of him and his evil temptations, he will loose his power in us. Perhaps this seems an over simplified parable, but think about it, and remember, God has promised Spiritual help and Spiritual power to those who ask Him for it.

God’s power in creation is recalled in Debug Your Bible, while our Health Expert is guiding us to a healthier lifestyle.

Our Archivist has dealt with an early English Church, and the disciple spoken of in this issue is John, the Beloved. History contains many lessons, so as these events are recalled, apply them to today and the future.

“Down Under” we are going into Autumn, and once again we can appreciate the glorious colours of creation, and the freshness of the cooling night.

May your senses in God’s wisdom be refreshed by this issue, similarly as we are refreshed by the season of Autumn.

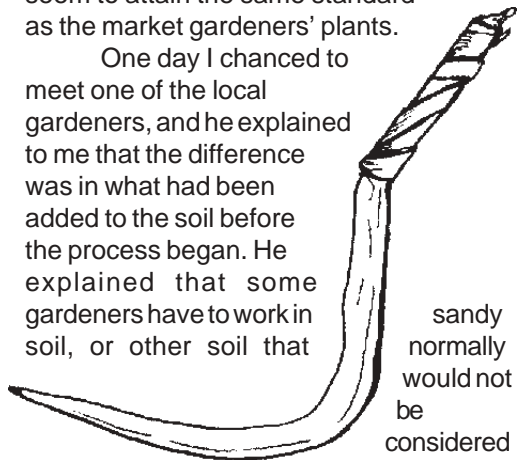
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Preparation for Whitsuntide

Where I lived recently I used to travel through some market gardens to and from work. It was always interesting to see the vacant ground being ploughed, often one way, then the other, then watch the progress of the new seeds or seedlings planted. Within a few days there were green shoots and within a few weeks strong healthy plants would be dominating the scene. It seemed to be no time before the plants were reaching maturity. By comparison, when I've tried growing similar things at home they seem to take longer to start growing and then never seem to attain the same standard as the market gardeners' plants.

One day I chanced to meet one of the local gardeners, and he explained to me that the difference was in what had been added to the soil before the process began. He explained that some gardeners have to work in soil, or other soil that



sandy normally would not be considered

suitable for growing crops commercially, but by using the right approach good yields were obtained.

Another impressive thing was the way in which the professionals managed to get about three crops a year from the same plot. Of course there was the watering and tending for the crops as they grew. Sometimes there was rain and although nature was taking greater care of the plants it meant that nature's "assistants" were not able to get in with

the tractors and do what they would normally do, such as digging or weed pulling, but the natural rain added considerably more than the irrigated watering.

Of course there is also an important element in timing in the success of the crops. It is amazing just how much is programmed into a little baby seed! "Is it time to start growing yet" we would have to ask, but the seed just starts at some appointed time. If planted at that right time it can get straight to work. Some plants will grow across a number of seasons and some critically only once a year. I was speaking with a wheat farmer once who was ploughing his field way before sowing time. He told me that if he prepared the soil adequately, even if there was no rain he had a reasonable idea of what yield he would get. The interesting point was that he was confident that there would be a yield in any event, and that the yield would be related to the amount of time he spent ploughing and preparing the soil beforehand.

I am sure that by now many of you will have guessed the point that this article is seeking to make. The spiritual lift that we get out of times like Whitsuntide will directly relate to the preparation that we have put into it beforehand. If we seek to God to prepare our hearts to be ready to receive the "promise of the Father" (Acts 1:2-4), then we are more likely to gain a greater blessing than if we have not "prepared the soil".

As Christian Israelites we make a special effort especially at this time of the year to be ready for Whitsuntide. We believe too that the temporal can be a figure of the spiritual and for this reason

we undertake many tasks at the physical level as types and shadows of the spiritual. And just as many of the crops come only once a year, so too we see an opportunity to make a special effort on an annual basis to come closer to God, putting behind the events of the past and pressing towards “the prize of the high calling of God in Christ Jesus”. See Phil.3:13-15.

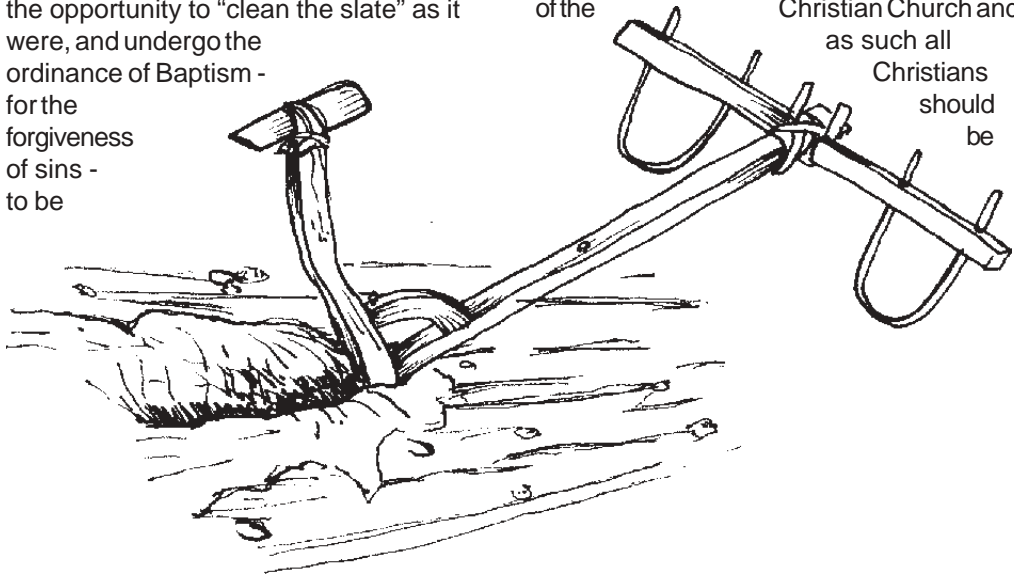
For example many of the folks in the Church make a special effort to clean through their houses just before Whitsuntide, washing the curtains and cleaning out those cupboards that get to harbour the junk from throughout the year. Others make a special effort to try to have all their debts paid up in case this may just be the year when the call will be made as it was to the Israelites in Egypt - Egypt being a figure of the evil world in which we find ourselves today that connives to hold God’s people and will not let them go to worship their God as they ought. These temporal activities reflect a greater inward desire to be prepared by God - see Psalm 139:23-24).

Most members of the Church take the opportunity to “clean the slate” as it were, and undergo the ordinance of Baptism - for the forgiveness of sins - to be

ready for the promised outpouring of the Holy Ghost to come in the latter days, just before Jesus Christ’s return. There is also within the Christian Israelite Church structure an opportunity for individuals who so desire to make a Covenant with God to seek to take on a more obligatory standard of obedience to the commands of the Scriptures. Although the paramount importance of the Covenant is between the individual and God, the Church provides a framework within which this Covenant can be made. The issues of the Covenant are primarily based on seeking to attain to obedience to God’s instructions as set out in the Old and New Testaments and as understood and interpreted within the beliefs and traditions of the Church. Members believe that in response to this commitment and because they have formally asked (John 16:24) God will send the Power of His Spirit in the fullness of His Love (1 John 4:18; John 14:15,21).

As Whitsuntide approaches each year it should be foremost in the mind of each person what may be appropriate for them in preparation for this event. Whitsuntide is recognised as the birthday of the Christian Church and

as such all Christians should be



looking to prepare to some degree. For members of the Christian Israelite Church it is an additionally special time as it gives the opportunity for individuals to offer themselves for a greater level of dedication, in presenting themselves as 'a living sacrifice, wholly and acceptable unto God.'" Romans 12:1-2.

This Pentecostal Assembly

**As the kindling of coals increases the heat,
So the kindling of souls when thus we all meet;
This day makes a spiritual baptism from heaven,
Which to the church members is given.**

**Oh how we have waited to welcome this day
And brothers and sisters from near and away!
Assemblies like these are ordained from above
To quicken our zeal and our heavenly love.**

**The Lord's Holy Hill is the Lord's highest church,
So imminent, truly, for sacred research;
The wines on the lees and things well refined
Are the richest of sweets and the joys of the mind.**

**The Scriptures themselves are now turning the key
And throwing their light on the Great Things to be;
The signs of Christ's coming are now being seen,
That we may prepare to become as His Queen.**

Walter Gould

Covenants in the Bible - God's Covenant With Us

When sitting down to write this article we had a problem, just what should we write about? There are so many covenants in the Bible - there are Man-to-Man covenants, God-to-Man covenants, and Man-to-God covenants. Each covenant is detailed enough and interesting enough to have an entire article of its own. Then, how do we make it applicable to us and not just a story?

We hear the word “covenant” a fair bit in the Bible. If we want tangible proof that covenants exist all we have to do is look in the sky after it has rained. The rainbow is one of God’s covenants - the covenant that He would never destroy the earth again by flood - as in the time of Noah. (Well, that’s one covenant that relates to you and me already!) Without looking more deeply into the background of what covenants are, whom they involve, and what they mean, it is hard to see their real significance.

The meaning and origin of the word “covenant” goes back a long way. One dictionary defines a covenant as a binding agreement or contract. The origin of the word comes from the 13th century word COVENIR - to agree, a word with its root in the Latin CONVENIRE - to come together, to make an agreement. If we consider its usage and meaning we could best describe a covenant as an “ultimate oath”.

Biblically speaking, *covenant* has been defined as “to cut”, and also as

“testament”. It means a marriage, or an agreement or bond. A covenant could be bound by blood: either an animal’s blood, or one’s own blood.

First let’s look at the Man-to-Man covenants in the Bible. Agreements between persons or nations were common in ancient times. A typical Man-to-Man covenant was: “And they two [Jonathan and David] made a covenant before the Lord...” 1 Samuel 23:18 (also 1 Samuel 11:1). Covenants of this type normally involved a peace agreement or treaty between the nations, or close bonds or “blood brothers” between individuals as was the case with David and Jonathan. These covenants tended to be interactive with each party having some active part to play. There were visible signs of the pacts which people had made, which often included the spilling of animals, or their own, blood. Also included in these interpersonal contracts were penalties - punishments for breaking the oaths they had made. Such punishments were sometimes mild, but more usually they were terrible indeed.

Less common is a Man-to-God covenant. In this instance man is the instigator of the covenant. It’s like saying “Lord, if you do this for me, I will do such and such for you...” An example is that of Jacob promising to pay tithe to God if He, God, brought him back in safety (Gen. 28:20-22). But by far the most common, and dare we say most important,

covenants in the Bible were God-to-Man covenants such as the ones that follow.

The use of the expression "covenant" goes back to the time of Adam, when God made an agreement with man - a God-to-Man covenant. "And the LORD God commanded the man saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day thou eatest thereof thou shalt surely die." Genesis 2:16-17. This very first agreement was very simple and hinged on one single condition - obedience, which unfortunately was broken.

So what can we draw from these notable covenants through the Bible? We see that a covenant involved an agreement, a commitment, and lots of dedication. Each covenant brought with it rewards, and commonly there were penalties for breaking a covenant. It appears that if a covenant between individuals was to be a great oath, it involved the shedding of blood to seal the covenant. In the case of a God-to-Man covenant, it involved humility and surrender. One thing we must remember is that God will never break a covenant. "For when God made a promise to Abraham, because he could swear by no greater, he swore by himself,... God, willing more abundantly to shew unto the heirs of promise the immutability of his council, confirmed it by an oath... in which it was impossible for God to lie..." Hebrews 6:13,17,18. Any covenants that have been terminated or have gone awry are due to the error of man. We can rest assured that if we perform our side of God's covenant that He will perform His.

By far the most prominent covenant is the one God has sought to make with individuals, based on obedience. He has entered into this covenant, renewing it from generation to generation.

We read of the God-to-Man covenant between God and Noah in Genesis 6:18, and the again in Genesis 9:9-17. Here God made precise terms and signs of the bond which He had entered into: "...neither shall all flesh be cut off any more by the waters of a flood; neither shall there be a flood any more to destroy the earth...This is the token of the covenant which I make between me and you and every living creature...for perpetual generations: I do set my bow in the clouds..." Genesis 9:11-13. Even this agreement is simple: God makes a promise to Noah and all the world, and the sign of this promise is the rainbow. No action is required from man as it is all God's work.

The next time God renewed this covenant is undoubtedly the most talked about covenant in the Bible - and perhaps the most major. This is the covenant between God and Abraham (Genesis 12:1-3, 17:1-14, 22:16-18), carried through to Isaac (Genesis 26:2-6) and Jacob (Genesis 28:13-15), and then to the children of Israel. This agreement again was simple and mainly involved spiritual help from God in return for very little input from the people involved. Indeed, the covenants made with Isaac and Jacob tended to be simple extensions of the agreement made initially between God and Abraham, "And I will establish my covenant between me and thee and thy seed after thee...for an everlasting covenant, to be a God unto thee and to thy seed after thee." Genesis 17:7. It is no wonder that Abraham fell on his face in awe of the covenant God had made with him. Both God and Abraham knew the magnitude of a covenant - and for God to choose a Man to "covenant with" was unheard of. This covenant involved the shedding of blood to seal the covenant - something that instilled the magnitude to each party. It is noteworthy that if blood

is shed in the sealing of a covenant it is done so by both parties. So how did Abraham and his generations shed their blood? Through circumcision. How did God shed His blood? Through the shedding of Jesus' blood - this sealed the covenant.

Again God renewed this covenant with His people Israel and gave them an opportunity to overcome physical death by fulfilling His law (Ex. 19:5; Deut. 30:15-20). This covenant required a condition - but just look at the reward! Unfortunately through the evil of their own bodies, and their own inability to overcome this evil, they could not keep God's will. Only Elijah managed to overcome death by fulfilling all God's law - so we can see that the promise of this covenant was very real. Belief in the forgiveness of transgression through sacrifice allowed salvation of the souls of those who sinned - those who broke the covenant.

The coming of Jesus Christ brought a new light to the covenant between God and His peculiar people, as he was "a light to lighten the Gentiles, and the Glory of thy people Israel." Luke 2:32. Through faith in God for the forgiveness of sins by the sacrifice of God's son, and the keeping of the Law of the first covenant, God's people could fulfil the covenant as renewed by Jesus Christ. This new covenant did not do away with the first covenant, but allowed it to be fulfilled. "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil... For verily I say unto you... one jot or one tittle shall in no wise pass from the law, till all be fulfilled." Matthew 5:17-18.

So what does this mean to you and me? The covenant started with Adam, renewed with Abraham, and sealed by Jesus (and shaped by Jesus' works) continues to be available. Today the terms, conditions, and rewards of God's

covenant still exist through His son Jesus Christ, and God is preparing His peculiar people to come forward and make a binding agreement with Him (Jer. 31:31). If they will come forward and dedicate their lives to Him, if they will relinquish their total authority over their own actions, then He will fulfil His word and will grant them His spiritual power. He will give them power to break the power of death - a seldom-overcome covenant with Satan, "And your covenant with death shall be disannulled, and your agreement with hell shall not stand;..." Isaiah 28:18.

It may appear that the covenants between God and Adam, Noah, Abraham, Isaac, and Israel are unrelated - but are they really? In actual fact they are all part of God's great covenant of life. But why does God continually re-establish his covenant of life? He's been disappointed so many times - why doesn't He just give up? Because God's plan is to break the power of death, show that good is good, to realise His purpose for the being of man, and to show His power and His glory. As instruments of fulfilling this last, great covenant, not only do we achieve the high reward of God, but we show the glory of God and God's victory. "As for me, this is my covenant with them, saith the LORD; My spirit that is upon thee, and my words which I have put in thy mouth, shall not depart out of thy mouth, nor out of the mouth of thy seed, nor out of the mouth of thy seed's seed, saith the LORD, from henceforth and forever." Isaiah. 59:21.

As a Christian we appreciate that God has great and wonderful virtues. We are always learning more about his love and understanding, and how he has planned for mankind. But is there a time when his greatness, and his ability to plan and act are beyond our human limits of understanding? We can see Paul accepted and marvelled at the foresight of God's actions because he said, "O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!

For who hath known the mind of the Lord? or who hath been his counsellor? Or who hath first given to him, and it shall be recompensed unto him again? For of him, and through him, and to him, are all things." Rom 11:33-36. see also 1 Cor.2:16.

come to study the topics, 'Where Did Evil Come From?' and 'How Does Satan who was Created Good, Come to be Called "The Devil" and the Leader of all Evil?'

God Created Evil

God moved Isaiah to say, "I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things" Isa. 45:7. Do we flinch because we find it hard to comprehend that our God, who loves and encourages us to do good, would create evil the complete opposite to good?

God also moved on another of his prophets to declare similar words: Amos in Amos 3:6 said, "Shall a trumpet be blown in the city, and the people not be afraid? shall there be evil in a city, and the Lord hath not done it?" Before the days of amplifiers, loud

Power and Au

In all fairness to our human limitations, there has to be some point at which we accept God in "FAITH", while we are still studying and coming to a deeper understanding. God accepts this because He caused Paul to record these words, "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Heb. 11:6. "Now faith is the substance of things hoped for, the evidence of things not seen." Heb. 11:1.

Our role, as individuals striving to live in God's standard in the Law and Gospel, is to accept God Almighty, study to try to understand further, but recognise that there is a certain amount that we need to accept in faith, even though we cannot see or understand why God has permitted things to happen as they do. This is the case when we

hailers, radio and television, when a city was attacked by an enemy, the town crier would sound an alarm, usually by the blowing of a warning call on the trumpet. If someone was in a city, and they heard the trumpet give the warning call, they would know that there was some kind of trouble. They would be concerned until they found out what was happening. This comparison is used in this verse. Just as the trumpet warned the people, we are warned that God created the evil. We need to be aware but not alarmed. We need to find out what purpose the evil is to serve, and most importantly, how God wants us to act in this time of danger.

The quotation from Isaiah 45:7 states that God created the evil and the darkness, he also formed light, and He made peace. The darkness was created to contrast the light (see Gen. 1:2-4). Similarly God has

allowed evil to be used by others, so that the goodness of God, as light, is contrasted to the ways and manner of evil, as darkness. Our responsibility is to realise the difference between good and evil, the same as we recognise the difference between light and darkness.

Evil in Action

God created the evil but He also said not to associate with it. In the Bible we find requests for permission to use “evil” as a means of achieving an end. In Job Chapter 1 Satan is requesting permission to tempt Job. Satan had no power to use his authority on Job, so he requested God to give him permission, first to take away his temporal goods, and then later to afflict his body and

the power to transfer this authority. His authority and through that his power, is by permission and has limitations. Satan wanted God’s son to do wrong, and he felt his authority was great enough to cause him to do it.

Jesus himself said in Matthew 24:22, “....except those days should be shortened, there should no flesh be saved: but for the elect’s sake those days shall be shortened.” The Elect of God will be seeking to present their physical body alive and free of evil when He returns, but Satan has such authority that he would deceive them, except that God is going to intervene to save them. See also Isa. 65:8,9,15 & 22. The Elect are prepared to challenge Satan’s authority and seek by God’s power to have evil and sin removed and forgiven, so that

their spirit, soul and physical body will be prepared for the Spirit of God to dwell in.

thority

then his mind. (Job 1:9-12, 2:3-6 also 1 Kings 22:14-23) The overview of the parable is that Satan wanted permission of God to tempt Job. God allows evil to be worked in His creation, by His permission. What limits are there on the power of evil?

The Power of Evil

Let us realise that evil and Satan are a very powerful force, which tempted Jesus and will tempt God’s Elect. When he had taken Jesus to a very high mountain (Luke 4:1-13) and he could see all the kingdoms of the World in a moment of time, Satan said, “All this power will I give thee, and the glory of them: for that is delivered unto me: and to whomsoever I will I give it.” Luke 4:6. This was a lie, because Satan, while he authority over evil, and can cause mankind to sin, has this authority for a limited time and has not

The Introduction of Evil

In Genesis 2:9 speaking of the creation in the Garden of Eden it says, “And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.” Revelations 2:7 reads, “....To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.” Both of these verses show that God created a condition of “good and evil” in the Garden of Eden. The choice of Adam and Eve was to “eat” of the evil, but God still exhorts us to “eat” of the good. The condition of Good and Evil is still before every one of us in our lives today. God wants man to love Him, but so that man could make a genuine decision, God has used the mechanisms of good and evil. Satan has authority through the evil. Jesus Christ has

power through the good. Jesus Christ is working with the Elect of whom He is the firstborn to claim Satan's authority and then this world will be delivered back to God Almighty (1 Cor. 15:24-26, 51-57).

In the Apocrypha, Esdras the prophet records many discussions he had in visions, and the point he pondered was regarding the introduction of evil, and the fall of Adam and Eve. (See 1 Esdras). "O thou Adam, what hast thou done? for though it was thou that sinned, thou art not fallen alone, but we all that come of thee. For what profit is it unto us, if there be promised us an immortal time, whereas we have done the works that bring death? ... (v.57) Then answered he me, and said, this is the condition of the battle, which man that is born upon the earth shall fight; That, if he be overcome he shall suffer as thou hast said: but if he get the victory, he shall receive the thing that I say. For this is the life whereof Moses spake unto the people while he lived, saying, Choose thee life, that thou mayest live. ..." 2 Esdras 7:46-60. "See I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live..." Deut. 30:19,15. The New Testament speaks of the promise of life for those who can have faith and believe and do the will of God, and that choice that Adam and Eve had, is before individuals today.

The Hope

Why didn't God stop the fall? Why did God create the evil? St. Paul gives us a glimpse of the reason, in Rom. 8:20, "For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same IN HOPE." God knew man was liable to fall, but he subjected the

same in hope, in hope that he would love Him, seek to Him, and not fall.

One of the hardest things for individuals to do is to ask for help. Our pride, our self-image and power, coupled with our determination, prevent us from recognising when we need help, and then often from asking for the help and taking the advice. Adam was no exception. He thought he could handle this "evil" which Satan was promoting. Notice that Adam and Eve were tempted separately. After Eve had fallen Satan used her to tempt Adam. Satan was cunning and separated the helpmates to tempt them.

It is interesting to realise that God knew his creation was not "perfect", and that

it was going to be tempted by the evil, and that it might fall, so he only referred to it as "very good" (Gen. 1:31). God did not create Satan evil; God created everything good, but He also created a force that he called evil, knowing that if anyone did

not follow goodness, or became jealous of God and goodness, they would resort to the evil. It appears that Satan (also called Lucifer and son of the morning) became jealous of God, and felt he needed no one to help him, and that he could create others like himself (Isa. 14:12-16).

The Fall

Satan caused our first parents to fall, with the result that their bodies were contaminated with evil thoughts and ways and thus sentenced to eventually die (Gen. 3:19). From that temptation mankind has had an evil content in his body, which is passed on from generation to generation. This evil content we believe is in the life of each of us, that is in the blood (Lev. 17:10). God is a spirit (John 4:24) and Satan is a spirit, both attract mankind through their

POWER:
Strength, force or
ability to act.

thoughts, and it is up to us to be aware of this and "Believe not every spirit, but try the spirits, whether they are of God". 1 John 4:1-6.

We now have an interesting twist happening in God's creation. As well as our first parents' "fall", we have successive generations who have a portion of evil born in them, making them sons of the devil (Satan) (John 8:44). This devil and his angels (Rev. 16:14, 20:2, 10) are trying to build toward an evil creation and they are appealing to the evil that is within each of us.

A New Start

What hope have we to do right? Our hope is through the promises God has made, and the help we receive depends on how earnestly we pray for God's Spirit. Israel, who believe in the promises of God and the covenants made to their forefathers, need to make a New Covenant, "....this shall be the covenant that I will make with the house of Israel. After those days, saith the Lord, I will put my law in their inward parts, and write it in their hearts; and I will be their God, and they shall be my people." Jer.31:33. This dedication involves the surrender of their own will, to do the will of God, according to the teachings of the Law and Gospel. Recognising the **authority** and **permitted power** of Satan, we realise that we need spiritual help to overcome or to follow God's ways, and believe that through a covenant with God this is guaranteed to us.

The Limit of the Devil's Authority

What limits are on the Devil and his angels? They cannot destroy the inner faith of the believer, if the believer seeks to God to help them. They can afflict physically and mentally, but they cannot destroy the faith or

the peace that can and will come from God if we sincerely believe. As our verse previously quoted from Isa. 45:7 says "I form the light and make darkness: I make peace and create evil." I make peace, and the evil is to help people to appreciate it. "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer: I have overcome the World." John 16:33. Satan's power is great with man causing them to do all sorts of wonders (1 John 3:8). We find witches bringing spirits to talk to people, see 1 Sam. 28:3-20; we find they perform miracles, as when Aaron was before Pharaoh in Exod. 7:10-12, etc. The actions of the

occult, ouija board, tarot cards, fortune telling, etc., are all part of the power he has to use. Satan will often mix truth with untruth. When the person sees one thing fulfilled, they immediately trust the lot and finish up being

deceived. We are warned to stay clear of all these things (Rev. 22:15).

".....the devils also believe and tremble" (Jas. 2:19), knowing God has greater power and authority than Satan. We need to however, beware of Satan, because he has great authority, but limited power and influence on mankind, especially God's believers.

Our Goal

The sacrifice of Jesus, when he shed his blood and then rose again from the grave, was the death knell of Satan and Evil: this is our source of power to start to rebuke the devil. The Elect are to overcome physical death and make the final blow on Satan (Gen. 3:15). God has promised additional Spiritual Power for those who accept this challenge. Knowledge of these things makes

AUTHORITY:
An accepted power
or

us responsible decision makers, answerable for our own actions. God is looking for a willing people to make up his Jewels (Mal. 3:17). Man is a free agent, born into this World, (we had no say in it), to react to the lure of Satan, which will result in the death of the physical body, or react to the call of God, and seal the life of our bodies. This is summed up by the words of Paul in Romans,

world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Rom. 12:1-2.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this

My Garden

My heart is like a garden plot
Where flowers of love may grow;
Where peace and joy without alloy,
May bloom 'mid winter's snow:
But weeds of pride and self and sin
Alas! may take a hold,
And then, behold! - a wilderness,
Unsightly, drear and cold.

Although I try with might and main
To keep my garden clear,
The ugly, overgrowing weeds,
Refuse to disappear;
They pop up here and spring up there,
As though some unseen foe,
In mischief sowed them purposely,
To spoil my garden show.

I've heard about a Gardener
Who tends such plots as mine,
Who rids the weeds and routs the foe,
And makes the flowers to shine.
Lord Jesus make my stubborn heart
A garden sweet and fair;
Come Thou, Thyself, in risen power
And be the Gardener there!

Doris Taylor

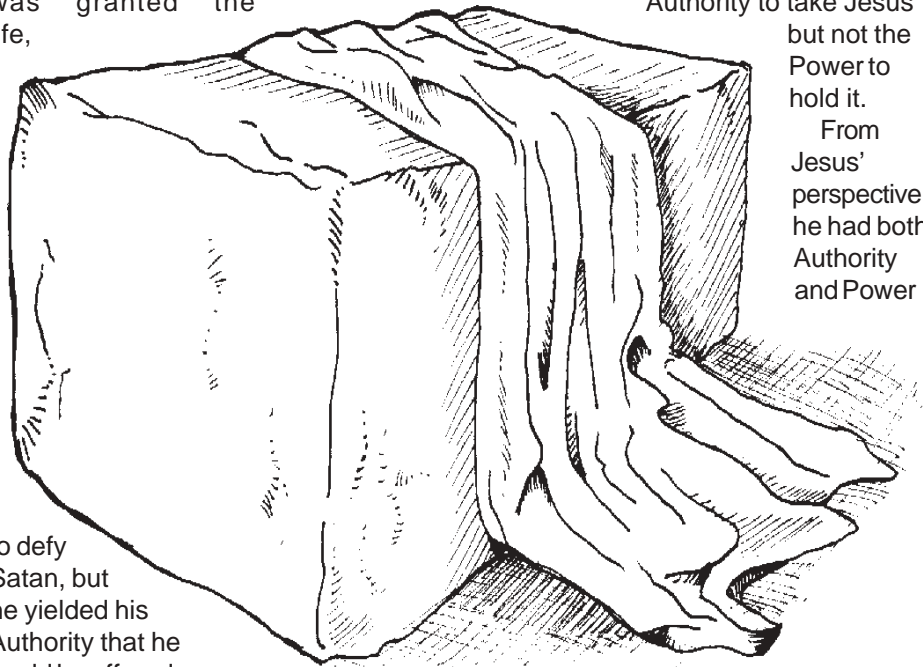
He Lives!

Easter is the Christian Festival that derived from the Passover. It is the time when Jesus was crucified but three days later, rose from the grave.

No doubt the thought on many an Easter Friday has been why didn't he have the Power to prevent his death? Did this show that Satan had more Power than God?

On Easter Sunday, when Jesus rose from the grave and came back to life, he showed that Satan did not have the Power to hold Him in the grave. Satan was granted the

to defy Satan, but he yielded his Authority that he could be offered a sacrifice for us. Time showed and still is showing that Jesus had the greater Power.



Authority to take Jesus' but not the Power to hold it.

From Jesus' perspective he had both Authority and Power

For us, God is all Powerful but Satan has been given Authority over this creation for a limited time. We have the opportunity, through a single minded attitude, to receive Power from God to override the Authority which Satan has over us.

Israelite Archivist

It has been requested that we cover a body of early believers in England. To do this we will start at the original body of followers formed at Bradford which later moved to Wrenthorpe near Wakefield in Yorkshire.

The man chosen to organise the Christian Israelite Church was John Wroe. He was born at Bowling in Bradford, Yorkshire on 19th September 1782. He tells in his writings how he was a tender child, much maligned and abused by his father and went through many hurdles and obstacles, such as deafness, persecution and robbery. John Wroe was taught the trade of wool-combing by a kinsman. He married Mary Appleby. In the latter part of 1819 he took a fever and was attended by Dr. Blake of Bradford and Dr. Field of Tong Street. The doctor told Mrs. Wroe there was little chance of a recovery and to get her husband to settle up his affairs. He had become terminally ill and concerned about his spiritual welfare, he took up his Bible and attempted to read it for comfort. Following on, John Wroe's health improved, but his interest in the Scriptures did not diminish. After a series of dreams and visions a body of people was formed, and the first of what was to be the Christian Israelite Church was started in Bradford, Yorkshire officially. On 14th December 1822 (the official commencement of the visitation) John Wroe was commanded to "go to the different bodies of believers in the visitation and to the Jews, into all nations, to preach the everlasting gospel; and speak with his hat upon his head, and a man should travel with him as a witness, and to pay his expenses, as he was commanded not to touch money himself. There should, on this day, be a public meeting held in the Sanctuary at Bradford starting at 12 o'clock in the morning and John Wroe was to depart at 2am, but the meeting was to continue till 12 o'clock on noon of Sunday" ie. 36 hours which corresponded to the length of time John Wroe was in vision on the 20th June 1820. This extraordinary meeting was to be spent preaching, praying, singing, and listening to music. In 1823 John Wroe visited Gibraltar in the hope of spreading The Word with Robert Harling. Life there was harsh and after a short time they returned to Britain to continue the ministry there.

Bradford church was relocated to Wrenthorpe near Wakefield in Yorkshire. Early members included: **MUFF, Samuel**: Married to Martha, lived at Wibsey-Bank-Foot. They had a sons called **Samuel and William Muff** - he accompanied John Wroe in his early travels but had to return home due to ill health. Lived at Wibsey near Bradford. **WALKER, Samuel**: Accompanied John Wroe in his early travels and filled the role of writer for him. **WROE, Joseph**: Brother of John Wroe. Early in their lives they were foes, later of course Joseph and his descendants were to remain within the Church. **HARLING, Robert**: Lived at Thornhill. Accompanied John Wroe and filled the role of writer and companion to him. **ENTWISTLE, Samuel**: One of the earliest travelling preachers travelled into Devonshire. **BLACKWELL, Robert**: One of the earliest travelling preachers, travelled with Samuel Entwistle into Devonshire to preach the Word. Filled the role

Wrenthorpe near Wakefield, Yorkshire.

<p>BANKS, Thomas Thomas' occupation was that of Edgetool Grinder. Married Mary ENGLAND and had James Resheph born 24/4/1833 Baptized 1/5/1833; Elizabeth born 28/4/1836 and baptized 7/5/1836; Thomas born 19/6/1838; George 26/6/1840; William Born 4/11/1841 in Brown Street, Sheffield;</p> <p>BENSON, Samuel Married Emily WOOD. Lived at Brockholes, Huddersfield, Yorkshire. Occupation Egg Merchant. Children Agnes born 1/9/1882 at Wakefield; John born 31/3/1884 at Wakefield; Eliza born 1/1/1886 at Wakefield; Samuel born 19/2/1889 at Huddersfield; Emily born 31/10/1892 at Huddersfield; James born pre June 1900.</p> <p>ECCLES, Thomas The Eccles family joined in 1852. Of the later generations Thomas married first Jane POTTS and had Eva born 26/12/1890 at Wrenthorpe. Occupation of Thomas given as Cowkeeper. Later Thomas married Ada HEMMINGWAY. His occupation was that of Gardener. They had James born 5/5/1895 at</p>	<p>Wakefield and later Eva, Edna, Benjamin, Marion. The children from the first marriage were Abigail, Thomas and Annie.</p> <p>FRAZER, David Occupation given as Joiner. Married Mary Jane ECCLES. Their children were Alexander born 20/4/1853; Frances born 8/8/1855 at Bragg Lane Wakefield; James born 25/5/1857; Thomas born 26/7/1860 at 5am.</p> <p>FRAZER, Thomas Family joined in 1852. Occupation given as that of Assistant and later Wool Sorter. Married Abigail ECCLES and had Alexander on 28/4/1888; James born 5/9/1898 at Huddersfield. James married Ethel FELLOWES 12/5/1923 in Christian Israelite Church, Fitzroy, Melbourne Australia and died in Singleton NSW. His occupation is given as Printer.</p> <p>HAGUE, Samuel Samuel's occupation was Scale Fluter. Lived Solley Street, Sheffield. Married Mary GILLOTT and had Edwin born 9/3/1827 Baptized 24/9/1827; Charles born 24/2/1829 Baptized 3/3/1829; George Telah</p>	<p>born 29/5/1831 Baptized 5/6/1831; William Telah born 13/10/1833 Baptized 17/10/1833; John born 7/12/1835 baptized 15/12/1835; Susanna 12/4/1840; Henry born 3/11/1842 at Solley Street, Sheffield.</p> <p>HAGUE, William Lived in Scotland Street, Sheffield. Married Elizabeth and had Sarah born 1821 married John SHAW 12/7/1841; Mary Ann born 13/5/1826 Baptized 20/5/1826; Joseph born 5/1/1830 Baptized 13/1/1830; Ann Telah born 26/8/1832 Baptized 5/10/1832; Abraham born 7/5/1837 baptized 15/5/1837</p> <p>LANE, Francis Osborne Son of Francis Shipton LANE. Married Emma Agnes WHILEY. Children: Frank born 23/3/1905; Alice born 9/10/1909; Ivy born 1/11/1918. Lived Hodsock, Nottinghamshire. Occupation of Francis Lane given as Cowman.</p> <p>PERKINS, John John Perkins was born C 1792. His occupation is given as Collector of Old Cloths. His first wife Hudea died and he</p>	<p>then married Elizabeth HARVEY (B. 1805 in Scotland) She was a spinster. From his marriage to Hudea they had Sarah Yehoshua born 24/11/1832 Baptized 1/1/1833;</p> <p>SHAW, John Married Nancy and had William born 30/11/1825 Baptized 7/12/1825 married Frances Frazer and had Emily born 1882; Alfred born 11/10/1826 Baptized 18/10/1826; John born in 1821 (occupation given as Edgetool grinder) married Sarah HAGUE 12/7/1841</p> <p>UNDERWOOD, Absalom Born 1870. Absalom was the son of David Underwood. Occupation Woodturner. Married Martha GOULD and had David born 29/5/1894 Fitzroy VIC; Rachel born 2/1/1898 Fitzroy VIC; Jesse born 30/7/1900 at Fitzroy and Harold born 10/8/1895 at Fitzroy VIC. Harold married Esther GOULD (daughter of Henry Gould and Ada Fellowes) and had 5 children in Melbourne VIC. Martha UNDERWOOD died in 1903 and Absalom went to England and married Annie ECCLES 5/7/1905 at</p>
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The Greatest Gift of All

Easter is nearly here. What do you remember about Easter? Perhaps you know the story of how Jesus died on the cross? Well, that's what we think about at Easter isn't it? We remember Good Friday as the day that Jesus was crucified on a cross. Do you think Jesus could have saved himself from dying on the cross? Yes, He could have saved Himself but He knew He had to die so that all of us could live. After all, He had made blind people see, deaf people hear.

Remember the story of how He turned water into wine, the story of how he walked on water and He brought Lazarus back to life again after he had died. Jesus had power. Being God's Son He was given power. Jesus could have used this power for His own benefit, He could have come down from the cross and healed his wounds, but He didn't. He used this power wisely, keeping in mind what God wanted Him to do. Jesus knew that God wanted Him to be our sacrifice so that He could save us from our sins. Jesus died so people don't have to offer sacrifices as they did in the days of the Old Testament.

Have you ever thought about why Jesus allowed Himself to be crucified? Jesus loved His Father and wanted to do His Father's (God's) Will. Jesus wanted to please God so He gave up His Power to do what God wanted Him to do. Jesus died for ALL of us but that is not the end of the story. On Easter Sunday we remember that Jesus rose from the tomb where His friends had laid Him. Yes, Jesus lived again, and after this He had even more power. In the Bible we read stories of how Jesus appeared to His disciples and then disappeared, how He talked to some of His followers as they walked along the road, then disappeared again.

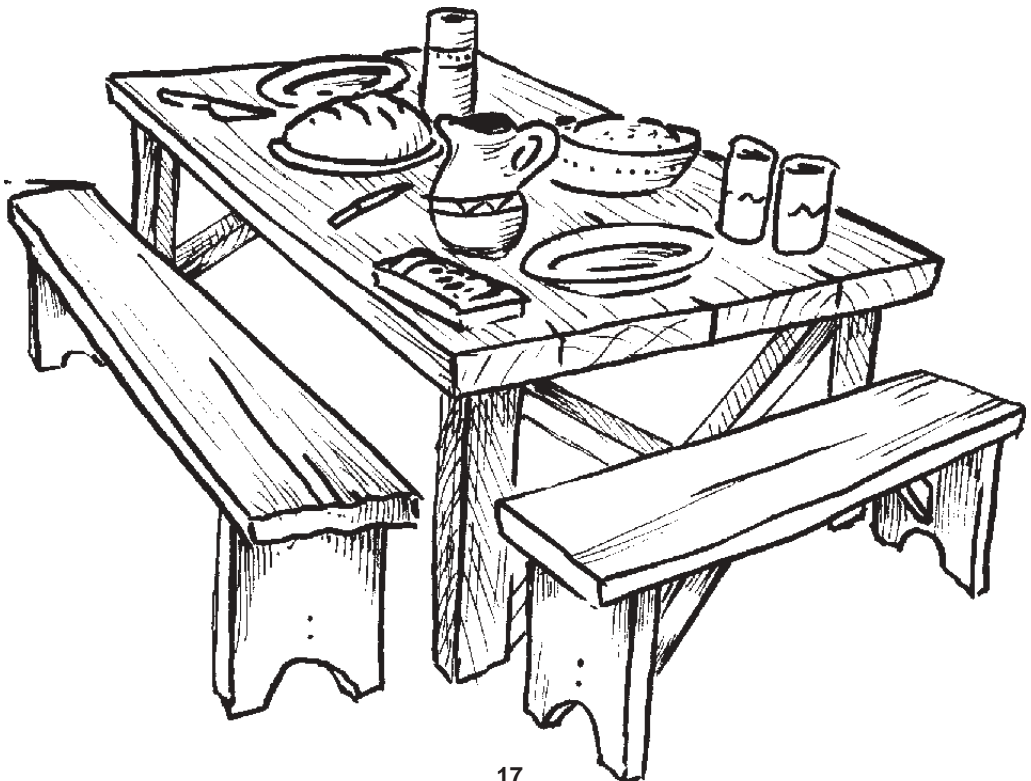
Jesus lives today too. He is everywhere. We can speak to God through Him and He will hear us. We only have to believe in Him to be able to speak to Him. What a wonderful power Jesus has! God sent power to the disciples to help them after Jesus went up into heaven. This power came at the time of Pentecost, or as we know it today, Whitsuntide. Our Church thinks about how God sent power to the disciples so they could heal the sick and perform miracles as Jesus had done and we try to celebrate this occasion. Each time we come together from near and far to enjoy

and celebrate Whitsuntide we remember the first Whitsuntide when God gave his special power to the disciples. God is able to give people special power today, all you have to do is believe and ask for it.

Easter time is a sad time when we think about Jesus dying on the Cross, but a happy time when we think about how wonderful it was that He rose from the tomb and went to live with His Father up in Heaven. Jesus is still alive today. Jesus has greater power and authority now after doing God's Will and is able to help us to do what God wants us to do.

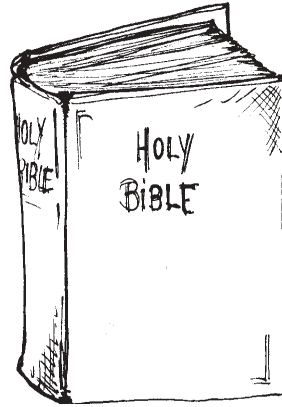
We must try not to ask Jesus for selfish things but we want to ask Him to help us to have kind thoughts and to be gentle, understanding and wise. God has a special place for each of us and a special job He wants us to do so if we ask God in prayer to keep us, we will be able to grow strong and able to do His will.

Have a happy Easter and enjoy the happy fellowship of Whitsuntide. Don't forget the reason why we remember and celebrate both Easter and Whitsuntide - to remind us of the greatest gift of all, God's Son Jesus and His Sacrifice for our sins, and the gift from God to the disciples of His Holy Power to help them help others.



Debug Your Bible

God's Sun - Global Miracles



Have you ever heard about the time that God made the Sun go backwards? In fact God changed the natural course of the Sun with respect to the earth, on more than one occasion. The Bible has a few such references to "Sun-miracles" if you like, but what is also amazing is that in the past forty years science has counted back and found that these "Sun-miracles" actually did happen.

Let's look briefly at the stories in the Bible and see how these miracles fit in: The first "Sun-miracle" occurred just after the children of Israel fled Egypt. We read in Joshua chapter ten of how there were five Kings that joined forces to "take on" the children of Israel. (I guess they were a bit upset with Israel because they had just come into the Promised Land.) The children of Israel had just come out of Egypt and they really didn't care to get killed by these Kings so they, the children of Israel, crept up on the army of the five Kings at Gibeon and it was on for young and old. Israel pursued the armies as they ran for their lives, and Joshua said "Sun, stand thou still upon Gibeon; and thou, Moon, in the valley of Ajalon. And the Sun stood still, and the moon stayed, until the people had avenged themselves upon their enemies....The sun stood still in the midst of heaven, and hasted not to go down about a whole day." Now apart from the miracle of the sun not going down, it is also significant that "there was

no day before it or after it, that the LORD hearkened unto the voice of a man."

The second "Sun-miracle" comes some 738 years later (according to my Bible) from the second book of Kings. In chapter twenty we read of how good king Hezekiah was "sick unto death" and told, "Set thine house in order; for thou shalt die and not live". He prayed to the LORD and the prophet Isaiah came and answered his prayer saying, "Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee: ... and I will add unto thy days fifteen years." Now this came as quite a shock to Hezekiah who had just been told in no uncertain terms that he would die. So Hezekiah asked, "What shall be the sign that the LORD will heal me? And Isaiah said, This sign shalt thou have of the LORD, that the LORD will do the thing that he hath spoken: shall the shadow go forward ten degrees, or go back ten degrees? And Hezekiah answered, It is a light thing for the shadow to go down ten degrees (sounds like a bit of a play on words to me): nay, but let the shadow return backward ten degrees. And Isaiah the prophet cried unto the LORD: and he brought the shadow ten degrees backward, by which it had gone down in the dial of Ahaz."

You may well ask what is so amazing about the sun going backwards

or an extra long day? I mean we all know that such an incredible feat of engineering would be quite trivial to God. What's so "amazing" is that scientists have shown that these miracles actually did happen.

Some Bible commentaries have questioned whether the "long day" in Joshua actually did occur. It has been said that the mention of the Sun and Moon in the story was no more than Israel's use of astrology or astronomy and the request for a favourable sign. According to new research this does not appear correct. Again some commentaries have been sceptical as to the Sun going backwards ten degrees.

It is interesting to note that races from Iceland, through Finland, Greece, Japan, Polynesia, the Pacific Islands, and to the Americas have recorded this long-day. The same experience is recorded in local folk-lore, each race has it's own explanation for this event in their history.

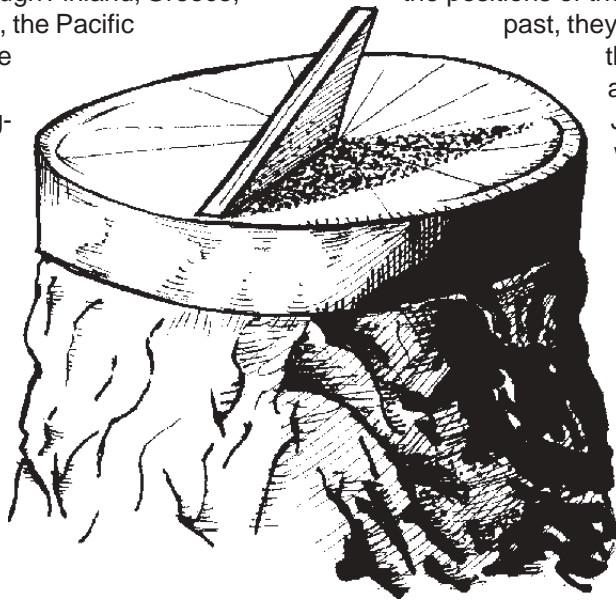
There has been a number of scientific studies into establishing the validity of the "Sun-miracle" of Joshua's long day. In the early part of the century a study was done based on the relative positions of the Sun and Moon as mentioned in Joshua. The study found that there was only one possible occasion on

which the Sun, Moon, and Earth could have been in their described positions, and also found, working backwards, that about twenty-four hours had been inserted into the world's history. Another interesting point about this study was that the long-day was calculated to be an extra twenty-three hours and twenty minutes long, but because of the Sun moving backwards ten degrees in the story of Hezekiah, the extra forty minutes are accounted for.

More recently, astronomers believed that they had worked out the sequence and movement of the stars. (I don't think they mean all stars - they haven't even finished counting them all yet). Apparently when they simulated the positions of the stars in times past, they found that their

theory had a flaw about the time of Joshua. But when they inserted twenty-four hours their theory continued to work. It's probably worth mentioning about **how** this "long-day" could come about. I suppose that the simplest explanation is that the Earth

revolved more slowly - but this would cause a fair bit of havoc with the variation in gravity - in fact it could even destroy the Earth. The most agreed-upon supposition (according to F. C. Payne in the "Seal of God") is that the Earth tilted. (The Earth



rotates about its axis and it would be this axis that tilted.) Without going into too great a detail, if this “tilt” were done precisely enough, the southern or northern hemisphere would lie in prolonged day, and the other in prolonged night: through this tilting it would appear that the Sun was standing still.

As for the Sun going backward ten degrees in the story of Hezekiah, it has been supposed that the apparent backward motion was due to an eclipse of the Sun.

So as you can see, there have been a few theories postulated about the “Sun-miracles” of Joshua’s long-day and Hezekiah’s Sun-going-backwards. It is incredible when we look at the scale of these miracles. Both of them involve the motions of planets. While none of us doubt that God can produce these miracles, there is another point of interest: suppose, for instance, that the backward motion of the Sun was due to an eclipse. Eclipses are due to the relative motion of planets and suns and are the result of a coincidence of their motion which started when they were created. This means that when God formed the Sun and planets, he set them in motion knowing that some day - perhaps years into the future, there

would be an eclipse. It is a testimony to the power and foreknowledge of God. He knew that this eclipse would be used in the future as a miracle. On this scale perhaps it isn’t the miracle itself that is so interesting as the fact that God knew about it thousands of years in advance. Anyway, I’d better stop my day-dreaming, I’m sure you can draw your own lessons from these miracles. But before I go I would just like to mention one more thing.

One more miracle happened on the long day. During the battle, great hailstones rained down upon the enemy, and in fact “they were more which died with the hailstones than they whom the children of Israel slew with the sword.” I don’t think we’ll ever prove this one through science, I don’t think any archaeologists have dug up three and a half thousand year old hailstones - yet.

The Trustees of the Christian Israelite Church do not necessarily agree with the views expressed in this section but appreciate that some readers would find them informative and of interest.

Your Letters:

We would like to thank all the people who have sent us messages of encouragement and enquiries and hope the sample of letters shown will encourage others to write.

Shalom! May the Messiah hasten His coming!
Thanks for the "Latter Rain". How much the world needs all that is implied with that promise of the Holy One of Israel!

Well, Israel can thank God for the abundance of rain which they have been receiving. It is a further sign of blessing to His people in their prophetic return home in readiness to receive their King.

Jewish Christian Community. AUS.

I am writing to thank you for your thought in sending me a copy of your new magazine "Latter Rain". I have read through the magazine several times, and have found it most interesting and helpful. I thank you for your thought, and I send you my very best wishes for the expansion of your Church and its message and beliefs.

G. J. BDF. UK

Thank you for sending me the first edition of "Latter Rain". It was a 'surprise' and I send my congratulations to all who have had a hand in preparing this new publication. The layout and illustrations, design and content can do nothing but enhance the work of your organisation and it should be well received. A good well produced magazine is essential in these different days as the means of a productive outreach, I pray

that this may prove to be the case for you all.

M. K. K. UK

Was most interested to receive a copy of your new magazine "Latter Rain". I really must congratulate those responsible for producing such an up-to-date and attractive format. Just the sort to grab the attention these days, I would think, especially when people are so accustomed to glossy magazines and artistic layouts in secular publications these days. I hope it will gain you the wider readership it deserves.

E. W. Cheshire. UK

The magazine you sent is very unacceptable to us here. As far as we are concerned it is full of error. The Wicked will perish and that forever. If Jesus (who is all powerful) says "Depart from me, you who are cursed" that is it. We who were called as obedient to Jesus, with thousands more down the ages, are now immortal spirits because we put on Christ through the Holy Spirit, we live forever without dying, leaving our bodies would be going to Heaven. May you seek the Lord and find Him now. Ye must be born again of the Spirit to enter the Kingdom. We love all who love God. Those who err shall learn doctrine - Isaiah. **R.H. Aust.**

How kind of you to send me

a copy of your church's new magazine! It is most thoughtful of you and I do appreciate your new journal. I have but scanned its pages so far but look forward to cover-to-cover read. It is beautifully produced, the illustrations most arresting. It should have a wide appeal. Congratulations, please, to all concerned.

Congregational Church, Leicester Square. UK

Many thanks indeed for your kindness in forwarding further Christian Israelite material. This is of great interest to us, and after reading it is carefully preserved for use into the distant future.

Chief Librarian, Wakefield Library. YKS. UK

Thank you for sending the splendid magazine your church has produced. We have read it through. We would certainly like to receive further issues. We are impressed with the quality of presentation.

L. & B. O. ACT. AUS.

Thank you for your magazine. Wow! Some of the articles in there are just amazing. I particularly like the one which speaks about how Theology, the mind, hardness and other barriers, have made many of us lose the childlike quality - the heart of our faith. How true! So many things can become gods in themselves. We can become hardened by life

Expand Your Bible: Power & Authority



“Then cometh the end, when he shall have delivered up the kingdom to God, even the Father; when he shall have put down all rule and all authority and power.” 1 Cor. 15:24.

Have you ever wondered how Jesus must have felt when, as part of His Sacrifice, He had to deliver up the Power that He had been given by God and suffer at the hands of evil men? The seeming helplessness, the feeling of deflation He must have experienced as soldiers mocked Him, spat on Him, reviled Him. A total contrast to when He commanded the winds and the waters to be still (Matt. 8:26), a contrast to when He commanded the devils to come out of the man and enter into the swine (Matt. 8:52) and when He told the impotent man to be healed (John 5:7).

Yes, Jesus knew the heights of Spiritual Power, “Never man spake like this man...” the soldiers were said to have remarked. “He hath done all things well: he maketh both the deaf to hear, and the dumb to speak” (Mark 7:37) and the people glorified the God of Israel. It was the God of Israel’s Power that rested on Him from the time of His Baptism - and It did the work in Him.

The day he rode the ass into Jerusalem (Palm Sunday), would have been the peak of his popularity with the multitudes. The adulation and praise must have given Jesus a great sense of joy: but His experience was short-lived, for the Bible tells us that he “beheld the city and wept over it” (Luke 19:41). If only the people had felt to unite with Him, and stand with Him - but they would not.

“Thou couldest have no power at all against me”, said Jesus unto Pilate, “except it were given thee from above...” - a statement which Jesus made, in which He indicated to Pilate that although Pilate had said that he had Power to crucify Jesus or Power to release Him, yet there was a Higher Power which had ‘control’ of the situation. Ever since the previous night, when Satan’s Power entered into Judas causing him to betray Jesus, coupled with our Lord’s anguish and prayer in the Garden, it would appear that that was the time when the anointing of the Father’s Spirit diminished upon our Lord, until finally, Jesus was “led away....”

“....He is brought as a lamb to the slaughter” prophesied Isaiah 700 years before. Jesus submitted for the Will of God to be done, He knew the Power of God. With it he had performed miracles. Three times He’d told the disciples what was going to happen, even to his saying “and the third day He shall rise again.”

In our own experiences, we may feel as though God has withdrawn His Spirit from us. It is a horrible feeling of helplessness, just as Jesus must have felt, but we should not despair. Remember, God is able “to do exceeding abundantly above all that we ask or think, according to the power that worketh in us” (Ephesians 3:20) and He may even lift us up, as He lifted Jesus up. Firstly God raised Him (Jesus) from the dead, then He

showed Him alive in a greater form, ie. He showing immortal life now tabernacled in Him (See Rev. 1:13-18) in His physical body. Truly Jesus has shown us the way even through the most difficult circumstances. God does not ask of us to die because He can make us in the image and likeness of His Son without experiencing physical death - He, Jesus Christ, is the firstborn among many brethren (Romans 8:29).

The question we should ask ourselves is have we surrendered all to the Father as Jesus did? Has God - His Power and His Will - preeminence in our life? Truly, there is no limit on what God can do. He looks for our

complete allegiance - our total commitment - He invites us to make a 'new' covenant with Him, to make a stand for Him, for His Life to be 'tabernacled' in us. The Glory which He showed in His Son may be manifested in us. This being achieved by the fulness of His Spirit - He giving us the power and authority to not die, but to live and put on immortality like our Lord Jesus Christ (John 17:22; John 10: 27,28; Phil. 3:20,21) without going by way of the grave.

From the Hymnal Hymn No. 12

**Though Jesus was of flesh and blood,
With evil He was not defil'd;
Though formed from the woman's seed,
Who was by Satan's craft beguil'd.**

**He was without a father made,
Who did from Adam's race proceed;
No father but the Lord He had,
Who made Him of the woman's seed.**

**On Him God's Spirit did abide,
And signs and miracles He wrought;
But yet the Hebrews Him denied,
And set the Son of God at nought.**

**Up to His Father's throne He goes,
And does the stubborn ones disperse,
Till He should come th' Elect to choose,
And them redeem them Adam's curse.**

(Matt. 3:16,17; Luke 1:31,35; Acts 1:9)

All Round Health with

There are perhaps five major factors affecting our health:-

1. Nutrition
2. Physical Activity
3. Manmade Chemicals
4. Stress
5. Right Mental Attitude

We have discussed some aspects of nutrition in previous articles so let's now take a look at how physical activity - exercise - or lack of it, can affect our health.

Exercise, to many of us, conjures up images of sweaty bodies toiling up hills gasping for breath. We need not, however, go to this level to gain a healthful benefit from daily exercise. The likelihood of having a heart attack drops 20% by jogging only eight kilometres per week. At 32 kilometres per week the incidence is nearly halved and continues to drop further as we continue to exercise. (1) The benefits are nearly the same even if we walk rather than run.

Benefits of Exercise

Exercise increases blood and lymph (our drainage system) flow by working the heart and muscle pumps in our legs and arms faster. This helps to remove toxic wastes that may have built up in the body during periods of sedentary activity.

The health of the heart is increased as it develops better circulation to cope with the regular physical activity. The heart muscle itself becomes stronger and therefore does

not have to work as hard to supply the body with blood for abnormal activities. It typically drops from a speed of 72 beats per minute to somewhere between 45 and 60 beats per minute.

Exercise strengthens the diaphragm and lungs in the same way as it helps the heart. It does more too. Each time the diaphragm moves it massages the abdominal organs particularly the liver and large bowel. Thus our arch enemy, constipation, is often vanquished by the simple daily walk.

Our brain benefits from the improved circulation so that we can think more clearly. The exercise of the muscles throughout the body releases electrical charges that build up in periods of physical inactivity and stress. These charges often make it difficult to get to sleep.

What is the right kind of exercise?

Exercise that involves the movement of the limbs (isotonic, eg. walking or jogging) and not just the contraction of the muscles (isometric, eg. weight lifting) has been found to be better for health and longevity. Similarly exercise that is steady and continuous, requiring increased endurance has been found to be better than short bursts of intense activity punctuated by periods of rest. (2)

Walking, jogging, bike riding, swimming, orienteering, rowing, surfing, tennis and dancing are just some forms of

James Harrison

"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:20.

exercise that are ideal for good health. The key lies in how often and how vigorously we exercise.

We should exercise at least half an hour a day, five days a week, according to Nathan Pritikin (well-known author of **Pritikin Program of Diet and Exercise**) but preferably a half to one hour exercise twice per day seven days a week. During this time our heart rate should reach between 70 and 80% of our maximum rate as determined by our age and fitness.

Your maximum heart rate is given by the formula:

Maximum heart rate = 220 - your age
eg. at 20 years old it is 220 - 20 = 200
at 60 years old it is 220 - 60 = 160

How do I start?

1. Make exercise a priority. Try to pick a regular time to exercise. Vary your exercise route and perhaps go with a friend to make it more interesting. Remember to get a benefit it has to be regular and to be regular you have to make it fun.

2. If you are out of shape walk just as far as you find comfortable. Do this for three days then on the fourth day increase the distance by 10%. Keep increasing your walking distance by 10% each fourth day, and by forty days you will have doubled your original walking distance. This will give your heart time to adapt to the changing exercise patterns.

3. You can check if you are overdoing your exercise by checking what is known as your resting pulse rate. After the end of your exercise routine, rest for one minute then take your pulse. If it is below 130 beats per minute then all is well. If not take it a little steadier.

4. Keep walking until you reach 6-8 kilometres with ease. Before beginning to jog consult your doctor.

Happy exercising!

1. J. Foot, **Second Book of Running**, Angus & Robertson, Hong Kong, 1981

- p. 26
2. N. Pritikin, **The Pritikin Program for Diet and Exercise**, Bantam Books, New York, 1983.
3. **"Getting Fit for Everyday Living"**, "Natural Health", vol. 5, No. 6, Oct-Nov 1992, p.. 2-5

Fig Bars

May be made up to 3 days ahead. Keep covered in refrigerator.
Unsuitable for microwave.

2 cups (350g) chopped figs
3/4 cup apple juice
155g butter
1/4 cup brown sugar
1 cup wholemeal plain flour
1 cup rolled oats
1/4 cup chopped pecan nuts

1. Grease 19cm x 29cm lamington pan, line with paper, grease paper. Combine figs and juice in medium saucepan, bring to boil, reduce heat, cover, simmer for about 5 minutes or until figs are tender; cool.
2. Beat butter and sugar in small bowl with electric mixer until light and fluffy, stir in fig mixture. Add sifted flour, oats and nuts; mix well. Spread mixture into prepared pan. Bake in moderate oven for about 40 minutes or until golden brown, cool in pan.

Winter Fruit Salad

This salad may be kept for 2-3 days. May be served with yoghurt or cream.

Serves 4-6

200g dried figs
100g dried peaches
100g dried pears
100g dessert prunes, stones removed
2 cups water
1 cup apple cider
1/4 cup raw sugar
1 vanilla bean, split lengthways

1. Place figs, peaches, pears and prunes into a large pan. Combine water, cider and sugar. Pour over fruit and add the vanilla bean. Pour over fruit and add the vanilla bean.
2. Bring slowly to the boil, reduce heat, and cover and simmer until fruit is tender (approximately 30 minutes).
3. Allow to cool to room temperature before serving. Remove the vanilla bean just before serving.

Puzzle Page -

Match each word in Column 1 with its proper definition in Column II by writing the correct number on each line. Ask someone to time you. Answers on page 36.

COLUMN I

COLUMN II

- | | | |
|--------------------|-------|---|
| 1. covenant | _____ | the arrival of something awaited with anticipation |
| 2. Trinity | _____ | disciples who are special messengers |
| 3. church | _____ | the Books, the Scriptures |
| 4. hallowed | _____ | short declarations that begin with "happy" or "blessed" |
| 5. worship | _____ | the first four books of the New Testament |
| 6. deacon | _____ | a going out |
| 7. Pentateuch | _____ | a person who believes in Jesus Christ as his Saviour and Lord |
| 8. miracles | _____ | a group of God's people |
| 9. gospel | _____ | an agreement between two or more people |
| 10. resurrection | _____ | someone who serves |
| 11. Epistles | _____ | a learner or follower |
| 12. Bible | _____ | letters that became 21 books of the New Testament |
| 13. prophet | _____ | belief or trust that does not depend on material evidence |
| 14. exodus | _____ | Good News or the story about God |
| 15. patriarch | _____ | honoured |
| 16. the gospels | _____ | praise |
| 17. Beatitudes | _____ | shown |
| 18. Advent | _____ | promised Saviour |
| 19. blessed | _____ | wonders, signs, powers, and works of God |
| 20. Pharisees | _____ | a religious holiday for the Jews |
| 21. Sadducees | _____ | father |
| 22. disciples | _____ | the first five books of the Bible |
| 23. faith | _____ | a group of Jewish priests, strict about laws |
| 24. apostles | _____ | an authoritative teacher of God's will |
| 25. sepulchre | _____ | a teacher of Jewish law |
| 26. Sanhedrin | _____ | to be sorry for sin and to turn away from it to God |
| 27. rabbi | _____ | a rising from the dead, returning to life |
| 28. Christian | _____ | an "unveiling" of great future events |
| 29. repent | _____ | Jewish priests who did not believe in life after death |
| 30. magnify | _____ | the Jewish supreme court |
| 31. manifested | _____ | tomb |
| 32. Messiah | _____ | a building where Jews meet to worship and study |
| 33. Passover | _____ | a promise or covenant |
| 34. synagogue | _____ | the three Persons of god |
| 35. testament | _____ | giving reverent love, devotion, and praise to God |
| 36. the Revelation | _____ | happy |

The Twelve Apostles

John



the Beloved Apostle

We already know a little of the history of the disciple John from our earlier article on his brother James. From this we learnt that John was the son of Zebedee and Salome. This Salome is said to be the sister of the virgin Mary thus making John and James cousins of Jesus. Zebedee and his

sons were in the fishing business and worked with Simon Peter and Andrew on the shores of Lake Galilee. The family must have been fairly prosperous and the business good as we read in Mark 1:20 that the family had servants, "And straightway he called them: and they left their father Zebedee in the ship with the hired servants, and went after him."

John was one of the first of the apostles called to follow Jesus. He became a member of an elite group of disciples that were favoured with the trust and company of Jesus and witnessed many miraculous and supernatural occurrences. The trio that was particularly close to Jesus was Peter, James and John. The surname, given to the brothers, James and John of Boanerges by Jesus has left many to theorise whether its origin relates to their temperament or their quick decisive choice of action with the non believers as detailed in Luke 9:53-54).

Pointing to John, Peter asked Jesus what would happen to him and Jesus asked what concern it was of Peter's if he wanted John to tarry until he came. His reply started a rumour that John would not die. John was

the longest living of all the apostles - tradition says he died at the age of 101 at Ephesus. John and James were also said to have been descended from the tribe of Levi through their paternal side and the tribe of Judah through their maternal side. In the narrative of the Gospel of John we find in chapter 18 verse 15 that "Simon Peter followed Jesus and so did another disciple: that disciple was known unto the high priest, and went in with Jesus into the palace of the high priest". John, in this gospel, has a habit of speaking of himself in the third person, so was this person known to the high priest John, (or perhaps Nicodemus or Joseph), if it was John being known by the high priest could also signify his importance or priestly connection. Polycrates tells us that he wore the Petalon the same as James the Lord's brother, which further establishes his connection with the priestly families.

John was to witness many miracles and was present at the crucial times during Jesus' ministry, eg. the raising of Jairus' daughter (Mark. 5:37; Luke. 8:51); the Transfiguration (Matt. 17:1; Mark 9:2; Luke 9:28); he was present at Gethsemane (Matt. 26:37; Mark. 14:33) and at the final crucifixion of his Lord.

John was one of only 3 of the disciples (note the use of word disciple rather than an apostle, there were at this stage more than the original 12 disciples) who stayed in the city after the arrest of Jesus. Peter and Nicodemus, as you recall, were also still in the city. Peter and John followed Jesus into the crowded courtroom of the Sanhedrin. At the crucifixion there were John, Mary (wife of Cleopas), and Salome. Jesus committed his mother to the care of John and John then led Mary away to spare her the last dark hours of suffering. From that hour the disciple

took Mary to his own. This phrase could be interpreted two ways. Firstly as is generally understood, John took her into his household to become a member of his own family and cared for her for the rest of her life. Secondly 'his own' could mean the intimate family relationship created by the disciples of Jesus, and that Mary was taken back to the body of Apostles then to be given into the care of Joseph once it became too dangerous to stay in Jerusalem or its environs. Both views are well documented so it will be left to the reader to decide how they would interpret that phrase. After the crucifixion the Beloved Apostle was the first to believe in Jesus' resurrection (John 20:1-10) and the first to recognise the risen Lord (John 21:1-7). All symbolic of the faith that this man had in God and God's son. With the apostle Peter, John was the first informed of the disappearance of the body of Jesus. John and Peter hastened to the tomb, John entered the sepulchre to pick up the discarded burial linen.

After the crucifixion, life for Christians went from bad to worse. The reign of Christian persecution was to become a way of life in the Roman provinces. With this persecution came the scattering of the followers of The Way. It is at this stage of the Christian saga that many believe John gave Mary into the hands of her uncle Joseph of Arimathea, to get her and a small band of followers away from the murderous hands of the Roman Emperor. Mary is said to have left by boat with Joseph and 11 others and eventually landed on the Isle of Britain to live her life out there. 'St. John, while evangelising Ephesus, made Joseph Paranyphos' (guardian). The last account of Mary in the gospel is when we find her 'dwelling among the disciples' in Jerusalem (Acts 1:14), where she was residing with John, the other 11 disciples, the women who followed the group plus the brethren of Jesus. This further supports the theory that Mary resided with the group of disciples and followers after the crucifixion.



Capgrave in 'Novo Legende Anglia', informs us that John gave Mary into the trust of Joseph.

Eusebius tells us that after the death of Jesus the apostles and disciples scattered through the world. Thomas to Parthia (Iran - North West Persia), Andrew to Scythia (north and east of the Black Sea), Peter to Pontus (Anatolian Turkey - north east Asia Minor), Galatia (Asia Minor), Bithynia (north Asia Minor and west of Pontus), Cappadocia (Central Asia Minor) and Asia and John to Asia (West Asia Minor and the western part of the Roman Empire). Eusebius also tells us that John returned to Asia after his exile on Patmos.

Peter and John were co-workers in their spread of the Word. John was actually Peter's subordinate and shared imprisonment with Peter in Jerusalem. They were arrested and jailed for preaching the Gospel (Acts 4:1-22) and were tried before the Sanhedrin and the notables of Jerusalem society where they were accorded a good reception due to their eloquence and knowledge. The men of knowledge who made up the audience of listeners and jurors were impressed that these "common" fishermen could have such knowledge knowing from their origins they were ignorant and unlearned men.

Paul acknowledged in his Epistle to the Galatians 2:9 "when James, Cephas and John, who seemed to be pillars, perceived the grace that was given unto me, they gave to me and Barnabas, the right hands of fellowship; that we should go unto the heathen, and they unto the circumcision", the superior position in the hierarchy of the apostles held by James, Simon Peter and John. Paul also acknowledges in the same epistle that John is the disciple accorded the title of the "Beloved Apostle".

Under the reign of the emperor Domitian (AD81-96) great numbers of men distinguished by their birth and attainment's were for no reason at all banished from the country and their property confiscated. He

was the second emperor to organise Christian persecution (the first being Nero). He ordered the execution of all who were descendants of King David. John at this time was exiled for life to Patmos because of his testimony to the Word of God.

Irenaeus speaks of John still living in AD98 and Jerome dates his death as 68 years after the Crucifixion. John was the only apostle to traditionally have died a natural death and is purported to be buried at Ephesus. Polycrates, Bishop of Ephesus, says that "In Asia, there is John, who leant back on the Lord's breast, and who became a priest wearing mitre, a martyr and a teacher; he too sleeps at Ephesus." However, considering the content of The Revelation and Jesus' comment about not seeing death, there is a belief that John may have been translated - like Enoch and Elijah - as early as AD70.

Interestingly St. Ignatius is recognised by the Roman Catholic faith as the first Christian martyr in AD107. St. Ignatius was a disciple of John (St. John) who consecrated him third bishop of Antioch. Tradition says that Ignatius was the child whom Jesus took on his knee in Matthew 18:3. Ignatius was martyred on the order of Trajan, cast to the wild beasts in the Colosseum and devoured.

John is credited (with some controversy) with the authorship of the fourth Gospel - we know for certain that this gospel has been in writing since the early 2nd century (more likely date AD95) thanks to the discovery of the Chester Beatty fragment (3.5x2.3 inches containing two verses of the Gospel of John). The Gospel of John relates more of the ministerial work of Jesus and leaves the history and genealogy of Jesus to Matthew and Luke. John also tends to presume his reader has a knowledge of the other three gospels for Jesus' history for he concentrates more on the period of the ministry of John the Baptist, his death and the activities of Jesus at the time. John's continued exhortation is to love one another

for 'it is the word of the Lord and if you keep it, you do enough!' John is also said to have confirmed the authenticity of the first three gospels and this is when he noticed that they lacked the story of what Jesus had done first - at the beginning of his ministry. John is also credited with the writing of the Epistles known as 1st, 2nd and 3rd John although there is some theological dissension on his authorship of 2nd and 3rd John. The writer of 2 and 3 John calls himself 'the presbyter' or elder.

In the accreditation of these early Christian works, the works of John were thrown into question with the acknowledgment of a second John mentioned in the New Testament and by the father of Christian History, Eusebius, known as John the Presbyter. This second John is accorded the possible authorship of the 2nd and 3rd Epistle due to from whence they were written (the presbyter John was a resident also of Ephesus) and the fact that Christian letters and writings to Ephesus fail to include John the Apostle in their greetings and messages. Letters to Ephesus even accord the strong connection Paul had with the city but never mention John being resident there. This would be a very unusual oversight on the part of other Christian communities for at this late venture John would have been the only surviving member of the original twelve so would have been accorded the respect and adulation that that position would accord. As one can well imagine the controversy has raged on for nearly 2,000 years. In support of this theory the "Chronicle of Phillip of Side" (AD430) which states using the second book of Papias that James and John, the sons of Zebedee were 'killed

by the Jews' in Palestine in AD70.

John is symbolised with a chalice and viper in memory of the challenge to him by the High Priest of Diana at Ephesus to drink a poisoned cup. John drank of the vile concoction and showed absolutely no ill effects from a solution guaranteed to kill. John is patron of theologians, writers and all who work at the production of books.

Even in this day and age of archaeology and technology we can still find no absolute proof for the resting places and works of these apostles and followers of Jesus. We know from our Bibles a percentage of their work. Other Christian writers, eg. Eusebius, Ignatius, Bede, fill some of the gaps, but there is still doubt. There is even doubt as to how John, in particular, died. Was he raised to God without feeling physical death as Enoch and Elijah, or was he murdered by Jews as the other disciples. The special position this apostle held, being called "the beloved" apostle, shows us the special place John held in the heart of his Master. He was special enough to be shown "the Revelation" of what was to come, and saw more than he was permitted to write, so we could say John was the only mortal to see what we have yet to experience.

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Statement of Belief

The Christian Israelite Church beliefs can be fully supported by the Scriptures. Here is an outline:

- * In God Almighty creator of all things
- * In the existence of Satan, the Devil, in whom God allowed iniquity to be placed
- * That God created a spirit-world in which the devil manifested evil and caused a rebellion
- * That God created our physical world, to which each person comes with a body and a soul made alive by a spirit from the earlier time *

That God gave His people instructions on the way they should live, which instructions were "for their good always" (Deut. 6:24) *

That all have sinned and come "short of the glory of God" (Rom. 3:23) *

That God has reconciled the (whole) world to Himself through the sacrifice of Jesus *

That through belief in the sacrifice of Jesus believers are counted as righteous before God, and can be assured of the resurrection of their souls (a Spiritual body) at Jesus' return *

That there will be a small number who will fully prove their faith by a work of true obedience to God's instructions and will thereby receive the prize of the highest calling of God, the redemption of spirit and soul and body - this living mortal Body made Immortal without seeing death *

That Jesus Christ will return to this earth again, subdue the power of Satan and reign forever and ever *

That the return of Jesus Christ is near and we are living in the period described in Scripture as the latter days *

That there are promises in the Scriptures especially to Israel - God's chosen people *

That although Israel of old did not accept the challenge of spiritually being God's peculiar people, a remnant of their descendants will come forward in the latter days to fulfill the obligations and receive the promises *

That the Mission of the Christian Israelite Church is to awaken the lost ten tribes of Israel to this special inheritance to be the physical Immortal "Bride of the Lamb" and to be the vehicle for the task of bringing them all together at God's appointed time.

We believe that God is the absolute Judge and Arbiter and that we as His servants have an obligation to respond to what He puts in each heart, and that whilst we seek to proclaim and discuss our beliefs, that we have no right to contend with other people about them.

Answers to Puzzle on page 19:

1. 19; 2. 24; 3. 12; 4. 17; 5. 16; 6. 14; 7. 28; 8. 3; 9. 1; 10. 6; 11. 22; 12. 11; 13. 23; 14. 9; 15. 4; 16. 30; 17. 31; 18. 32; 19. 8; 20. 33; 21. 15; 22. 7; 23. 20; 24. 13; 25. 27; 26. 29; 27. 10; 28. 38; 29. 21; 30. 26; 31. 25; 32. 34; 33. 35; 34. 2; 35. 5; 36. 19.