

#2 Sept 2008

Please
Take One Only

Holiness Journal

Published in the interest of the body of Christ



Be Conformed to the Image of His Son

If you would like a number of these journals sent to you send your request to the below email or postal address. The journal is free and postage is no charge. This Holiness Journal is copyrighted 2008 by Bob Mutch and you may only publish complete articles in print form with this copyright notice and the following contact information below the article.

MoreChristLike.Com
POB 263, Aylmer Ontario, Canada N5H2R9
Contact: Bob Mutch
Tel: 519-636-6636
Email: bobmutch@gmail.com
Web: <http://www.MoreChristLike.com>

All these articles and more are available at...
MoreChristLike.com

Considering Eternal Security & the IF Scriptures

I am planning on doing a series of articles on the teaching of Eternal Security over the next several months. Personally, I was a strong believer on the teaching of Eternal Security when I first became a believer back in 1982.

After I embraced the teaching of Holiness and that Christ has the power to keep us free from sin, I rejected the teaching of Eternal Security.

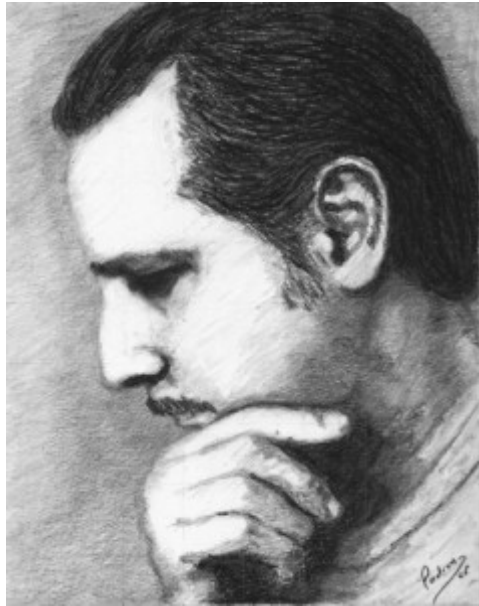
Each article in this series will deal with a different thread of truth from the Bible that I feel makes it clear that Eternal Security is not a Biblical teaching. This teaching holds that once you are truly born again by grace through faith it is impossible to loose your right standing with God and be lost in the end.

There are a number of different terms to describe this teaching and the teaching is understood differently by a number of different groups.

Eternal Security (ES) is some times called Unconditional Eternal Security (mostly by those that don't agree with the teaching), and it is also referred to as Once Saved Always Saved (OSAS). The other term that is used to describe this teaching is called Perseverance of the Saints which is the 5th point of Calvinism.

The terms ES (Eternal Security) and OSAS (Once Saved Always Saved) themselves don't denote any difference in the teaching, but the term Perseverance of the Saints does. Perseverance of the Saints denotes that if you are a saint (if you have been born again), you will persevere to the end. Most that use this term hold that while it is possible that you may apostatize from the faith for a time and go into a life of sin and even deep sin, if you were truly born again you will come back to the Lord and will be in the faith when you die.

In the next article, I will be dealing two important issues that need to be prayerfully considered. The first is what kind of a practical effect does



5. Good Examples – When someone in another family in your assembly gets saved, you should have your children listen carefully to that person's testimony and point out to them how happy the other family members are for them. This should be especially done before congregational baptisms. Children at a very early age should be clearly taught the meaning of baptism and be shown how happy the the family is of those that are baptized.

6. Bad Examples – When someone in the assembly backslides and goes into sin, your children should be aware of the grief of the family. The parents should teach how evil it is to backslide and it should be instilled into the children so that when they get saved, they will never go back on the Lord.

7. Extra Guidance at the Right Time – When you feel your children are getting closer to the age of accountability, you need to spend more time with them and guide them towards making a decision for Christ. The burden is that when they become accountable for their disobedience, they would spend as little time in that unregenerate state as possible and that they could be lead to make a decision for Christ as soon as they are ready to.

8. Material to Read – When children are close to the age of accountability, you should give them material to read about how to be saved and of dying testimonies of the saved and unsaved. Dying Testimonies of Saved and Unsaved by S.B. Shaw is a very good book.

9. Learning From Others Experiences – Talk to other parents that have done well in this area and are shining examples of leading their children to the Lord and have raised a family of committed victorious Christians.

10. Devotions – From the time a child is old enough to talk, they need to be taught to pray. As they learn how to read, they need to spend time each morning reading their New Testament. Parents must require their children to spend time each morning in prayer and reading. As they near the age of accountability, this prior training will give the Holy Spirit room to bring conviction, and after they are saved you will have already ingrained in them a practice that will be much help to them in their Christian walk.

11. If you Have Neglected – If you have neglected to carry a proper burden for your children, you need to get before the Lord and ask Him to forgive you for your neglect and make a commitment to the Lord to follow the above steps. You need to discuss your neglect with your children and express your sorrow and commit to them that you will do better. For accountability sake, sometimes it is good to express this lack and need by testimony in the congregation or in brothers' or sisters' meetings.

This is often referred to as the 'age of accountability'. A child is at the age of accountability when they are capable of making a decision of faith for Christ, or a decision against Christ.

The age when this happens is different for each child. Children that are brought up in godly homes, where Christ is the center of the home, will typically come to this age sooner than children that are not brought up in a Christian home.

It is the parent's responsibility to not only prepare and lead their children through this time, but to compel them to make a decision for Christ (Luk 14:23). A child or young person doesn't have to go into deep depths of sin before they can get a true experience. If they offend in one point God's law, it is the same if they have broken the whole thing (Jam 2:10).

While we are called to compel our children to come to Christ, we need to be careful the child is not just going through a form in order to please their parents, or because their friends have, or the other members of the assembly expect them to. They need to have real repentance and godly sorrow for their sins and true conversion that will bring a real change from darkness to light (Act 26:18) and deliver completely from all sinning (1Joh 5:18).

The following are a few pointers that I believe will be useful in leading your children to Christ.

1. Prayer and Discussion — Pray and talk with your children and convey the deep burden you have for them to make a decision for Christ when they become accountable. Teach them that there will come a time where they will feel convicted by the Spirit of God for their disobedience and for the need to make a decision for Christ (Deu 11:19, 20).

2. Start Early — Parents should start praying that their children will be saved before they are even born. Children should grow up with memories of their parents praying and weeping over them and crying out to God to have mercy on them and also that as parents they would be able to raise up their children in the nurture and admonition of the Lord (Eph 6:4). Raising your children for Christ is a huge responsibility that parents need to feel the weight of.

3. The Plan of Salvation — Start going through the plan of salvation with your children at an early age and show them in the scriptures the steps of salvation — conviction, godly sorrow, repentance, faith, and believing in the heart. You can use the True Conversion article out line for this. You need to teach them that real Bible salvation delivers them completely from sinning.

4. Families Burden — The children and young people that are saved need to carry a burden for those that are not yet saved. It should be a common thing in family devotions for the saved to be praying for the salvation of those that are not saved.

this teaching have on a Christian's personal walk with Christ. The second is if this teaching is wrong and we teach it to others what effect can it have on those that we teach and can it have an effect on our standing before the Lord for teaching it?

I also will be providing quotes from some of the best known teachers of Eternal Security so we can hear from them what they are teaching.

In this opening article I want you to prayerfully consider the following 10 IF scriptures. As you read each of the following scriptures, ask God to give you understanding.

- IF you forgive you will be forgiven.

Mat 6:14 For if ye forgive men their trespasses, your heavenly Father will also forgive you

- IF you continue in the Word then you are a disciple.

Joh 8:31 Then said Jesus to those Jews which believed on him, "If ye continue in my word, then are ye my disciples indeed";

- IF you don't abide in Christ you will be cast forth as a branch.

Joh 15:6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

- IF you don't continue in his goodness you will be cut off.

Rom 11:22 Behold therefore the goodness and severity of God: on them which fell, severity; but toward thee, goodness, if thou continue in his goodness: otherwise thou also shalt be cut off.

- IF you continue in the faith you will be presented holy in his sight.

Col 1:21-23 And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled in the body of his flesh through death, to present you holy and unblamable and unreprouvable in his sight: If ye continue in the faith grounded and settled, and be not moved away from the hope of the gospel, which ye have heard, and which was preached to every creature which is under heaven; whereof I Paul am made a minister;

- IF you hold fast unto the end you are Christ's house.

Heb 3:6 But Christ as a son over his own house; whose house are we, if we hold fast the confidence and the rejoicing of the hope firm unto the end.

- IF you hold your confidence steadfast unto the end you are a partaker of Christ.

Heb 3:14 For we are made partakers of Christ, if we hold the beginning of our confidence steadfast unto the end;

- IF after you are saved you sin willfully there remains no sacrifice for your sins.

Heb 10:26 For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins,

- IF you keep his commandments you know Christ.
1Jn 2:3 And hereby we do know that we know him, if we keep his commandments.

- IF what you have heard remains in you, ye will continue in the Son.
1Jn 2:24 Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.

Points on Giving Correction

1. You should keep in mind that you also have many faults that others must bear with and when you are correcting others to never do it in contempt. While you are told to rebuke those that sin before all (1Tim 5:20), when you are dealing with other's faults, mistakes, and errors you should instruct in meekness (2Tim 2:25).



2. When you correct someone, your motive must always be to benefit and help that person. If that person has a problem receiving correction from you perhaps you are not the person to be correcting them.

3. You should never try to correct someone based on just one side of the story. If you have been given an account of what someone has done, you should never go to that person and try to correct them for what you have been told they have done. You should go to them and tell them that you heard that they did such and such and ask if that is true.

Give the person ample time to explain their side of the story. It is the "simple" that believe everything they are told (Pro 14:15) and it is foolish and shameful to "answereth a matter before he heareth it" (Pro 18:13). Keep in mind that when you just hear one side of the story, it seems right (just) but if you let the other person give their side (searcheth him) you will often be quite surprised that it was not as you first thought it to be (Pro 18:17).

4. You should never correct someone when you are feeling aggravated, annoyed, or upset by what that person did. The Lord may be using that person's fault to show you your needs and you should go and get before the Lord and pray through - as you are the one that needs to be corrected and helped.

5. It is best to not correct someone in front of others. It is humbling enough to have your faults pointed out, so don't make it harder on the person by doing it in front of others.

4. Realize the great debt you have been forgiven and be willing to freely forgive others (Mat 6:14,15; Luk 17:4).

5. Learn how to say the words please, thank you, and sorry. These words will go a long way in making a happy home.

6. When you see that others in the home are doing a good job let them know and thank them.

7. Each family member must see what they can put into the family not what they can get out of the family. The Christian life is a selfless life where we deny ourselves and take up our cross daily (Mat 9:23).

8. Each day ask your parents if there is an extra task you can do for them.

9. If you see one of your siblings struggling with a task offer to help them.

10. Realize the way you treat others is really the way you are treating Jesus (Mat 25:40).

11. Each time you deny yourself and take up your cross you are growing spiritually. Likewise when you don't deny yourself and take up your cross you loose spiritually.

12. When saved young people live a high Christian standard in the home they are being a strong witness to other the children and are helping to lead them to Christ.

Commit to reading this list each day for a month and doing your best to practice all the points.

Leading Your Children to Christ

Children are very lovable. They are beautiful, very innocent, and when brought up in the fear of the Lord, they are the epitome of purity.

Christian parents have the huge responsibility to raise up their children in a home of modesty and holiness and to lead them to Christ.

There comes a time in the life of each child that develops normally, where they come to an understanding that they have disobeyed the law of God (Rom 7:9) and their conscience is troubled and they feel conviction and reprove by the Spirit of God for their sin.



- Christian's Secret of a Happy Life by Hannah Whitall Smith
- The Pursuit of God by A. W. Tozer
- How to be More Christ Like by Bob Mutch

There is links on the MoreChristLike.Com website for all these books.

Tips for a Happy Happy Home

There is children's song that goes "With Jesus in the family, happy happy home." While this is true it takes some effort on the part of the brothers, sisters, and parents for this to happen.



The parents much lead the way with their example.

Parents should read and follow the Tips for a Good Husband and Wife Relationship article.

The young people that are saved must follow the parents and enforce their good example. They must realize the great responsibility that is upon them to be peacemakers and to live a selfless life in the home. While the parents must lead the way the saved young people must commit to carry their responsibility with a prayerful burden.

While you can teach children the Bible standard of conduct in the home you must realize that they are not converted, they have a difficult time suppressing their sinful nature, it is difficult to help them develop good manners.

The whole family must work together in the training of the children that are not yet saved.

If you keep the following tips you will have a happy happy home.

1. Don't be very concerned with the faults, mistakes, and errors of others. It is always much more productive to correct yourself than to correct others.
2. Be more than willing to bear with the faults with others as they must bear with your faults. Deal with them the way you would want them to deal with you when they see your faults (Luk 6:31).
3. When you see you are doing something that is upsetting or aggravating some one else apologize and discontinue even if you are in the right. You are to follow peace with all people (Heb 12:14).

6. Before you correct someone you should first go and pray for them and ask God to show you what he wants you to do. If you feel the Lord is leading you to correct them, make sure you pray for wisdom and carry a prayerful burden for them. It may be that God just wants you to pray for them and not be the one to correct them. Perhaps he wants you to carry a burden in prayer for them for a few days before you correct them. If you notice you are not carrying a prayerful burden for those you feel the Lord has asked you to correct, you need to question whether you should be correcting anyone.

7. Make sure that you are not going around correcting everyone for every thing you think you see is wrong. This would be a full time job and it wouldn't be too long before you get a reputation for being a corrector and people will start shying away from you.

8. Make sure you are not being a nag and correcting people over and over. After you correct them once, leave it with the Lord and make sure you are praying for them.

9. You need to be very careful with correcting new Christians. Not everyone has grace to receive correction and you want to make sure you are not an offense to one of God's little children.

10. Husbands need to be careful they don't deal with their wives like they own them and wives need to be careful they don't nag their husbands. Pointing out eachother's faults regularly is going to hurt your marriage more than help it.

11. Children and young people should be taught to not correct each other unless they are mature and hold the respect of their siblings to the degree that they will receive correction from them.

12. When you are going to correct someone, it helps to say some good things about how they are doing also. You could say something like "I really appreciate your carefulness in how you serve our visitors but I just want to point some thing out that will help you to do it better..." If you look at the letters to the messengers (ministers) of each of the seven churches in the book of Revelation (Rev 2:1 - 3:22), you will notice that Jesus started out with something good to say about each of them before he corrected them.

13. You shouldn't be correcting others for their mote (small fault) when you have a beam (big fault) in your own eye. You need to first take care of your own serious fault and then you will be better able to help you brother with his small fault (Mat 7:3-5).

14. If you are newly saved or just have been recovered from backsliding, it is probably best that you spend your time taking care of your own faults and not correcting those that were living for the Lord while you were out in sin living for the devil.

15. Don't gossip around the faults of others. If you have a problem with gossip and talking about the faults of others behind their back, you are in no spiritual condition whatsoever to correct anyone. Go first to someone spiritual that has victory over sin and confess your gossip and allow them to correct you.

16. If you have any willful sin in your life at all, you are in no condition whatsoever to correct any one but yourself.

17. Be careful you don't let a critical spirit get ahold of you where you go around telling others how they could have preached better, testified better, done tract work better, and sang better. If you are inclined to that, it might be that it would be better noting the things that they did well and right.

18. You should not use your authority as a husband, parent, teacher, employer, or minister to force people to accept your correction. You will never gain their respect that way. It is best to deal with people on the same level.

19. You should not make personal attacks or inflammatory or exaggerated statements when correcting someone. Give room for each other to talk, don't be interruptive, and make sure you understand the other person's position. Remain calm and never raise your voice.

Points on Receiving Correction

1. Hear a person out that is correcting you, unless they are accusing you of something that is not true. In the case of being falsely accused, you should clearly state that you consider what they are saying is false and that they don't have their facts correct. If the person doesn't stop when you tell them this and ask what the facts are as you see it, then you have a problem on your hands.

People that continue to try to correct you based on the information you have just told them are wrong and are showing immaturity and you may want to bow out of the conversation by asking that the issue be dealt with at a different time and with an additional party to moderate.



whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

10. Reach Out to the Unsaved – Share your testimony of how the Lord saved you with your family and friends. Get some good tracts on Salvation and keep them with you wherever you go. Each morning, pray for God to open doors so you can share your testimony or a Gospel tract with others. When Paul likens a soldier's armor to how a Christian is to be prepared, he says you are to have your feet fitted with the sharing of the gospel so that you may be able to stand against the schemes of the devil (Eph 6:11, 15). Many times, sharing your testimony is just as much of a help to you as it is to others.

11. Practical Teachings – Be careful that you don't get caught up in teachings that don't practically effect your relationship with the Lord. The books you read and the things you love to discuss need to be things that you can apply to your life in a practical way.

Devotional Books

The following are a number of good devotional books that emphasize practical Christian living. I suggest Christians spend sometime each day in a good devotional book. Many of the books below are not just to read through and then to be laid aside, but there is so much in some of these books that can be read and re-read.

I have read most of the books and I have most of them in paper copy. I suggest you purchase them in paper form, as going to the Internet and reading books is not a practice I recommend. You can too easily get caught up browsing around and wasting your time.

- Food for Lambs by Charles E Orr
- The More Abundant Life by Charles E Orr
- Heavenly Life for Earthly Living by Charles E Orr
- How to Live a Holy Life by Charles E Orr
- Helps to Holy Living by Charles E Orr
- Odors from Golden Vials by Charles E Orr
- Christian Conduct by Charles E Orr
- The Imitation of Christ by Thomas a Kempis
- A Serious Call to a Devout and Holy Life by William Law
- Dying Testimonies of Saved and Unsaved by S.B. Shaw
- Power Through Prayer by E.M. Bounds
- Purpose in Prayer by E.M. Bounds



many professing Christians that emphasize things like unbiblical tongues, Saturday keeping, baptism in Jesus name only, and their group as the one true visible church, over the two greatest commandments which are to love God with all your heart and your neighbor as yourself (Mar 12:30). Also beware of the unbiblical teaching of Easy Believism, Eternal Security, and Sin-you-must.

7. Redeem the Time — Get a mp3 player (I have an iPod) and listen to the New Testament instead of wasting time on the radio, television, or the Internet. Try to use your time in a way that will benefit your Christian walk. I would hold that listening to secular music or even so-called 'Christian rock' music is very bad for your soul. Get some tapes of good hymn singing. If you have a television, I strongly suggest you throw it out. While there may be some good on the television, it contains so much sin and spiritual filth that no Christian should have one in their home - nor watch one anywhere else. If before you were saved - or since you've been saved - you were viewing sinful material on the Internet, I suggest you get rid of the Internet in order to remove the temptation and fall into sin again.

8. Devotional Books — Get some good devotional books to read and each day read quality devotional books that present thoughts that you can apply to your Christian walk. See list of good Devotional Books on page 43. There is links on the MoreChristLike.Com website for all these books.

9. Memorization of Scriptures — I would suggest you memorize the following scriptures. Jesus used scripture to answer the devil when he was tempted (Mat 4:1-11).

Victory Over Temptation:

1Co 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

2Th 3:3 But the Lord is faithful, who shall establish you, and keep you from evil.

2Pe 1:10 Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

Jud 1:24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

Victory in Your Mind:

2Co 10:4, 5 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Php 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure,

2. Don't point out the faults of the person that is correcting you. If you feel like they need to be corrected, you will have to do that later. When they are correcting you, it is not the time to correct them.

3. You need to be willing to be corrected by a sinner, someone that has less grace than you, and even someone that has the same problem they are correcting you for.

4. Make sure you have no resentment or bitterness in your heart toward those that correct you. If you are tempted to have wrong feelings toward someone that has corrected you, contact someone of the same gender that has a sin-free experience and is known to have wisdom and ask them to give you some council and to pray with you. Pray until you have full victory.

5. If you feel like you were corrected wrongly, don't gossip to others about it, but seek God as to what you should do about it. Keep in mind that when you have done right and you suffer for it and take it patiently this is acceptable with God (1Pet 2:20). Jesus suffered many false charges and you need to be willing to bear this for the Lord also.

6. If someone corrects you in a wrong manner, make a mental note of where they were wrong and make sure you never repeat that same mistake. I have found that some of the best lessons I have learned have been from the hand of those dealt with me unscripturally.

Promise of the Holy Spirit

1. The promise of the Father and the baptism of the Holy Spirit are one and the same thing.

Luk 24:49 And, behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high.

Act 1:4,5 And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith he, ye have heard of me.

For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence.

Act 1:8 (YLT) but ye shall receive power at the coming of the Holy Spirit upon you, and ye shall be witnesses to me both in Jerusalem, and in all Judea, and Samaria, and unto the end of the earth.

Act 2:33 Therefore being by the right hand of God exalted, and having received of the Father the promise of the Holy Ghost, he hath shed forth this, which ye now see and hear.



2. The baptism of the Holy Spirit is a fulfillment of a prophecy by Joel.

Act 2:17, 18 And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams: And on my servants and on my handmaidens I will pour out in those days of my Spirit; and they shall prophesy:

Joe 2:28, 29 And it shall come to pass afterward, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions: And also upon the servants and upon the handmaids in those days will I pour out my spirit.

3. The baptism of the Holy Spirit was not forgiveness of sins but empowerment to be witnesses.

Act 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth.

4. The world (unsaved) can't receive the promised Spirit, but only the children of God.

Joh 14:17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you

5. The disciples were children of God as their names were written in heaven.

Luk 10:20 Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.

6. The promise of the Father could not come until Christ left this world.

Joh 16:7 Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

7. The disciples were to wait in Jerusalem for the promise of the Father.

Act 1:4, 5 And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith he, ye have heard of me. For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence.

8. The account in scripture where the disciples receive the promise of the Father.

Act 2:1-4 And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they

Instructions For New Christians

The following are points that every new Christian needs to prayerfully consider:

1. **Accountability** – Find an on-fire dedicated sin-free mature Christian of the same gender and ask them to disciple and mentor you, to be your prayer partner, and to hold you accountable by regularly asking you how you are doing.

2. **Old Friends** – If you have a lot of non-Christian friends or family that you spend a lot of time with, you need to limit your time spent with them. When you are with your old friends take note whether they are having more of an influence on you vs. your influence on them. If it is the other way around, you need to limit your contact with them or bring your mentor with you when you spend time with them.

3. **Unequally Yoked** – If you are dating anyone, you will need to break that off right away and completely stop seeing that person. You should also limit your contact with your opposite gender friends and make sure you take another strong Christian with you when you do have contact with them. It is best to not have opposite gender friends as a rule - as it can make room for the devil to work though the flesh. While it may not be a hindrance to you, it could be a hindrance to them.

4. **Examine Yourself** – Examine yourself and make sure that you have really experienced true salvation (2Cor 13:5). Make sure you are clear that there is no room for sin or disobedience in the life and Christian (1Joh 2:3, 4). I would suggest you read the article on True Conversion .

5. **Personal Devotions** – You stand by faith (2Cor 1:24); the victory that overcomes the world is your faith (1Joh 5:4); and you quench all the fiery darts of the wicked by the shield of faith (Eph 6:16). God has given you a measure of faith (Rom 12:3) when you were saved and you need to increase in faith by reading the Word (Rom 10:17) and praying in the Spirit (Jud 1:20). Personal devotions are very important. You need to read and pray first thing each morning so you will have spiritual power to stand against the devil and sin. I suggest a minimum of 15 minutes in prayer and 15 minutes in the New Testament.

6. **Beware of False Teachings** – Beware of those that emphasize anything over loving God with all your heart, mind, and strength (living a holy life of obedience) and loving your neighbor as yourself (helping those in the household of faith and leading the lost to Jesus). You will find



congregation, not all rumors that are started are so benign or as easy to stop. A good example is the evil rumor that was started about Danny Layne - that is still being repeated years later and I have seen posted on the Internet in a number of places.

Layne had gone to a restaurant with a number of young brothers and there were some gay men there that they had a conversation with. Some how what really happened got changed, either by misunderstanding or on purpose, and the rumor that is being repeated is that Danny had taken a number of the young brothers to eat at a gay bar.

This false rumor is still being going around and Danny told me just a few months ago that he had just receive a call not long ago from someone who was calling to see if it was true.

This rumor has spread so far that it is impossible to stamp out and now Danny Layne must bear the reproach of this false rumor on his ministry. While this man did call to see if it was true, most don't and just accept what they are told as being true and worse yet, repeat it.

Those that believe what they are told without checking it out first are simple and imprudent (the simple believeth every word: but the prudent man looketh well to his going Pro 14:15). Not only does the Word say they are simple and imprudent, but it says this kind of conduct is folly and shame (He that answereth a matter before he heareth it, it is folly and shame unto him Pro 18:13).

Daily I pray and ask God to help me be careful with my words. I have committed to the Lord to not repeat things where I have not checked it out in order to see if they are true first.

It is a grave mistake to start or repeat a rumor about anyone by repeating a matter without checking it out to see if it is true, but it is sinful if you are unwilling to correct it and do all you can to stamp the rumor out. It was very difficult and humbling for me to stand before 200 people and tell them what a foolish and shameful thing I had done, but it was in my heart to stop the rumor I had started in its tracks.

I trust this short article can help you to see the seriousness of repeating matters when you don't know if they are true. If you have done this and have found out that what you said was not true, you need to do whatever you can to stop the rumor you have started or furthered.

were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues [languages], as the Spirit gave them utterance.

9. The promise of the Father is not only for the early disciples but for all that are called.

Act 2:39 For the promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call.

10. Disciples in Ephesus were water baptized and afterward they received the promise of the Holy Spirit.

Act 19:1, 5, 6 And it came to pass, that, while Apollos was at Corinth, Paul having passed through the upper coasts came to Ephesus: and finding certain disciples, When they heard this, they were baptized in the name of the Lord Jesus. And when Paul had laid his hands upon them, the Holy Ghost came on them; and they spake with tongues [languages], and prophesied.

11. The Holy Spirit is given to the children of the Father that ask.

Luk 11:9, 10, 13b And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. ...how much more shall your heavenly Father give the Holy Spirit to them that ask him?

12. The Holy Spirit is received by faith.

Act 15:8, 9 And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as he did unto us; And put no difference between us and them, purifying their hearts by faith.

What the Promise of the Holy Spirit Does

1. The Spirit dwells with all believers, but is promised to be within those that receive the promise.

Joh 14:17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.



2. Rivers of living water will flow out of your inner most being.

Joh 7:38, 39 He that believeth on me, as the Scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)

3. He will guide you into all truth.

Joh 16:13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will show you things to come.

4. He will teach you all things and bring things to your remembrance.

Joh 14:26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

5. The promised Holy Spirit will comfort you.

Joh 14:16-18 And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. I will not leave you comfortless: I will come to you.

6. You will receive power which will make you a better witness for Christ.

Act 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth.

7. The love of God will be shed around in your heart to a greater degree.

Rom 5:5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

8. After you receive the promise you will be able to bear stronger things from the Lord.

Joh 16:12, 13 I have yet many things to say unto you, but ye cannot bear them now. Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will show you things to come.

9. The Holy Spirit of promise will seal you and preserve you.

Eph 1:13 In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that Holy Spirit of promise,

10. The baptism of the Holy Spirit is with fire and has a purging effect.

Mat 3:11, 12 I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire: Whose fan

Being Careful With Your Words

Many of the best learned lessons are when we make bad mistakes and learn the hard way. I can remember as though it was yesterday, a mistake I made about two years ago when I repeated some thing that someone had told me before I checked it out. I was talking with a person I know fairly well and he was telling how after church baseball they would crack over a few beers with the minister.



Somehow I misunderstood him to be talking about a minister of the local German Church of God (GCOG) congregation and I repeated what I had been told to some of my church friends at the Restoration without checking it out. I checked with the GCOG minister later to find out to my horror that I was mistaken and somehow I had misunderstood who the person that had told me this was talking about. I apologized and went back to the people I had told and corrected what I had said and apologized to them.

But once you start a rumor, it is not always easy to stop. This minister showed up at my door a few weeks later and let me know someone from the Restoration had told a person in his congregation that he was social drinking. Of course he was not very impressed with this and rightfully so. So to make sure the rumor was stamped out among the Restoration people, I stood up at the end of a Sunday evening meeting and apologized for what I had done and let everyone know there was no truth to the rumor I had started.

I felt very bad for all the problems I had caused. When I went before the Lord in prayer I asked Him to forgive me and help me not to be so simple and to not do something like this again.

This is something that can happen very easily if we are not careful. The Word tell us "the first to plead his case seems right, Until another comes and examines him (Pro 18:7 NASB) - and it is very true.

While their was no real damage done in this case, and as far as I know the rumor was stopped in its tracks by my addressing the whole

in his name among all nations, beginning at Jerusalem.

1Jn 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Act 4:12 Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.

1Pe 1:9 Receiving the end of your faith, even the salvation of your souls.

After conversion, you are then to go in the power of the Holy Spirit (1Cor 10:13; 2Pet 1:10; Jud 1:24) and sin no more (1Joh 5:18).

1Co 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

2Pe 1:10 Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

Jud 1:24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

1Jn 5:18 We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not.

You will need to beware of those that tell you that all you need to do is "just believe" to be saved. While the Bible clearly says if you "believe on the Lord Jesus Christ, and thou shalt be saved" (Act 6:31), the Bible also says that except you repent you will perish (Luk 13:3); that it is godly sorrow that works repentance (2Cor 7:10); and that you must bring forth fruit of repentance (Mat 3:8).

You need to take all that the New Testament says on salvation - not just one verse. You will also need to beware of those professing Christians that have a form of godliness but deny the power of Christ to deliver from committing sin (2Tim 3:5). They hold that the blood is powerless and can not save you from sinning. You are instructed to turn away from such.

Act 16:31 And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.

Luk 13:3 I tell you, Nay: but, except ye repent, ye shall all likewise perish.

2Co 7:10 For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

Mat 3:8 Bring forth therefore fruits meet for repentance:

2Tim 3:5 Having a form of godliness, but denying the power thereof: from such turn away.

is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire.

11. The promise of the Holy Spirit is a down payment (earnest) of heaven (our inheritance).

Eph 1:13, 14 In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that Holy Spirit of promise, Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

12. Receiving the Spirit of God helps us to better know the things that are freely given to us by God.

1Co 2:12 Now we have received, not the spirit of the world, but the Spirit which is of God; that we might know the things that are freely given to us of God.

13. We are given a greater assurance of salvation by the Spirit of promise.

1Jn 3:24 And he that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us.

14. The promise of the Father will purify your heart from the sin nature.

Act 15:8, 9 And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as he did unto us; And put no difference between us and them, purifying their hearts by faith.

15. When you are saved your sins are forgiven and all taken away, you no longer commit sin, but while you have power over sinning there still remains that sin nature in the heart which must be suppressed. This is what is removed when your heart is purified though the promise of the Father.

11Jn 2:12 I write unto you, little children, because your sins are forgiven you for his name's sake.

21Jn 3:5 And ye know that he was manifested to take away our sins; and in him is no sin.

31Jn 3:9 Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God

4Rom 7:17 Now then it is no more I that do it, but sin that dwelleth in me.

4Rom 7:20 Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.

5Act 15:8, 9 And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as he did unto us; And put no difference between us and them, purifying their hearts by faith.

16. Those that receive the promise of a pure heart will be blessed.
Mat 5:8 Blessed are the pure in heart: for they shall see God.

17. The promise of the Father is needed to keep the command to have love out of a pure heart.

1Ti 1:5 Now the end of the commandment is charity out of a pure heart, and of a good conscience, and of faith unfeigned:

18. Seeking and receiving the promise of the Father is obeying the truth.

1Pe 1:22 Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:

19. Those who have not had their heart purified by the promise of the Father are double minded.

Jas 4:8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

20. Those that have not had their heart purified by the Holy Spirit baptism are unstable in all their ways.

Jas 1:8 A double minded man is unstable in all his ways.

Spiritual Workout

Ask, Seek, Knock, Work, Perfect, Hunger, Add To, Give Diligence, Labor, Follow After, Lay Hold, Fight, & Contend

While salvation is grace alone by faith alone (Eph 2:8), the Bible is very clear that after we are saved there is work for us to do through the power of God.

We don't do works to produce salvation, but real salvation will produce works. "Even so faith, if it hath not works, is dead, being alone" (Jam 2:17).

All Christians are called to ask, seek, knock, work, perfect, hunger, add to, give diligence, labor, follow after, lay hold, fight, and contend. These action words don't sound like doing nothing to me.

Here are a few of the many Bible commands showing there is something for us to do:



into the world.

Tit 2:11, 12 For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Joh 8:9 And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst. Joh 16:8 And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:

When you agree with your conscience, the grace (unmerited favor) of God will begin to work a godly sorrow in your heart for the sinfulness of your life (2Cor 7:10). This godly sorrow will work a hatred in your heart for your sins and a desire to be free from them (Rom 7:15).

In this state of conviction and godly sorrow you will find yourself not able to do the good that you would and the evil that you don't want to do, you will find yourself committing (Rom 7:19). This conviction and godly sorrow - brought on by the grace of God - will lead you to a crisis decision where you will either reject God and his dealings, or you will repent (Luk 13:3) and be converted.

2Co 7:10 For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

Rom 7:15 For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.

Rom 7:19 For the good that I would I do not: but the evil which I would not, that I do.

Luk 13:3 I tell you, Nay: but, except ye repent, ye shall all likewise perish.

Repentance is a complete change in attitude toward your past sinful life and a commitment to completely change and reform your life by the power of God. Your repentance toward God must be with the fruit (Mat 3:8) of a willingness to depart from all sin (2Tim 2:19) and no longer walk in the darkness of sin (Joh 8:12).

When - by grace with godly sorrow and repentance through faith - you believe in your heart (Rom 10:9) on the merits of the death and resurrection of Jesus, and ask God for forgiveness of sins, and believe by faith God has forgiven you (1Joh 1:9; Act 4:12 1Pet 1:9), you are converted and have become a child of God.

Mat 3:8 Bring forth therefore fruits meet for repentance:

2Ti 2:19 Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity.

Joh 8:12 Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

Luk 24:47 And that repentance and remission of sins should be preached

8. If you sin you lose your salvation and if you stay in this condition you will be lost.

9. That those that are in sin and repent and never really get free from their sins are not really Christians. They only have religious profession, are not really getting saved, and will be lost in the end.

True Conversion

To become Christ like, you first must be truly converted. If you're living in willful disobedience to God (Eph 5:6), you are still in the kingdom of darkness and need to be translated into God's kingdom (Col 1:13). There is no place for disobedience (Joh 14:24; 1Joh 2:3-4) in the believer's experience at all.

Eph 5:6 Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.

Col 1:13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

Joh 14:24 He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me.

1Jn 2:3, 4 And hereby we do know that we know him, if we keep his commandments. He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.

By God's unmerited favor (grace) toward mankind, he has promised to draw every person to Christ (Joh 6:44, Joh 1:9, Tit 2:11, 12). This may happen through your reading of the Bible, through listening to someone's testimony of how they found God, through attending a church meeting, through a dream, through God speaking directly to your heart, or through reading a track or booklet on how to find God.

As God draws you to Christ, by awakening your conscience, you will feel convicted of your sins and reproved for your sinning (Joh 8:9, 16:8). As you consider what your awakened conscience is telling you, you will either defend your sins and make excuses for yourself, or you will agree with your conscience and accept the conviction and reprove.

Joh 6:44 No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.

Joh 1:9 That was the true Light, which lighteth every man that cometh



Mat 7:7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Php 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

2Co 7:1 Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

Mat 5:6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

2Pe 1:5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;

2Pe 1:10 Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

2Ti 4:7 I have fought a good fight, I have finished my course, I have kept the faith:

Jud 1:3 Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints.

Heb 4:11 Let us labor therefore to enter into that rest, lest any man fall after the same example of unbelief.

1Ti 6:11 But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

1Ti 6:12 Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

Tips for a Good Husband and Wife Relationship

Human nature tends to let down its guard and act its worst around those who we are most familiar with. How you really are is the way you act towards others that you know the best - which are typically those of your own home.

The following are tips for husbands and wives that I have been working on in my own home, and I hope you find them helpful.



1. Always say please and thank you.
2. Never demand anything one of another, but ask kindly with respect - like you would from anyone else out side the home.
3. Husbands, you don't own your wife, so don't act like it. Don't be bossy and overbearing and order them around like a slave. Support them as the physically weaker vessel (1Pet 3:7) and love them and give yourself for them like Christ gave himself for the church (Eph 5:25). Wives submit to your own husband in temporal matters as it is fitting in the Lord (Col 3:18), however, in spiritual matters Christ is your head not your husband. Men are not the head of women but husbands are the head of their wives (the relationship denotes the headship is concerning temporal matters). Christ is head of the Church (the relationship denotes Christ is the head of women concerning spiritual matters) and in Christ Jesus there is neither male or female (Gal 3:28).
4. Wives don't nag your husbands. If they have been too busy to get something done that is important to you, and you have already asked them a number of times, try asking them after you have done something nice for them. Or ask if there is anything you can do to help them get started on their project. You will find this goes over much better then telling them "I have been asking for two months now to fix the leaking tap. When are you ever going to get this done? It is so hard to get you to do anything around here!"
5. Husband, thank your wife for each meal, when laundry is done and for how well your clothes have been folded, and when the home is cleaned and what a clean house she keeps. Wives, when you husband fixes something around the home thank him, and when he brings home his check tell him what a good provider he is.
6. Each day ask the other if there is anything you can do for them.
7. You both need to be patient with each other's weaknesses and faults. You should not make a practice of pointing out each others faults over and over. Remember that love will cover a multitude of faults. Deal with the other's faults the way you want them to deal with yours.
8. Be always seeking what you can put into the marriage - not what you can get out of it.
9. Make a practice of trying to give into each other when there are differences. That way when you really feel strong about something, your spouse will not have such a hard time giving into you.
10. Pray daily for each other and carry a burden for eachother's spiritual welfare.
11. Have family devotions together each morning - even if it is only 5 or 10 minutes.
12. Keep a list of the things your spouse asks you to do on the cork board. When you spouse asks you to do something make sure you put it

be told there is a danger. The Bible is clear that we can't keep on sinning and go to heaven.

There is a process of education that is needed for us in order to come to an understanding that something is dangerous. After we come to the understanding, we need the will to make the decision that we will do something about the danger we are in. Then we need the tools to help us move forward with our decision to change and we will need support to help us to not fall back into the danger.

Sin is like an addiction and although admitting that we have an addiction is the first step to getting help, there is more to getting free than just admitting we have a problem. I have first hand experience on how to get free from smoking, drinking and drugs that almost destroyed my life.

While I give God all the glory, it took me a long time how to figure how to get freedom and that included failures and relapses. But I can say today I have victory over all the bad habit I was in bondage to and even more important I have victory over sinning!

Keys to victory:

One of the keys to victory is to never accept defeat. One person said "you are never defeated until you quite trying". This will take you through failures when you start out and after you gain the victory, and God forbid it happens - relapses.

While there are wonderful examples of those that have gotten the victory over sin when they first got saved and never went back, we must be realistic and admit that not all have that testimony. And we must say that there are many that have relapsed, and even worse even yet, some that have never come out of relapses.

A good support group helps:

I can personally say that I struggled for 3 years trying to live a holy sin-free life, only to have to deal with failure after failure after failure. It was not until I moved to a location where there was a holiness church that I was able to get and keep the victory. While I am not saying that the Lord can't give someone this experience if they are all by their self, but there is something to be said for a good support group.

Points that you need to understand:

1. That there is a difference between sins and mistakes.
2. Explanations for all the scriptures that seem to say we can't live sin free.
3. That sin is rated by light and understanding.
4. Small things matter – the principle of faithful in little is faithful in much.
5. The need to make NO provisions for the flesh at all.
6. The realization that the sin, self, the flesh, and the devil and professing Christians will try to deceive us back into bondage.
7. Humility to take and obey instructions from others that are in the way.

It is usually the bad effects of smoking or what would be called the cost to smoking that causes people to get serious and quit. This cost is more than financial cost, it is that too, but other things also. Smoking is bad for health, makes you smell bad, hacking, coughing, no more pleasure in it, chance of cancer and shortens the length of life.

You have to realize there is a cost to pay if you keep on sinning: With sin there is a cost also, but the problem is that the cost has been hidden by the false teachers that have taught the religious world that we are all sinners and that we can't stop sinning and that sin doesn't really have harmful effects.

These false teachers are much like the tobacco companies that told the people that there were no harmful effects to smoking. They taught that sinning was part of life. They taught that when a person becomes a new Christian and it will just be a matter of times before the excitement diminishes and they become normal again (not long before the sects kill them spiritually and they start sinning which robs their salvation and joy). They even teach that Paul was in bondage to sin and had a wretched man experience of sinning and repenting.

Now we have warnings on the packaging on tobacco that tell the truth – “Smoking is Harmful to Health”, “Smoking Causes Cancer”, and other clear warnings. We now have studies that show the deadly effects of tobacco that expose the lies that the tobacco companies have told us for years.

While the Word of God is full of these warnings against sinning, the false sects have also found ways to twist those warnings. But the true Christians have always heralded the warning “the wages of sin is [spiritual] death”.

The cost to continue to sin is... you will be lost:
The cost to continue in a sinning and repenting experience is that you will be lost. Many have been motivated to quite smoking when they realize the cost to continue to smoke.

Likewise, when professing Christians realize the cost to contining to commit smaller sins, or only allow the bigger sins in their minds as long as they do not act on them, God through their conscience will be able to deal with them and bring them to the place where they will be willing to give up their sins.

Although the Bible is clear in its warnings against sin, some how people can read over those warnings and not even see them. There consciences have been seared, there hearts have been waxed hard, and they hold unto Romans chapter seven and believe the excuses of the false teachers.

Freedom through education, understanding, decision, action, and support:
In order for a person to realize that something is dangerous they need to

on your list and put a date beside it so you know how long it has been there. Cross off the items on the list as you do them. It is okay to offer to do something on your list if your spouse will do something on their list.

13. Never discuss each others past faults and mistakes in front of other people. While your spouse may laugh along with you and not say anything about it later, you may have hurt them deep down.

14. Don't allow a disagreement to escalate into an argument and certainly not in public or in front of your children.

15. If you get into a charged disagreement with your spouse that digresses to a point where you are bringing up each others faults and failures, it is best to end the conversation with prayer and set a time to discuss the issue the following day. Before you enter into discussion you should lay some guidelines for resolving conflicts. You should also pray apart to make sure you have grace and then pray together before you start the discussion and ask God to give you both grace to conduct the discussion in a godly manner.

Guidelines for Resolving Conflicts in Your Marriage

When a Christian couple is first married, great care is taken by each to go the second mile, to give where ever they can, and the deep love they have for each other covers a multitude of faults. But as time moves on couples tend to take each other for granted. And if they are not careful, they can tend to be more selfish in their married life.

Life sometimes can be tough and as the Word of God says “a persons days are few and full of trouble” (Job 14:1). Financial problems, the added responsibilities and demands that come with children, spiritual difficulties and struggles, and other issues can take their toll on your marriage.

Disagreements will come up and it is in these times that your faith will be tried and you will find your spiritual life lacking. New challenges arise to find grace so you can conduct yourselves in a godly and Christlike manner one toward the other. Very few couples will be exempt from coming to a place in their marriage where they realize they are having problems with conflict resolution and they need help.

The things I am going to share with you are not something I read in a book but godly principles I learned on my knees seeking God for help in



my own soul. While it is impossible to cover every aspect of conflict resolution in a short article like this, I do feel I can provide some good general rules that will help couples to resolve their conflicts in a godly manner.

3 Steps to Change:

The first step is to realize that you are having problems in resolving conflicts and that your conduct as a couple has digressed below the Bible standard of loving your spouse as your self and doing unto others as you would have them do unto you.

The second step is for one of you to take the step forward to put an end to disagreements spiraling out of control into conflicts - where you are bringing each other's failures and faults, are interrupting each other, or are raising your voice and talking over each other, or even worse.

This means when you see a disagreement developing that would typically get out of control, you need to end the discussion before it progresses. Sometimes the other spouse will want to continue with the discussion, but you will just have to hold your ground and tell them that the conversation is moving into an argument that you don't want to be part of and you are bowing out.

The third step is for both to admit that you need help and that the way things are going is not working. You will need to lay out a set of rules for resolving conflicts. That may mean using the set below or even a modified set, or it may mean getting a Christian to moderate your conflicts and help you work through them.

Guidelines for Resolving Conflicts:

1. Start out with prayer together. Pray for grace to love the other as yourself and to do to the other as you would have them do to you. Ask God to give you grace to conduct yourselves in a godly manner.
2. Don't allow for personal attacks or inflammatory or exaggerated statements to be made when you are discussing your differences. Don't say that your spouse never helps you if that is not true. Stick to the facts.
3. If you start falling into the old ruts and you end up saying things you know Christ is not pleased with, stop and retract what you have said and ask for forgiveness and then carry on.
4. Give each other equal time to explain their position. Don't be interruptive or talk over each other. Remain calm and never raise your voice.
5. Make sure each of you knows what the other person's position is and why they hold that position. It won't hurt for each to verbally explain what they think the other's position is.

2Cor 1:24 Not for that we have dominion over your faith, but are helpers of your joy: for by faith ye stand.

Eph 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

1Pet 1:5 Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.

How to build your faith:

You build faith by hearing the Word of God (Rom 10:17) and by praying in the Holy Spirit (Jud 1:20)

Rom 10:17 So then faith cometh by hearing, and hearing by the word of God.

Jud 1:20 But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,

No excuse to not gain victory:

Those that claim they are just human and are in this body of sinful flesh have no excuse where they can claim they can't help their sinfulness.

The Word of God gives us a clear promise on how we can increase our faith. This is done through an increased time spent hearing (reading or hearing) the Word of God and in more time spent in prayer.

Also, the Word is clear that God will keep us from falling back into sin. God has promised to not suffer us to be tempted above what we are able; but with the temptation make a way of escape so that we can bear the temptation (1Cor 10:13), he has told us he is faithful and will establish us and keep us from evil (2The 3:3), and he has told us that he is able keep us from falling (Jud 1:24).

1Cor 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

2The 3:3 But the Lord is faithful, who shall stablish you, and keep you from evil.

Jud 1:24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

But there is a condition and it is that we must be diligent and do our part if we are going to keep from falling back into sin (2Pet 1:10).

2Pet 1:10 Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

You need a desire to quite sinning:

But there is more to it than just reading and praying. There must be a desire to lay off sinning. Just like the person that is trying to quite smoking one of the worst things you can do is drink as it infects you with the I-don't-care attitude.

these false teachings we will be judged by God for those we lead into a sinning profession.

I have yet to meet one person that held the Mistakes-are-sin teaching that has kept their allowance of sin in their life to errors, faults, and mistakes. Most of the time the reason people don't want to give up the Mistakes-are-sin teaching is because they are covering for the hidden willful sins in their own life.

When we go to the scriptures we quickly find that there is no place for sin in a Christian life what so ever.

John tells us that he wrote that they "sin not" (1Joh 2:1) and further noted in a number of other places in his letter that "whosoever abideth in him sinneth not" (1Joh 3:6), "he that committeth sin is of the devil" (1Joh 3:8), "whosoever is born of God doth not commit sin" (1Joh 3:9), and "we know that whosoever is born of God sinneth not" (1Joh 5:18).

Further we have Jesus telling us "whosoever committeth sin is the servant of sin" (Joh 8:34) and "no man can serve two masters" (Mat 6:24), Paul told Timothy "them that sin rebuke before all" (1Tim 5:20), and Peter talked about those "that cannot cease from sin" but he called them "cursed children" (2Pet 2:14).

So when we compare the above scriptures this idea that Christians sin in word thought and deed daily we see that clearly this is not the case.

This Mistakes-are-sin is the brother of Sin-you-must and they are both blind guides that will lead you into the ditch of bondage.

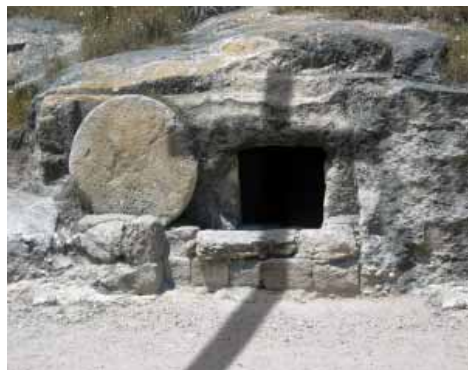
Don't call those errors, faults, mistakes, and lacks sin that are not sin. Hold with the Word of God that there is no place for sin in a Christians life what so ever. Renounce these Mistakes-are-sin and Sin-you-must teachings and stop reckoning yourselves alive unto sin but "reckon ye also yourselves to be dead indeed unto sin" (Rom 6:11).

How To Overcome Sin

The following are some pointers on how to gain victory over sin.

It is faith that gives overcoming victory in your spiritual life:

It is by faith that you stand (2Cor 1:24), by faith that you have victory over the world (1Joh 5:4), by faith that you quench all the fiery darts of the wicked (Eph 6:16), and you are kept by the power of God from sin through faith (1Pet 1:5);



6. Remember that marriage is a give and take relationship and that you need to be seeking what you can put into the marriage - not what you can get out of the marriage.

7. Look for places where you can give into the other. If the issue is not really important to you and it is to your spouse, you need to be willing to give in. Never try to get your way just for the sake of getting your way.

8. While the husband is the head of the home in temporal matters, it is always best if you can come to an agreement without the husband pulling rank and saying "I am the head and this is the way it is going to be." While you may have the right to do that, you will harm your marriage in the long run.

9. Sometimes you can deal with more than one issue at a time and you can work out an agreement where one will give in on one issue and the other gives in on the other. You can also note that in the last several issues you dealt with, one of you gave in and it is the other's turn to give in.

10. In issues like 'what kind of a car to buy' or 'which house to get', try to keep things in perspective. When you get to heaven it won't matter at all what you drove or where you lived.

11. In major issues like 'where to move' or 'what congregation to attend', there must be agreement and most times in agreements there will have to be some give and take.

Fruit of the Spirit

Love — Love to the whole human race, even to your persecutors: love to God and the brethren they had; love to all mankind they must also have. True religion is neither selfish nor insulated; where the love of God is, bigotry cannot exist.

Narrow, selfish people, and people of a party, who scarcely have any hope of the salvation of those who do not believe as they believe, and who do not follow with them, have scarcely any religion, though in their own



apprehension none is so truly orthodox or religious as themselves. - Clarke

Joy — The exultation that arises from a sense of God's mercy communicated to the soul in the pardon of its iniquities, and the prospect of that eternal glory of which it has the foretaste in the pardon of sin. -Clarke

Peace — The calm, quiet, and order, which take place in the justified soul, instead of the doubts, fears, alarms, and dreadful forebodings, which every true penitent less or more feels, and must feel till the assurance of pardon brings peace and satisfaction to the mind. Peace is the first sensible fruit of the pardon of sin. -Clarke

Longsuffering — Long-mindedness, bearing with the frailties and provocations of others, from the consideration that God has borne long with ours; and that, if he had not, we should have been speedily consumed: bearing up also through all the troubles and difficulties of life without murmuring or repining; submitting cheerfully to every dispensation of God's providence, and thus deriving benefit from every occurrence. -Clarke

Gentleness — The same word which is translated "kindness" in 2Co_6:6; see the note at that place. The word means goodness, kindness, benignity; and is opposed to a harsh, crabbed, crooked temper. It is a disposition to be pleased; it is mildness of temper, calmness of spirit, an unruffled disposition, and a disposition to treat all with urbanity and politeness. This is one of the regular effects of the Spirit's operations on the heart.

Religion makes no one crabby, and morose, and sour. It sweetens the temper; corrects an irritable disposition; makes the heart kind; disposes us to make all around us as happy as possible. This is true politeness; a kind of politeness which can far better be learned in the school of Christ than in that of Chesterfield; by the study of the New Testament than under the direction of the dancing-master. -Barnes

Goodness — The perpetual desire and sincere study, not only to abstain from every appearance of evil, but to do good to the bodies and souls of men to the utmost of our ability. But all this must spring from a good heart - a heart purified by the Spirit of God; and then, the tree being made good, the fruit must be good also. -Clarke

Faith — Punctuality in performing promises, conscientious carefulness in preserving what is committed to our trust, in restoring it to its proper owner, in transacting the business confided to us, neither betraying the secret of our friend, nor disappointing the confidence of our employer. - Clarke

Meekness — Mildness, indulgence toward the weak and erring, patient suffering of injuries without feeling a spirit of revenge, an even balance of all tempers and passions, the entire opposite to anger. -Clarke

Are Errors, Faults, and Mistakes Sin?

There is a large part of professing Christianity that considers errors, faults, and mistakes to be sin. If you ask them if they are free from sin they will boldly tell you we are all human and sin. If you ask them what kind of sins they are talking about they will usually note things like not keeping the speed limit or missing commitments they have made.



This is just a trick of the devil to get Christians to profess to be sinners so when temptations come the devil can tell them to go ahead as they are sinners any way. This way Satan blurs the line before faults and mistakes with willful acts of disobedience against known laws of God.

Under the old covenant there were sins of ignorance (Lev 4:2, 13, 22, 27, 5:15, 18) as the law was not written in their minds and or in their hearts as it is in the new covenant (Heb 10:16). Under the new covenant sin is rated by light and understanding (Joh 9:41; Rom 5:13; Rom 14:22,23; Jam 4:17).

One of the things that the devil wants a new Christian to do is hold that mistakes are sins and start to profess they are a sinner and start asking for forgiveness of their sins every day. Then the devil will set a trap for them. He will try to get them weak by getting them not to pray and read the scriptures and then will set them up for a fall by bringing a temptation when they are weak and when he tempts them will tell them they are a sinner any way, God understands we all sin, its the flesh that is sinning and you can't help it and there by uses this vile teaching that all Christians sin and deceive and slay the new Christian.

Of course the new Christian is stuck with guilt and condemnation and will weep bitter over his fall. But when he goes for counsel the false Pastor will tell them, oh we all sin, Paul had problems with sin in Romans 7, and there is none righteous, our heart is deceitful and wicked, and we will have to wait until we get to heaven before we are free from sin.

You must stand hard against this false teaching of Sin-you-must and the Mistakes-are-sin teaching that mixes mistakes and sin into one group. When we are presented with this light properly and we continue to hold

I had never connected the context of “idle word” to the evil man bringing out of the evil treasure of his heart evil things. Even though this scripture appears to not be dealing with what we would normally think of as idle words we need to have a carefulness in our speech.

April Fools’ Jokes

April Fools’ Day or All Fools’ Day although not a holiday in its own right, is a notable day celebrated in many countries on April 1. The day is marked by the commission of hoaxes and other practical jokes of varying sophistication on friends, family members, enemies and neighbors, or sending them on fools’ errands, the aim of which is to embarrass the gullible. — Wikipedia: April Fool’s Day

I call this Liar’s Day. In most cases the jokes are just an out right lie. This is the worlds way to raise lying children and make the sin of lying an acceptable thing. As Christians we need to be completely clear from this sinful practice and teach our children the seriousness of telling a lie even if it is only as a joke.

Eph 4:25 Wherefore putting away lying, speak every man truth with his neighbor: for we are members one of another.

Rev 21:8 But the fearful, and unbelieving, and abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

Reaction to this Article

Even as I wrote this article the Lord was dealing with my soul and helping me to see in a greater way the importance of being faithful in the little things and being more careful in my speech. It truly is a beautiful thing when the Lord deals with our soul and gives us a better understanding of how to live as a true Christian.

Now how will you react to this truth? Will you brush it off and excuse yourself and say this is just so much majoring in minors, just more of Bob’s legalism, more bondage. If that has been your reaction as you read this article they you need to examine yourself and see if you are in the faith (2Cor 13:5).

This article should make you more aware of the important of your words. I hope that you have gotten just part of the blessing in reading this article that I have received in writing it.

Meekness is patience in the reception of injuries. It is neither meanness nor a surrender of our rights, nor cowardice; but it is the opposite of sudden anger, of malice, of long-harbored vengeance. -Barnes

Temperance — Chastity; self-government or moderation with regard to a man’s appetites, passions, and propensities of all kinds. -Clarke

Virtue — Courage or fortitude, to enable you to profess the faith before men, in these times of persecution. -Clarke

Knowledge — True wisdom, by which your faith will be increased, and your courage directed, and preserved from degenerating into rashness. -Clarke

Godliness — Piety towards God; a deep, reverential, religious fear; not only worshipping God with every becoming outward act, but adoring, loving, and magnifying him in the heart: a disposition indispensably necessary to salvation, but exceedingly rare among professors. -Clarke

Brotherly Kindness — Love of the brotherhood - the strongest attachment to Christ’s flock; feeling each as a member of your own body. -Clarke

Merciful — That is, those who are so affected by the sufferings of others as to be disposed to alleviate them. This is given as an evidence of piety, and it is said that they who show mercy to others shall obtain it... Nowhere do we imitate God more than in showing mercy. In nothing does God delight more than in the exercise of mercy. To us, guilty sinners; to us, wretched, dying, and exposed to eternal woe, he has shown his mercy by giving his Son to die for us; by expressing his willingness to pardon and save us; and by sending his Spirit to renew and sanctify our hearts.

Each day of our life, each hour, and each moment, we partake of his undeserved mercy. All the blessings we enjoy are proofs of his mercy. If we, then, show mercy to the poor, the wretched, the guilty, it shows that we are like God. We have his spirit, and shall not lose our reward. And we have abundant opportunity to do it. Our world is full of guilt and woe, which we may help to relieve; and every day of our lives we have opportunity, by helping the poor and wretched, and by forgiving those who injure us, to show that we are like God. -Clarke

Peacemaker — Those who strive to prevent contention, strife, and war; who use their influence to reconcile opposing parties, and to prevent lawsuits and hostilities in families and neighborhoods. Every man may do something of this; and no man is more like God than he who does it. There ought not to be unlawful and officious interference in that which is none of our business; but without any danger of acquiring this character, every man has many opportunities of reconciling opposing parties. Friends, neighbors, people of influence, lawyers, physicians, ministers of the gospel, may do much to promote peace. And it should be taken in hand in the beginning. -Barnes

Accountability to the Brethren

When someone is converted to Christ it is important for them as a new Christian to fellowship with other Christians, and if possible to find a congregation of spiritual people that clearly teach sin-free-living and emphasize practical Christian living.



The importance of being a part of a congregation and making yourself accountable to those that are Spiritual in the congregation has a keeping effect that I call the 'shame factor'. Being part of a congregation and making yourself accountable is not just for new Christians either, it is important for everyone.

It is very important to make a public declaration to the congregation that you are attending that you are saved and keep - by the power of God - from all sinning. Also that you want the congregation to hold you accountable to your testimony of faith.

When you get saved and you are off all by yourself and you are not accountable to anyone, when you are tempted the by devil he will tell you just go and ahead and sin and you can repent later and no one will know the difference. But when you are part of a congregation and make yourself accountable to the brethren, there is a shame factor that goes with falling into sin and having to admit you have failed when you are asked how you are doing in your soul.

Many people have gotten saved because of the fear of hell or because they messed up their life so bad that they realized only God could straighten it out. While "the fear of the Lord is the beginning of wisdom" (Pro 9:10), it takes more than the fear of hell to keep you saved. You will need to realize the great love God had for you in sending Jesus (1Joh 4:10) to save you from your mess and respond back to this great love by loving Him. Likewise the shame of having others know you have failure is not going to be enough to keep you. It is just one more thing to add to all the other reasons to stay saved.

Not only is it good to have the brethren check and make sure you have victory over sin, but this works in many areas in your Christian walk. If

One of the things that has helped me to see how bad an example this practice is, was to sit under a Pastor for a number of years that would do this quite often. I would shake my head in disbelief whenever he would do it but then I caught myself doing it. I have found it to be a great help to see my own faults in others to help me get a hold of how bad an example some things are.

Exaggeration

Exaggerate: to magnify beyond the limits of truth; overstate; represent disproportionately: to exaggerate the difficulties of a situation. — Dictionary.com: Exaggerate

Embellish: to enhance (a statement or narrative) with fictitious additions. — Dictionary.com: Embellish

The practice of exaggerating and embellishing can be an easy practice for some Christians to fall into. Some tend to be the story telling type and they seem to just naturally tend to embellish. But it is a practice that as children of light we must put off completely.

Personally I have taken a real close look at my conversation in this regard and have made a number of corrections. I used to tell people I had done three years in jail and when I calculated it out it was more like around two. I used to tell people I lived on the street for 15 years but when I thought about it I realized it was more like around 4 or 5 years spread out over 15 or more years. There were even some stories that I had told all my life that when I really thought about them they were not true but I had told them so many times I thought they were true.

While I don't feel like I was willfully lying I could see that this was not being careful about my conversation. It seems that the practice of irony can lead it kidding, kidding can lead to exaggeration, and exaggeration will if not checked can lead a person into lying.

Idle Words

But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned. -Mat 12:36, 37

When I looked into the above scripture I was a bit surprised in what I found. The context of the above passage is "A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things" (Mat 12:34).

On this passage Barnes says "Idle word - This literally means a vain, thoughtless, useless word; a word that accomplishes no good. Here it means, evidently, 'wicked, injurious, false, malicious, for such' were the words which they had spoken." Clarke's comments on this verse are "Our Lord must be understood here as condemning all false and injurious words: the scope of the place necessarily requires this meaning."

Understatement is a form of speech in which a lesser expression is used than what would be expected.

Example: Emperor Hirohito of Japan, discussing the atomic bombing of Hiroshima in his first radio broadcast (15 August 1945). Comment: "The war situation has developed not necessarily to Japan's advantage." — Wikipedia: Understatement

A Rhetorical Question is a figure of speech in the form of a question posed for its persuasive effect without the expectation of a reply.

Example: When a speaker states, "How many times do I have to tell you to stop walking into the house with mud on your shoes?"; no formal answer is expected. — Wikipedia: Rhetorical Question

Hyperbole in many cases, like the example above, is telling a non-truth to make a point. Sarcasm in almost all cases is a demeaning statement. An Understatement is ready not telling it like it is to make a point, and a Rhetorical Question many times can be seen as cutting and unkind.

I have personally made a decision some time ago, with the help of the Lord, to remove irony from my speech. I have made it a matter of daily prayer and when ever I do use irony in my conversation I retract my statement, if appropriate note the Lord has deal with me about using irony, and then rephrase my statement.

Kidding

Kidding: to speak or act deceptively in jest; — Dictionary.com: Kidding

I am referring to Kidding as the practice of telling an untruth and then after you have let the statement have its intended effect to tell the person "I was just kidding" or "I was just joshing you" or to say "no not really" with a smile.

Example: "Jim, someone just ran into the back of your car!" Then after a couple of seconds Frank said "just kidding."

The above is a clear example of being deceptive and lying and doing it in a mean way that could cause some one else grief. This can also be done to a lesser degree and doesn't have to involve another person.

The practice of kidding should never be once named among those that profess the name of Christ. The Bible is pretty clear about being deceptive and puts foolish talking and jesting together with fithness (Eph 5:4).

I thought I pretty well had this stamped out of my conversation and up it popped about a month ago. I was so shocked that I used it this type of speech that I didn't even correct it. Just as in irony if I use this type of speech I have made a commitment to retract my statement, if appropriate note the Lord has deal with me about using irony, and then rephrase my statement.

you confess that the Lord has been dealing with you and that you need to eat less, this will help you to pass on the second or third plate at the congregation potluck suppers. If you confess in brothers' meetings that the Lord has been dealing with you not to be so friendly with the sisters, then you can be sure the brothers will keep an eye on you and help you out.

I would like to say here that it is immodest and in my opinion totally unacceptable to discuss your failures or weaknesses in sexual matters in mixed company. You should even be careful about openly discussing these things in brothers' or sisters' meetings, as there are young people and unspiritual people that may not know how to keep these things to themselves. You should only discuss these kinds of weaknesses with spiritual people that are mature and know how to control their tongue.

Over all even in simple things - like how you are doing in your devotions - it is good that you check up on each other. I remember a few weeks ago I was at a Saturday pig barbecue and I was asked what I read in my Bible that day. Now if I would have been asked the day before, I would have had to say I didn't read my Bible (I did have a good season of prayer that morning, but I just didn't read the Bible). I went home from there with a clear determination to make sure that wouldn't happen again and that I would make the time to read my Bible daily no matter what.

At the same time you need to be careful not to state publicly something like "the Lord showed you to start getting up at 4am in the morning and spending 2 hours in prayer". Make sure you are not taking on something that is too big of a step, but something that you will be able to stick to.

I remember reading that Martin Luther got up a 4am and spent 3 hours in prayer every morning and I decided to start that myself. Thank the Lord that I had more common sense than to testify about it to the congregation before I found out it was unrealistic. On the First morning that I got up at 4am it made me sick. That was the last time I tried getting up that early unless I got to bed very, very early.

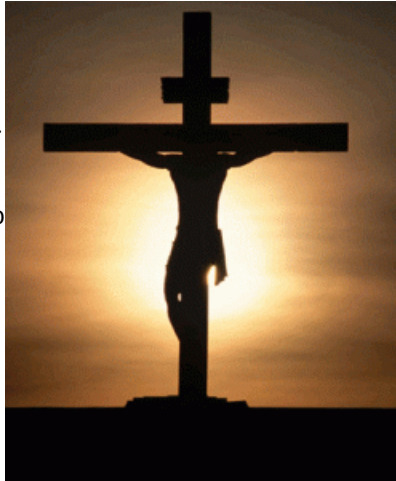
In closing, it is a good thing to have brethren that you can be accountable to. It is good to spend time with brethren that are more spiritual than you are who will provoke and exhort you unto good works and more godly conduct. I have put this system of accountability to work in my own life and I can testify it has been very helpful to me. I trust these principles will be a help to you also.

A Physician Analyzes the Crucifixion

A medical explanation of what Jesus endured on the day He died.

by Dr. C. Truman Davis*

Several years ago I became interested in the physical aspects of the passion, or suffering, of Jesus Christ when I read an account of the crucifixion in Jim Bishop's book, *The Day Christ Died*. I suddenly realized that I had taken the crucifixion more or less for granted all these years - that I had grown callous to its horror by a too-easy familiarity with the grim details. It finally occurred to me that, as a physician, I did not even know the actual immediate cause of Christ's death. The gospel writers do not help much on this point. Since crucifixion and scourging were so common during their lifetimes, they undoubtedly considered a detailed description superfluous. For that reason we have only the concise words of the evangelists: "Pilate, having scourged Jesus, delivered Him to them to be crucified ... and they crucified Him."



Despite the gospel accounts silence on the details of Christ's crucifixion, many have looked into this subject in the past. In my personal study of the event from a medical viewpoint, I am indebted especially to Dr. Pierre Barbet, a French surgeon who did exhaustive historical and experimental research and wrote extensively on the topic.

An attempt to examine the infinite psychic and spiritual suffering of the Incarnate God in atonement for the sins of fallen man is beyond the scope of this article. However, the physiological and anatomical aspects of our Lord's passion we can examine in some detail. What did the body of Jesus of Nazareth actually endure during those hours of torture?

Gethsemane

The physical passion of Christ began in Gethsemane. Of the many aspects of His initial suffering, the one which is of particular physiological interest is the bloody sweat. Interestingly enough, the physician, St. Luke, is the only evangelist to mention this occurrence. He says, "And being in an agony, he prayed the longer. And his sweat became as drops of blood, trickling down upon the ground" (Luke 22:44 KJV).

Neither Foolish Talking Nor Jesting

But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. — Eph 5:3,4

Foolish talking - Scurrility, buffoonery, ridicule, or what tends to expose another to contempt. — Clarke

Nor jesting - Artfully turned discourses or words, from , well or easily, and , I turn; words that can be easily turned to other meanings; double entendres; chaste words which, from their connection, and the manner in which they are used, convey an obscene or offensive meaning. It also means jests, puns, witty sayings, and mountebank repartees of all kinds. — Clarke

The Lord has been dealing with me in using irony, kidding, and exaggeration in my conversation and I would like to share on these points.

Irony

Irony — "the use of words to convey a meaning that is the opposite of its literal meaning: the irony of her reply, 'How nice!' when I said I had to work all weekend." — Dictionary.com

Here are four different kinds of irony with examples.

Hyperbole is a figure of speech in which statements are exaggerated. It may be used to evoke strong feelings or to create a strong impression, and is not meant to be taken literally.

Example: These books weigh a ton. — Wikipedia: Hyperbole

Sarcasm is stating the opposite of an intended meaning especially in order to sneeringly, slyly, jest or mock a person, situation or thing.

Example: "Do you think the ground is wet?" "No, the ground is completely dry."

What the second person said implied that the first was asking a stupid question with an obvious answer. — Wikipedia: Sarcasm



The end was rapidly approaching. The loss of tissue fluids had reached a critical level; the compressed heart was struggling to pump heavy, thick, sluggish blood to the tissues, and the tortured lungs were making a frantic effort to inhale small gulps of air. The markedly dehydrated tissues sent their flood of stimuli to the brain. Jesus gasped His fifth cry: "I thirst." Again we read in the prophetic psalm: "My strength is dried up like a potsherd; my tongue cleaveth to my jaws; and thou has brought me into the dust of death" (Psalm 22:15 KJV).

A sponge soaked in posca, the cheap, sour wine that was the staple drink of the Roman legionnaires, was lifted to Jesus' lips. His body was now in extremis, and He could feel the chill of death creeping through His tissues. This realization brought forth His sixth word, possibly little more than a tortured whisper: "It is finished." His mission of atonement had been completed. Finally, He could allow His body to die. With one last surge of strength, He once again pressed His torn feet against the nail, straightened His legs, took a deeper breath, and uttered His seventh and last cry: "Father, into Your hands I commit My spirit."

Death

The common method of ending a crucifixion was by crurifracture, the breaking of the bones of the leg. This prevented the victim from pushing himself upward; the tension could not be relieved from the muscles of the chest, and rapid suffocation occurred. The legs of the two thieves were broken, but when the soldiers approached Jesus, they saw that this was unnecessary.

Apparently, to make doubly sure of death, the legionnaire drove his lance between the ribs, upward through the pericardium and into the heart. John 19:34 states, "And immediately there came out blood and water." Thus there was an escape of watery fluid from the sac surrounding the heart and the blood of the interior of the heart. This is rather conclusive post-mortem evidence that Jesus died, not the usual crucifixion death by suffocation, but of heart failure due to shock and constriction of the heart by fluid in the pericardium.

Resurrection

In these events, we have seen a glimpse of the epitome of evil that man can exhibit toward his fellow man and toward God. This is an ugly sight and is likely to leave us despondent and depressed.

But the crucifixion was not the end of the story. How grateful we can be that we have a sequel: a glimpse of the infinite mercy of God toward man—the gift of atonement, the miracle of the resurrection, and the expectation of Easter morning.

*Dr. C. Truman Davis is a graduate of the University of Tennessee College of Medicine. He is a practicing ophthalmologist, a pastor, and author of a book about medicine and the Bible.

Every attempt imaginable has been used by modern scholars to explain away the phenomenon of bloody sweat, apparently under the mistaken impression that it simply does not occur. A great deal of effort could be saved by consulting the medical literature. Though very rare, the phenomenon of hematidrosis, or bloody sweat, is well documented. Under great emotional stress, tiny capillaries in the sweat glands can break, thus mixing blood with sweat. This process alone could have produced marked weakness and possible shock.

Although Jesus' betrayal and arrest are important portions of the passion story, the next event in the account which is significant from a medical perspective is His trial before the Sanhedrin and Caiaphas, the High Priest. Here the first physical trauma was inflicted. A soldier struck Jesus across the face for remaining silent when questioned by Caiaphas. The palace guards then blindfolded Him, mockingly taunted Him to identify them as each passed by, spat on Him, and struck Him in the face.

Before Pilate

In the early morning, battered and bruised, dehydrated, and worn out from a sleepless night, Jesus was taken across Jerusalem to the Praetorium of the Fortress Antonia, the seat of government of the Procurator of Judea, Pontius Pilate. We are familiar with Pilate's action in attempting to shift responsibility to Herod Antipas, the Tetrarch of Judea. Jesus apparently suffered no physical mistreatment at the hands of Herod and was returned to Pilate. It was then, in response to the outcry of the mob, that Pilate ordered Barabbas released and condemned Jesus to scourging and crucifixion.

Preparations for Jesus' scourging were carried out at Caesar's orders. The prisoner was stripped of His clothing and His hands tied to a post above His head. The Roman legionnaire stepped forward with the flagrum, or flagellum, in his hand. This was a short whip consisting of several heavy, leather thongs with two small balls of lead attached near the ends of each. The heavy whip was brought down with full force again and again across Jesus' shoulders, back, and legs. At first the weighted thongs cut through the skin only. Then, as the blows continued, they cut deeper into the subcutaneous tissues, producing first an oozing of blood from the capillaries and veins of the skin and finally spurting arterial bleeding from vessels in the underlying muscles.

The small balls of lead first produced large deep bruises that were broken open by subsequent blows. Finally, the skin of the back was hanging in long ribbons, and the entire area was an unrecognizable mass of torn, bleeding tissue. When it was determined by the centurion in charge that the prisoner was near death, the beating was finally stopped.

Mockery

The half-fainting Jesus was then untied and allowed to slump to the stone pavement, wet with his own blood. The Roman soldiers saw a great

joke in this provincial Jew claiming to be a king. They threw a robe across His shoulders and placed a stick in His hand for a scepter. They still needed a crown to make their travesty complete. Small flexible branches covered with long thorns, commonly used for kindling fires in the charcoal braziers in the courtyard, were plaited into the shape of a crude crown. The crown was pressed into his scalp and again there was copious bleeding as the thorns pierced the very vascular tissue. After mocking Him and striking Him across the face, the soldiers took the stick from His hand and struck Him across the head, driving the thorns deeper into His scalp. Finally, they tired of their sadistic sport and tore the robe from His back. The robe had already become adherent to the clots of blood and serum in the wounds, and its removal, just as in the careless removal of a surgical bandage, caused excruciating pain. The wounds again began to bleed.

Golgotha

In deference to Jewish custom, the Romans apparently returned His garments. The heavy patibulum of the cross was tied across His shoulders. The procession of the condemned Christ, two thieves, and the execution detail of Roman soldiers headed by a centurion began its slow journey along the route which we know today as the Via Dolorosa.

In spite of Jesus' efforts to walk erect, the weight of the heavy wooden beam, together with the shock produced by copious loss of blood, was too much. He stumbled and fell. The rough wood of the beam gouged into the lacerated skin and muscles of the shoulders. He tried to rise, but human muscles had been pushed beyond their endurance. The centurion, anxious to proceed with the crucifixion, selected a stalwart North African onlooker, Simon of Cyrene, to carry the cross. Jesus followed, still bleeding and sweating the cold, clammy sweat of shock. The 650-yard journey from the Fortress Antonia to Golgotha was finally completed. The prisoner was again stripped of His clothing except for a loin cloth which was allowed the Jews.

The crucifixion began. Jesus was offered wine mixed with myrrh, a mild analgesic, pain-relieving mixture. He refused the drink. Simon was ordered to place the patibulum on the ground, and Jesus was quickly thrown backward, with His shoulders against the wood. The legionnaire felt for the depression at the front of the wrist. He drove a heavy, square wrought-iron nail through the wrist and deep into the wood. Quickly, he moved to the other side and repeated the action, being careful not to pull the arms too tightly, but to allow some flexion and movement. The patibulum was then lifted into place at the top of the stipes, and the titulus reading "Jesus of Nazareth, King of the Jews" was nailed into place.

The left foot was pressed backward against the right foot. With both feet extended, toes down, a nail was driven through the arch of each, leaving the knees moderately flexed. The victim was now crucified.

On the Cross

As Jesus slowly sagged down with more weight on the nails in the wrists, excruciating, fiery pain shot along the fingers and up the arms to explode in the brain. The nails in the wrists were putting pressure on the median nerve, large nerve trunks which traverse the mid-wrist and hand. As He pushed himself upward to avoid this stretching torment, He placed His full weight on the nail through His feet. Again there was searing agony as the nail tore through the nerves between the metatarsal bones of this feet.

At this point, another phenomenon occurred. As the arms fatigued, great waves of cramps swept over the muscles, knotting them in deep relentless, throbbing pain. With these cramps came the inability to push Himself upward. Hanging by the arm, the pectoral muscles, the large muscles of the chest, were paralyzed and the intercostal muscles, the small muscles between the ribs, were unable to act. Air could be drawn into the lungs, but could not be exhaled. Jesus fought to raise Himself in order to get even one short breath. Finally, the carbon dioxide level increased in the lungs and in the blood stream, and the cramps partially subsided.

The Last Words

Spasmodically, He was able to push Himself upward to exhale and bring in life-giving oxygen. It was undoubtedly during these periods that He uttered the seven short sentences that are recorded.

The first - looking down at the Roman soldiers throwing dice for His seamless garment: "Father, forgive them for they do not know what they do."

The second - to the penitent thief: "Today, thou shalt be with me in Paradise."

The third - looking down at Mary His mother, He said: "Woman, behold your son." Then turning to the terrified, grief-stricken adolescent John, the beloved apostle, He said: "Behold your mother."

The fourth cry is from the beginning of Psalm 22: "My God, My God, why have You forsaken Me?"

He suffered hours of limitless pain, cycles of twisting, joint-rending cramps, intermittent partial asphyxiation, and searing pain as tissue was torn from His lacerated back from His movement up and down against the rough timbers of the cross. Then another agony began: a deep crushing pain in the chest as the pericardium, the sac surrounding the heart, slowly filled with serum and began to compress the heart.

The prophecy in Psalm 22:14 was being fulfilled: "I am poured out like water, and all my bones are out of joint, my heart is like wax; it is melted in the midst of my bowels."