

# **LIGHT OF THE WORLD CHRISTIAN FELLOWSHIP**



## **NEW MEMBER ORIENTATION COURSE**

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### **TOPICS:**

**CHURCH CONSTITUTION (Excerpts)  
IMPORTANCE OF CHURCH ATTENDANCE  
THE PRINCIPLE OF TITHE FASTING PRINCIPLE BAPTISM**

“Study to show thyself, approved unto God, a workman that needeth not to be ashamed but rightly dividing the word of truth”. 2 Timothy 2:15

## CONSTITUTION

### ARTICLE I

#### NAME

- 1.1 NAME: The name of the Church shall be Light of the World Christian Fellowship, hereby referred to also as “LOWCF”

### ARTICLE II

#### PURPOSE - VISION

**2.1 PURPOSE:** Light of the World Christian Fellowship exists for spreading the gospel of our Lord Jesus Christ through teaching, deliverance and evangelism; providing spiritual oversight, nurture, and care for members and equipping leaders for the great commission.

**2.2 VISION:** Win the lost at all cost - Thousands of lost souls will be transformed by the power of the Gospel and converted through the multiplication of dynamic cell based outreach Ministries, where every believer is loved, disciple, equipped for ministry, and released in their gifting to be a reproducing witness of the new life found in intimate relationship with Jesus Christ. Specifically, the church will seek:

- 1. To provide spiritual fellowship and nurture among Africans who are resident in America and their American brethren who share similar spiritual burden and concerns.*
- 2. To foster love and unity in the community despite cultural differences.*
- 3. To promote Evangelism and a caring mission to a lost world, the disabled and those lacking self-esteem and motivation.*

- 4. To sensitize the church in its redemptive role to the suffering community.*
- 5. To mobilize resources for community development.*
- 6. To enhance the potential of youths and to restore dignity to women.*
- 7. To provide counseling and welfare support for the under privileged.*
- 8. To sensitize the American people on current developmental trends in the under privileged areas of the world especially Africa.*
- 9. To promote the welfare of refugees primarily from Africa and other conflict stricken areas of the world.*
- 10. To assist in disaster relief and mediate in conflict among African nations.*
- 11. To promote ecumenical/evangelical cooperation.*

## ARTICLE III

### DOCTRINE STATEMENT OF FAITH

#### WE BELIEVE...

- 3.1 There is one God eternally existing as Father, Son, and Holy Spirit. ***Isaiah 40:18-28; Matthew 28:19; John 15:26; Isaiah 42:1-9; Revelation 1:8, 17-18; John 14:23-27; 16:15; I Corinthians 2:9:9-16***
- 3.2 God revealed himself in the Scriptures of the Old and New Testaments, the inerrant and inspired word of God, without contradiction, the only reliable guidebook for life and the final authority in the life of the church. ***Psalms 119:9, 30, 105, 137-144; Nehemiah 8:9-12; 2 Timothy 3:14-17; Hebrews 4:12-13; 2 Peter 1:16-21; John 20:30-31***
- 3.3 God revealed himself supremely in His Son, the Lord Jesus Christ, born of a virgin, being both fully human and fully divine. ***Matthew 1:18-25; Luke 1:26-38; John 1:1-14; Hebrews 1:1-14; Isaiah 9:6-7; Philippians 2:5-11; Hebrews 4:14-16***
- 3.4 In the beginning, God created all things by his Son. He made humanity in the divine image, with free will, moral character, and a spiritual nature. ***Genesis 1; Colossians 1:15-16; Psalm 104:1-35; Psalm 139:1-18; I Corinthians 15:42-49; Romans 1:18-20; Proverbs 16:1-3***
- 3.5 Humanity fell into sin, bringing depravity and death upon the race; as a sinner, each person is self-centered and self-willed, unwilling and unable to break with sin, which leads to eternal separation from God. ***Genesis 3:1-24; Romans 3:9-18; Psalm 14:1-3; Ecclesiastes 7:20; Jeremiah 17:9-10; 2 Timothy 3:1-5; Psalms 51; I John 3:4-10***

- 3.6 On the cross, Jesus Christ took each person's place, bore our sins, died our death; and for that reason alone God freely forgives through the cleansing power of his blood atonement those who repent and believe in faith. ***Ephesians 2:1-10; John 10:14-18; Romans 3:21-26; Colossians 1:13-14; 2:13-15; Romans 6:1-14; John 2:16-17; Acts 4:8-13***
- 3.7 The Holy Spirit convicts of sin, guides for life, and empowers for service. His supernatural work makes new life and new birth possible. ***Galatians 5:16-26; John 16:7-15; Romans 8:5-17, 26-27; I Samuel 16:13; Luke 4:18-19; Acts 1:4-8; 2:17-21; Luke 11:9-13***
- 3.8 The church is the body of Christ, a redeemed people, obedient to God, a people of love, prayer, and healing. ***Ephesians 2:19-22; I John 2:3-6; John 17:6-26; Philippians 2:3-4; Galatians 6:1-5; I Peter 2:21-25; Colossians 4:2-6***
- 3.9 God gave the whole church and every member of it the task of making Christ known throughout the world. ***Matthew 28:16-20; John 15:15-17; Colossians 4:5-6; 2 Corinthians 5:11-6:6; Acts 4:18-31; I Timothy 6:11-16; Acts 8:4***
- 3.10 Gifts of the Holy Spirit, which are in operation today, are given to all who follow Christ, so that men and women, married or single, young and old, can work together to build up the church and bring the world to Christ. ***Luke 24:45-49; Ephesians 4:7-16; I Corinthians 12:1-31; Ephesians 3:7-8; Romans 12:1-8; Ephesians 4:29-32; I Peter 4:8-11***
- 3.11 Spiritual warfare demands spiritual weapons; the word must be preached in the power of the Holy Spirit; and believers must intercede for Christ's victory to be established over principalities and powers of evil. ***Ephesians 6:10-20; 2 Corinthians 10:3-4; Daniel 10:10-14, 20; Matthew 18:18-20; I Peter 5:8-11; Luke 8:26-39; I Timothy 2:1-8***

- 3.12 Believers must demonstrate God's love visibly by caring for those who were deprived of justice, dignity, food, and shelter. They will love their enemies by overcoming evil with good and being peacemakers. ***1 John 3:16-18; Matthew 5:13-16; Colossians 3:12-17; Matthew 5:43-48; Romans 12:9-21; Matthew 25:31-46; James 2:14-19***
- 3.13 Those that repent and believe will be baptized with water as a symbol of cleansing from sin, new life and commitment to Christ. ***Matthew 28:19-20; John 3:1-8; Matthew 3:13-17; Acts 2:36-39; Acts 8:36-40; Acts 10:44-48; Romans 6:1-14; Hebrews 10:19-23***
- 3.14 The church observes the Lord's Supper as a symbol of Christ's broken body and shed blood, and the fellowship of his Church until his return. ***Luke 9:18-22; Mark 10:32-34; Mark 12:1-12; Luke 22:7-23; 1 Corinthians 10:14-17; 11:23-34; Acts 2:46-47***
- 3.15 Both singleness and marriage are honored by God, who designed marriage to be the union of one man and one woman for life. Homosexual practice rejects this celebration of diversity God intended. Sexual relationship is intended for one man and one woman in the context of marriage only. ***Genesis 2:20-25; Ephesians 5:22-33; Song of Songs 2:3-13; 1 Corinthians 6:9-11; Romans 1:18-32; 1 Corinthians 7:10-16; Matthew 19:3-12***
- 3.16 Jesus Christ's personal return will be visible in power and glory and will consummate salvation and judgment, thus the church serves sacrificially and joyfully anticipating eternal life with God. ***Mark 13:5-31; Revelation 1:5-8; Matthew 13:37-43; 1 Corinthians 15:20-26, 51-56; Revelations 21:1-5; 2 Timothy 4:6-8; Revelation 22:12-21***

## ARTICLE IV

### CORE VALUES

As a growing Church with a living Message, we proclaim that we hold in high value and are deeply committed to the following core values.

- 4.1 Honor God's Word, the Bible, as the foundation for life, teaching, preaching, and every form of ministry. ***II Timothy 3:16; Acts 17:11***
- 4.2 Exalt Jesus Christ as Lord and make Him central to every activity and mission of the church. ***I Corinthians 1:18, 23-24; Colossians 1:15-20***
- 4.3 Keep Missions, Evangelism, and Discipleship as the highest priorities of the church. ***Matthew 28:18-20; II Corinthians 5:11-16***
- 4.4 Devote quality time in passionate prayer for hearing God's voice for comfort and direction, developing intimacy with the Father, and interceding for the lost, our brothers and sisters in Christ, and all whom God places on our heart. ***Mark 1:35; Colossians 4:1, 12***
- 4.5 Invest time and energy into equipping and reproducing leaders for the advancement of God's Kingdom. ***Ephesians 4:11-13; II Timothy 2:1-2***
- 4.6 Respect authority at all levels as God-ordained leadership. ***Romans 13:1-6***
- 4.7 Earn respect as leaders by developing quality relationships and demonstrating Christ-like character. ***I Thessalonians 2:1-13; Hebrews 10:24-25; Matthew 20:24-28***
- 4.8 Demonstrate strong faith in God by means of positive attitudes, God-inspired vision, and life-giving actions. ***Hebrews 11:1; Ephesians 3:20***

- 4.9 Allow ministry to flow out of continual worship to God for all that He is. ***Acts 4:23-31; Revelation 5; Psalm 103***
- 4.10 Submit daily to the supernatural power of the Holy Spirit in order to manifest the current day ministry of Jesus Christ in word and deed. ***Acts 1:8; I Corinthians 2:4-5***
- 4.11 Manifest Kingdom living through living a life of integrity in all aspects of life, including the sacredness of marriage, honoring the value of life that begins at conception, demonstrating compassion and love in all relationships, and rejecting violence and participation in warfare in accordance with the Anabaptist tradition. ***II Corinthians 3:2; Hebrews 13:4; Matthew 5:38:41; I Peter 1:22; Psalms 139:13-16***
- 4.12 Seek unity in Christ at the foot of the cross but respect differences where it does not compromise basic Bible doctrine. ***Ephesians 4:1-7; John 17:20-26***
- 4.13 Encourage all to hear God but trust and empower governing leaders to lead in giving overall direction to the church. ***I Peter 1:9; Acts 15:1-29***
- 4.14 Build strong disciples of Jesus Christ by individual mentoring, prayerfully helping believers to heal from hindering influences, teaching sound doctrine and practical Christian principles, instituting small group activities, and by fostering loving relationships. ***Acts 2:42-47; Matthew 28:18-20; Mark 1:17-18***
- 4.15 Assist every believer to discover their God-given calling and potential in life and equip them in developing their unique gifts and talents. ***Matthew 25:14-30; I Corinthians 12***
- 4.16 Recognize the validity and seek to fulfill the function of the five-fold ministry gifts that Jesus gave to the church to fulfill her mission, as the Lord leads. ***Ephesians 4:7-17***
- 4.17 Submit willingly to radical obedience and costly discipleship. ***Genesis 12:1-3; Isaiah 6:8; Matthew 10:37-39***
- 4.18 Live with a spirit of humility in thought and deed. ***I Peter 5:11; Philippians 2:1-11***



## ARTICLE VII

### MEMBERSHIP

**7.1 BASIS OF MEMBERSHIP:** Persons who will affirm the mission, vision, statement of faith, core values, and overall constitution and by-laws, will be welcomed to be part of “LOWCF” as members. Each individual statement of faith shall be in alignment with Light of the World Christian Fellowship’s statement of faith. The pastoral committee will make sufficient inquiry of any person that desires to join “LOWCF” with limited prior relationship with it. Membership shall be extended to all those who accept the articles of faith and practice. During an induction ceremony, a member will receive a certificate of membership.

#### Categories of membership

Members will be admitted into three categories of membership:

- (a) Full membership: Adults seventeen years and above who meet the requirements in the Discipline for full membership.
- (b) Junior Membership: Those under seventeen: @ Associate Membership: Those who do not wish to become full members or fail to meet the requirements of full membership.

**7.2 PROCEDURE FOR MEMBERSHIP:** Persons desiring membership in Light of the World Christian Fellowship will submit a completed membership application form stating their desire to be a part of the fellowship. They will affirm in writing their agreement with the mission, vision, statement of faith, core values, and overall constitution and bylaws of Light of the World. They will state their reason(s) for membership. All necessary additional forms of application provided by the church must be completed by persons desiring membership and submitted to the Senior Pastor of the same.

**7.3 VOLUNTARY TERMINATION OF MEMBERSHIP:** Membership in “LOWCF” may be terminated by an individual’s decision to terminate membership. Such termination shall be made orally or by delivering to the Senior Pastor a written statement of such decision.

**7.4 INVOLUNTARY TERMINATION OF MEMBERSHIP:** Membership in “LOWCF” may also be terminated by the Church for a serious violation, without a demonstrable willingness to change, of the statement of faith or other provisions of this Constitution or the By-laws of “LOWCF.” The termination process shall be led by the Senior Pastor in conjunction with the pastoral committee. The Board of Trustees shall be informed in writing of the issues involved and be a part of the discernment and termination process. Final termination may occur only upon the agreement of two thirds of the members of the oversight team and two thirds of the member congregations.

## THE PRINCIPLE OF THE TITHE

It is very remarkable that God actually revealed His financial plan for all ages in the Garden of Eden.

Here is the **CONSTITUTION** for all Gods financial plans and system in His Kingdom.

### *Genesis 2:17*

*But of the tree of knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.*

We ask why did God forbid the eating of the fruit of the tree in the mist of the garden?

- This establishes the very plain fact that God, even in the Garden of Eden, and even before sin had entered into this earth, **RESERVED FOR HIMSELF** a portion of the fruit-bearing trees of the Garden of Eden.
- This portion of the trees, God wanted absolutely for Himself ALONE.
- He did not want Adam and Eve to touch it. He strictly forbade it under great penalty. It was God's own portion, God's Tenth, God's tithe, which He had reserved for Himself.

Adam and Eve sinned against the clearest light, the highest knowledge, the greatest goodness, the dearest love by taking God's portion called the first fruits.

The tithe is the tenth and when the income is in the form of crops, the tenth is called the first fruits.

The searching after the knowledge of unnecessary things, is a snare and unprofitable to us as we have seen with Adam and Eve.

The serpent tempted Eve with a question, Has God indeed said; you shall not eat of every tree of the garden?

### **Genesis 3:2-5**

*2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: 3 But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. 4 And the serpent said unto the woman, Ye shall not surely die: 5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.*

The serpent lied knowing that the Lord God planted the garden eastward in Eden Genesis 2:8 and that the tree of knowledge was God's own portion called the first-fruits of the garden He planted eastward in Eden.

### **Genesis 2:6**

*6 But there went up a mist from the earth, and watered the whole face of the ground.*

It's still true today, that God's tithe or tenth appears more desirable to the carnal person than what the remaining nine/tenths bequest by God to us does.

- God's first-fruit is lush, extravagant, attractive to the eye, appealing to the appetite, and enticing to ambition.

It was called the tree of the knowledge of good and evil.

In the first-fruits tithe there were blessings reserved for them and all their posterity had they not opened God's storehouse of blessings.

Opening God's pantry door they discovered volumes of blessings wrapped in prophetic parchment paper.

If they had left it alone as God's portion they would have been given the knowledge of good, through perpetual blessings on their lives.

But having used God's portion as they did, they had an experimental knowledge of evil which now would befall all of their posterity.

### **Genesis 3:7**

*7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.*

When they did disobey God's command, death began its mission, fulfilling the word: "for in the day that you eat of it you shall surely die."

God cursed the very fruits of the field.

### **Genesis 3:17-19**

*17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; 18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; 19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.*

This is the very thing that God said would happen to the person who will fail to bring in the tithe into the storehouse.

### **Malachi 3:10-12**

*10 Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. 11 And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts. 12 And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts.*

If they would bring the full tithe as required, divine blessing would be renewed.

God would restore their agricultural abundance, remove pestilence, and increase the respect of the nations for His people.

God wants His portion.

If we touch it and use it for ourselves, and thus steal it from God, and rob Him of it, as the prophet Malachi calls it,

***Malachi 3:8-9***

*8 Will a man rob God? Yet you have robbed Me! But you say, in what way have we robbed you? In tithes and offerings says the Lord of hosts.*

*9 Ye are cursed with a curse: for ye have robbed me, even this whole nation.*

Then we too, will reap knowledge and an experience of evil, which we would never experience if we left God's tenth alone. We began by robbing God, but in the end we rob ourselves.

We are often cursed with a curse as Malachi says, even with the curse of sickness in our bodies if we touch God's tithe and use it for ourselves. You are cursed with a curse ***Malachi 3:9***.

We must learn to be wise, contenting ourselves with the knowledge

I. Of such things as God hath revealed in His Word, which belong to us

- A. Deuteronomy 29:29 The secret things belong to the Lord our God, but those things which are revealed belong to us and to our children forever, that we may do all the words of this law.
- B. The secret things refer to future events and motives of God that are not disclosed to man.

1. The revealed things are sufficient to lead us into obedience.
2. Being acquainted with the secret things of God is not necessary to know Him and to pledge allegiance to Him.

II. The information that Jesus withheld from Peter about John's future is a clear example of a need to know relationship established by God with humanity.

- A. Let us look at the secret thing pertaining to John and his future that Peter inquired of.
- B. Peter, seeing him (John), said to Jesus, But Lord, what about this man? Jesus said to him, if I will that he remain till I come, what is that to you?

III. Knowledge that is profitable to edification both of others and ourselves is available to us. But what is good for necessary edification, that it may impart grace to the hearers (*Ephesians 4:29*).

IV. When the Apostles questioned Jesus,

- A. ***Acts 1:6-8***  
*6 When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore again the kingdom to Israel? 7 And he said unto them, It is not for you to know the times or the seasons, which the Father hath put in his own power. 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 Judaea, and in Samaria, and unto the uttermost part of the earth.*

The disciples' question revived their political goals, an ideal they could never quite stifle.

Throughout the gospels they wanted Jesus to remove the iron hand of Rome, tell the nation He was their Messiah, and set up the Kingdom.

We can't criticize the disciples too much, however, because the Old Testament links Spirit Baptism with the coming Kingdom.

Listening to His teaching about John baptizing with water, but how they would be baptized with the Holy Spirit (Acts 1:5) prompted an untimely response from the disciples: "will you at this time restore the Kingdom of Israel?" (*Acts 1:6*)

The Lord did not deny the Kingdom coming, but only warned the disciples that God's schedule is none of their business.

Reading the scriptures from the Old Testament will give us a better understanding of the thoughts occupying the minds of the disciples.

- Remember the Old Testament was all they had to read at that time.

It was peerless times for Israel some were followers of the Sadducee party with its materialistic teachings.

They also rejected the traditions of the elders, denied the resurrection and the existence of angels and spirits (*Mt. 3:7; 16:6; 22:23, 34; Acts 4:1; 5:17; 23:8*).

A more predominate party among the Jews, the Pharisees, which laid great stress upon the observance of rites and ceremonies.

They made a pretense of superior piety and separated themselves from the common people.

They were believers in the immortality of the soul, the resurrection of the body, and the existence of angels and spirits. (*Mt. 3:7; 15:1; 16:1; 19:3; 23:2; Lu. 7:30; 18:10; Ac. 5:34; 23:6*).



Then enters Jesus declaring:

***Matthew 7:24-28***

*24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:*

*25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.*

*26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: 27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it. 28 And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine:*

## BAPTISM

### V. Water Baptism According To The Bible and HISTORICAL REFERENCES

1. That relate to doctrines and practices of the Early Church, 33-100 A.D.

Should you be immersed or sprinkled when baptized?

The last message preached by Jesus was a command to baptize all nations.  
*Matthew 28:19*

The first message preached by the apostles resulted in a command for everyone to be baptized. *Acts 2:38*

Baptism is important and should be administered according to scripture

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Below are two columns for listing the scriptures for immersion and the scriptures for sprinkling

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Without question the early church taught and practiced baptism by immersion. Paul said, "If we or an angel from heaven preach any other gospel let him be accursed." *Galatians 1:8,9* If your form of baptism cannot be found in the Bible, aren't you afraid to practice it?

### IMMERSE or SPRINKLE?

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**BAPTIZO : Greek.....RANTIZO - Greek**

Below are writings of imminent Bible scholars and authorities on this subject. Most of these references can be found in your local library.

**GREEK**

**GREEK-ENGLISH LEXICON**

**by LIDDEL, SCOTT & THAYER**

Baptism taken from Greek word Baptizo

to dip, immerse.

**CLASSIC GREEK-ENGLISH DICT.**

**by POLLET :** Greek word baptizo means

to dip under.

**GREEK-ENGLISH DICT.**

**by DIVRY'S** Greek word baptizo

to immerse

**EMPHATIC DIAGLOTT**

**CONTAINS ORIGINAL GREEK TEXT**

In every instance the Greek word baptizo is translated immerse.

**AUTHORITIES**

**SCHAFF-HERZOG**

**RELIGIOUS ENCY** Baptism was always a burial. The command to baptize was a command to immerse. Vol 1. pg.451

**CATHOLIC BIBLICAL**

**ENCYCLOPEDIA** Immersion was oldest method employed. Buried in baptism. Romans 6:4 Pg.61, Paragraph 2.

**ENCYCLOPEDIA DICT.**

**OF BIBLE** It is evident that the action performed in baptizing was immersion. Page 202.

## **WORLD BOOK**

**ENCYCLOPEDIA** The early church practiced immersion or submerging under the water. Volume 2, Page 70.

## **ENCYCLOPEDIA of LUTHERAN CHURCH**

Martin Luther preferred immersion as more true to original practices. Volume 1, Page 188.

**PULPIT COMMENTARY** by Imminent Scholars Romans 6:4, “Buried in baptism.” The reference is to baptism by immersion. Volume 18, Page 156.

## **LOGIC**

An important factor is overlooked by the exponents of sprinkling. The original New Testament text and the spoken language of that day was Greek. The authors of the New Testament knew the Greek word “Baptizo” meant to immerse. They also knew the Greek word “rantizo” meant to sprinkle. These often used words were never interchangeable, having separate meanings. If God had intended for His ministers to sprinkle, the Greek word “rantizo” would have been employed, not “**baptizo**.”

If sprinkling cannot be found in the Bible, then you are practicing a tradition of man, which makes the “word of God of none effect.” **Mark 7:13**

## **INFANT BAPTISM**

As with sprinkling, the doctrine of infant baptism cannot be found in the New Testament without adding to it.

Scripture logic cries out against infant baptism. The very mode (immersion) makes it illogical and impractical. The teaching surrounding baptism automatically prohibits it.

## THE BIBLE SPEAKS!

**Matt. 28:19** - "Teach all nations, baptizing them" - Teaching or preaching must precede baptism. See **Acts 2:41**

**Acts 8:36,37** - Eunuch. "What doth hinder me to be baptized?" Phillip, "If Thou believest with all thine heart." Believing is a prerequisite of baptism. See, **Mark 16:16**.

**Acts 2:38** - "Repent and be baptized everyone of you." Repentance must precede Baptism. See, **Luke 24:47**.

## DO YOU KNOW?

That the first recipients of baptism were adults. Infant baptism was a later development that led to sprinkling. Chambers Encyclopedia, Vol 2, Pg.112

There's no direct evidence in New Testament for infant baptism. - Interpreters Bible Dict. Vol 1, Pg. 352

The earliest Christian literature makes no reference to baptism of infants. - Encyclopedia Britannica, Vol 3, Pg 138

The first mention of infant baptism was about 185 A.D. Not universal until 6th Century. - History of Church, by WALKER, Pgs 87,88

That 350 Lutheran pastors of W. Germany wish to abandon infant baptism. Many of these same pastors refused to baptize their own infants. They felt that baptism should be understood first by the recipient. - Time Magazine, Pg 58-May, 1968

That Karl Barth of Switzerland, the best known Theologian of 20th Century said, "There is not Biblical basis for infant baptism-this tradition is simply an old error of the church." - Time Magazine, Pg 58-May, 1968

A child should be old enough to receive teaching, believe, and repent of sin before being baptized. Dedicating children to God and asking Him to bless them is Biblical. This Jesus did in ***Luke 18:15-17, Matthew 19:13-15***

## **BAPTISM IS IT IN THE PLAN OF SALVATION**

Listed below are three of many reasons why baptism is an absolute necessity

### **1. THE BIBLE SAYS SO!**

***JOHN 3:5*** - “Except a man be born of the water and the Spirit, he cannot enter the Kingdom of God.” Most Bible commentaries agree that water here refers to baptism.

See, Matthew-Henry, Adam Clark, Hist. Christian Church, Walker, Catholic Encycl., Oxford Dict. of Church, Interpreters Dict. of Bible., Temples Bible Dict.\*\*

**MARK 16:16** - “He that believeth and is baptized shall be saved.” Notice how Jesus places baptism in conjunction with salvation.

***1 Peter. 3:21*** - “The like figure whereunto even baptism doth also now save us.” Also see Acts 10:6 and 48.

### **2. IT REMITS SIN**

**HEBREWS 9:22** - The application of the blood of Christ is necessary to remit sin. What then is the Biblical way to receive remission of sin? The answer to this question will also be the only way to get the Saviour’s blood applied.

**LUKE 24:47** - “And that repentance and remission of sins should be preached in His name...” (Jesus)

**ACTS 2:38** - “Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins...” The blood of Jesus is applied only through water baptism in the name of Jesus. Also see 1 John 5:8 and Acts 22:16

### **3. BAPTIZED INTO CHURCH**

Every New Testament church was formed by those whom were baptized into the faith after believing and repenting. Gal 3:27 and 1 Cor 12:13

- 1. CHURCH AT JERUSALEM** - 3000 added by baptism after receiving the word. Acts 2:41
- 2. CHURCH AT SAMARIA** - Believed and were baptized, men & women. Acts - :12-16
- 3. CHURCH AT CAESAREA** - Peter commanded them to be baptized. Acts 10:48
- 4. CHURCH AT PHILIPPI** - Lydia & the Philippians jailer baptized Acts 16:14-33
- 5. CHURCH AT CORINTH** - Paul preached. They believed and were baptized. Acts 18:8
- 6. CHURCH AT EPHESUS** - Paul rebaptizes those improperly baptized. Acts 19:1-6
- 7. CHURCH AT GALATIA** - Believed Paul and baptized into Christ. Gal 3:27
- 8. CHURCH AT COLOSSE** - They were buried with Christ in baptism. Col 2:12
- 9. CHURCH AT ROME** - They died to sin, then buried in baptism. Romans 6:1-4

### **BAPTISM**

#### **1. IN THE NAME OF THE FATHER, SON & HOLY GHOST**

**- or -**

#### **2. IN THE NAME OF JESUS CHRIST**

Which of These Were Practiced By the Apostles in the Early Church?

Below are two columns for listing the scriptures where the apostles either taught or practiced water baptism

**Matthew 28:19** was a command by Jesus to baptize in the NAME. The Apostles did not repeat the word of the command, but they did obey it as seen in the scriptures above. Since Father, Son, and Holy Ghost are titles of the manifestations of the Almighty Spirit and His body, the Apostles understood His SAVING NAME to be JESUS. Can any dare say that the Apostles disobeyed the Lord, or failed to baptize properly? **THE NAME OF THE FATHER, SON, AND HOLY GHOST IS LORD JESUS CHRIST.** The actions of the Apostles in the Book of Acts prove this to be true.

## **BAPTISM IN THE NAME OF THE LORD JESUS CHRIST**

HOW DID THE EARLY CHURCH INTERPRET CHRIST'S COMMAND IN MATTHEW 28:19? ACTS 2:38, 8:16, 10:48, and 19:5 are four Biblical references that answer this question. If the Biblical record is not enough, please examine the findings of the educated, scholars, and historians.

Britannica Encyclopedia - 11th Edition, Volume 3, page 365 - Baptism was changed from the name of Jesus to words Father, Son & Holy Ghost in 2nd Century.

Canney Encyclopedia of Religion - page 53 - The early church baptized in the name of the Lord Jesus until the second century.

Hastings Encyclopedia of Religion - Volume 2 - Christian baptism was administered using the words, "in the name of Jesus." page 377. Baptism was always in the name of Jesus until time of Justin Martyr, page 389

Catholic Encyclopedia - Volume 2, page 435 - Here the authors acknowledged that the baptismal formula was changed by their church.

Schaff - Herzog Religious Encyclopedia - Volume 1, page 435 - The New Testament knows only the baptism in the name of Jesus.



Hastings Dictionary of the Bible - page 88 - It must be acknowledged that the three fold name of Matthew 28:19 does not appear to have been used by the primitive church, but rather in the name of Jesus or Lord Jesus.

**IS IT AN ABSOLUTE NECESSITY THAT THE NAME OF JESUS BE SPOKEN OR CALLED OVER A CANDIDATE FOR WATER BAPTISM WHEN HE IS BEING BAPTIZED?** For the answer to this question, please read Acts 15:17 and James 2:7 [Greek Linear]. First Century Christians **INVOKED OR CALLED** the name of Jesus over believers in water baptism. If, as some say, “the name of Jesus means the authority of Jesus”, then so much more should the NAME, rather than the titles, be called over an individual in baptism. Read Matthew 28:18, Acts 4:12 and Colossians 2:9. Jude 3 is an exhortation to **“CONTEND FOR THE FAITH ONCE DELIVERED TO THE SAINTS.”** See Galatians 1:8-9 also. Should anyone dare to change what CHRIST and the Apostles established?

## YOU HAVE TO GO TO CHURCH

*Heb 10:25*

*25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*

1459 egkataleipo (eng-kat-al-i'-po); from 1722 and 2641; to leave behind in some place, i.e. (in a good sense) let remain over, or (in a bad sense) to desert:

KJV-- forsake, leave.

5453 phuo (foo'-o); **FORSAKE EXTENDED**

a primary verb; probably originally, to “puff” or blow, i.e. to swell up; but only used in the implied sense, to germinate or grow (sprout, produce), literally or figuratively: KJV-- spring (up). 1997 episunagoge (ep-ee-soon-ag-o-gay'); from 1996; a complete collection; especially a Christian meeting (for worship):

KJV-- assembling (gathering) together. 1996 episunago (ep-ee-soon-ag'-o); from 1909 and 4863; to collect upon the same place:

KJV-- gather (together).

*Matt 18:20*

*20 For where two or three are gathered together in my name, there am I in the midst of them.*

*John 20:19*

*19 Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.*

### *Acts 1:13*

*13 And when they were come in, they went up into an upper room, where abode both Peter, and James, and John, and Andrew, Philip, and Thomas, Bartholomew, and Matthew, James the son of Alphaeus, and Simon Zelotes, and Judas the brother of James.*

### *Acts 1:14*

*14 These all continued with one accord in prayer and supplication, with the women, and Mary the mother of Jesus, and with his brethren.*

Might We Say Here Church Is A Place Of Prayer Not A Handout Center  
If You Don't Put Anything In The Offering Plate At Least Don't Take  
Anything Out

### *Luke 18:1*

*1 And he spake a parable unto them to this end, that men ought always to pray, and not to faint;*

### *Isa 56:7*

*7 Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people.*

## **VI. 3 NEW TESTAMENT EXAMPLES**

### *Matt 21:13*

*13 And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.*

### *Mark 11:17*

*17 And he taught, saying unto them, Is it not written, My house shall be called of all nations the house of prayer? but ye have made it a den of thieves.*

### *Luke 19:46*

*46 Saying unto them, It is written, My house is the house of prayer: but ye have made it a den of thieves.*

*Acts 2:1*

*1 And when the day of Pentecost was fully come, they were all with one accord in one place.*

*Acts 2:42*

*42 And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.*

***Acts 16:16 : NOT ONLY PLACE TO PRAY BUT BETTER AT CHURCH***

*16 And it came to pass, as we went to prayer, a certain damsel possessed with a spirit of divination met us, which brought her masters much gain by soothsaying:*

*Acts 20:7*

*7 And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight.*

*1 Cor 5:1*

*1 It is reported commonly that there is fornication among you, and such fornication as is not so much as named among the Gentiles, that one should have his father's wife.*

*1 Cor 5:2*

*2 And ye are puffed up, and have not rather mourned, that he that hath done this deed might be taken away from among you.*

*1 Cor 5:3*

*3 For I verily, as absent in body, but present in spirit, have judged already, as though I were present, concerning him that hath so done this deed,*

*1 Cor 5:4*

*4 In the name of our Lord Jesus Christ, when ye are gathered together, and my spirit, with the power of our Lord Jesus Christ,*

*1 Cor 5:5*

*5 To deliver such an one unto Satan for the destruction of the flesh, that the spirit may be saved in the day of the Lord Jesus.*

*1 Cor 11:17*

*17 Now in this that I declare unto you I praise you not, that ye come together not for the better, but for the worse.*

*1 Cor 11:18*

*18 For first of all, when ye come together in the church, I hear that there be divisions among you; and I partly believe it.*

## **WHY ARE YOU COMING TO CHURCH?**

*Jude 1:14*

*14 And Enoch also, the seventh from Adam, prophesied of these, saying, Behold, the Lord cometh with ten thousands of his saints,*

*Jude 1:15*

*15 To execute judgment upon all, and to convince all that are ungodly among them of all their ungodly deeds which they have ungodly committed, and of all their hard speeches which ungodly sinners have spoken against him.*

*Jude 1:16*

*16 These are murmurers, complainers, walking after their own lusts; and their mouth speaketh great swelling words, having men's persons in admiration because of advantage.*

*Jude 1:17*

*17 But, beloved, remember ye the words which were spoken before of the apostles of our Lord Jesus Christ;*

*Jude 1:18*

*18 How that they told you there should be mockers in the last time, who should walk after their own ungodly lusts.*

*Jude 1:19*

*19 These be they who separate themselves, sensual, having not the Spirit.*

**Hebrews 10:19-39**

A. Cautions against apostasy (from Matthew Henry's Commentary)

Here the apostle sets forth the dignities of the gospel state. It is fit that believers should know the honours and privileges that Christ has procured for them, that, while they take the comfort, they may give him the glory of all.

The privileges are,

1. Boldness to enter into the holiest.
2. They have access to God
3. Light to direct them,
4. liberty of spirit and of speech to conform to the direction;
5. they have a right to the privilege and a readiness for it,
6. assistance to use and improve it and assurance of acceptance and advantage.
7. They may enter into the gracious presence of God in his holy oracles, ordinances, providences, and covenant, and so into communion with God, where they receive communications from him, till they are prepared to enter into his glorious presence in heaven.

**YOU HAVE TO GO TO CHURCH!**

## COMMUNION SERVICE

### Introduction

Today we are going to partake of communion. You may ask, “What is communion and why are we setting aside time to do this?” These are good questions and I think questions deserving of real answers. My desire today is to briefly but carefully help you to understand the Doctrine of Communion. Hopefully we will then understand the significance and special nature of this sacred event. The best way; however, to get a complete understanding of Communion (also called The Lord’s Supper) is to start at the place in scripture where it was first instituted. Let’s begin by reading from *Matthew 26:17-30*;

### Scripture Focus

*17 On the first day of the Feast of Unleavened Bread, the disciples came to Jesus and asked, “Where do you want us to make preparations for you to eat the Passover?” 18 He replied, “Go into the city to a certain man and tell him, ‘The Teacher says: My appointed time is near. I am going to celebrate the Passover with my disciples at your house.’ “ 19 So the disciples did as Jesus had directed them and prepared the Passover. 20 When evening came, Jesus was reclining at the table with the Twelve. 21 And while they were eating, he said, “I tell you the truth, one of you will betray me.” 22 They were very sad and began to say to him one after the other, “Surely not I, Lord?” 23 Jesus replied, “The one who has dipped his hand into the bowl with me will betray me. 24 The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born.” 25 Then Judas, the one who would betray him, said, “Surely not I, Rabbi?” Jesus answered, “Yes, it is you.” 26 While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, “Take and eat; this is my body.” 27 Then he took the cup, gave thanks and offered it to them, saying, “Drink from it, all of you. 28 This is my blood of the covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will not drink of this fruit of the vine from now on until that day when I drink it anew with you in my Father’s kingdom.” 30 When they had sung a hymn, they went out to the Mount of Olives.*

Jesus was about to be crucified and was sharing the Passover meal with the disciples. The Passover was a time the Jews set aside to remember their deliverance from Egypt.

Moses had been sent by God to lead the people out of the Egypt but Pharaoh resisted and God sent 10 plagues. The last of these plagues was when the angel would pass through Egypt and take the life of the first-born son of every family. The only way to escape the death of your firstborn son was to take the blood of a lamb and put on the doorposts of the house. When God came through Egypt and He saw the blood he would “Passover” that house and the first-born was spared.

At the Passover meal the people were to eat three things: roasted lamb, unleavened bread (bread with no yeast) and bitter herbs. As Jesus sat with His disciples these three things were on the table. Using these foods He began to prepare the disciples for the Crucifixion that was just around the corner.

Jesus picked up the bread and broke it. Then He explained to the disciples: just as this bread is broken I too will be broken. Then He picked up the cup of wine and explains: this wine is symbolic of my blood that is going to be shed for the sin of all mankind. In these words Jesus instituted what is commonly called The Lord’s Supper.

### **What Are We Remembering?**

Today when you pick up a piece of this bread and a cup of juice it is supposed to remind you of Jesus Christ. The bread is to remind us of He who was broken on the Cross. He was without sin but He took our place on the Cross. The Apostle Peter tells us:

*“He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.” (1 Peter 2:24)*

When we eat the bread and hear the crunch of its crust we are reminded of the brutal crushing of the Lord Jesus Christ as the nails were driven into His hands and feet. We are remembering that it was supposed to be ME on that cross because I am guilty but instead the sinless perfect Lamb of God took my place!



The juice reminds us of the blood that poured from the body of Christ as it was being broken. The blood of Jesus Christ was shed for the remission (cancellation) of your sin and mine.

*...and without the shedding of blood there is no forgiveness.”*  
(Hebrews 9:22)

When you are baptized in water in the Name of Jesus Christ your sins are washed away by the blood of Jesus Christ. You are also brought into covenant with God through baptism. As you drink of the juice we are reminded of the blood of Christ that has taken away my sins.

Historically there have been three major views about what happens to the bread and juice during the Lord's Supper:

1. Transubstantiation: that the bread and juice become real flesh and real blood.
2. Consubstantiation: that the presence of the Lord comes to be with us when eating the bread and drinking from the cup.
3. Memorialism: that the bread and cup are only symbolic reminders of Christ.

Now we do not believe that the bread and juice LITERALLY become the flesh and blood of Christ (Transubstantiation). We believe in the taking of the Lord's Supper we will experience, by faith, the presence of Christ with us (Consubstantiation). The bread and the juice are symbols of the sacrifice that has set us free. Remembering that sacrifice should cause us to give thanks unto the Lord and become aware of His presence with us **RIGHT HERE –RIGHT NOW.**

### **The Lord's Supper Is A Time To Examine Our Lives.**

The Apostle Paul writes:

“A man ought to examine himself before he  
eats of the bread and drinks of the cup.” (1 Corinthians 11:28)

When we set aside time to share in the Lord's Supper we are not just fulfilling a ritual of the church. This time today is set aside for reflection and self-examination. Before we take communion we will spend some time in prayer. Why do we do this? Before Paul declared that a man ought to examine himself he said,

“Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord.” (*1 Corinthians 11:27*)

We must understand that in reality NONE of us are truly worthy to participate in the Lord's Supper. When Paul speaks of taking it in an unworthy manner he is talking about people who rush in and participate without thinking of the real meaning of what is happening. This is why we are going to take some time to examine our motives before moving ahead. Paul basically is saying that if eat the bread and drink from the cup without taking time to reflect on the seriousness of the Cross; we are entering into the guilt of those who crucified Him in the first place!

So how do we act in an unworthy manner? The scripture gives us 7 ways to unworthily participate in the Lord's Supper:

1. Having envy or strife in your heart (1 Corinthians 11:18)
2. See the Lord's Supper as mere ritual with no real spiritual significance (v. 19)
3. Irreverence to God and the Church (v. 22)
4. Disrespect of the poor and needy (v. 22)
5. Unbelief in the significance of Christ's sacrifice for humanity (v. 27-30)
6. Not having repented of sins (v.27-30)
7. Not examining our life and relationship with Christ (v. 31-32)

I am not the one to judge who can or cannot participate in the Lord's Supper. However, I think that after we have taken time to pray, repent of sin and ask the Lord to examine our hearts we will know whether or not we should participate.

Let me Sum It All Up

Let me kind of put this whole thing in a nutshell for us this morning before we pray. The Lord's Supper is a process of:

1. Looking Back. We look back to the cross and the sacrifice made by Jesus on our behalf.
2. Looking Within – We examine our life, actions, motives and spiritual condition and seek God in repentance.
3. Looking Outward. Participating in communion helps us to put into perspective our need for the body of Christ. No man is an island – we need each other – and we need to look out to a lost world in need of the saving blood and body of our Lord.
4. Looking Ahead. Participating in communion helps us to look ahead too the return of Jesus Christ when we will have true communion with the risen Christ.

## **PRAYER TIME**

## **COMMUNION**

*1 Corinthians 11: 23-26 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” 25 In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” 26 For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.*

## FASTING PRINCIPLE

### BIBLICAL FASTING

Isaiah 58:5-6: 5 *Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? 6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

Matthew 6:16-18: 16 *Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.*

- The Hebrew word for FASTING means “to cover the mouth”
- The Greek word for FASTING means “to abstain”
- In early ages men ate sporadically, according to production of the earth and success of the hunt. Thus, fasting was often compulsory and looked on as the will of the gods. Men in almost every culture came to believe that willing abstinence from food would please their gods.
- The Jews were commanded by God to fast; this illustrated their submission to His will.
- The word FASTING is not found in the Pentateuch, but often occurs in the Historical Books and the Prophets. In the Law, we find instead the expression “HUMBLE (AFFLICT) YOUR SOULS” implying the sacrifice of personal will. This gives to fasting all of its value!
- The Jews abstained from all food during a single day of fasting (evening to evening), but might abstain only from certain types of food during a prolonged personal fast.
- In manifesting their repentance, it was not unusual for them to put on sackcloth, rend the garments, and scatter ashes over the head.
- The Mosaic Law prescribed only one public occasion of strict fasting each year, on the Great Day of Atonement (“the fast” - Acts 27:9).

However, the Jews were in the habit of fasting spontaneously on other occasions as well:

1. *Whenever they were in hard and trying circumstances, misfortune and bereavement.*
2. *1 Samuel 1:5-7 5 But unto Hannah he gave a worthy portion; for he loved Hannah: but the LORD had shut up her womb. 6 And her adversary also provoked her sore, for to make her fret, because the LORD had shut up her womb. 7 And as he did so year by year, when she went up to the house of the LORD, so she provoked her; therefore she wept, and did not eat.*
3. *Whenever they faced the prospect of threatened judgments of God.*
4. *2 Samuel 12:15-16 15 And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick. 16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.*
5. *Whenever they had fallen into grievous sin.*
6. *Ezra 10:6 6 Then Ezra rose up from before the house of God, and went into the chamber of Johanan the son of Eliashib: and when he came thither, he did eat no bread, nor drink water: for he mourned because of the transgression of them that had been carried away.*
7. *Whenever they wished to avert heavy calamity.*
8. *Esther 4:1-3 1 When Mordecai perceived all that was done, Mordecai rent his clothes, and put on sackcloth with ashes, and went out into the midst of the city, and cried with a loud and a bitter cry; 2 And came even before the king's gate: for none might enter into the king's gate clothed with sackcloth. 3 And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes.*

- *Other fasts were eventually instituted in memory of the capture of Jerusalem, the burning of the Temple, etc. By the time of Jesus, the Pharisees fasted on the second and fifth day of every week, but it was just an ordinary pious exercise. The prophets (Isaiah 58) and Jesus (Matthew 6) certainly show us that fasting was very much abused.*
- *In the apostolic church, fasting was always voluntary (distinguished from involuntary “hunger and thirst” mentioned in 2 Corinthians by Paul)*
- *2 Corinthians 11:27 27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.*
- **THUS, FASTING IS “ANY SELF-IMPOSED APPETITE-DENYING DISCIPLINE”**
- **FASTING IS “NEGATIVE” FOR THE FLESH BUT “POSITIVE” FOR THE SPIRIT!**

## **TYPES OF FASTS**

There are several different ways you can fast. The list below has been taken from Joy Haney’s book, *When Ye Fast*. I highly recommend this book to anyone who wants to develop a lifestyle of fasting in their walk with God.

- No food or water 1 to 3 days, but never more than three days.
- Water only.
- Three day, water, honey, and lemon: Honey and lemon are natural cleansers for your body. This is a good cleansing fast. The honey will also give you strength.
- Juice fast: No food, only juice. Fruit juices should not be mixed with vegetable juices. Fruit juices should not be made with sugar.
- Combination fast: Juices with an addition of hot herbal tea with honey.
- Daniel’s ten-day fast: Pulse (grains, lentils, and vegetables) and water only.
- Daniel’s 21-day fast: No bread, desserts, juices or meat.

Water for three days then broth for strength day 4. Water again 2 days, then broth. This regime is followed until the fast is complete.

Here are two recipes for broth used during longer fasts:

1. Gently boil carrots, onions, parsley, and spinach (only until softened but still dark green). Put all in blender and blend into a broth to drink.
2. Do the same as above, but instead use tomatoes, carrots, sautéed garlic, and onion. It is good to end a fast with grape juice. Slowly enter back into eating with fruits, cooked vegetables, and toast.

## **VII. FASTING AND YOUR HEALTH**

### **A. NUTRITION**

Good nutrition is not a 20th century revelation that is sweeping America. This revelation existed in the Garden of Eden. God, Himself, looked at all the trees He had created for food and saw they were good!

God created all the foods necessary to produce a nutritionally balanced diet. He then reemphasized nutrition through dietary laws written for the Jewish people under the law. Although the Lord used the dietary laws to oftentimes differentiate between clean and unclean, studies have proven that there are parasites within unclean animals that can be harmful to the human body.

To prove how important the proper diet is to a believer, let us take a look at the life of Daniel.

In Daniel chapter 1, the first step the king took to assimilate the Hebrew children into the Babylonian culture was that he changed their diets. “And the king appointed them a daily provision of the king’s meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king.” In virtually every culture, food is used as a means of assimilation into that culture.

Now, Daniel and the three Hebrew children were the only four mentioned, out of all the young men brought into the king's palace, who purposed in their hearts not to compromise the laws of God for the favor of man. Because of this, God gave Daniel favor with the prince of the eunuchs. This resulted in the granting of Daniel's request to eat "pulse" (vegetables) and drink water for 10 days. The results were glorious. Daniel 1:15 reads, "And at the end of ten days their countenances were fairer and fatter in flesh than all of the children which did eat the portion of the king's meat." The word goes on to say that, "As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams."

The children who compromised their convictions are never mentioned in the Bible. They ended up assimilating into the Babylonian culture and forsaking the commandments of God.

Nutrition plays a very active role in keeping our temples consecrated unto the Lord. Much of what we call food is in reality fats, sugars, and chemicals that are producing dangerous chemical and psychological imbalances within our bodies. These imbalances affect not only our physical endurance and productivity, but also our mental abilities to process information, concentrate, and make decisions. All of these are necessary for producing God's best and for blessings in our lives.

Many of our physical illnesses can be completely cured by proper nutrition and fasting. Isaiah 58:8 teaches us that fasting brings forth healing speedily.

## **VIII. WHAT'S IN THE KING'S MEAT TODAY?**

### **A. FAST FOODS**

There need not be a lot of explanation about fast foods. The Word teaches us that anything done in haste comes to nothing. This is true with your eating habits also. Fast foods provide little nutritional value for your body.



The only real benefit is that they satisfy hunger pangs temporarily. In addition, eating fast foods builds up toxins (poisons) in your body. This makes fasting more difficult because of the physical hardship experienced while the body is cleansing itself of these poisons.

Fasting alters the way you think about food. After cleansing your body on a fast, you are less likely to want to refill it with junk. You always can return to old habits, but it's better to start new ones. If you are going to eat out, either choose healthier fast foods, or invest in a balanced meal at a more formal eating establishment.

All other times prepare nutritious meals at home and eat what is prepared. This will save a significant amount of money and headaches (unnecessary suffering)!

## **B. PROCESSED AND FAT-FREE FOODS**

Processed foods are foods that have been altered in some way from their original state. These alterations improve the shelf life of a food, but often destroy the nutritional value of that food. Many of the chemicals found in processed foods have been found to be cancer causing and addictive. In addition, many processed foods contain high quantities of sugars that have numerous, unhealthy side effects.

It is wiser to invest in fresh ingredients, fresh food and the extra time needed to prepare meals in larger quantities. Leftovers can be easily frozen in individual meal sizes. This is not only cost-effective, but it's much more nutritious and satisfying.

Fat free foods do not alter a person's eating habits. Rarely do people who eat fat free foods lose the weight desired, but what they sacrifice in calories they gain in chemicals. It is wiser to eat purer food products and simply cut back on how much is eaten.

## **C. SODA**

I remember a time, many years ago, when my car died in the parking lot of my workplace. Upon examination, it was found that the battery cables were corroded. Therefore, I took baking soda and a toothbrush and preceded to clean the cables. While I was cleaning them, a girlfriend suggested using Coke. So I tried it. To my amazement the Coke instantly dissolved the corrosion, the car started up promptly thereafter, and off I went! Can you imagine what soda can do to a stomach?

## **D. CAFFEINE**

There are some benefits to caffeine. It produces increased mental alertness. It stimulates the burning of extra calories. However, there are also other important facts to consider when consuming caffeine.

First, caffeine is a drug, and it is addictive. It also has been associated with heart disease, birth defects, digestive disorders, breast cancer, fever, headaches, and anxiety. In addition, it has been associated with depression. Caffeine also releases insulin. Insulin causes blood sugar to drop, which in turn creates hunger pangs.

Anything, that controls you needs to be brought under control by you. Those who consume large quantities of caffeine often find it more difficult to fast. The withdrawal from caffeine can cause numerous side effects, but those who have kicked the caffeine habit feel better physically and emotionally.

## **E. REFINED FLOURS**

Refined flours lack approximately 80% of essential nutrients found in whole-grain flours. Whole-grain flours contain many B vitamins that aid in the absorption and metabolism of proteins; help the body use fats; and assist in the formation of red blood cells. They also contain vegetable oil and vitamin E as well as protein.

## **SUGAR**

Sugar is this nation's most popular food additive. We consume 10 times more sugar than all the 2,600 or so food additives combined, except salt (a distant second). Next time you go shopping, check the ingredient lists on the processed foods you buy, count how many of them contain sugar.

The only benefit of sugar is the calories, only 4 per gram. There is not enough time to describe the ill-effects of sugar. Let it suffice to say that excessive sugar intake can affect you physically, socially, and mentally.

Many of the disturbing emotional problems today's children suffer could be corrected by reducing the amount of sugar in their diets. The severe concentration problems among Americans today can most assuredly be reversed by diet. The saddest thing that sugar does to your body is that it destroys many of the important nutrients your body processes after eating. This results in a weakened immune system, among other things.

## **WHERE DO YOU BEGIN?**

Begin by praying and asking God to direct you into a lifestyle of eating that pleases Him. Start fasting 1 to 3 days a week to rid your body of toxins that have accumulated over time and that are poisoning your body.

Start planning meals, including desserts. Buy more fresh vegetables and fruits. Replace excess use of red meat with chicken or fish. Buy whole-grain breads. Stock up on staple foods such as grains, spices, potatoes (a great nutritional investment), rice, onions, garlic, oil, etc.

Finally, make nutrition a family affair, get everyone involved in the planning, cooking, and serving of meals. Try new and different recipes. Study scriptures pertaining to food and dietary customs in the Bible. Once you and your family get a taste of the real thing, you will find yourselves eating better, feeling better, and fasting better!

## EXERCISE, IN ITS PLACE

Exercise aids in the cleansing process a body goes through while on a fast. Besides being a present-day craze in our society, exercise is necessary because of our sedentary lifestyles. As Christians, we must keep exercise in its proper perspective. One rule of thumb I endeavor to live by is, “Do not do for your body what you will not do for God.” Many of us will spend precious time, resources, and strength to be physically fit, and yet our spiritual man is frail, flabby, weak, and starving from malnutrition.

I found that prayer within itself was (and still is) good exercise for the body. Many (not all) saints wouldn’t have excessive weight problems if they gave themselves to the basics of the kingdom, prayer, fasting, and the study of God’s word.

Weight control and exercise are only important in relationship to your physical well-being and life span here on earth. As a member of the kingdom of God, you are not judged according to your physical appearance (this is how the world judges you), but you are judged according to your spiritual appearance. Are you adorned in holiness? Clothed in meekness? Is the wisdom and power of Jesus demonstrated in your life? Do you have an excellent spirit like Joseph or Daniel? Is your outward appearance

modest? Do people see and hear Jesus when they meet you?

The words penned in Romans 14:3 and 12-13, clearly reveal God’s perspective in the whole matter of eating, exercising, etc. Understanding and acting upon these inspired words will cause us to enter into the seventh dimension of God’s kingdom, Love.

*“Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him” “So then every one of us shall give account of himself to God. Let us not therefore judge one another any more: but judge this rather, that no man put a stumbling block or an occasion to fall in his brother’s way.” Romans 14:3 and 12-13*

## BENEFICIAL EXERCISES

Walking is one of the best ways to exercise. If you choose to walk, walk at least 20 minutes at a time (It takes 20 minutes of continuous aerobic exercise to increase your metabolic rate). This will help your metabolism and blood circulation as well as strengthen your cardiovascular system, and your muscles. You can also combine your prayer time with walking. Go on a prayer walk. Find a quiet area and just talk to Jesus while you are walking.

Before you know it, you will have prayed an hour and exercised too!

## SCRIPTURES FOR MEDITATION

The following scriptures have been compiled to help you stay focused while fasting. Take time to read them and meditate on them before and during a fast. You will find strength in the Word.

**Romans 13:14** “But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.”

**James 4:8-10** “Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Be afflicted, and mourn, and weep; let your laughter be turned into mourning, and your joy to heaviness. Humble yourselves in the sight of the Lord, and he shall lift you up.”

**Galatians 2:20** “I am crucified with Christ: nevertheless, I live; yet not I, but Christ liveth in me: and the life I now live in the flesh I live by the faith of the Son of God who loved me, and gave himself for me.”

**Romans 12:1-2** “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God,

which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God”

**Romans 6:12** “Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.”

**Matthew 6:16-18** “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast.

Verily I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father which seeth in secret, shall reward thee openly.”

Matthew 17:19-21 “Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, if ye have faith as a grain of mustard seed, ye shall say unto this mountain, remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.” (Prayer and fasting purges unbelief and releases faith that moves mountains!)

Philippians 2:3 “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.” (Fasting should humble your soul. This scripture can be used in conjunction with Isaiah 58:9)





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