

UNIT NINE

CONTENTS

THE POWER AND THE GLORY

Yes, we are using Christ's method of combining physical health and eternal life! Yes, we are presenting practical, valuable resources that meet the felt needs of our people! Yes, we are utilizing a methodology that has the potential to capture the attention of the secular society! Yes, we are employing an attractive format!

But we must always remember that relevant materials and innovative methods cannot save souls! We need to always keep in mind that it is "Not by might nor by power, but by My Spirit," says the Lord of hosts." Zechariah 4:6. So our preparation, our proclamation, and our conservation must be directed and empowered by the Spirit of God.

When our labor is energized by the Holy Spirit, we will experience success. God's promise is, "Those who sow in tears will reap in joy. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him." Psalm 126:5, 6.

And when we are blessed with success, we must be careful not to sing, "Glory for me!" Rather we should say, "Fear God and give glory to Him!" We should join in the angels' song, "Glory to God in the highest!" In awe we should exclaim, "Yours is the kingdom and the power and the glory forever. Amen."

Gratitude

Unit I: Rationale: Six Reasons

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Unit VII: Keeping New Believers

Unit VIII: Campaign Resources

The Power and the Glory

Healthy and Happy Campaign Manual

GUEST REGISTRATION

HEALTHY AND HAPPY SABBATH CELEBRATION

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

BAPTISM CARD

Yes, I have decided to follow Jesus in Baptism.

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

HH 9: MY TESTIMONY

If the Statement is True for You, write T

- I praise God for the blessings of this Campaign.
- Before it started, I followed Jesus in baptism.
- I went forward last Sabbath, and I am rejoicing.
- I missed last week, but by God's grace, I am going forward in baptism this week.
- I want to be Healthy and Happy - forever.

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Instructor _____

A G

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GRATITUDE

Many persons have contributed to the creation of this Manual, and I wish to express my sincere gratitude to each of them.

Pastor Colin Parkinson partnered with me in the early 1980's to produce a simple pioneer version. It took the form of Health Evangelism lessons.

Dr. Hilton Garnett and Pastor Paul Rambharose (now deceased) constantly urged me to produce a full Health Evangelistic series.

A variety of Health Professionals served as consultants. Some provided basic material, while others evaluated the production and gave valuable suggestions. They are: Louis R. Browne, PhD; Hans Diehl, DrHSc, MPH; Allan R. Handysides, M.B., Ch.B.; Minerva Haugabrooks, MSc, DrPH; Eli Honore, MD, MPH; Bridget Jackson, MSN, RN; Neil Nedley, MD; Schubert Palmer, MD; Sir Henry Pearson, ND; and DeWitt S. Williams, EdD, MPH.

Dr. Kembleton Wiggings shared valuable strategies for getting decisions, and many of them have been incorporated in the sermons.

Dr. Lewis Edwards, Pastor Keith Harding and Pastor Daniel Duffis cooperated with me in allowing their churches and communities to be used to field test the series.

Priscilla Glasgow did the layout and design of this whole document.

Waveney, my dear wife of five decades, partnered with me by sharing ideas, providing evaluation, proofreading the manuscript, and giving constant support.

God, the Great Physician, inspired me with the basic concept, constantly gave fresh ideas, provided resources, and guided me to biblical illustrations to produce this series in a practical and attractive manner.

Gordon O. Martinborough

HH 7: MY FAVORITE SUBJECT

Of the subjects presented, which one did you like the most?

Please circle ONE number ONLY.

1 2 3 4 5 6

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

HH 8: BIQ

Baptism Information Quotient

- On the Day of Pentecost, 5000 got baptized.
- Treasurer of Ethiopia was baptized next day.
- Lydia, the merchant, got baptized right away.
- Prison officer was baptized that very night.
- Jesus was baptized, and He is my example.

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

HH 5: REVIEW – TRUE OR FALSE?

- 1.
- 2.
- 3.
- 4.

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

HH 6: CIRCLE OF PRAYER II

I believe God answers prayer and tonight, I need
SPECIAL PRAYER for

- My Family Needs My Material Needs
- My Physical Needs My Professional Needs
- My Academic Needs My Spiritual Needs
- My Baptism Needs

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

UNIT ONE

RATIONALE: SIX REASONS

First of all, what is this? Integrated Health Evangelism is a divine methodology that combines vital health issues with compatible Bible doctrines in a unified Christ-centered approach.

This **Healthy and Happy** series marries each major Bible truth with one of today's serious health needs. For example, Sermon 2 gives practical steps to prevent a heart attack, then it tells how to get a new spiritual heart. Why should we do Health Evangelism? Here are six reasons.

Christ's Two-fold Ministry. While He was on earth, Jesus was not only the Great Teacher, He was also the Great Healer. In fact, "Jesus devoted more time to healing the sick than to preaching." *The Ministry of Healing*, p. 19.

Today's Felt Need. In all parts of the world, and at all levels of society, healthcare is a universal need today. People respond when their felt need is addressed. That was Christ's method. He "ministered to their needs, and won their confidence. Then He bade them, "Follow Me." *MH* 143.

Reaching Today's Secular Minds. As more and more people become secular-minded, it becomes more difficult to reach them. The presentation of the Gospel within the framework of Health is an attractive strategy.

Empowerment. Some people embrace health principles, but lack the power to practice them. When Health Education is connected with the Power of the Gospel, people are empowered.

Christ's Integrated Strategy. When the paralytic was brought to Jesus (Luke 5:20-25), Christ forgave his sins, then restored his health. He attended to the man's physical and spiritual needs simultaneously! Christ was doing Integrated Health Evangelism.

Calvary. Why was Jesus crucified? Isaiah 53:5 tells us that it was for two reasons. First, Christ died for our **sins**. "He was wounded for our

HH 3: CIRCLE OF PRAYER

I believe God answers prayer and tonight,
I need SPECIAL PRAYER for

- My Family Needs My Material Needs
- My Physical Needs My Academic Needs
- My Professional Needs My Spiritual Needs

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

HH 4: MY LOVE CARD

- I live with my spouse and want to be faithful.
- I am separated from my family. Pray for me.
- I am living with someone to whom I'm not married, but I want to obey Jesus.
- I am single and want a life of sexual purity.
- I love my Lord Jesus and promise to spend time with Him every day.

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

NIGHTLY CARDS

HH 1: PUBLICITY SURVEY

Of the various types of Seminar advertisements, which ONE influenced you the most to be here?

- Health Lessons A Friend
- Brochure Radio/TV Ad
- Registration Banner/Poster

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

HH 2: MY CHOICE

Please Rate Your Level of Interest in Each Topic. Write 1 for the Highest and 10 for the Lowest.

- | | |
|--------------------|-----------------------|
| _____ Hypertension | _____ Weight Control |
| _____ Stop Smoking | _____ Peace of Mind |
| _____ Cancer | _____ Beat Addictions |
| _____ Depression | _____ HIV / AIDS |
| _____ Diabetes | _____ Alzheimer's |

Name _____

Address _____

Phone: Home _____ Cell _____

Age Group: 12-19 20-59 60 & over

Supporter _____

A G

transgressions.” Second, Jesus died for our **sicknesses!** “By His stripes we are healed.” Matthew 8:16, 17 tells us that when Christ “healed all who were sick,” He was fulfilling what “was spoken by Isaiah the prophet, saying: ‘He Himself took our infirmities and bore our sicknesses.’” Since Jesus died for both, we should minister to both.

UNIT TWO

PREPARATION PLAN

First Month: Praying & Caring

1. Each member should write up a **Prayer List** of three to five families – not just persons, but households. These are people who live in the community and whom they plan to invite to the Campaign.
2. Each member, called an Intercessor, should pray for their prospects **every** day.
3. The Intercessor should choose a Prayer **Partner** and pray with the partner weekly. Pray for both lists.
4. After praying for their prospects, the member should offer to pray **with** the prospects. Before praying ask, “What would you like me to pray for?”
5. In addition to Praying, do **Caring**. Talk with your prospects, be sensitive to their needs, and as far as possible, help them satisfy those needs.

Second Month: Health Bible Lessons.

1. After weeks of Praying and Caring, tell each prospect about the valuable Health Lessons, and offer **Lesson 1** to each Prospect on the Prayer List.
2. Download lessons from www.HappyFamilyBSI.com/Campaign.
3. Give out one lesson **each week** for the next six weeks, and encourage them to study it. The Intercessor becomes **Instructor**.
4. There is no need for lesson collection or correction. The answers are at the **end** of each lesson. So prospects can correct the lessons themselves.
5. Inform them of the Big **Graduation** when they will get their Certificate and Graduation Gift.
6. At the end of this month, each Instructor should submit the **names** of **current** students to prepare Certificates for Graduation.

ANDREW CARD

Last Name _____ First Name _____

Phone _____ A or G

1. Name _____ Phone _____
Address _____ Date _____

2. Name _____ Phone _____
Address _____ Date _____

1. Name _____ Phone _____
Address _____ Date _____

2. Name _____ Phone _____
Address _____ Date _____

1. Name _____ Phone _____
Address _____ Date _____

2. Name _____ Phone _____
Address _____ Date _____

1. Name _____ Phone _____
Address _____ Date _____

2. Name _____ Phone _____
Address _____ Date _____

1. Name _____ Phone _____
Address _____ Date _____

2. Name _____ Phone _____
Address _____ Date _____

MY PRAYER LIST

Intercessor

Prayer Partner

Prospects

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

“Pray without ceasing” 1 Thess. 5:17

Third Month: Lessons, Surveys & Handbills

1. Continue Praying, Caring, and Lesson Distribution.
2. Three weeks before Campaign, give a **Survey** to **each** Prospect.
3. Have them filled out **immediately**. Collect them and return to Campaign Director.
4. Two weeks before, pick up Surveys from any remaining persons.
5. In addition to Prospects on the Prayer List and Students receiving lessons, Surveys can also be used in the **Community**.
6. Keep Surveys safely. Bible Workers will need them.
7. One week before Campaign, give out **Handbills**.
8. Handbills should be given to (a) All Prospects on Prayer Lists (b) All Students who received Lessons (c) All who filled out Surveys (d) Anyone else of interest.

UNIT THREE
CAMPAIGN MASTER SHEET
WEEK ONE

DAY	TOPIC	HEALTH	DOCTRINE	APPEAL	NIGHTLY CARD
Sat	<i>Graduation: Diploma & Gift</i> The 86-year old Grandma Who Ran Her 64 th Marathon!	Exercise	Existence of God	A: Stand & Hands M: My Faith Looks	<i>Publicity Survey</i>
Sun	<i>Health Services</i> Four Steps to Prevent a Heart Attack!	Heart Attack	Pardon & Conversion	A: Altar Call M: Just as I Am	<i>My Choice</i>
Tue	Stress Can Kill You! Six Things You Can Do.	Stress	Sabbath Rest	A: Prayer Boxes M: Far Away in [Solo] M: What a Friend [CP] M: To God Be Glory	<i>Circle of Prayer</i>
Wed	<i>Youth Night.</i> Can Sexual Intimacy Keep Me Healthy and Happy?	Sex	God's Law	A: Love Boxes M: My Jesus, I Love Thee	<i>Love Card</i> Sabbath Reg.
Fri	Let's Climb Mt. Everest! The Secret Strategy for Success.	Water	Baptism	A: Hands & Amen M: I Will Follow Thee	<i>Review Quiz</i> Sabbath Reg.
SAB	SS: Seven Blessings! WS: Expect a Miracle! Come and be Healed!		Sabbath Keeping How God Heals.	A: Raise Hands A: Anointing Service M: Great Physician	

UNIT EIGHT
CAMPAIGN RESOURCES

COMMUNITY HEALTH SURVEY

A practical Health Series is being planned for your community. Which subjects would you like to hear?

- Steps to Prevent a Heart Attack.**
- Diabetes – Prevent it! And Even Reverse it!**
- How to Beat Stress and Get Peace of Mind.**
- Keys to Combat the Killer – Cancer!**
- Secrets for Lasting Weight Control.**
- Practical Tips to Beat Any Addiction.**
- How to Lower High Blood Pressure.**
- Yes, I want to attend! Please Register Me.**

My Name _____

My Address _____

My Phone _____

Thanks for your kind participation.

6. **Bible Study Time.** The study should last about 30 minutes. And it should be interactive to encourage participation. To access a wide variety of interactive lessons, visit www.HappyFamilyBSI.com, then go to *Small Groups*.
7. **Social Time.** The final period is a time for socializing. It is useful to have light refreshments. The group can also celebrate birthdays and other events as they occur.
8. **Festival.** If there is more than one functioning Small Group, when one series of Lessons is completed, all of the Fellowships can meet at the Church for a joint meeting called a Festival. The program has the same four components. The Sharing can be done by Group Leaders who can tell about their Fellowship. The Study can be a Review of the completed series or a Preview of the upcoming series.

WEEK TWO

DAY	TOPIC	HEALTH	DOCTRINE	APPEAL	NIGHTLY CARD
Sat	Beat High Blood Pressure! It's David and Goliath!	Hypertension	Sabbath & Sunday	A: Prayer Boxes M: Face to Face M: What a Friend [CP] M: To God Be Glory	<i>Circle of Pray</i> //
Sun	<i>Health Services</i> He Slept! He Died! Then Lived to Tell the Story! What was His Story?	Sleep	Death, Advent & Resurrection	A: Jesus Boxes M: I have Decided	<i>My Favorite Subject</i>
Tue	How to Fight the Big C with the Big P!	Cancer	Tithe	A: Ballot Boxes M: I Have Decided	<i>BIQ</i>
Wed	The Man with No Arms and No Legs! He Succeeded! And So Can You!	Weight Control	Answers to Excuses	A: Altar Call M: Just as I Am	<i>Baptism Pass [Altar]</i>
Fri	<i>Men's Night.</i> Diabetes is a "Sugar Daddy!" How To Lock Him Out?	Diabetes	Pleasures	A: Altar Call M: Come & Go Me I've Wandered	<i>Baptism Pass [Altar]</i>
SAB	SS: God's Jewels! WS: Naaman the Leper! Get Healing Today! Baptism # 1		Jewelry & Value Baptism	A: Raise Hands A: Altar Call M: There's Fountain Just as I Am	

WEEK THREE

DAY	TOPIC	HEALTH	DOCTRINE	APPEAL	NIGHTLY CARD
Sat	<i>Movie & Youth Night</i> Got Any Demons? Seven Tips to Conquer Them!	Addictions	Millennium & Hell	A: Baptism Boxes M: Come & Go Me Pass Me Not	<i>My Testimony</i>
Sun	<i>Family Night.</i> Are You a Love Bug Or a Love Bird?	AIDS & HIV	Remnant Church	A: Altar Call & Hands M: My Jesus, I Love Thee	
Tue	<i>Ladies' Night.</i> The Woman Who Stole a Baby! Bright Brains Solved the Mystery!	The Brain	Judgment	A: Altar Call M: Take me to Water Just as I Am	<i>Baptism Pass</i>
Wed	Elijah's Battle with Queen Jezebel! From Depression to Ascension!	Depression	Advent & New Earth	A: Altar Call M: Come & Go Me Pass me not	<i>Baptism Pass</i>
Fri	<i>Miracle Night.</i> How Four Healthy Men Got Four Awesome Miracles!	Health Secrets	Miracles	A: Altar Call M: Take me to Water Pass me not	<i>Baptism Pass</i>
SAB	SS: The Loving Voice of Jesus. WS: Stay Spiritually Healthy Forever! Baptism # 2 PM: Organization, Instruction, Materials, Testimonies.		Gift of Prophecy Decision Conservation	A: Altar call M: Just as I am Pass Me Not M: Side by Side	

UNIT SEVEN

KEEPING NEW BELIEVERS

Caring Environment. The process for the survival of a baby starts **before** the child is born. So before the Campaign starts, church members should be taught to make the church a safe place for new believers by providing an environment of love and care.

Spiritual Mentor. Each new believer should be asked to choose an older member to be their Spiritual Mentor. Usually they will choose the person who was their Supporter during the Campaign. The task of the Mentor is to care for the newborn by keeping constant contact, visiting weekly, and caring for their needs. It is useful to have a Coordinator to whom the Mentors are accountable.

New Believers' Sabbath School Class. Organize a class for these new members. Have an effective, caring teacher and use material that is relevant to New Believers. Before the Lesson Study, encourage them to share the events of their week. This builds camaraderie.

Small Groups or Family Fellowships. This is a very successful strategy.

1. **Effective Leaders.** The success of the Group depends heavily on the quality of its leadership. Leaders should be trained in advance.
2. **Venue.** Each group meets in the home of a believer, just as was done by the Early Church.
3. **Time.** Each group should decide which evening of the week is preferable. Some churches even use Wednesday nights and have multiple meetings with bigger attendance. The meeting should last one hour, and it has four components.
4. **Sharing Time.** For the first 10 to 15 minutes, allow attendees to share their joys, sorrows and concerns. This provides bonding.
5. **Praying Time.** The concerns that were shared become the subject matter for Prayer. Provide opportunities for all who wish to pray. If the group is large, break up into small Prayer Circles. Use variety.

ADVANCED DECISION STRATEGIES

- 1. Opposite Alternatives** **Deut. 30:19**
Concept: Give a choice between two opposites – Negative vs. Positive.
Example: Follow Satan who was never baptized Or Jesus who was baptized.
- 2. Parallel Alternatives** **Acts 15:39, 40**
Concept: Give a choice between two positives.
Example: Want to get baptized in the font Or in the sea?
- 3. Foot in the Door** **1 Kings 17:10, 11**
Concept: Lead the prospect step by step.
Example: Do you really love Jesus? Would you like to obey Jesus? Then get baptized like Jesus!
- 4. Cognitive Consistency** **John 14:15**
Concept: Tie the Beloved Christ to His unloved command so inextricably that accepting one necessitates accepting the other.
Example: “Sabbath of Jesus,” “Baptism of Jesus.”
- 5. ABC** **Mark 11:24**
Concept: Ask, Believe, Claim. Help prospect to claim victory.
Example: Go and Act as if you have it! Like receiving a check.
- 6. Intercessory Prayer** **James 5:16**
Concept: Power of earnest prayer.
Example: Pray an intercessory prayer with hands on prospect, if appropriate.
- 7. Confrontation** **Acts 26:27**
Concept: Confront the prospect with holy boldness.
Example: “Come, let’s go to the Altar now!”

Remember: “He who wins souls is wise.” Proverbs 11:30.

UNIT FOUR

CAMPAIGN SERMONS

Sermon 1

THE 86-YEAR OLD GRANDMA WHO RAN HER 64TH MARATHON!

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: “Beloved, I pray that you may prosper in all things and be in health.” 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What’s tonight’s topic?
The 86-Year Old Grandma Who Ran Her 64th Marathon!

ATTENTION

1. Running a marathon takes a lot of stamina!
2. **Q:** How many miles make a marathon?
A: 26.2 miles.
3. **Q:** Has anyone here completed a marathon? Raise hands!
(If any, give commendation!)
4. **Q:** Is there anyone who has completed **20** marathons?
5. Well, let’s look at an octogenarian who ran her **64th** marathon!

MAVIS’ STORY

At age two, Mavis Lindgren contracted whooping cough, and in her early teens she suffered from tuberculosis. In adulthood, she was diagnosed with pneumonia five times! Arthritis had crooked her fingers, and she was 20 pounds overweight. This 5’ 2” woman had a frail body and a weak heart. She was in bad shape!

But when she was 62, Mavis heard a lecture by Dr. Charles Thomas of Loma Linda University on the health benefits of walking. So she tried the Early Bird Walking Program, and her health took a U turn! As her strength increased, she started jogging, and she loved it.

Week 3: BAPTISM DECISION & CONSERVATION

A. New Believers: Conservation

1. **Visitation.** Be sure to visit **every** New Believer this week.
2. **Congratulations.** Congratulate them on their Baptism.
3. **Attendance.** Encourage continued nightly attendance.
4. **Evaluation.** Ask, “How are you feeling since your Baptism?”
5. **Issues.** If there are any issues, address them.
6. **Scripture.** Have Believer take **their** Bible, find text of your choice, and read. Give help to find text. Get them a Bible, if needed.
7. **Their Prayer.**
 - a. Say, “Both of us will pray today. Have you prayed before?”
 - b. Ask, “What are **three things** you would like us to pray for?”
 - c. Then say, “Just tell God those three things, in your own words.”
 - d. If needed, help them to start, “Dear God, ...”
 - e. If still hesitant, have them repeat a short prayer after you.
8. **Your Prayer.** Offer your own prayer. Keep it short and focused.

B. Not Yet Baptized: Baptism Decision

1. **Contacts.** Reach every prospect who did not get baptized, and work diligently to get their Baptism decision.
2. **Strategies.** Use the strategies listed in **Advanced Strategies**.
3. **Urgency.** Remember that some people will not get another opportunity. Be bold! It’s a matter of life and death!

C. Altar Calls

1. **Action.** Whenever an Altar Call is being made, go to the persons you have visited, and offer to accompany them to the Altar.
2. **Anyone.** Approach other prospects you did not visit, and encourage them also.
3. **Boldness.** Be aggressive for God!
4. **Card.** Give the Baptism Card to all who come to the Altar.

ANSWERS TO EXCUSES

No.	OBJECTION	BIBLE TEXT	BIBLE STORY
1	Husband or Wife	Matthew 10:35-39 John 21:15	Lot & his Wife
2	Unmarried Partner	Hebrews 13:4 1 Thess. 4:11,12	Rahab Woman at Well
3	Job or Business	Psalms 37:25 Matthew 6:31-33	Levi Matthew
4	Parents	Acts 5:29 Psalm 27:10	Zebedee's Sons
5	Friends	John 15:14 1 John 2:15	Three Hebrews
6	Church	Acts 17:30 Mark 7:7	Paul (Saul)
7	Rebaptism	Acts 19:1-5 John 10:1	Devout men at Pentecost
8	Delay	2 Corinthians 6:2 Hebrews 3:7,8	Eunuch Cornelius
9	Sacrifices	John 3:16 John 14:15	Moses Ruth

Soon she lost the extra weight, her pneumonia disappeared, her pulse rate dropped from 74 to 54, and her heart problems vanished! Her physician said that she had the heart of a 22 year old woman! Exercise can do wonders!

When Mavis was 69, she completed the Sacramento Pepsi 20-mile run. And at age 70, she ran her first marathon! She continued to run. And when she was 86 years old, Mavis completed her 64th marathon! The New York Times of November 9, 1993 read, "Don't Look back, Father Time, Mavis Lindgren, 86, is Gaining on You."

Mavis kept on running till she was 90 years old! Over two decades she had run 75 marathons! What an amazing story!

PHYSICAL EXERCISE

BENEFITS

A. The "Wonder Drug!"

Exercise has been called the "Wonder Drug!" Why? Because it can do miracles! Let's look at some of them.

1. Exercise strengthens the heart and lowers blood pressure.
2. It improves blood vessels and lowers cholesterol.
3. Exercise increases energy and boosts the immune system.
4. It helps to prevent as well as reverse Type 2 diabetes.
5. It combats obesity by burning calories, and helps us to manage weight.
6. Exercise multiplies endorphins, which are the "feel good" chemicals.
7. It increases chemical activity in the brain, which sharpens our reasoning and memory.
8. Exercise can delay the onset of Alzheimer's disease.

B. Exercise in Eden!

1. In the beginning of time, when God created Adam in Eden, He gave him an exercise program!
2. What was God's plan? **Genesis 2:15**

TYPES AND TIMES

A. There are three main types of exercise.

1. Stretching exercises which improve flexibility.
2. Strength building which increase muscle strength.
3. Aerobic exercises which build endurance.

B. Of these three types, aerobic exercise is the most useful.

1. Aerobic exercises the whole body by increasing oxygen capacity!
2. They strengthen the cardiovascular system – heart and blood vessels.
3. Examples are: Running, walking, swimming, cycling, hiking, skipping.
4. Walking is the best. It is inexpensive and has the least risk of injury.
5. Mavis Lindgren was not the only healthy, walking octogenarian!
6. After walking for 40 years of his life, Caleb was 85 years old!
7. At age 85, what did he say? **Joshua 14:10,11**

C. Exercise Daily.

1. The recommended amount is **30** minutes a day, five days a week.
2. If necessary, this time can be broken into two or three segments.
3. Exercise can also be incorporated into routine activities.
So here are some ideas.
 - a. Instead of riding the elevator, walk the stairs!
 - b. Use farthest parking space instead of the nearest.
 - c. Get up from your desk every hour and walk around.
 - d. Rather than drive, walk to the nearby store.

TEN TIPS FOR SUCCESS

But maintaining an exercise program is challenging! It may feel like mountain-climbing! So here are ten tips for success.

1. **Find a compelling motive.** Ask yourself: Why must I do this? For example: I want to live to see my grandchildren grow.
2. **Make up your mind!** Nobody can do that for you!
The mind is powerful! Whatever it can conceive, it can achieve!
What does God say about the mind power? **Genesis 11:6**
3. **Choose an activity that you enjoy.** If exercise is done with a negative attitude, it will not be very beneficial.
4. **Create a strategy.** Schedule your exercise. Choose the time and place. If it is left to chance, it would not happen!

e. **Attention!** Do **not** answer Sabbath Questions! Say, “The evangelist will come to that later.”

f. Do **not** give Bible Studies. Move to next prospect!

4. **Prayer**

- a. Offer to **Pray** for the person or Family.
- b. Ascertain their **needs**. Ask, “What would you like me to pray for?”
- c. Then offer a **short** prayer and include those needs.

Week 2: BAPTISM DECISION

Everyone

1. Offer Baptism Card to each prospect, with positive expectation!
2. Example: “Sabbath is our Big Baptism, and I have brought your Baptism Card.” (Give Card & Pen)

Positive Prospects: Do Evaluation

1. Ask “Feeler” questions.
2. E.g. “How do you feel about your Baptism on Sabbath?” Or, “How does your spouse/ parent feel about this?” Or, “What caused you to make such a wonderful decision?”
3. Prayers by **all**.
4. **Attention!** You **keep** the Card & Return it to them on Sabbath.

Negative Prospects: Be the Medical Doctor!

Do Diagnosis

1. Question # 1: “What’s the problem?”
2. Question # 2: “What else?” Or, “Is there something else?”
3. Address the last issue. That’s more important.

Offer Prescriptions.

NB: Use One at a Time & Offer Card Each Time!

1. Appropriate Bible Text. See “**Answers**” document.
2. Appropriate Bible Story. See “**Answers**” document.
3. Personal [or Modern] Experience.
4. Invitation prospect to Witness baptism.
5. Prayers

4. **How Many?** Never start with “Is there some **one**?” At Pentecost, Peter said, “**every** one of you.” So start with, “How **many** of you would to follow Jesus in baptism? Come!”
5. **More.** Then “How many more?”
6. **Personalize.** Then make it personal. For example:
“I’m calling that man who has a challenge with your job. Come!
“I’m calling that woman who is living with a man to whom you’re not married. Come!
7. **Then One!** Finally, we come to one! “I’m waiting for **one more!**”

GETTING DECISIONS PERSONALLY

The Goal: Make personal contact with each prospect at least once a week.

WEEK 1: FRIENDSHIP & SABBATH REGISTRATION

1. **Friendship**
 - a. During this week, be sure to visit **every** prospect.
 - b. Make your prospect your **friend**. Get to know each of them personally.
 - c. Key to dialogue is: Ask **Questions**. Ask about their job, school, family, etc.
 - d. If you cannot visit them at their **home**, meet them at the campaign **venue**.
2. **Attendance**
 - a. Get **feedback** on the meetings by asking open-ended questions. E.g. What do you like about the meetings?
 - b. Strengthen their Nightly **Attendance**.
 - c. Invite **other** persons in the Family to attend.
 - d. Also invite the persons who filled the Community **Survey**.
3. **Sabbath Registration**
 - a. Register **every** possible person for the Celebration.
 - b. Register even interested persons who have not yet attended.
 - c. Give one Card per **Person** (not per family).
 - d. Tell them to present the Card at the **door** on Sabbath for a Reserved Seat and Gift Package.

5. **Set realistic goals.** Decide on what is manageable, write down the target, and track your progress. What does the Apostle Paul say about goals? **Phil. 3:13,14**
6. **Reward yourself.** When a goal is achieved, celebrate! Give yourself a reward.
7. **Start today.** Someone said, “The way to hell is paved with good intentions.” So instead of talking about tomorrow, begin today!
8. **Persevere.** Never give up! Sometimes you’ll fail, but get up and continue.
What does Scripture say about perseverance? **Proverbs 24:16**
9. **Choose and use an exercise partner.**
 - a. Partner provides support. When one is tempted to stop, the other can inspire to move on.
 - b. Partner provides accountability. Each one is accountable to the other.
 - c. What does God say about partnership? **Ecclesiastes 4:12**
10. **Welcome the presence of a Divine Walking Partner.**
 - a. As two disciples were taking the seven-mile walk from Jerusalem to Emmaus, someone started to walk beside them!
 - b. Who was their walking Companion? **Luke 24:13-15**
 - c. So today, when we walk, Jesus is willing to walk with us!

Response:

How many want to say “Yes” to these Ten Tips? Raise Your Hands!

SPIRITUAL EXERCISE

1. Like Mavis, if I exercise my weak body, it will grow strong.
2. In the same way, if I exercise my weak faith, it will grow strong!
3. But what is faith? **Hebrews 11:1**
4. The NIV puts it this way: “Now faith is being sure of what we hope for and certain of what we do not see.”
5. In this 21st century, there is one special area where we need to exercise faith? What is it? **Mark 11:22.**
6. Darwin has done much to destroy faith in God.
7. Today, many educated persons question the existence of God.
8. On one hand we cannot see Him through a microscope or a telescope.

9. But on the other hand, if we search in our world and in our universe, we can behold His giant fingerprints!
10. Let's look at just two of them.

TWO FINGERPRINTS

Fingerprint # 1: Cell Biology

1. One of God's fingerprints can be found in the DNA of the human body.
 - a. The body has 100 trillion microscopic body cells.
 - b. Within the nucleus of each cell is its data bank, its DNA.
 - c. The DNA has genetic instruction for the cell's development and function.
 - d. If all the strands of your DNA were laid end to end, it would measure 31 million miles!
 - e. Encoding the DNA of just one cell would produce one million pages of print!
 - f. If you were to read all that information 24/7, it would take 100 years!
 - g. But the tiny cell of your body "reads" it all, and follows all those instructions!
2. Surely our DNA speaks to the existence of a Creator God.
3. We can join King David. What did he say? **Psalm 139:14**
4. Biology – our own marvelous DNA – is one of God's fingerprints. So, let's **exercise faith** in God!

Fingerprint # 2: Bible Prophecy

1. A second fingerprint of God is found in Bible Prophecy. There we find events foretold centuries before they occurred!
2. Let's look at just one example.
3. 2,600 years ago, God gave the king of Babylon an important dream about a great image.
4. You can read all about it in Daniel, chapter 2.
5. The awesome image was made of different metals.
 - a. Its head was made of gold.
 - b. Its chest and arms were of silver.
 - c. Its belly and thighs were brass.
 - d. Its legs were made of iron.
 - e. Its feet and toes were of iron and clay.

UNIT SIX

GETTING BAPTISM DECISIONS

In the field of Health, we strive for 20/20 vision. In the field of Evangelism, the goal is the same. This 20/20 model is recorded in Acts 20:20. Paul, the successful evangelist, worked both publicly and personally. And so should we!

GETTING DECISIONS PUBLICLY

Soft Decisions. If we term the Altar Call as a Hard Decision, the soft Decisions would be like Standing and Raising the hand.

Decision Boxes. Use of the Boxes is an Intermediate Strategy.

1. At first, the Boxes are first used as **Prayer** Boxes. Guests, as well as Members, go to the nearest Box, Drop their Prayer Card, then Come to the Altar.
2. Later the Boxes become **Jesus** Boxes, or **Ballot** Boxes, or **Baptism** Boxes. Guests, as well as Members, respond to a Baptism Appeal by going to the nearest Box, dropping their Nightly Card, returning to their places, and remain standing.

Altar Call. Here are some guidelines to maximize responses.

1. **Stand First.** Have everyone stand. Children stand before they walk! So we ask people to stand before we ask them to walk to the Altar.
2. **Appeal Songs.** Singing the song by the Congregation is more effective than the singing of a soloist. Instead of her singing, "Why not come?" they are singing, "O Lamb of God, I come!"
3. **Supporter.** Instead of the Guest struggling to come alone, call on the Member, the Supporter, to accompany the Guest. Say, "Tonight I'm inviting **Two** Groups to the Altar. Group One: Those who have decided to follow Jesus in Baptism. Group Two: Those who are supporting your friends for Baptism."

- b. Like that man, you have been chained!
Fettered to Addictions! Chained to Sin!
Get Deliverance today! **Come Now!**
- c. Get your "Right Mind!" Come to Jesus! **Come Now!**
They had to sacrifice their pigs!
What's your sacrifice? Job? Sexual partner? Church?
Remember Christ's Sacrifice – for You! **Come!**
- 7. **Song:** "Pass Me Not!"
- 8. **Somebody:** Somebody bring Somebody!
Come with your Friend, Your Family!
- 9. **Appeal by Groups**
 - a. Calling Men!
 - b. Calling Youth!
 - c. Calling Young people in Adventist Homes!
 - d. Calling those with an SDA Spouse!
 - e. Calling those who Attend church on Sabbaths, but not yet baptized
 - f. Calling Former Church members! Made a Vow! Broke your Vow! Make a New Vow!
- 10. Prayer
- 11. Vow & Vote
- 12. Baptism
- 13. Appeal for a Future Baptism.

- f. A great stone destroyed the image and filled the world
- 6. God revealed the meaning of the dream to Daniel, and he told it to King Nebuchadnezzar.
 - a. The head of gold represented Babylon, ruling 605-538 BC.
 - b. The chest and arms foretold Medo-Persia, 538-331 BC.
 - c. The belly and thighs of brass, Greece, 331 – 168 BC.
 - d. The legs of iron represented Rome, 168 BC – 476 AD.
 - e. The feet and toes of iron and clay: Divided Europe today.
 - f. The stone foretells Christ's soon coming kingdom.
- 7. That world history was given 2,600 years in advance!
- 8. Like Daniel, we can exclaim, "There is a God in heaven!"

EXAMPLES

- 1. So in spite of the challenges we face today, we need to exercise faith in God.
- 2. Mary exercised faith in God, and she saw water turned to wine!
- 3. Joshua exercised faith in God and the walls of Jericho fall down!
- 4. David exercised faith in God and defeated the giant Goliath!
- 5. When we exercise faith in God, we too will get miracles!

DECISION

- 1. **Song.** "My faith looks up to Thee." **Sit and Sing.**
- 2. **Loving God.** I'm thankful that God loves and cares for me!
If you do, **Say "Amen!"**
- 3. **Physical Exercise.** God wants us to be Healthy and Happy.
To do so, we need to exercise daily.
- 4. How many want to start and continue a regular exercise program?
All who do, please **Stand**
- 5. **Spiritual Exercise.** In addition to exercising physically, we need to exercise spiritually.
- 6. Despite our doubts, and in spite of our challenges, we need to exercise faith in God!
- 7. How many want to say, "Lord, help me to have faith in You each day."
Raise Hands!
- 8. **Prayer.**

Sermon 2

FOUR STEPS TO PREVENT A HEART ATTACK.

NIGHTLY OPENING STATEMENTS

1. Theme. What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. Attention! The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. Topic. What's tonight's topic?
Four Steps to Prevent a Heart Attack!

ATTENTION

1. How many of us have a Sweetheart? Raise your hands!
2. Each Valentine's Day we like to buy gifts for our sweethearts.
3. At that time, the picture of the **heart** takes center stage!
4. Millions of dollars are spent on **heart** candy.
5. And billions are spent on **heart** jewelry!
6. **Why?** Because the heart is a universal symbol of **Love**.
7. But the heart is also the center of **Life!**
8. It pumps life-giving blood throughout the body.

PHYSICAL HEART

MARVELLOUS ORGAN!

1. Your heart is an incredible machine!
2. **Q:** How big is the heart? **A:** Everyone, make a fist! That's the size of your heart.
3. And weighs just eight to twelve ounces!
4. It starts to work 21 days after conception, and continues non-stop throughout your life!
5. It beats about 72 times a minute. That is 100,000 times each day!
6. And that's two and a half billion beats over an average lifetime!
2,500,000,000 beats!
7. The heart continually pumps the five liters of blood in the body.

Secret 3: Tell Somebody About Jesus

1. What did Jesus tell the man to do? **Mark 5:19b**
2. That's the **Third** Secret: Every day, **Tell** Somebody about Jesus!
3. The new convert man could have said,
"I don't know enough to tell!"
4. Jesus said, "Tell them what I have done for you!"
5. That's **witnessing!** Telling what you have witnessed!
6. So what did the man do? **Mark 5:20**
7. Months later, Jesus returned to Decapolis. **Mark 7:31**
8. Time, the people received Him gladly!
9. Mark 7 tells us that He performed miracles!
10. Mark 8 tells us that He fed a multitude of people!
11. **Q:** How many people attended His meeting? **Mark 8:1, 9**
12. **Q:** Why did so many people come to meet Jesus?
A: Because the converted man told them his story.
13. If you want to stay in love with Jesus,
Every day, Tell somebody about Jesus: At Home, School, Work.

ACTION

1. So what are the Three Secrets to Stay Spiritually Healthy Forever?
 - a. Every Day, **Talk** to Jesus. That's Prayer.
 - b. Every day, **Listen** to Jesus. That's Bible Study.
 - c. Every day, **Tell** somebody about Jesus. Witnessing.
2. **Everyone:** How many promise to use these secrets, and Stay Spiritually Healthy Forever? **Hands!**
3. **New believers:** How many new believers promise to use these Three Secrets, Stay Faithful to Jesus Forever? **Altar!**
4. **Baptism:** Today I'm calling Three Groups to the **Altar!**
 - a. Those who came to get baptized.
 - b. Those who did not come for Baptism, but you are making a Decision Now!
 - c. Supporters: Those Accompany Somebody.
5. **Song:** "Just as I am" **Stand & Sing**
6. **Appeals**
 - a. Like Demonic, you're restless day and night!
Get Peace today! **Come!**

5. There are **Three** Secrets!

Secret 1: Talk to Jesus

1. The man “begged” Jesus! **Mark 5:18**
2. **Imagine!** Can you see him there?
Kneeling before his Savior!
3. **Q:** What is he doing?
A: He is Talking to Jesus!
4. That’s the **First** Secret: Every Day, **Talk** to Jesus!
5. **Q:** How do we talk to Jesus?
A: Through Prayer
6. **Q:** What is Prayer?
7. **A:** “Prayer is the opening of the heart to God as to a Friend.”
- Ellen G. White, *Steps to Christ*, Page 83.
8. It’s good to pray publicly. It’s vital to pray in the family.
But it’s most important to pray **privately**.
9. Look what Jesus said! **Matthew 6:6**
10. If you are to stay faithful to Jesus, you must have
a **Place** and a **Time** for your Private Devotions.
11. **Every Day, Alone** with Jesus! Talk to Him in **Prayer!**

Secret 2: Listen to Jesus

1. When we talk to Jesus, He talks back to us!
2. Jesus spoke to the man. **Mark 5:19a**
3. **Q:** And while Jesus was talking, what was the man doing?
A: He was listening to Jesus.
4. That’s the **Second** Secret: Every day, **Listen** to Jesus.
5. **Q:** How does Christ speak to us today?
A: Through the Scriptures. **John 5:39**
6. The Bible is the voice of Jesus, speaking directly to you!
7. Get your **own** Bible!
8. Choose a **version** of the Bible that appeals to you.
9. **Every day**, after you Pray, Read your Bible!
10. That’s what the Bereans did. **Acts 17:11**
11. Then choose a verse that appeals to you, write it,
Memorize it, Use it!

8. It pushes that life-giving blood throughout the more than **60,000** miles of blood vessels found in just **one** minute!
9. When view this masterpiece, we exclaim, “I will praise You, for I am fearfully and wonderfully made.”(Psalm 139:14)

HEART PROBLEMS

A. CAD

1. But for many people this amazing machine malfunctions!
2. In the USA and in some other countries as well, heart disease is the number one killer of both men and women!
3. The most common form of heart disease is Coronary Artery Disease (CAD)
4. What causes CAD?
 - a. CAD is caused by the buildup of deposits of **fat** in the arteries of the heart. These deposits are called **plaque**.
 - b. This buildup of plaque causes the cardiac arteries to narrow.
 - c. Therefore some parts of the heart are deprived of oxygen rich blood.
 - d. The affected areas become weak and cannot function effectively, and this results in CAD.

B. Heart Attack!

1. But what causes a heart attack?
2. If a piece of plaque breaks off, it can form a clot and block the flow of blood to a section of the heart.
3. This causes death of the affected part of the heart, and results in a heart attack.
4. Some symptoms of a heart attack are:
 - a. Chest pain or heaviness discomfort (angina)
 - b. Shortness of breath.
 - c. Pain running down the arm, or in the neck, jaw or back.
 - d. Profuse sweating.
 - e. Nausea or vomiting or stomach pain.
 - f. Dizziness, lightheadedness, or fainting.
 - g. Extreme fatigue
5. What can I do to prevent a heart attack? Here are Five Steps!

FOUR STEPS

Step # 1: Do Aerobic Exercise

1. Aerobics are whole exercises that strengthen the heart and blood vessels.
2. Since aerobic exercise strengthens the heart, it allows it to work less.
3. This lowers blood pressure, and extends the life of the heart.
4. **Q:** What are some examples of aerobic exercise?
5. **A:** Walking, running, cycling and swimming.
6. Walking is best. It is simple, safe and inexpensive.
7. The recommended amount is 30 minutes a day, five days a week.
8. So let's walk for a healthy heart!

Step # 2: Eat a Heart Healthy Diet

1. This diet is high in fiber and low in fat.
2. Saturated fats raise cholesterol levels and increase the risk of coronary heart disease.
3. These fats are found in red meat and dairy products. So let's avoid them!
4. Substitute lean protein such as beans, legumes and fish.
5. Eat an abundance of fruit, vegetables and whole grains.
6. Remember This! A plant based diet has zero cholesterol!
7. Use foods rich in Omega-3. They improve heart health and lower blood pressure.
8. Omega-3 is found in some fish like mackerel and salmon.
9. Omega-3 is also found in flax seeds, walnuts, and soybeans.

Step # 3: If You Smoke, Stop Smoking!

A. Dangers

1. The chemicals in tobacco can damage the heart and blood vessels.
2. They narrow the blood vessels. This causes atherosclerosis, and can result in a heart attack.
3. Nicotine makes the heart work harder, increases the heart rate, and shortens the life of the heart.

B. Tips to Stop Smoking

9. Christ's Command! **Mark 5:8**
10. But Deliverance is not cheap!
We have to make **sacrifices!**
11. The people of that city had to sacrifice! **Mark 5:12, 13**
12. **Q:** What sacrifice is God asking you to make today?
Your Job? Your friends? Your unmarried companion?
Your popularity? Your Church?
13. **Awesome** picture: A new man! **Mark 5:15**
14. Sitting! Not running up the mountain and by the tombs!
Clothed! Not in his wretched rags!
In his right mind! Not in mental and emotional pain!
15. That's what God is ready to do for you – **Today!**
16. Come to the **Altar!** Go to the **Water!**
God will do the Miracle for You!
17. Got no Clothes? We got clothes! We got a robe!
18. **How** do we get this Right Mind? **Psalms 51:10**
19. God removes Satan's evil spirit from our minds.
Gives us His Holy Spirit to live in our minds.
We are in our right minds!
20. I love picture in Luke. **Luke 8:35**
21. **Poem:** "Sitting at the feet of Jesus."
"Sitting at the feet of Jesus, O, what words I hear Him say!
Happy place! So near, so precious! May it find me there each day;
Sitting at the feet of Jesus, I would look upon the past,
For His love has been so gracious, It has won my heart at last.

Bless me, O my Savior bless me, As I'm waiting at Your feet,
O look down in love upon me, Let me see Your face so sweet;
Give me, Lord, the mind of Jesus, Make me holy as He is,
May I prove I've been with Jesus, Who is all my righteousness."
- Joseph Hall

III. CONSERVATION

1. That day, the demoniac became Physically Healthy and Happy!
2. That day, he also became **Spiritually** Healthy and Happy!
3. But the new convert had an important concern:
How can he **remain** spiritually Healthy and Happy – forever?
4. That's the same question that we are answering today.
How can we stay spiritually healthy – **forever?**

5. **Spiritual** Destruction! Possessed with an “unclean spirit.” Evil spirits – a legion of them – was ruining his life!
6. What a pitiful condition!
7. That represents the condition of some present here today!
8. **Every** person who has not accepted the **Blood** of Jesus, Is just like that Demoniatic!
9. Everyone who is not obeying the Law and **Sabbath** of Jesus, Is just like that mad man!
10. Everyone who has not accepted the **Baptism** of Jesus, Is just like that Demon-possessed man!
11. The Devil keeps leading you to **Physical** Destruction! Alcohol, Tobacco, Drugs, Addictions will destroy your life!
12. Satan keeps on moving you to **Mental** Destruction! Occupying your mind with his music, Internet, Social media!
13. The Devil keeps pushing you to **Social** Destruction! Broken homes! Warring spouses! Homeless children!
14. Satan keeps on driving you to **Spiritual** Destruction! His demons live in your mind! They tempt you! They torment you – day and night!
15. Today, somebody here needs **deliverance** from the Presence and Power of Satan!
16. Deep down in your soul you’re saying, “I want to be free!”

II. RESTORATION

1. The Good News is that one day,
Jesus came to the land of the madman! **Mark 5:6**
2. The Great News is that **this day**, Jesus has come to our land!
3. “When Jesus comes, the tempter’s power is broken!
When Jesus comes, the tears are wiped away!
He takes the gloom, and fills the life with glory!
For all is changed when Jesus comes to stay!
4. Listen to the cry of the demoniac. **Mark 5:7**
5. But that was **not** the **real** cry of his heart!
6. He wanted to say, “Lord, help me!”
But when he opened his mouth, the demon spoke!
7. Wonderful News! Even when we can’t say the right words,
God hears the **real** cry of our hearts!
8. And He stands ready to answer our prayer!

1. Make up your mind. The mind is powerful! Whatever it can conceive, it can achieve!
2. Stay away from triggers! A trigger is anything or anyone that encourages you to smoke.
3. Use Distraction Techniques! Do something, or chew something, or hold something to distract the desire.
4. Drink Plenty Water. This helps to flush the poisons out of your system.
5. Join a support group. Each can help the other.

Step # 4: Lower Your Stress!

1. When one is under stress, there is a release of hormones like adrenaline and cortisol.
2. This rush of hormones increases heart rate and raises blood pressure.
3. A constant state of stress can cause a heart attack!
4. You can lower stress by relaxation exercises.
5. One of the best is deep breathing. Breathing from the diaphragm can lower your stress.
6. Good belly laughter can also help us cope with stress. So laugh a lot!

Let’s Review

So what are four steps that I can take to prevent a heart attack?

1. Do Aerobic Exercise.
2. Eat a Heart Healthy Diet.
3. Stop smoking!
4. Lower my stress.

Q: How many want to say “Yes” to these four steps? **Raise Hands!**

SPIRITUAL HEART

1. Do you know that each of us has a spiritual heart?
2. Your spiritual heart is your mind! It controls your spiritual life!
3. But this spiritual heart, the mind, gets cluttered by plaque!
4. This plaque is called sin!
5. How is this condition described? **Jeremiah 17:9**
6. But how did we get that way?

7. "Behold, I was brought forth in iniquity, and in sin my mother conceive me" (Psalm 51:5).
8. We were all born with spiritual heart disease!
So how can I get rid of sin? Two Steps!

TWO STEPS

Step # 1: Experience God's Forgiveness.

1. After King David committed adultery with Bathsheba, he decided to cover up one sin with another, and ordered the death of Uriah, her husband.
2. **Q:** How did David get rid of his terrible sins?
A: He asked God to forgive him.
3. What's the First Part of David's Prayer? **Psalm 51:1,2.**
4. If you ask Him, God will forgive you too!
5. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us of all unrighteousness" (1 John 1:9).
6. **Q:** How can God forgive me?
A: John 3:16. Let's say it together.
7. I should have died for my sins. But Jesus died in my place!
That's why I can be forgiven!
8. His Blood can cleanse my heart from every sin!
9. Here is a **fantastic** text!
"Who is a God like You pardoning iniquity? He will again have compassion on us, and will subdue our iniquities. You will cast all our sins into the depths of the sea" (Micah 7:18, 19).
10. **"Brother Amen!"** Have you heard the story of "Brother Amen?"
An excited believer liked to shout "Amen!" But this annoyed some persons.
One day, "Brother Amen" got sick and visited his physician. The doctor thought of punishing this brother by handing him a dull geography book to read while he waited.
Suddenly, the waiting room was electrified with shouts of "Amen! Amen!"
"Whatever did you see in that book to shout 'Amen' about?" asked the physician.
"Well, Doc," the brother replied, "It says here that the deepest part of the sea is in the Pacific Ocean. It is 36,201 feet—almost

SABBATH: END OF THIRD WEEK OF CAMPAIGN

SERMON

HOW TO STAY SPIRITUALLY HEALTHY FOREVER!

ATTENTION

1. During this Campaign, we saw that God wants us to be Healthy and Happy.
2. We examined Keys to both Physical Health and Spiritual Health.
3. So let's do a quick Review.
4. What are the Three Main Keys to Physical Health?
 - a. Eat a Plant-based Diet.
 - b. Do Regular Exercise.
 - c. Have a Positive Mind.
5. What are the Three Main Keys to Spiritual Health?
 - a. Accept the Blood of Jesus.
 - b. Obey the Law of Jesus.
 - c. Experience the Baptism of Jesus.
6. **Q:** How can I Stay Spiritually Healthy – Forever?
How can I continue to continue to follow Jesus?
How can I stay faithful to Jesus – till He comes again?
7. That's the question we will answer today.
8. Message: How to Stay Spiritually Healthy – Forever!
9. We will look at someone who was Sick Physically and Spiritually,
Who got Healed Physically and Spiritually,
And who found **Three Keys** to stay Spiritually Healthy Forever.

I. DESTRUCTION

1. Our story begins in **Mark 5:1-5**
2. **Physical** Destruction! Shackles and chains broken!
His body had bruises! Cuts! Sores!
3. **Mental** Destruction! Day and night – up and down the mountains!
He was out of his mind! He had Mental illness!
4. **Social** Destruction! He had his dwelling among the tombs.
He had No home! No family! No friends!

6. **Who were some other female prophets whom God used in the Old and New Testament times?**

Exodus 15:20 _____ Judges 4:4 _____
Luke 2:36 _____ Acts 21:8,9 _____

7. **What are some tests of a true prophet?**

Matthew 7:20. They will be known by their _____.
2 Kings 17:13. They will teach obedience to God's _____.
Isaiah 8:20. They will uphold God's _____ and Testimony.
Yes! In her life and work, **Ellen G. White** met all of these tests.

8. **What is the relationship of the writings of Ellen G. White to the Holy Bible? She herself has answered this question. She said:**

"Little heed is given to the Bible and the Lord has given a lesser light to lead men and women to the greater light." CM, 125.

What is this "lesser light"? _____
What is the "greater light"? _____

Like a magnifying glass, her writings magnify the Scriptures.

For example: The 5-volume "Conflict of the Ages" series constitute an inspired commentary on the whole Bible [**Show 5 books**].

9. **When I read her messages, whose voice am I really hearing?**

Revelation 19:10. I am hearing the testimony of _____.
When I read the words of a prophet, I am hearing Jesus testifying.
I am listening to the loving Voice of Jesus speaking directly to me!

My Response

- I am thankful that Jesus speaks to us through His prophets.
- I will spend time each day studying the writings of the ancient prophets.
- I will start to read the writings of Ellen G. White, God's modern prophet.

seven miles deep! And God has promised to cast all my sins into the depths of the sea! That's seven miles deep! Amen! Amen!"

11. When you come to the Altar tonight, God will do just that for you!
12. And you, too, will be able to shout "Amen!"

Step # 2: Get a New Heart – Like David Did!

1. What is the Second Part of David's Prayer? **Psalm 51:10**
2. That's a spiritual heart transplant!
3. Good News! Tonight Dr. Jesus is ready to perform heart surgery! And it's Free!
4. Here is God's Free Offer! "I will give you a new heart and put a new spirit within you" (Ezekiel 36:26)
5. This heart surgery is called Conversion.
6. "Repent therefore and be converted, that your sins may be blotted out" (Acts 3:19).
7. Conversion means a change of lifestyle, of our thoughts, words, and behavior.
8. Great News! What God did for David, He is ready to do for you when you come to the Altar Tonight!
9. He is the God of mighty miracles!
10. It's a wonderful change!
11. "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (2 Cor. 5:17).
12. It's an awesome change!
 - a. The drunkard becomes sober!
 - b. The drug-user becomes an abstainer!
 - c. The smoker becomes drug free!
 - d. The abuser becomes a care-giver!
13. It's a radical change!
 - a. Adultery gives way to purity!
 - b. Pornography gives way to morality!
 - c. Satan's music gives way to Jesus' music!
 - d. Common law gives way to Marriage law!
14. Wonderful News: God is ready to change up your life and give you a new heart - Right Now!
15. He says, "Behold, now is the accepted time; behold, now is the day of salvation" (2 Corinthians 6:2).

DECISION

1. **Just now**, I will be calling you to this Altar.
 - a. If you never gave your life to Christ before **Come!**
 - b. If you gave to your life to Christ before **Come Again!**
2. **Song.** “Just as I am, I come.” **Stand, Sing, and Come!**
3. Come and get pardon for all of your sins! **Come Now!**
4. Come and get your new heart! Get a new mind!
Get a new way of life! **Come Now!**
5. Come and get peace of mind tonight!
6. If you stay with your sinful heart, you’ll experience Eternal Death!
7. But if you accept God’s new heart, you’ll get health and life!
Eternal Life! **Come Now**
8. Prayer.

SABBATH: END OF THIRD WEEK OF CAMPAIGN

SABBATH SCHOOL LESSON

THE LOVING VOICE OF JESUS

1. **Before sin entered our world, God spoke with Adam and Eve face to face. After sin, how did He communicate?**
Numbers 12:6. God spoke through His _____.
They received messages from God and spoke them to the people.
2. **Did this Gift of Prophecy continue in New Testament times?**
Ephesians 4:11, 12. No _____ or Yes _____.
The presence of prophets was one of the gifts of the Holy Spirit.
3. **Is this Gift of Prophecy to be found in God’s Church today?**
1 Corinthians 1:7. We should not come short in any _____.
4. **What is one of the identifying marks of God’s Remnant Church?**
Revelation 12:17. It is the _____ of Jesus.
And what is this “Testimony of Jesus”?
Revelation 19:10. It is the Spirit of _____.
The “Spirit of Prophecy” means the Holy Spirit speaking through a prophet. The Spirit spoke through all the ancient prophets, and He has also spoken through a modern prophet.
5. **This prophetic gift was manifested through the life, work, and writings of Ellen G. White.**
 - Born in 1827, she died in 1915 at the age of 87.
 - A childhood injury weakened her and limited her education.
 - Her first vision was received in 1844 at age seventeen.
 - She ministered for 70 years in America, Europe & Australia.
 - She penned 100,000 manuscript pages of inspired counsel.
 - Her books cover Bible, Education, Health, and Family Life.

Action

1. What God did for Naaman that day, He can do for you today!
2. Today I'm calling **Three** Groups to the Altar
 - a. Those who came to be Baptized.
 - b. Those who are making a decision today for Baptism.
 - c. Those who are supporting your friend in Baptism.
3. **Song:** "There is a Fountain" **Stand & Sing & Come!**
4. **Appeals**
 - a. Left home a leper! Go home healed! **Come!**
 - b. Get Physical, Emotional, Spiritual Healing!
 - c. Experience: Blood of Jesus + Baptism of Jesus! **Come!**
 - d. Calling great men and great women!
 - e. Shun Bad Advice! Listen to Good Advice! **Come!**
5. **Groups: I'm Calling**
 - a. Men. Be like Naaman! Be a real man!
 - b. Young People. Be as brave as the Israelite Maid!
 - c. Youth in SDA Homes. Make a decision for Jesus!
 - d. Spouses with SDA Marriage Partners!
 - e. Persons who attend Church on Sabbaths but not baptized!
 - f. Somebody bring somebody!
 - g. Rebaptism. Out the Door, Come in back through the Door!
 - h. Rebaptism. Had Partial Truth; now Full Truth!
6. **Baptism Card Write Up**
7. **Prayer**

Sermon 3

STRESS CAN KILL YOU! SIX THINGS YOU CAN DO.

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
Six Things You Can Do When Your Boss Stresses You.

ATTENTION

1. Here is a one-question quiz: Which day of the week sees the most heart attacks?
2. The answer is Monday!
3. The CNN World Business report of February 3, 2005 carried this title "Monday morning bad for your health."
4. It revealed that more people suffer a heart attack on Monday than on any other day of the week!
5. Why do you think that happens?
 - a. The stress of going back to work!
 - b. The stress of Monday morning traffic!
 - c. The stress of facing that boss again!
6. So beware! Stress can kill you!

STRESS, THE KILLER!

UNDERSTANDING STRESS

1. **Q:** What is stress?
2. **A:** Stress is the body's physical, mental, and emotional response to a demand which is called a stressor.
3. The stressor could be your boss or colleague, your relative or friend, even your husband or wife!
4. Here's how it works. For our protection, the brain is hardwired with an alarm system.

5. When a threat is perceived:
 - a. A signal is given, and the body releases hormones like adrenaline.
 - b. The heart pounds faster, and blood pressure rises!
 - c. The muscles tighten, and breathing gets heavier!
 - d. The senses get sharper, and we are ready for the “fight or flight” response.
6. When the threat disappears, the body relaxes and returns to its original state.
7. So stress is helpful to cope with emergencies.
8. However if the body stays in the emergency mode for a long time, stress becomes harmful!
9. Stress can cause heart disease, stroke, diabetes, high cholesterol, ulcers, high blood pressure, colitis, obesity, and even cancer.
10. So what can I do when someone stresses me? Use Six Strategies!

SIX STRATEGIES

Strategy # 1: Use Whole Body Therapy.

1. This means: Employ techniques that enable the whole body to withstand stress.
2. Eat a nutritious diet to provide the body with power to cope with stress.
3. Get adequate sleep to enable mind and body to handle stressors.
4. Avoid caffeine. It gives a temporary “high” then a crash in energy.
5. Shun alcohol. It provides an escape, but it decreases resistance to stress.
6. Exercise daily. It diffuses pent up feelings and helps us relax.
7. What does Paul say about whole body therapy? **1 Corinthians 9:27**

Strategy # 2: Take Charge of the Areas of Life that You Can Control.

1. Some areas of life are beyond your control. So do not try to control them.
2. Instead, focus on the areas that you can control.
3. Write up a To-Do List at the start of each week, and at the start of each day.
4. At the start of each day, Prioritize! Then do the heaviest tasks early when your mind is fresh.

1. The **second** group for rebaptism is former SDAs.
2. You once made a Baptism Vow. Then you broke that Vow. Broke God’s Sabbath, Committed adultery, or whatever.
3. You broke the Vow! You need to make a new Vow!
4. Let’s use another illustration. **John 10:1**
5. You once entered Christ’s fold through Door of Baptism. Then you went out of the fold by sinful living.
6. **Q:** How to get back into the fold?
A: Jump through the window?
7. Jesus said: Only thieves and robbers do that!
8. You need to come back through the Door of Baptism.

V. HEALING!

1. Now let’s conclude the wonderful story of Naaman.
2. He arrived at the banks of the Jordan - to get baptized!
3. Just **like Jesus** did!
4. Started Dipping! **2 Kings 5:14a**
5. **Picture!** See him dipping time after time!
Two times! Four times! No change!
Five times! Six times! Still No Change!
6. He says, “I’m making a fool of myself! Let me get out of here!”
7. Servants: “The prophet said ‘Seven!’”
8. Friends, when God says seven, He means **seven!**
9. So he dips the seventh time!
And wonder of wonders! He experiences a Miracle!
10. Naaman got **Physical** Healing! **2 Kings 5:14b**
11. Today, as you enter the water, If God wills,
He can give you Physical Healing!
12. Today, God can also give you **Emotional** Healing!
Healing the Mind! Healing from Hate, Hurt, and Pain!
13. Naaman also got **Spiritual** Healing! **2 Kings 5:15**
14. Today God will give you Spiritual healing.
He’ll pardon your sin, Give you a New Heart, and
Grant you His Peace.
15. **Q:** Why did his flesh become like a little child?
A: Because he was Born Again!
16. At your baptism, you are born into the Family of God!

8. **People** who come to Church week by week – not baptized!
Today is your day of salvation!
9. **Persons** who attend Campaign after campaign!
Today is your day to make a decision.

B. Youth!

1. **Youth** who come to **Church!** Make a decision now!
Give your best years to God!
We have **Clothes!** And a **robe!**
2. **Youth** in SDA **homes!** You know the Truth!
Make a decision today!
3. **Parents!** Encourage your children! Don't discourage them!
Don't force them! But encourage them.
4. **Beware!** At 13, the Youth said "Yes!" But the Parent said "No!"
At 18, the Parent said "Yes!" But the Youth said "No!"
5. **Children.** Jesus said, "Suffer the children to come to Me!"
As long as they are old enough to understand what they are doing,
support them.
6. **Imperfect!** You say, "They're still imperfect!" What about you?
After all these years, you're not perfect!

C. Rebaptism: Christians

1. What about Rebaptism?
2. There are two groups that need to be re-baptized.
3. **First**, there are Christians who were baptized by immersion earlier.
4. Here is a good example for you. **Acts 19:1-5**
5. **Q:** Was John's baptism a good baptism?
Q: Who baptized Jesus?
6. **Q:** So why were they re-baptized?
A: Because they had only **part** of God's Truth!
7. When they got God's full Truth, they were re-baptized.
8. Now that you have received God's full Truth:
Truth about God's **Temple:** What to eat and drink.
Truth about God's **Sabbath:** Seventh day is His Sabbath.
Like the Ephesians, you should be re-baptized.

D. Rebaptism: Former SDAs

5. If you have an appointment, start out early. More haste: More stress! Less Haste: Less Stress!

Strategy # 3: Engage in Relaxing Activities.

1. When your vacation is due, take it!
2. If at work, break your routine! For example: Walk to the water cooler often.
3. Go outdoors! Work in a garden. Take a nature walk. Stop to smell the flowers!
4. Use your imagination. Visualize yourself in a place of peace – like the beach or the mountains.
5. Listen to music! That's what King Saul did! **1 Samuel 16:23**
6. Breathe deeply - from your diaphragm. This increases oxygen supply and lowers stress.
7. Deep breathing can be used in many stressful situations. We know about "Count 10." To lower stress, "Breathe 10!"
8. In the Doctor's Office: "Breathe 10!" In the Dentist's chair: "Breathe 10!" In the stressful Committee Room: "Breathe 10!"

Let's Practice Deep Breathing Together.

- a. Everyone stand with hands on hips, and fingers pointing forward.
- b. Inhale slowly to fill the lungs with air. You should feel your stomach rising!"
- c. Exhale slowly. You should feel it deflating.
- d. Repeat the process.

Strategy # 4: Do Positive Self Talk.

1. Whether audibly or silently, all of us talk to ourselves!
2. And what we tell ourselves influences our stress level.
3. So we need to make a change - from Negative Self Talk to Positive Self Talk.
4. For example, Martha's boss shouts, "Where's the agenda, Miss Slothful?"
5. Martha can do Negative Self Talk: "I'll lose my job! Then I wouldn't be able to pay my bills!"
6. Or she can do Positive Self Talk: "I'm not Miss Slothful! Next time I'll ask which job he wants me to do first."
7. With Positive Self Talk, our blood pressure will stay normal, and our stress level will be low.

8. God connects positive thinking with health! **Proverbs 17:22**

Strategy # 5: Communicate Wisely with Your Stressor.

1. To lower stress levels, avoid making “You” Statements.
2. Example of “You” Statement: “Sir, you did not tell me that you needed the agenda quickly.”
3. To reduce stress levels, use “I” statements.
4. Example of “I” Statement: “Sir, I did not know that the agenda was needed so early.”
5. Now let’s try it!
6. **Q:** Instead of saying, “You’re making me more angry every day!”
What can I say?
A: “I’m feeling more angry every day!”
7. What does God say about wise communication? **Colossians 4:6**

Strategy # 6: Practice God-centered Meditation.

1. The purpose of meditation is to train the mind to move from the stressor and focus on a power that is stronger.
2. Humanistic meditation says that this power lies within myself.
3. But Divine Meditation says that this power comes from God.
4. We can access God’s Power at the start of each day through Prayer, Bible Study, and Divine meditation.
5. Then we’ll see a God who is bigger than our problems!
6. Let’s listen to His advice! **Psalms 46:10**

Let’s Review

So what are the Six Actions I can take to manage stress?

1. Use Whole Body Therapy.
2. Take Charge of the Areas of Life that I Can Control.
3. Engage in Relaxing Activities.
4. Do Positive Self Talk.
5. Communicate Wisely with My Stressor.
6. Practice God-centered Meditation.

Q: How many want to say “Yes” to these five actions? **Raise Hands!**

SABBATH, THE HEALER!

BEST PRESCRIPTION

5. Washing Inside! **Isaiah 1:16,18**
6. “What can wash away my sin?
Nothing but the blood of Jesus!”
7. That water was a symbol of the **Blood** of Jesus!
8. **Today** as you go into the water,
All your past sins will be washed away!
9. Your guilt will be gone - forever!
10. Awesome Text **Micah 7:18,19**
11. Story of “Brother Amen”
12. **Assurance** of Pardon today!

B. My Sinfulness

1. But the Blood of Jesus does not only wash away my sins.
It also washes away my **sinfulness!**
2. “Cleanse” **1 John 1:9**
3. It washes away my:
Smoking & Drinking Dancing & Feting
Cursing & Swearing Lying & Stealing
Fornication & Adultery Incest & homosexuality
Sabbath-breaking & Sunday-keeping
Spouse abuse & Child abuse
4. You can get cleansing from your **sinfulness** – today!

IV. BAPTISM OF JESUS

A. Everyone!

1. That water not only represented **Blood** of Jesus – Inside,
It also represents the **Baptism** of Jesus – Outside!
2. **Q:** Which River? **2 Kings 5:10**
3. **Q:** Where was Jesus baptized?
4. **Jordan** is a symbol of Baptism!
5. All who follow Jesus **must** get baptized!
6. Thank God for those who **came** to get baptized!
7. **Others** came to see the baptism,
Need to make up your mind now and get baptized!
We got **clothes!** And a **robe!**

6. **Answer:** Because God says:
Leave Abana and Pharpar and go to Jordan!
7. So if you're worshipping in a church that allows you to defile your body with alcohol and tobacco,
Breaking God's 6th commandment,
You need to leave Abana and go to Jordan!
8. If you're worshipping in a church that permits you to live together without marriage, Breaking God's 7th commandment,
You need to leave Abana and go to Jordan!
9. If you're attending a church that worships on Sunday, Rome's Day, instead of Sabbath, God's day – Breaking God's 4th commandment,
You need to leave Abana and go to Jordan!

B. Good Advice

1. Naaman got angry with the Preacher! **2 Kings 5:12b, 11a**
Today, there are people who get angry with the preacher!
2. Don't get mad with the preacher!
Preacher is only the **Mailman** delivering the mail!
Talk to the One who wrote the Letter!
3. Naaman: "Back to Syria! Prepare the chariot"
4. **Servants:** Good Advice! **2 Kings 5:13**
5. Some people give **bad** advice.
"Going to join that thing!" "Only now you find Jesus?"
6. Others give **good** advice!
Always listen to good advice!
7. **Someone** holds your hand and says,
"Come, let's go to the Altar," That's good advice!
8. Naaman made the Right Choice: **Obey God!**

III. BLOOD OF JESUS

A. My Sin

1. God's Command! **2 Kings 5:10**
2. Namaan needed washing **Inside** + Washing **Outside!**
3. We too need washing **Inside** + Washing **Outside!**
4. Sin Inside! **Isaiah 1:5,6**

1. In addition to Daily Meditation, we also need Weekly Spiritual Meditation.
2. This weekly meditation was instituted by God in the beautiful Garden of Eden! **Genesis 2:3**
3. The "Rest" of the Sabbath is God's greatest prescription for human stress!
4. Let's look at **Six Secrets** about God's Special Strategy.

SIX SECRETS

Secret # 1: It's a Stress Reliever for All Human Beings!

1. Many think that the Sabbath Rest was only given to the Jews.
Was Adam a Jew? Of course not!
2. Since Adam was not a Jew, the Sabbath cannot be Jewish!
3. Like Marriage, it was given to Adam for the whole human family!
4. Jesus Himself said, "The Sabbath was made for man." (Mark 2:27)
5. That means: All Human Beings!
6. Just as marriage was made for man, so the Sabbath was made for all mankind!

Secret # 2: This Special Day Is Easy to Identify!

1. For our safety, we look for ID. So God has provided us with Sabbath Identification.
2. Let's look at the events of the first Easter weekend. They are found in **Luke 23:53 - Luke 24:1**
3. **Q:** What were the **three** events?
A: Christ's Crucifixion, His entombment, and His Resurrection.
4. **Q:** What do we call the Day of His Crucifixion?
A: We call it Good Friday.
5. **Q:** What do we call the Day in the tomb?
A: We call it Saturday.
6. **Q:** What do we call the Day of Christ's Resurrection?
A: We call it Easter Sunday.
7. From the text we have just read, the Bible uses **different** names.
8. **Q:** What does the Bible call the Day of Christ's Crucifixion?
A: The preparation Day.
9. **Q:** What does the Bible call the Day in the Tomb?
A: The Sabbath.

10. **Q:** What does the Bible call the Day of Christ's Resurrection?
A: The First day of the Week.
11. **Q:** So we say Good Friday. What does the Bible say?
A: Preparation Day.
12. **Q:** We say Saturday. What does the Bible say?
A: The Sabbath.
13. **Q:** We say Easter Sunday. What does the Bible say?
A: First day of the week.
14. So the **ID** is confirmed! Our Saturday is the Bible Sabbath!

Secret # 3: Christ Never Changed It! Instead, He Kept It!

1. What did Jesus say?
2. "Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill. For assured, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled." (Matt. 5:17,18)
3. Christ said: I never did! And I never will!
4. So what did Jesus do? **Luke 4:16**
5. Instead of changing it, Christ kept it!

Secret # 4: It is God's Best Prescription for Stress!

1. How can the Sabbath lower my stress and improve my health?
2. **Here's God's answer!** "If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a delight, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in the LORD." (Isa. 58:13,14)
3. Sometimes the burdens of life seem too heavy to bear!
4. So for one **full day each** week I can put away life's cares – job, school, business – the things that cause me **stress!**
5. I don't talk or even think of them. They are in God's hands.
6. My mind gets a weekly holiday experiencing freedom from stress.
7. After such renewal, I am ready to face the challenges of a new week.
8. This renewal comes with worship, prayer and praise.
9. "Great peace have those who love Your law, and nothing causes them to stumble" (Psalm 119:165).
10. "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You" (Isaiah 26:3)

3. She was small, but she was great!
She was great, because she had a great **attitude!**
4. Because she had a great attitude,
she was able to attract a great man to her great God!
5. Today, many so-called Christians have a **bad** attitude!
So they cannot attract anybody to Jesus!
6. Why? They are in the Church, but not **converted!**
7. Let's get converted! Get a winsome attitude!

C. Prophet

1. Well, word got to the King of Syria.
2. So he sent Naaman with a royal letter to the King of Israel.
3. The letter. **2 Kings 5:6**
4. Reaction of the king of Israel. **2 Kings 5:7**
5. The prophet's statement. **2 Kings 5:8**
6. I'm glad I belong to God's Remnant Church that can say,
"There is a prophet in Israel!"
7. Prophet Today **Rev. 12:17; 19:10**
8. Ellen G. White
 - a. Over 70 years of prophetic ministry.
 - b. Ministered on 3 continents: America, Europe & Australia.
 - c. Wrote 100,000 manuscript pages of inspired writings.
 - d. Counsel on Health, Education, Family Life, Spiritual Life.
9. Yes, "There is a prophet in Israel!"

II. RIGHT CHOICE

A. Abana Or Jordan?

1. Naaman's stance! **2 Kings 5:9**
Probably he was asking himself: Am I at the right place?
2. Prophet's Messenger and Message **2 Kings 5:10**
3. Naaman's **Expectations!** **2 Kings 5:11**
The Expectations of people today!
4. Naaman's **Alternatives!** **2 Kings 5:12a**
5. Today people want Alternatives!
"I'm already in a church. Why get baptized in SDA Church?"

SABBATH: END OF SECOND WEEK OF CAMPAIGN

SERMON

NAMAAN THE LEPER! GET HEALING TODAY!

ATTENTION

1. The Bible is the greatest story book of all time!
2. It has stories of
 - a. Bad people and good people.
 - b. Rich people and poor people.
 - c. Sick people and healed people.
 - d. Lost people and saved people.
3. Today's story of a man who got **healed**.
And he also got **saved**!
4. He got both Physical Healing and Spiritual Healing!

I. LEPROSY

A. Naaman

1. Story starts in **2 Kings 5:1**
2. Leprosy then was like AIDS now: No Cure!
3. Leprosy was also used as a symbol of sin!
4. **Attention!** Every unrepentant sinner is a leper!
5. Naaman was "a **great** man" but he was a leper!
6. You may have
 - a. Political greatness; but if a sinner, you're a leper!
 - b. Financial greatness; but if a sinner, you're a leper!
 - c. Academic greatness; but if a sinner, you're a leper!
 - d. Professional greatness; but if a sinner, you're a leper!
 - e. Religious greatness; but if a sinner, you're a leper!

B. Little Maid

1. But the story has another great person! **2 Kings 5:2,3**
2. Put yourself in **her** place.
How would you have reacted?

Secret # 5: It was Christ's Favorite Day to Relieve Stress!

1. Amazing! 20% of Christ's recorded miracles were done on the Sabbath!
2. Paralyzed for 38 years, the man took up his bed and walked! (John 5:1-15).
3. The demoniac got deliverance! "Come out of him!" said Jesus. (Mark 1:21-28).
4. Crippled and bent for 18 years, the woman stood erect when Jesus commanded, "Be loosed!" (Luke 13:10-17).
5. Blind from birth, the man declared, "I was blind, now I see." (John 9:1-41).
6. The Sabbath is the day that Jesus loves to relieve Human Stress!
7. **Coming Soon!** BIG Sabbath Celebration! You are Invited!

Secret # 6: The Sabbath will Be throughout Eternity!

1. Soon Jesus will come again, and we will be stress-free forever!
2. The Sabbath will be through all eternity!
3. Here's the promise! "'For as the new heavens and the new earth which I will make shall remain before Me,' says the LORD, 'so shall your descendants and your name remain. And it shall come to pass that from one New Moon to another, and from one Sabbath to another, all flesh shall come to worship before Me,' says the Lord." (Isaiah 66:22,23)
4. If I will keep it then, I need to keep it now!

DECISION

1. **Song.** "Peace, Peace, Wonderful Peace" **Sit and Sing.**
2. How many want to say, "Dear Lord, help me to use the Six Strategies to manage stress." **Please Stand.**
3. How many would like to say this **prayer**:
"Lord, the Seventh Strategy is most important. Please help me to worship You on Your Day of Peace." **Raise Hands!**
4. And how many would like to **also pray**, "Dear Lord, deep down in my heart, please give me Your inner peace!" **Raise Hands!**
5. **Circle of Prayer.**
 - a. It's now time for our Circle of Prayer

- b. If you have not received a Prayer Card, please raise your hand, get a card and fill it out.
 - c. While we sing our Prayer Song, go to one of the Prayer Boxes, drop your card, and come around the Altar for Prayer.
 - d. Two Intercessory Prayers for the requests.
6. **Assurance.**
- a. Do you believe God has heard your prayer?
 - b. If so, say, "Praise the Lord!"
 - c. Then go forth and claim the answer!
 - d. As you go, sing, "To God be the Glory!"

9. **One day soon, God will recreate this planet with the New Jerusalem as its capital! And there will be a wealth of jewels!**
Rev. 21:19. The foundations are adorned with precious _____.
Rev. 21:21a. The twelve gates are twelve _____.
Rev. 21:21b. I don't need to wear gold; I'll walk on streets of _____.
10. **Then God's people will not wear jewelry. We ourselves will be God's jewels! What does He Himself say?**
Malachi 3:17 _____.
11. **We will be Priceless Jewels! Why? Because of the price Christ paid for our salvation!**
1 Peter 1:18, 19. What's the price? _____.
Isaiah 49:16. How precious are we? _____.
Discuss: We are inscribed in the palms of God's hands!
 What do you think that means? _____.
 Why does that make me priceless? _____.
12. **The only glitter I will carry through all eternity is a royal crown!**
Revelation 2:10. It is called a crown of _____.
 That crown will be more precious than the crown of the monarch of England!
13. **But when Christ puts it on my head, I will cast it at His feet! Because I'm not worthy, what will I exclaim?**
Revelation 5:11, 12. "Worthy, worthy is the _____!"
 I want to join that chorus! Don't you? _____
14. **My Response**
- Like Jacob's family, I have decided to put away my jewelry.
 - Instead, I want the ornament of a gentle and quiet spirit.
 - I have decided for heaven! I want to walk on streets of gold.
 - I long to see Jesus! I will gladly cast my crown at His feet!

SABBATH: END OF SECOND WEEK OF CAMPAIGN

SABBATH SCHOOL LESSON

GOD'S PRECIOUS JEWELS!

The Crown Jewels of England are estimated to be worth £ 20,000,000! One of the precious stones in the Imperial State Crown is a 105-carat diamond! But God has jewels that are of infinite worth! Let's hear what He says.

1. **In ancient times, jewelry was used in some marriage ceremonies.**
Isaiah 61:10. Who wore them? _____.
2. **But in Scripture, jewelry is very often associated with apostasy!**
Exodus 32:3, 4. Israel used earrings to make an idol, a _____.
Hosea 2:13. Hosea's unfaithful wife decked herself with _____.
3. **But what happened when the people repented of their golden calf apostasy?**
Exodus 33:4, 5. God told them to take off their _____.
Exodus 33:6. They _____ themselves of their ornaments.
4. **In Isaiah's day, Israel sank into apostasy - again!**
Isaiah 3:18-21. Name some of the jewelry that they wore.
If they failed to take them off, who would do so? _____.
5. **After Jacob met Jesus, he called his family to revival!**
Genesis 35:1,2. He told them to put away their strange _____.
Genesis 35:4. They put away their idols and their _____.
6. **In the New Testament, God's counsel is the same.**
1 Timothy 2:9. Dress with _____ clothing, without jewelry.
7. **What should replace the outward ornaments?**
1 Peter 3:3, 4. The ornament of a gentle and _____ spirit.
Discuss: What does that mean? _____.
8. **What effect will this have on an unbelieving spouse?**
1 Peter 3:1, 2. That unbeliever might be _____ to Christ!

Sermon 4

CAN SEXUAL INTIMACY KEEP ME HEALTHY AND HAPPY?

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
True or False: Sexual Activity Can Keep Me Healthy and Happy.

ATTENTION

1. We all know that the exercise can help keep us healthy and happy.
2. And we also know that tobacco will prevent us from being healthy and happy.
3. The big question: Can sexual activity help to keep us healthy and happy?

SEXUAL INTIMACY

GOOD FOR OUR HEALTH!

Scientific research shows that with appropriate boundaries, sexual intimacy could make us more healthy and happy. Here are some benefits.

1. Sex lowers stress. It causes the brain to produce serotonin, which lowers our stress.
2. It offers protection. It boosts the immune system, which helps to protect us against infections.
3. Sex helps us to relax, and this lowers blood pressure.
4. This exercise burns calories! 30 minutes of sex burns 85 calories.
5. It improves heart health. Activity increases blood flow, and this aids the prevention of heart disease.
6. Sexual activity decreases pain. Rise in endorphins decreases pain and increases feelings of pleasure.
7. Sex improves mood. The rise in levels of estrogen enhances our mood.

8. It aids sleep. Release of oxytocin during orgasm enhances sleep.

GOD SAYS: IT'S GOOD!

1. God Himself says that sex is good!
2. Let's read what He said. **Genesis 2:24**
3. The term "one flesh" refers to marital sexual intimacy.
4. So in the Old Testament, God the Father commended it.
5. And in the New Testament God the Son endorsed it! He said, "So then, they are no longer two but one flesh." (Matthew. 9:6)
6. Since it was made by our holy Father, and blessed by our loving Savior, within marriage,
 - a. Sex is not common, it is sacred!
 - b. It is not dirty, it is clean!
 - c. It is not nasty, it is holy!
7. So, the answer is **Yes!** Sexual Activity can be **good** for our health!

BAD FOR OUR HEALTH!

A. Sexual Transmitted Diseases

1. But, the answer is also **No!**
Sex with the wrong partner can be **bad** for our health!
2. It can cause STDs - Sexually Transmitted Diseases.
3. **Q:** What are some STDs?
A: They include Chlamydia, genital herpes, gonorrhea, HIV/AIDS, hepatitis B, and syphilis.
4. The deadliest one is AIDS!
5. STDs are a silent epidemic!
 - a. 25% of American teenagers are infected!
 - b. 50% of sexually active adults have the infection!
6. Here is some good advice:
 - a. If you are uncertain of your condition, get tested.
 - b. And if you are infected, get treated.
 - c. Most STDs can be treated with antibiotics.

B. Prevention.

1. But the wise saying is: "Prevention is better than cure!"

NEXT SABBATH

1. Next Sabbath we will be having a **second** Anointing Service.
2. It's the Anointing that Jesus had.
3. The record is found in **Matthew 3:16**
4. This is the Anointing by the Holy Spirit!
5. And it occurred at Christ's Baptism!
6. So Next Sabbath we will have a beautiful Baptism Service.
7. Then we all, like Jesus, can be Anointed by the Holy Ghost!
8. If you want the Holy Ghost Anointing, say **Amen!**
9. Closing Prayer
10. Hymn of Thanksgiving: "To God be the glory!"

SERMON WORKSHEET

I. SAVIOR AND HEALER

1. First, Jesus died for our _____ **Isaiah 53:5**
2. Second, Christ died for our _____. **Matthew 8:16, 17**

II. FOUR AREAS OF HEALING

1. Christ healed some _____. **John 5:5,8,9**
2. Jesus healed others _____. **Mark 1:21,23,25**
3. Christ healed people _____. **Luke 13:10-12**
1. Jesus healed some people _____. **Luke 5:18,20**

III. THREE CONDITIONS FOR HEALING

1. Have _____ in God. **Matthew 9:29**
2. Obey God's _____ Laws. **1 Cor. 3:16,17**
3. Obey God's _____ Law. **Psalms 66:18**

IV. GOD'S FOUR METHODS OF HEALING.

1. _____ miraculous healing. **John 5:5,8,9**
2. _____ healing. **Mark 8:22-25**
3. _____ healing. **Luke 5:31**
4. _____ healing. **2 Cor. 12:7-9.**

2. But he himself had an ailment. **2 Corinthians 12:7**
3. Paul had Dr. Luke with him. But the ailment was still there!
4. So he decided to pray for healing. **2 Corinthians 12:8**
5. What was God's answer? **2 Corinthians 12:9a**
6. God said, "I'll not give **complete** healing of body, mind and spirit. Instead I'll give you **partial** healing: Mind and spirit."
7. God said, "I'm not giving you **physical** healing, But I'm giving you **emotional** healing!"
8. You will be Physically weak; but Emotionally **strong!**
9. You'll have Power to cope and live joyfully!
10. And what did Paul say? **2 Corinthians 12:10**
11. Today, if God **chooses**, rather than healing your body, He will heal your mind and your spirit.

GOD'S CHOICE!

1. So God heals different people in different ways.
 - a. Sometimes He heals instantly.
 - b. Other times Progressively.
 - c. Sometimes Professionally.
 - d. Other times Partially.
2. I don't know what He will do for you today.
3. But I'm **sure** He will perform some **type** of healing this day!
4. If you:
 - a. Have **Faith** in God
 - b. Obey God's **Health** Laws
 - c. Obey God's **Moral** law.
5. You can get healing **today!**

ANOINTING

1. Look what Scripture says **James 5:14-16**
2. **Procedure** for the Anointing Service.
3. Prayer for **Healing**.
4. Music during Anointing: "The Great Physician"
5. Anointing Ceremony.
6. Prayer of **Thanksgiving**.
7. Now here's a **Special** Announcement.

2. So what is the key to prevention?
3. The key is: Have sex with your safe marriage partner **only**.
4. Let's listen to the prescription of Dr. Jesus. **Exodus 20:14**

C. "You Shall Not!"

1. There is a variety of cases to which God's "You shall not" applies.
2. Some of these are:
 - a. Premarital sex (1 Corinthians 6:18).
 - b. Extra-marital affairs (Genesis 39:7-10).
 - c. Cohabitation (Hebrews 13:4).
3. So if you are living with someone whom you love, but you two are not married:
 - a. God wants you to get married! Talk to me about it.
 - b. But if marriage is not possible or desirable, end the affair!
4. God's "You shall not" also applies to:
 - a. Prostitution (1 Corinthians 6:15,16).
 - b. Child sexual abuse (Matthew 18:6)
 - c. Homosexuality and lesbianism (Romans 1:26-28).
5. Attention! Having a homosexual nature or desire is not committing sin! We all have a sinful nature!
6. It is engaging in homosexual behavior that is the sin!
7. So, while we reject homosexuality, we should love the homosexual – just as Christ does!

D. Other Dangers

1. In addition to risk of STDs, there are other dangers!
2. One of these is unwanted pregnancy. That can alter the course of your life.
3. Another is feelings of guilt. This can destroy your peace of mind.
4. Still another is guilt feelings after marriage, which can cause sexual dysfunction.
5. One of the worst is promiscuity - moving from one partner to another. This vicious cycle can be hard to break.

THREE KEYS TO VICTORY

So how can I get victory over sexual temptation? Here are Three Keys!

First Key

1. Key # 1 is: Make a Firm **Decision**.
2. It all starts with the mind. And the mind is powerful.
3. “Resist the devil and he will flee from you. Draw near to God and He will draw near to you” (James 4:7, 8).
4. Say “No!” and mean it!
5. Be like Joseph! “Joseph was pressured “day by day... But he refused!” (Genesis 39:8-10).

Second Key

1. Key # 2 is: Use **Re-direction**.
2. Redirection is the channeling of energy in a different direction.
3. Energy redirected toward positive activities can bring physical and emotional satisfaction.
4. Redirection is Biblical! “Do not be overcome by evil, but overcome evil with good” (Romans 12:21).
5. Examples of Re-directional Activities are: Physical exercise, Gardening, or working with a Community Project.

Third Key

1. Key # 3 is: Maintain High **Self Worth!**
2. Low self worth makes one vulnerable to promiscuity.
3. For example: Kate’s father keeps telling her that she’s no good. Then comes Charlie who flatters her, hugs her, then urges her to have sex with him. She is likely to say “Yes!”
4. **Q:** Why is that so? **A:** Because her self esteem is low.
5. But high self worth is a deterrent to illicit sexual behavior.
6. For example: Kaija’s dad often tells her how special she is to him. So when Charlie comes by with his flattery and asks her to have sex with him, she is likely to say, “No!”
7. **Q:** Why is that so? **A:** Because her self esteem is high!
8. No matter what others say, I’m not cheap! I am valuable!
9. My body is so valuable that it was bought with the precious blood of Jesus!

IV. GOD’S FOUR METHODS

1. When we do our part, God will do His part.
2. But God has **various** ways of healing.
3. And because God is God, He **chooses** which way He uses to answer each prayer. Here are four of His methods.

Method # 1: INSTANT MIRACULOUS HEALING

1. Jesus used this method with the man in John 5.
2. The man was paralyzed for 38 years!
3. Christ said, “Rise, take up your bed and walk!”
4. And the man was healed - instantly!
5. **Today**, when you are anointed, if God **chooses** to use this option, He will give you **instant** healing!

Method # 2: PROGRESSIVE HEALING

1. Christ used this method in **Mark 8:22-25**
2. This healing was gradual, step by step. It was progressive!
3. As you obey God’s laws of health, He can give you gradual, progressive healing.
4. Today, If God so **chooses**, He can **start** the process of **progressive** healing for you!

Method # 3: PROFESSIONAL HEALING

1. In these modern days, God has given human beings wisdom to crack the mysteries of medical science.
2. So physicians can become partners with God to bring healing.
3. Christ endorsed the work of physicians. **Luke 5:31**
4. Apostle Paul had a physician on his team!
5. His name was Dr. Luke, and Paul called him, “Luke the beloved physician” (Colossians 4:14).
6. So if God **chooses**, He can give you **professional** healing!

Method # 4: PARTIAL HEALING

1. Paul himself performed miracles of healing!

d. Hear Jesus say, "Your sins are forgiven!"

III. THREE CONDITIONS

1. Today God is ready to do a miracle for you.
2. But **miracle** is not **magic**! What's the difference?
3. Magic: The magician does his tricks. You have nothing to do!
4. Miracle: God does His part. But you have to do your part.
5. Example: Christ's first miracle. He turned the water into wine. But they had to bring the water!
6. Here are **three** things you have to do to experience a miracle.

A. HAVE FAITH IN GOD

1. Jesus: "According to your faith!" **Matthew 9:29.**
2. James: Ask in faith. Or else, Nothing! **James 1:6, 7**
3. The **first** condition for healing today is: Have Faith in God.

B. OBEY GOD'S HEALTH LAWS

1. If we desecrate our bodies, we will experience destruction!
Not Restoration! **1 Cor. 3:16,17**
2. Example: If I get lung cancer, but I refuse to stop smoking,
Can I claim the Miracle of God's healing?
3. **Q:** Why not?
A: Because I am deliberately disobeying God's Health Laws!
4. So the **second** condition for healing today is:
Obey God's Laws of Health.

C. OBEY GOD'S MORAL LAW

1. If I disregard God's Ten Commandments, what will happen to my
prayer? **Proverbs 28:9**
2. Example: If I get AIDS, but continue to have casual sex,
Can I claim the Miracle of God's Healing?
3. **Q:** Why not?
A: Because I am deliberately disobeying God's 7th Command-
ment!
4. The **third** condition for healing today is:
Obey God's Moral Law – His Ten Commandments.

10. "You were bought at a price; therefore glorify God in your body and in your spirit which are God's" (1 Corinthians 6:20).

GOD'S LAW

A. Law of Love.

1. Do you know that God's prescription for sexual health is one of His Ten Commandments?
2. "You shall not commit adultery" is God's seventh commandment!
3. Sent from the heart of God, it is a Law of Love.
4. He says, "If you love Me, keep My commandments." (John 14:15).
5. If you love Me:
 - a. You shall have no other gods before Me.
 - b. You shall not make for yourself a carved image.
 - c. You shall not take the name of the Lord your God in vain.
 - d. Remember the Sabbath day to keep it holy.
 - e. Honor your father and your mother.
 - f. You shall not murder.
 - g. You shall not commit adultery.
 - h. You shall not steal.
 - i. You shall not bear false witness.
 - j. You shall not covet.

B. Questions & Answers.

1. Question: Did Christ ever abolish any of His Ten Commandments?
2. The answer is found in **Matthew 5:17,18**
3. Jesus said: Don't even think it!
4. Question: Do I need to obey God's Law if I am saved by God's Grace?
5. The answer is found in **Romans 3:31**
6. The NIV puts it this way: "Do we, then, nullify the law by this faith? Not at all! Rather, we uphold the law."
7. So when I'm saved by the Grace of Jesus, I keep the Law of Jesus!
8. **Let's Illustrate!**
Harry likes to speed, and one day the police stopped him. After he told a story and pleaded for mercy, the cop said, "I'm giving you grace! Instead of a ticket, I'm giving you a warning."
But next day Harry was speeding again! And to his dismay, he met the same officer!

“What’s your story today?” asked the policeman.

“Well, sir, since you gave me grace yesterday, I thought that I was free to break the law today!”

9. If you were the cop, what would you say to Harry?
10. Since the police gave him grace yesterday, he should be careful to keep the law today!
11. So when I’m saved by the Grace of Jesus, I’m obligated to keep the Law of Jesus.

SPIRITUAL INTIMACY

PARABLE

1. Sexual Intimacy is Sacred!
 - a. God created it in Eden.
 - b. God included it in His Ten Commandments.
 - c. God used it a parable!
2. The parable is stated in **Ephesians 5:31,32**
3. As a husband and wife bond sexually, so Christ and I should bond spiritually.
4. Here are five parallels.

FIVE PARALLELS

1. **Parallel # 1: Privacy.** As a couple bonds in privacy, so Christ wants to be with Him in private – the two of us alone!
2. “When you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place, and your Father who sees in secret will reward you openly” (Matt. 6:6).
3. **Parallel # 2: Time.** As spouses spend quality time with each other, so I should reserve time to be with my Savior.
4. “And in the morning, rising up a great while before day, He went out and departed into a solitary place, and there prayed” (Mark 1:35).
5. **Parallel # 3: Talk.** Just as lovers love to talk with each other, so I need to talk with my Lord. I do so through prayer.
6. “Prayer is the opening of the heart to God as to a friend.”
“Pour out your heart before Him” (Psalm 62:8).

3. And because God is our Maker,
He is the only true Healer! **Psalm 103:3**
4. While Christ came to earth, He had a two-fold ministry.
 - a. Jesus was the Great Teacher.
 - b. And He was the Great Healer.
5. And after 3 ½ years of preaching and healing,
Christ climbed Mt. Calvary and died for you and me!
6. **Q: Why did He die?** **Isaiah 53:5**
7. **First**, Jesus died for our **sins**.
“He was wounded for our transgressions”
8. **Second**, Christ died for our **sickness**.
“By His stripes we are healed!”
9. Matthew illuminates Isaiah! **Matthew 8:16, 17**

II. FOUR AREAS

1. There are four areas of healing
 - a. Physical – Healing of the body.
 - b. Mental – healing of the mind
 - c. Emotional – Healing of our feelings.
 - d. Spiritual - healing of the soul from sin
2. Jesus healed people in all four areas.
3. Christ healed some **physically**. **John 5:5,8,9**
 - a. Notice that this was done on the Sabbath!
 - b. **This Sabbath**, somebody can get physical healing!
4. Jesus healed others **mentally**. **Mark 1:21,23,25**
 - a. This was also done on the Sabbath!
 - b. **This Sabbath**, somebody can get mental healing!
5. Christ healed some people **emotionally**. **Luke 13:10-12**
 - a. “Bent over,” she “could not raise” her head physically.
 - b. And she “could not raise” her head **emotionally**.
 - c. She felt like a Nobody!
 - d. Notice that this was also done on the Sabbath.
 - e. **This Sabbath**, somebody can get emotional healing!
Freedom from fear and hurt, from guilt and shame!
6. Jesus healed some people **spiritually!** **Luke 5:18,20**
 - a. Man needed spiritual healing **more** than physical healing!
 - b. So Jesus said, “Your sins are forgiven!”
 - c. **This Sabbath**, somebody can get spiritual healing.

SABBATH: END OF FIRST WEEK OF CAMPAIGN

SERMON

EXPECT A MIRACLE! COME AND BE HEALED!

ATTENTION

1. Maybe you have seen it on TV!
 - a. People are escorted to the platform.
 - b. Preacher lays his hands on them and cries, "Be healed!"
 - c. They walk off the stage different from how they came!
 - d. And there is a big applause!
2. However, there are some **problems** with such activity.
 - a. First, it is reported that some of them were not really sick. It was a show! I do **not** know if that is true or not.
 - b. Second, when Jesus healed the sick, it was not theatrical. He did not make a show. At times He even told the person who was healed to be quiet about it.
 - c. Third, In Scripture, healing is not universal. Not everyone who prayed for healing got healing.
3. Today we want to **study** what the Word of God says about healing.
4. And we want to **experience** healing in God's way.
5. Our Theme Song says
"The God of mighty miracles is marching through this land,
Healing bodies, healing minds with His almighty hand.
He wants to recreate my life, bring health and healing now.
Renew my mind and body, and my spirit – while I bow.
6. The Chorus says
O touch me now, O Holy Spirit, with Your mighty power!
Do your miracles in me - right at this very hour!"
Glory! Glory! God Almighty! It's Your matchless pow'r!
Praise God for His great miracles right at this very hour!

I. SAVIOR AND HEALER

1. Scripture is clear: God is our Maker! **Psalm 100:3**
2. Man did **not** come from a monkey!
We came from the hand of God!

7. **Parallel # 4: Listen.** While lovers talk, they listen to one another. So after I pray to God, I should listen to what He says to me. He talks to me through His Word, the Bible.
8. "You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me" (John 5:39).
The Bible is the voice of Jesus speaking directly to me!
9. **Parallel # 5: Meditate.** As they silently think of their love for each other, so I can silently meditate on God's love for me. That gives me joy and peace.
10. "My meditation of Him shall be sweet" (Psalm 104:34,KJV).

DECISION

1. **Song.** "My Jesus, I love Thee." **Sit and Sing.**
2. Here is our **first prayer.** "Dear Lord, help me to please You in all my sexual activity, so I can be healthy and happy."
How many would like to say that prayer? **Please Stand.**
3. And here's our **second prayer.** "Dear Lord, I love You. Help me to spend time alone with You every day."
If you would like to say that prayer, **Raise Hands!**
4. **Love Card.** It's time to fill out your Love Card
5. **Prayer Time.** Bring your Love Card to the Love Boxes and let us pray over them. Stand, Sing and Come!
6. **Prayer.**

Sermon 5

LET'S SCALE MT. EVEREST! THE SECRET STRATEGY FOR SUCCESS.

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
Let's Scale My. Everest! The Secret Strategy for Success!

ATTENTION

1. **Q:** Which is the world's highest mountain?
A: Mt Everest.
2. **Q:** Who were the first two persons to reach the summit of Everest?
A: Edmund Hillary and Tenzing Norgay.
3. **Q:** Why were they the first to reach the top?
A: They discovered a Secret Strategy!

WATER AND HUMAN LIFE

THEIR SECRET STRATEGY

1. For mountain climbing, physical stamina is a well known strategy.
2. Another well known strategy for mountain climbing is professional gear.
3. In 1952, the team from Switzerland, then believed to be the best, used these strategies. But they failed to reach the top!
4. As the British team studied the Swiss operations, they made an important discovery.
5. They found that the Swiss had been drinking only two glasses of water a day!
6. So the British decided to drink **12** glasses per day!

We lay aside work and school, the bills and the cares of life – all these cause stress! Our minds get a holiday – a weekly vacation!

7. **Blessing Number Two is Happiness.**

Isaiah 58:14a. We _____ ourselves in the Lord.

In God's presence we experience true joy and real delight.

"Happy is he who keeps the law" (Proverbs 29:18).

8. **The Third Blessing is Prosperity.**

Isaiah 58:14b. We will ride upon the _____ places of earth!

We will be "the head and not the tail (Deut. 28:13, 14). We may never become rich, but God will supply our every need (Phil. 4:19).

9. **Blessing Number Four is a Thankful Heart.**

Psalms 92:1. We practice giving _____ to the Lord.

We learn to count our blessings and thank God for them. Then we should attend the services of the church and praise God together.

10. **The Fifth Blessing is Family Fellowship.**

Luke 4:16. Jesus returned to His hometown named _____, and to His family. We are able to fellowship with members of our family, and with the members our spiritual family, the Church.

11. **Blessing Number Six is Discipleship.**

1 John 2:6. A disciple _____ as Jesus walked. He kept each Sabbath. When we keep His Sabbath, we become His disciples.

12. **Here's our Seventh Blessing: Foretaste of Heaven!**

Isaiah 66:22.23. In the _____ Earth, we will worship on Sabbath! So each Sabbath Celebration now is preparation for the Grand Celebration then.

My Response

- I like blessings! So I want to get all the blessings the Sabbath brings.
- I want to be a follower of Jesus and keep the Sabbath as He did.
- I will start preparing now for the Sabbath Celebrate in the New Earth.

SABBATH: END OF FIRST WEEK OF CAMPAIGN

SABBATH SCHOOL LESSON

SEVEN BLESSINGS!

Do you want to receive more blessings? Here's how to get seven more.

- 1. At the end of Creation Week, God created a day of Special Blessings. Which day was this?**
Genesis 2:1-3. This blessed day is the seventh-day _____.
So the Sabbath did not start with Moses, but with Adam and Eve.
- 2. When does this Day of Blessing begin?**
Lev. 23:32. The day starts and ends at _____.
Mark 1:32. Evening starts at the _____ of the sun.
The Sabbath starts sunset Friday and ends at sunset on Saturday.
- 3. To get the maximum blessings, we need to do preparation.**
Mark 15:42. The Preparation Day is _____.
Friday is the day for shopping, cleaning, and food preparation.
Meals may be completed or heated on the Sabbath. And the Sabbath meal should be the best meal of the week!
- 4. How should we start and close the Sabbath?**
Psalms 105:1, 2. We should welcome the Sabbath with _____
of praise, Scripture, and Prayer, and close the Sabbath likewise.
- 5. Should sickness and emergencies be attended to on God's day?**
Matthew 12:10-13. Christ _____ people on the Sabbath.
20% of the recorded miracles of Jesus were done on Sabbath! On this Day of Blessing God blesses us, and we should bless others.
- 6. The First of the Seven Blessings is Freedom from Stress!**
Isaiah 58:13. We avoid doing our _____, and even speaking our own _____.

7. And on May 29, 1953, Hillary and his guide Norgay, conquered Mt. Everest!
8. What was their Secret Strategy? Drink Plenty Water!

OUR SECRET STRATEGY

1. Each of us has our own Mt. Everest to climb
2. These are things that are very difficult to accomplish.
3. And in this series, we are studying how to climb one of them!
4. It's the Mt. Everest of Your Health!
5. We have already looked at two well known strategies.
6. These are Nutrition and Exercise.
7. Now let's examine the Secret Strategy: Water!
8. Just as water was crucial to scale Mt Everest of Nepal, so it is vital to climb the Everest of your Health.

IMPORTANCE

1. Why is water so vital to Life and Health?
2. Because every tissue, every cell of the body needs water to function!
3. Water constitutes 65% of the body, 80% of the blood, 90% of the lungs, 85% of the brain, and 15% of the bones!
4. Let us look at Six Functions that water performs.

SIX FUNCTIONS!

Function # 1: Water transports Nutrients to All Parts of the Body.

1. When we eat, the nutrients in our food are broken up in the digestive system, and become water soluble.
2. Water allows these nutrients to pass through the tiny capillaries of the intestines into the blood.
3. Then the blood transports these nutrients to the trillions of body cells.

Function # 2: Water Carries Oxygen to Every Cell of the Body.

1. When we breathe in air, life-giving oxygen goes to our lungs.
2. It is the blood, which is mostly water, that carries this oxygen to each cell of the body.

3. Therefore what did God do to Adam? He
“breathed into his nostrils the breath of life; and man became a living being” (Genesis 2:7).

Function # 3: Water Removes Waste Products.

1. Water is not only the body’s transportation agent, it is also the body’s disposal agent!
2. Water transports the body’s impurities to the kidneys for disposal.
3. Waste disposal takes place through perspiration, urine, and fecal matter.

Function # 4: Water Prevents Many Illnesses.

1. Water combats constipation by aiding the movement of feces.
2. Since water removes fecal matter, which has harmful toxins, water lessens the risk of colon cancer and bladder cancer.
3. Water lessens the formation of kidney stones, which are painful.
4. It helps to prevent joint pain by lubricating joints and cartilage.
5. Water combats obesity. Drinking water helps us eat less. And consuming fewer calories decreases the risk of obesity.

Function # 5: Water Lessens the Risk of Disease.

1. Bathing removes dirt and lessens the risk of illnesses.
2. Good hand washing reduces transmission of infectious diseases.
3. **Q:** How many seconds does it take to do good hand washing?
A: 15 seconds!

Function # 6: Water Gives Healing.

1. The use of water for treatment of ailment is called Hydrotherapy. Here are a few examples.
2. **Muscular Aches:** Alternate hot wet towels with cold wet towels. This increases blood flow.
3. **Injury and Bruises:** Apply cold compresses. This reduces pain and inflammation.
4. **Tired or Aching Feet.** Use warm foot baths. This and helps us to relax.

5. How many want to take **Step # 2:** Share Jesus - Visit people today; Invite people for tonight? **Hands!**
6. How many want to take **Step # 3:** Sacrifice for Jesus - Whatever the Spirit is asking you to sacrifice for Your support of this Campaign. **Altar!**

B. Rewards!

1. Soon Jesus will come again! And He will bring Rewards!
2. **Q:** What will be your Reward?
A: “They shall see His face, and His name shall be in their foreheads” (Rev. 22:4).
3. “Face to face with Christ my Savior,
Face to face, what will it be,
When with rapture I behold Him,
Jesus Christ who died for me?”
4. When I take:
 - a. Step 1: Meet Jesus, and
 - b. Step 2: Share Jesus, and
 - c. Step 3: Sacrifice for Jesus, then
 - d. Step 4: One day soon, I shall See Jesus!
5. Prayer of Consecration!

B. Sacrifice like Andrew

1. While the boy was making his sacrifice,
The man Andrew was also making his sacrifice!
2. While the boy sacrificed his lunch,
The disciple sacrificed his comfort!
3. The distribution system **John 6:11**
4. **Q:** If there were 15,000 people and 12 disciples,
How many people did each disciple serve ?
A: Each serviced more than a thousand!
5. **Q:** Did the disciples eat first?
A: No! They ate last!
6. So hungry Andrew was going back and forth with the bread, and
then with fish, to feed over 1,000 people!
7. That's a lot of sacrifice!
8. The boy made his sacrifice!
The disciple made his sacrifice!
And God is asking you to make your sacrifice!
9. During this Campaign, God is asking you to sacrifice
 - a. Your Time!
 - b. Your Energy!
 - c. Your Talents!
 - d. Your Life!
10. God wants a **living** sacrifice! **Romans 12:1**

Decision

A. Review & Action

1. "All to Jesus, I surrender!" **Sit & Sing Stanza # 1.**
2. That was the Boy's Song! That was Andrew's Song!
Is that your song?
3. Three Steps for Andrew and for us. What are they?
 - a. Meet Jesus!
 - b. Share Jesus!
 - c. Sacrifice for Jesus!
4. How many want to take **Step # 1:** Meet Jesus -
Spend Quiet Time with Jesus every morning? **Stand!**

THREE ACTIONS

Since water is so vital to life and health, we need to take Three Actions!

Action 1: Drink Six to Eight Glasses of Water Daily.

1. The body loses 10 to 12 glasses of water per day. So we need to replace this loss.
2. We replace three to four glasses by the food we eat.
3. So we need to drink six to eight glasses to replace the rest.
4. Sometimes we may need more!
 - a. Those with bigger body mass need more.
 - b. Vigorous exercise causes greater water loss; so we need more.
 - c. Illnesses such as fever, vomiting and diarrhea require that we replace water loss.
5. Here is a Simple Test: Look at the color of your urine. Drinking enough water will produce clear urine.
6. Even Jesus needed to drink water!
"Jesus said to her, 'Will you give Me a drink?'" **John 4:7**

Action 2: Allow No Substitutes!

1. Sodas and sweet drinks do not count toward water intake.
2. In fact, they are health hazards!
One can of soda contains 8 to 12 teaspoons of refined sugar!
3. Caffeinated drinks do not count either! Instead, they are harmful!

Action 3: Create a Water Strategy. Use Ideas!

1. Start to drink early. Take one or two glasses when you wake up.
2. Keep water handy and drink at regular intervals.
3. Measure a daily supply. Then aim at emptying the container.
4. Don't wait to feel thirsty. When you are thirsty, water is long overdue.

Let's Review

So what are the Three Actions for good water intake?

1. Drink Six to Eight Glasses of Water Daily.
2. Allow No Substitutes!
3. Create a Water Strategy. Use Ideas!

Q: How many want to say “Yes” to these Three Actions? **Raise Hands!**

WATER AND ETERNAL LIFE

MT. ZION!

1. First, water is needed to climb the physical mountain.
2. Second, water is vital to climb our Health Mountain.
3. Third, water is also crucial to climb our spiritual mountain!
4. Good News! One day soon, Jesus is coming again!
5. Then Mt. Everest and all of earth’s mountains will be destroyed!
6. “Then the sky receded as a scroll when it is rolled up, and every mountain and island was moved out of its place” (Rev. 6:14).
7. And God will create a new heaven and a new earth!
8. But one special mountain will exist forever!
9. What is its name? **Revelation 14:1**
10. It is Mt. Zion! The mountain of the saved!

SECRET STRATEGY

1. The first strategy for climbing Mt. Zion is well known.
2. What is it? **John 3:16**
3. It’s the Blood of Jesus!
4. But there is a second strategy that many do not know!
5. It’s the Secret Strategy!
6. What is it? **John 3:5**
7. It’s the Water of Jesus! That’s the Water of Baptism!
8. Jesus said that it’s vital!
9. “He who believes [the first strategy] and is baptized [the second strategy] will be saved” (Mark 16:16).

BAPTISM

1. What is the meaning of Baptism? **Romans 6:3, 4.**
2. So Baptism symbolizes Christ’s Death, Burial and Resurrection.
3. It also represents my Death, my Burial and my Resurrection to a new life in Christ.
4. **Q:** So can babies be rightfully baptized!
A: No! They are too small to understand or experience a new life.

6. You need to invite:
 - a. People on your Prayer Lists
 - b. People to whom you gave Lessons
 - c. People to whom you gave Surveys & Brochures
 - d. People in your neighborhood
 - e. People on your job or in your school.
7. As you bring them, use your Andrew Card. Register then with the Registrar.
8. Be an Andrew! Bring somebody to Jesus! Tonight!

Step # III: Sacrifice For Jesus!

A. Sacrifice like the lad

1. What is Step # 1? Meet Jesus!
What is Step # 2? Share Jesus!
Now Step # 3 is: Sacrifice for Jesus.
2. So Andrew brought the lad to Christ and said,
“I’m Andrew! Meet My Jesus!”
3. And then he added: “Lad, Jesus wants your lunch!”
4. Put yourself in the place of the boy.
What would you have said? What would you have done?
5. Some would have said:
“I’m hungry! And this is just enough for me!”
6. Well, that’s just what we tell Jesus when we say,
“I can’t give my time or energy to this campaign!”
“I have just enough for myself!”
7. Others would have said:
“I’m hungry! You’re hungry! Let’s share!”
And that sounds reasonable.
8. However, that’s not what the boy did!
He gave everything to Jesus
9. He said, “All to Jesus, I surrender! I surrender **all!**”
That was a lot of **sacrifice!**
10. And God always rewards our sacrifice!
The boy ate – and was satisfied!
And everybody else ate and all were satisfied!

to make known to others what a precious friend he has found in Jesus.” (DA 141)

4. It’s like falling in love with your sweetheart!
You’re excited to tell others about him or her!
5. **Q:** So how do I meet Jesus?
A: Just like Andrew did - Spend time with Him!
6. Here’s another inspired statement: “It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ.” (DA 83)
7. In our quiet hour, alone with God, we should do **three** things:
 - a. Talk to Jesus - Prayer
 - b. Listen to Jesus – Bible Study
 - c. Think about Jesus - Meditation
8. Then as we fall in love with Him – over and over again - We will love to tell others: “I’m Andrew! Meet My Jesus!”

Step # II: Share Jesus!

A. Family

1. Step # 1 is: Meet Jesus. Step # 2 is: Share Jesus!
2. The **first** person with whom Andrew shared Jesus was a member of his own family!
3. Text **John 1:41,42**
4. **Q:** Do you have unsaved members of your family?
Invite them! Bring them to the Campaign!
5. Say, “I’m Andrew! Meet My Jesus!”

B. Community

1. Later on, Andrew went beyond his family.
He went to the community!
2. Text **John 6:8,9**
3. **Q:** How big was the crowd?
A: 5,000 men + women + children. At least 15,000!
4. **Q:** With so many people, how could Andrew know that this lad was present?
A: He was **visiting** with people in that outdoor community!
5. So beyond members of your family, you need to invite people in your community!

5. The method must agree with the meaning.
So it is cannot be done by sprinkling! It needs immersion.
6. I should go down into the water to symbolize my spiritual death and burial.
7. Then I should come up from the water to symbolize my resurrection to a new life in Christ.
8. “And both Philip and the eunuch went down into the water, and he baptized him. Now when they came up out of the water, the Spirit of the Lord caught Philip away” (Acts 8:38, 39).

THREE THRILLING STORIES

A. The Treasurer of Ethiopia.

1. This man was educated and influential.
He was a seeker for Truth.
And he was reading from Isaiah chapter 53.
2. But he did not understand what he was reading!
So Philip taught him about Jesus.
3. Let’s see what happened next! **Acts 8:36-38**
4. He could have said: “Let me first check with my Queen.
But he didn’t!”
5. He could have said: “Let me talk with the cabinet.”
But he didn’t!
6. Instead, he said: “Candace is my queen, but Jesus is my King!
Whatever He commands, I will obey!”
7. And so should you and I today!
8. This Ethiopian eunuch became the first known Christian from Africa.

B. A Successful Businesswoman.

1. Who was she? And what did she do? **Acts 16:14,15**
2. Lydia was a seller of purple dye. She was a successful business woman. And she was wealthy!
3. She could have said, “This will hurt my business!”
But she didn’t!
4. She could have said, “It will lessen my wealth!”
But she didn’t!

5. She could have said, "This is beneath my dignity!" But she didn't!
6. Instead, she got baptized! She and her whole family!
7. She became the first known Christian in Europe!

C. Jesus Our Savior.

1. Our Best Example is Jesus, our Savior!
What did He do? **Matthew 3:16**
2. Did Jesus need to be baptized? Of course not!
But He was baptized as our Example.
3. "I will follow Thee, my Savior."
4. Then something wonderful happened!
"And suddenly a voice came from heaven, saying, 'This is My beloved Son, in whom I am well pleased.'" (Matt. 3:17)
5. Here's Good News! We will soon have a beautiful Baptism Ceremony! Let's get ready!
6. At your baptism God will say those same words again! "This is My beloved son, My beloved daughter! I am well pleased!"

DECISION

1. Soon Jesus will come again! And He will destroy all of the mountains of earth!
2. But Mt. Zion will last forever!
3. How many want to say, "Yes!
I want to stand with Christ on Mount Zion! **Stand!**
4. How many want to say, "I accept the well known strategy:
The Blood of Jesus! **Raise Hands!**
5. How many want to say, "I also accept the secret strategy:
The Baptism of Jesus. **Say "Amen!"**
6. Prayer.

SABBATH: OPENING WEEKEND OF CAMPAIGN

I'M ANDREW! MEET MY JESUS!

Attention

1. We love to preach about Peter! The baptism of 3,000 souls!
But we seldom preach about his brother Andrew.
2. Peter was talkative – upfront.
But Andrew was quiet – behind the scenes.
3. Peter preached to the multitudes!
But Andrew shared the Gospel one-to-one.
4. However we should never forget this truth:
It was Andrew who led Peter to Jesus!
5. Only a few of us can be a Peter.
But every one of us can be an Andrew!
6. So our message today is for everybody.
It's entitled: "I'm Andrew! Meet My Jesus!"
7. We will be looking at Three Steps to Evangelistic Success.

Step # 1: Meet Jesus!

A. Andrew

1. Let's look at Andrew introducing Peter to Jesus.
2. Text **John 1:40,41**
3. But before he could introduce Peter to Jesus
Andrew had to meet Jesus!
4. Their meeting is recorded in **John 1:37-39**
5. I wonder what they talked about.

B. You & Me!

1. One of the main reasons some people do not introduce others to Jesus is that they have not met Jesus!
2. We have met the Sabbath! So we like to talk about it!
We have met Health Reform. So we like to talk about that!
So if we have met Jesus, we would like to talk about Him!
3. EGW says: "If we are Christians, this work would be our delight.
No sooner is one converted than there is born within him a desire

10. Finally, there is **God's** Intervention!
When we do our part, God will do His part!
11. How many trust God to do His part? **Say Amen!**
12. Someone not yet baptized who wants to join God's army,
And is asking for special prayer, **Raise Hands!**
13. Prayer.

Sermon 6

BEAT HIGH BLOOD PRESSURE! IT'S DAVID AND GOLIATH!

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
Beat High Blood Pressure! It's David and Goliath!

ATTENTION

1. The Bible Story of David and Goliath is quite well known.
2. On one hand, there was the giant, over nine feet tall!
He was an experienced man of war - clad in his armor!
3. On the other hand, there was a shepherd boy who never fought a battle! And he had no armor!
4. The giant boasted, "Come to me, and I will give your flesh to the birds of the air and the beasts of the field!" (1 Samuel 17:44).
5. And the boy answered, "You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the Lord of hosts!" (1 Samuel 17:44).
6. And wonder of wonders! The boy killed the giant!

PHYSICAL HYPERTENSION

HIGH BLOOD PRESSURE

1. Today High Blood Pressure, which is also called Hypertension, stands over many of us like a giant!
2. Like Goliath, he stands tall! Big! And Strong! And he keeps on taunting us!
3. But just as David defeated the giant, we can beat Hypertension!
4. **Q:** What is high blood pressure?
5. The heart has a rhythm, and it pumps the blood by contractions.

6. Blood Pressure is the force of blood being pushed by the heart against the walls of the arteries as the blood circulates throughout the body.
7. The standard blood pressure reading for an adult is 120/80.
8. But if the reading is above 140/90, hypertension is present.
9. The upper number is the Systolic, and the lower number is the Diastolic.
10. **Systolic** Pressure represents the force of the blood as it leaves the heart when the heart beats.
11. Then for a moment the heart relaxes to allow more blood to enter.
12. **Diastolic** Pressure represents the force of the blood as it enters the heart when the heart is at rest.

THE SILENT KILLER!

1. High blood pressure is a killer!
2. Hypertensive Persons are:
 - a. Three times more likely to have a heart attack!
 - b. Five times more likely to get heart failure!
 - c. Eight times more likely to suffer from a stroke!
3. Hypertension is like a ticking time bomb! And it is called the "Silent Killer!" Why?
4. Sometimes there are symptoms like labored breathing, chest pain or irregular heartbeat.
5. But very often there are no noticeable symptoms!
6. That is why it is called the "Silent Killer!"
7. Approximately 33% of persons who are hypertensive don't even know it!
8. So we all should get tested regularly.
9. But just as David defeated the giant, we can beat Hyper-tension!
10. What weapons did God inspire David to prepare?
"He chose for himself five smooth stones from the brook, and he put them in a shepherd's bag, in a pouch which he had, and a sling was in his hand." (1 Samuel 17:40).
11. We, too, can use Five Stones to conquer the Goliath of Hypertension!

- a. Visible leader was Joshua
- b. Invisible Leader was Jesus
13. Do you remember what Christ **called** Himself? **Joshua 5:14a**
"Captain of the army of the Lord." NKJV "Captain
of the host of the Lord." KJV

B. Army!

1. **Q:** "Captain of the host!" Which host? Which army?
A: The army of angels!
2. "They could not see the host of **angels** who attended them under the leadership of the Son of God" (PP 493).
3. "How easily the armies of heaven brought down the walls of Jericho" (PP 492-3).
4. So there were **Two** Leaders and **Two** Armies!
 - a. Visible army of Israelite soldiers – led by Joshua!
 - b. Invisible army of heavenly Angels – led by Jesus!
5. Today, as we face our **personal** Jericho, our struggles,
We are never alone!
6. Another army marches beside us! **Psalm 46:11**
7. Today, as we face our **Evangelistic** Jericho, we are not alone!
8. That other army is marching beside us!
"The Lord of hosts is with us."

Action

1. So our Battle Song is: "Lead on, O King Eternal"!
2. Good news! Conquest is certain! Victory is sure!
3. But to get victory, you must obey the rules of the army!
4. First rule is **Intercession!** Prayer Lists!
5. How many want to say, I'll keep praying for my prospects –
Pray every day! **Stand!**
6. Second rule of God's army is **Consecration!**
7. How many are ready to lay down your sandals of sin -
Here at the foot of the Cross? **Bow & Silently Pray!**
8. Another rule is **Perspiration!**
9. When the time comes, how many will march with God's army –
Give Lessons! Give Invitations! **Come to the Altar!**

Key # 5: UNITY

1. Then came the seventh day!
2. The seventh day is always God's special day!
3. Joshua's Command! **Joshua 6:16**
4. Thousands of voices: One shout!
5. They shouted in unison!
6. **Fifth Key is Unison!**
 - a. Not some shouting and others Singing!
 - b. Not some shouting and others Talking!
 - c. Not some shouting and others Laughing!
7. Like Pentecost, we need to be of one accord!
8. As at Pentecost, we need to put away all differences!
Put away all divisions!
9. Let's all shout **together!**
 - a. Old and Young - Let's shout together!
 - b. Rich and Poor – Let's shout Together!
 - c. Couples and Singles - Let's shout Together!
10. **When** they shouted, what happened? **Joshua 6:20**
The walls of Jericho came tumbling down!

Key # 6: GOD'S INTERVENTION

A. Leader

1. So far we have looked at five keys.
2. **Q:** What are they?
A: Intercession, Consecration, Strategy, Perspiration, Unity.
3. But marching and blowing and shouting **cannot** bring down massive city walls!
4. So we need one more key! It's the **Master Key!**
5. **Q:** What was this Master Key! **Joshua 6:16b**
6. "The **Lord** has given you the city!"
7. The **Sixth Key is God's Intervention!**
8. That's the Master Key to Victory! **1 Cor. 15:57**
9. In your **Personal** life: Five Keys + Master Key = Victory!
10. In our **Evangelism:** Five Keys + Master Key = Victory!
11. "**God** will do great things for those who trust in Him" (PK 493).
12. At Jericho, there were **two** leaders!

STONE # 1: The D.A.S.H. DIET

1. **DASH** stands for Dietary Approaches to Stop Hypertension. Here are some of its elements.
2. Stay away from red meat, especially processed meat.
3. Saturated fats in meat block blood vessels, and this increases the risk of hypertension.
4. Eat an abundance of fresh raw foods: fruits and vegetables.
5. Use more whole grains: Low on fat, high on fiber.
6. Limit salt intake to no more than one level teaspoon per day.
7. Salt contributes to hardening of the arteries and high blood pressure. So limit its intake, and read food labels.

STONE # 2: AEROBIC EXERCISE

1. One of the biggest risk factors for hypertension is obesity.
2. Each extra pound of body fat has an extra mile of blood vessels that must be serviced!
Q: What is one of the best ways to combat obesity?
A: Do Regular Aerobic Exercise.
4. Exercise burns calories and causes weight loss, which decreases obesity.
5. Aerobic exercises are best - like running, swimming, and walking.
6. Walking is the safest, the least expensive, and the best.
7. The recommended amount of exercise is **30** minutes a day, **5** days a week.

STONE # 3: LOW CHOLESTEROL

1. Plaques of cholesterol cause blood vessels to narrow, and impede blood flow.
2. Pushing blood through narrowed vessels results in high blood pressure.
3. To avoid the buildup of cholesterol plaque, avoid saturated fats! These fats are found in animal products. So let's avoid them!
4. Use low fat or non-fat dairy. This reduces saturated fats.
5. Centuries before modern science, God said: You shall not eat any fat, of ox or sheep or goat" (Leviticus 7:23).

STONE # 4: LESS STRESS

1. When you are under stress:
 - a. Muscles tighten
 - b. Heart pounds faster
 - c. Blood pressure rises.
2. Living with constant stress can elevate blood pressure.
3. But lowering your stress can result in lower blood pressure.
4. **Q:** What can we do to combat constant stress? Here are some tips.
5. First, Manage your time. Avoid rush and hurry!
6. Second, Engage in relaxing activities often.
7. Third, Listen to relaxing music.
8. Fourth, Do deep breathing. Breathe from the diaphragm.
9. Fifth, Use Laughter! Good belly laughter can relieve stress and lower blood pressure. So Laugh a Lot!

STONE # 5: DIVINE MEDITATION

1. Meditation trains the mind to move from the problems that raise blood pressure to a power that is greater.
2. Humanistic meditation says that power lies within us.
3. Divine meditation says that this power comes from God.
4. We can access God's Power through prayer, Bible study, and spiritual meditation each day.
5. "Be still and know that I am God" (Psalm 46:10).

Attention!

1. However, for some persons, because of genetic and other factors, blood pressure medication will still be needed.
2. But the more we use the five stones, the less medication we will need.

Let's Review

So what are five stones to conquer High Blood Pressure?

1. The D.A.S.H. Diet.
2. Aerobic Exercise.
3. Low Cholesterol.
4. Less Stress.
5. Divine Meditation

Q: How many want to say "Yes" to these strategies? **Raise Hands!**

12. Today should be a Day of Re-consecration!

Key # 3: STRATEGY

1. The **Third** Key to Victory is **Strategy**.
2. God gave Joshua a Strategy! What was it? **Joshua 6:3-5**
3. It was an organized, detailed plan!
4. To conquer your **Personal** Jericho, you need a Strategy.
5. God has a Plan for your life! **Jeremiah 29:11**
6. Like Saul, you need to ask, "Lord, what do You want me to do?"
7. This **Evangelistic Program** also has a Strategy!
8. Let's cooperate with the Strategy.

Key # 4: PERSPIRATION

1. But it is not enough to have a plan!
We need to put the plan into Action!
2. The Israelites did so! **Joshua 6:12, 13**
3. Procession:
 - a. Military leaders led the way!
 - b. Seven priests blew the trumpets!
 - c. Priests bore the Ark!
 - d. Army marched!
 - e. The people walked!
4. Each one was a participant!
5. That's our goal: **Every** member, a Soul Winner!
6. When you march, when you work, you sweat!
7. **Q:** What is another word for sweat?
A: Perspire!
8. **Fourth** Key to Victory: **Perspiration!**
9. Some people seem to be **allergic** to Perspiration!
When it's time to work, they become invisible!
10. In your **Personal** life: After you Plan, you need to Work!
11. Young People: After you Dream, you need to Study!
12. In **Evangelism**, we also need to Work!
 - a. Giving Lessons to Prospects: That's Perspiration!
 - b. Giving Invitations in the Community: Perspiration!
13. **Focus:** Plan your Work, then Work your Plan!

2. **Q:** Why did Joshua go “by Jericho”?
A: “To meditate and to pray” (PP 487)
3. Suddenly, a Soldier! **Joshua 5:13b**
4. **Q:** Who was this Soldier? **Joshua 6:2**
5. He was God (6:2) and Man (5:13). This was Jesus!
6. “It was Christ, the Exalted One, who stood before the leader of Israel” (PP 488).
7. Then they had a conversation!
 - a. Joshua **Joshua 5:13c**
 - b. Jesus **Joshua 5:14a**
 - c. Joshua **Joshua 5:14b**
8. The **First** Key to Victory = **Intercession**
9. That is why we are launching our preparation for this campaign with Prayer Lists!
 - a. Be sure to write up a list of people you plan to invite.
 - b. Pray for those on your list **daily**.
 - c. Pray with a Partner **weekly**.
10. **Focus!** Whether for your Personal life or our Church life, the First Key to Victory = Intercession.

Key # 2: CONSECRATION

1. The **Second** Key is **Consecration**.
2. The command to Joshua **Joshua 5:15**
3. Same command to Moses! (Exodus 3:5).
4. **Q:** What do the sandals represent?
A: They represent Sin!
5. We cannot get the power of God while wearing the sandals of sin!
6. Different people have different sandals!
7. **Q:** What sandals do you need to take off today?
Is it Worldliness or Idleness?
Is it Immorality or Dishonesty?
Is it Pride or Strife?
Or is it Something else?
8. Some of us are so blind, we cannot see our sandals!
9. We need to cry out: “Search **Me**, O God!”
10. **Q: How** do we get victory over sin? **2 Corinthians 3:18**
11. Alone with God in Prayer and Bible Study:
We experience Victory!

SPIRITUAL HYPERTENSION

WEEKLY MEDITATION

1. In addition to Daily Meditation, we also need Weekly Spiritual Meditation.
2. This weekly meditation was instituted by God in the Garden of Eden! **Genesis 2:2,3**
3. In Eden, God instituted the Seventh Day Sabbath for spiritual meditation.
4. But today, Sabbath Worship, just like the boy David, seems small!
5. And First Day Worship, like the giant Goliath, stands tall!
6. **Q:** How did the world get this way?

CHRIST’S CRUCIFIXION.

1. Some believe that it happened at Christ’s Crucifixion.
2. Colossians 2:14-17 says, “And He has taken it out of the way, having nailed it to the cross.... So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ.”
3. **Q:** What was this “shadow”?
A: Christ’s “Shadow” was the ceremonial system of sacrifices in that sanctuary.
4. This system had seven annual holidays or holy days like Passover, Pentecost and Day of Atonement.
5. They occurred **once** a year like our Good Friday and Christmas.
6. These annual holy days were called Sabbaths. **Leviticus 23:27,32**
7. When Jesus died, that whole system with its animal sacrifices and its annual Sabbaths came to an end.
8. He cried, “It is finished!” (John 19:30).
And “the veil of the temple was torn in two” (Matthew 27:50, 51).
9. So today, we need:
 - a. No more candlestick! Christ is the light of the world!
 - b. No more altar! Calvary was the altar!
 - c. No more priest! Jesus is our High Priest!
 - d. No more lamb! Christ is the Lamb of God!
 - e. No more Passover: Christ is our Passover!
10. That is what was nailed to the Cross!
11. So at Christ’s Crucifixion, Goliath did not conquer David!

CHRIST'S RESURRECTION.

1. Other people believe that the change was made at Christ's Resurrection. Three texts are used.
2. The first is **John 20:19**
3. Why had they assembled? "For fear of the Jews!"
4. The second text is **1 Corinthians 16:1,2**
5. Was this a Worship Service? Of course not!
6. The third text is **Acts 20:17**
7. This is the only "First Day" meeting in Scripture!
And it was a Farewell Saturday Night Meeting!
 - a. Paul was having a Farewell Service before travelling on Sunday.
 - b. Since the day starts at sunset (Gen. 1:5; Mark 1:32), this meeting was held on Saturday night.
 - c. The Early Church broke bread anywhere, on any day. (Acts 2:46)
8. It is important to note that while the New Testament records only one "first day" meeting, it records **83** Sabbath services! (Acts 13:14, 44; 17:2; 18:4, 11).
9. So at Christ's Resurrection Goliath did not conquer David!

DAVID OR GOLIATH?

1. So how did Goliath become so big and so strong?
2. It was the Roman Emperor Constantine who issued the first Sunday law. That was on March 7, 321, AD.
3. Here it is: "On the venerable day of the sun, let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaging in agriculture may freely and lawfully continue their pursuits."
4. And when the Roman Empire fell, the Roman Church perpetuated Sunday Worship.
5. Here is her statement:
"Question: Have you any other way of proving that the Church has power to institute festivals of precept?
"Answer: Had she not such power, she could not have done that in which all modern religionists agree with her; she could not have substituted the observance of Sunday, the first day of the week,

UNIT FIVE

SABBATH SERMONS

SABBATH: START OF CAMPAIGN PREPARATION

SIX KEYS TO VICTORY!

Attention

A. Biblical Jericho

1. The Israelites had just crossed the River Jordan!
And they were ready to conquer Canaan!
2. But if they were to conquer Canaan, they must first capture Jericho! Jericho was the **key** to Canaan.
3. The cities of Canaan were "fenced up to heaven" (Deut. 9:1).
4. The Canaanites had "iron battle chariots" (PP 487).
5. Jericho was preparing for battle! **Joshua 6:1**
6. The city was "locked down"!
7. **Q:** How did Israel get Victory?
A: They used Six Keys!

A. Personal Jericho

1. Each of us has our own Personal Jericho!
2. Problems which seem too big for us to handle!
3. **Q:** What is your Jericho?
4. Is it on your Job? School? Home? Personal life? Spiritual life?
5. **Q:** How can you get Victory? Use these Six Keys!

C. Congregational Jericho

1. As a church, collectively we face our own Jerichos!
2. Situations which seem impossible to be conquered.
3. Our **Evangelism** Territory is a Jericho!
4. Every unsaved person is a **Canaanite** to be conquered for Christ!
5. **Q:** How can we be successful? Use these Six Keys to Victory!

Key # 1: INTERCESSION

1. Let's look for the **First** Key! **Joshua 5:13a**

20. This is the **Last Night!** Last Night Call!
21. “And the Spirit and the bride say,
22. Your loving Jesus says, “Come!”
23. Prayer.

Come Now!
‘Come!’”
Come Now!

for the observance of Saturday, the seventh day, a change for which there is no Scriptural authority.”
 – Rev. Stephen Keenan, *A Doctrinal Catechism*, p.174.

DAVID WINS – FOREVER!

1. Tonight, the battle lines are drawn! On whose side are you? David or Goliath? Sabbath Worship or Sunday Worship?
2. Today, **Christ** is calling His people. He says, “Stand on **My** Side!”
3. What is His name? He is Jesus, **Son of David!**
4. Good News! Soon Jesus, Son of **David**, is coming again!
5. And we shall worship Him, face to face, from one Sabbath to another!
6. ““ And it shall come to pass that from one New Moon to another and from one Sabbath to another, all flesh shall come to worship before Me,’ says the LORD” (Isa. 66:22, 23).

DECISION

1. **Song.** “Face to face with Christ, my Savior.” **Sit and Sing!**
2. If you want to worship Him each Sabbath **then**, you’ve got to worship Him each Sabbath **now!**
3. How many wish to say: “**Yes!** I want to worship my Savior each Sabbath in the **New** Earth!” **Stand!**
4. And how many wish to say: “**Yes!** I want to worship my Lord each Sabbath here on **this** earth.” **Hands!**
5. **Circle of Prayer.**
6. **Assurance.** How many believe God has answered your prayers tonight? **Say, “Praise the Lord!”**

Sermon 7

HE SLEPT! HE DIED! THEN LIVED TO TELL THE STORY! WHAT WAS HIS STORY?

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: “Beloved, I pray that you may prosper in all things and be in health.” 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What’s tonight’s topic?
He went to Sleep and Died! Then Lived to Tell the Story! What was his Story?

ATTENTION

1. The Bible tells the story of a man in Bethany who got sick.
2. So his sisters sent this short message to Dr. Jesus:
“Lord, behold, he whom You love is sick” (John 11:3).
3. They expected Jesus to come right away. But He didn’t!
4. Instead, the Savior delayed for two whole days!
5. Finally Jesus said, “Our friend Lazarus sleeps, but I go that I may wake him up” (John 11:11).

SLEEP FOR LIFE!

1. What was the response of the disciples? **John 11:12**
2. **Q:** Why did they say, “If he sleeps he will get well?” **A:** Because sleep is the body’s Repair Shop!
3. This marvelous machine of the human body is in constant operation!
4. We are working and studying, thinking and playing.
5. Therefore our nerves, muscles, and body cells need constant repair.
6. During sleep the body’s machinery is serviced. So God’s service station!

BENEFITS OF SLEEP

DECISION

1. But if you are walk with Jesus in glory then, You’ve got to walk with Jesus in the water now!
2. Tonight, I’m calling **Two** Groups to the **Altar!**
 - a. Group # 1: Those who have **decided** to follow Jesus in Baptism.
 - b. Group # 2: Those who are **supporting** your friends for Baptism.
3. **Song.** “Come and go with me!” **Stand, Sing, and Come!**
4. Stand with Satan: No Baptism! Hell Fire! **Don’t Come!**
Stand with Jesus: Yes Baptism! Heaven! **Must Come!**
5. Shun the Fires of Hell! Enjoy the Bliss of Heaven! **Come!**
6. Don’t be afraid of **Nebuchadnezzar** – Your Boss, your Church, your Friend! Jesus Christ is stronger! **Come Now!**
7. Don’t fear the **fire!** Jesus will walk beside you! **Come!**
8. It’s Miracle Night! Come and get a **Miracle** tonight!
He is the God of Mighty Miracles! **Come Now!**
9. Somebody **accompany** somebody! Come with your friend!
Come with your spouse! Come with your child!
10. **Song.** “Pass me Not, O Gentle Savior!”
11. Calling **Men!** The three Hebrews were real men!
Come Men! **Come!**
12. Calling **Youth!** Daniel and his three friends were Young! Come, young people! **Come!**
13. Calling **Parents!**
You expect your children to obey you.
So God expects you to obey Him! **Come Now!**
14. Calling all **Sunday Worshippers!**
Sunday Worship came from Spiritual Babylon!
Sabbath Worship comes from Jesus! Follow Jesus! **Come!**
15. Some **attend church** but not yet baptized!
Jesus says: Follow Me in Baptism! **Come to the Altar Now!**
16. Calling **Persons of Power!**
Come and Bow to the Super Power! **Come Now!**
17. Calling those **once Baptized!** You went away!
Come Back to Jesus today!
18. **Sing.** “Savior, Savior, hear my humble cry!”
19. Get the Greatest **Miracle!** See Jesus face to face! **Come!**

1. **Q:** But where was Daniel?
2. **A:** Maybe the king sent him on a mission to avoid a confrontation.
3. But Someone greater than Daniel now joined the Three!
4. "The form of the fourth is like the Son of God!" (Dan. 3:25).
5. It was Jesus! Mighty Jesus!
6. Traveling faster than light! Past galaxies, systems, stars, and suns!
7. And before the youth fell into the flames, Christ landed in the furnace!
8. With Jesus in the fire, the flames lost their power!
9. What a wonderful Savior!
10. So there they were – four men walking in the fire!
11. They were walking together, and talking together, and looking at each other!
12. The three men were looking into the face of the Fourth One!
13. Wonder of Wonders: They were face to face with Jesus!

B. You and Me

1. One day soon, Christ is coming again!
2. Just as He came to deliver them, He's coming to deliver you!
Traveling faster than light! Past galaxies, systems, stars, and suns!
3. But He's not coming alone! Billions of angels will attend Him!
4. Then Satan, the king of Babylon, will be destroyed in the fires of Hell!
5. And all the people of Babylon will be consumed with him!
6. And the city of Babylon will become fuel for the flames!
"Alas, alas, that great city Babylon, that mighty city! For in one hour your judgment has come" (Rev. 18:10).
7. And after the fire is over, there will be a new heaven and a new earth.
8. And a New City! Not Old Babylon! It's the New Jerusalem!
9. Then all God's people will experience that **Fourth Miracle!**
10. "They shall see His face" (Rev. 22:4).
11. **Face to Face** with Christ, my Savior!
12. Then we'll walk the street of gold, And we'll talk of joys untold;
We will laugh and love together, Healthy Family Forever!

1. From the beginning of time, the Creator used sleep to perform miracles!
2. What miracle did God perform in Eden? **Genesis 2:21, 22.**
3. While we sleep, God still performs miracles!
4. Let's look at some of them.
5. Sleep facilitates production of growth hormones.
6. It strengthens the immune system and enhances resistance to illness.
7. Sleep allows the body to renew its energy, and extend its life.
8. Sleep increases brain function, improves memory and concentration.
9. It keeps us alert, enabling us to make good decisions!

DANGERS OF INSUFFICIENT SLEEP

1. **Q:** How much sleep does one need?
A: A child needs nine to ten hours daily. An adult needs six to eight hours.
2. But today, many people get too little sleep! And sleep deprivation has serious consequences!
3. Here are a few of them.
4. First, Loss of Sleep can cause us to gain weight.
 - a. When we decrease the amount of sleep, we often increase the amount we eat.
 - b. And the more food we eat, the more weight we gain!
5. Second, Sleep loss can lead to some serious illnesses.
 - a. Since it aids weight gain, it opens the door to Type 2 Diabetes.
 - b. And it also increases the risk of heart disease and high blood pressure.
6. Third, Loss of sleep can lead to caffeine addiction.
 - a. Less sleep makes us drowsy. So we use caffeine to stay alert.
 - b. But caffeine gives a high, then a low. So we get addicted.
7. Fourth, Sleep loss causes accidents and even death!
 - a. Fatigue and drowsiness can cause industrial and motor accidents.
 - b. And these can result in death!

8. However, many people find it difficult to sleep! So sleeping pills is a big business!
9. **Q:** How can I get a good night's sleep - Free of Charge!
A: Here are seven tips.

SEVEN TIPS

1. Be Consistent. Establish a regular time to go to sleep and a regular time to wake up.
2. Relax with a warm shower or soothing music before bedtime.
3. Shut out the light. Keep the bed-room dark and comfortable.
4. Outlaw electronics. No television and no computers in the bedroom!
5. Exercise. It aids sleep. However, do not do heavy exercise before bedtime.
6. Ban alcohol and caffeine. Stimulants prevent relaxation.
7. Eat dinner three hours before sleep time so that the stomach can rest during the night.
8. By the way, avoiding late meals also aids weight control!
9. **Attention!** Some medical conditions like sleep apnea, phobias, respiratory and psychiatric disorders may need professional care. For such cases, see your physician.
10. However, good sleep therapy goes beyond the body. It also treats the mind! So here are three more tips.

THREE MORE TIPS

1. **Count** the **blessings** of the day. Ignore the thorns. Smell the roses! "A merry heart does good, like medicine."
2. **Say thanks** to God for those good things. A grateful heart is a peaceful heart. "O give thanks to the Lord, for He is good!"
3. **Don't worry** about tomorrow. Trust God to take care of it. "Therefore do not worry about tomorrow, for tomorrow will worry about its own things."
4. God's Promise! "He gives His beloved sleep" (Psalm 127:2).

Let's Review

So what are Ten Tips for a Good Night's Sleep?

1. Establish regular time to sleep and wake.

Miracle # 3: DELIVERANCE IN THE FIRE!

A. Four Men

1. When Daniel revealed the dream and its meaning, something incredible happened!
2. The king bowed down and worshipped the slave!
3. But the monarch soon changed his mind!
"I reject that image! I'll make my own image!"
4. Since gold represents Babylon, his whole image was of gold!
Babylon must last forever and ever!
5. So King Nebuchadnezzar erected a huge image, made of pure gold.
And he commanded all his assembled officials to worship the idol.
6. Anyone who disobeyed would be cast into a fiery furnace!
7. But the Hebrews declared, "We will not worship! We're ready to die!"
8. The angry king ordered: "Make the furnace seven times hotter!
Cast them in the fire!"
9. Now for **Miracle # 3:** They got deliverance in the fire!
10. Suddenly the monarch shouted, "Did we not cast three men bound into the midst of the fire? I see four men loose, walking in the midst of the fire" (Daniel 3:24, 25).
11. What an awesome miracle!

B. You and Me

1. God did not deliver them **from** the fire!
He delivered them **in** the flames!
2. Their ropes were burnt! But their clothes were not!
3. When you stand up and defy your Nebuchadnezzar – whoever that may be, God will stand up with you!
4. Listen to His awesome promise! **Isaiah 43:2**
5. If you stand true, God will deliver you!

Miracle # 4: SEE JESUS - FACE TO FACE!

A. Four Men

A. Four Men

1. One night the king had a terrible dream that troubled him.
2. So he called for his magicians – those 10% men!
And he demanded, “Tell me my dream and its meaning.”
3. But they could not!
4. They had **blurred** vision!
5. Then the four Hebrews held a Circle of **Prayer!**
6. And God revealed the dream and its meaning!
7. That was **Miracle # 2:** Clear Vision!
8. Daniel stood before the king and told him the dream and its meaning.
9. It was a huge image of various metals.
10. And it revealed the rise and fall of world empires from that day to our day!
11. Babylon’s men were cursed with **blurred** vision!
But Christ’s men were blessed with **clear** vision!

B. You and Me

1. And it’s the same today!
2. Today, Babylon’s men and women say, “Live as you please!”
Stay in your sin!”
3. That’s **Blurred** Vision!
4. But Christ’s men and women say, “The Blood of Jesus **cleanses** us from sin!”
5. That’s **Clear** Vision!
6. Today, Babylon’s men and women say, “Worship on the First day!”
7. That’s **Blurred** Vision!
8. But Christ’s men and women say, “The **seventh** day is the Sabbath of the Lord!”
9. That’s **Clear** Vision!
10. Today, Babylon’s men and women say, “You don’t need to get baptized!”
11. That’s **Blurred** Vision!
12. But Christ’s men and women say, “Only “He who believes and is **baptized** will be saved.”
13. That’s **Clear** Vision!
14. Tonight, you must make a Choice: Babylon or Jesus?

2. Keep the bedroom dark.
3. Outlaw electronics.
4. Exercise early.
5. Ban alcohol and caffeine.
6. Eat dinner early.
7. Relax with warm shower or soft music.
8. Count your blessings.
9. Thank God for them.
10. Don’t worry about tomorrow.

Q: How many want to say “Yes” to these ten tips?

Raise hands!

SLEEP OF DEATH!

1. Well, let’s get back to the story of Lazarus.
2. Do you remember what Jesus said?
“Our friend Lazarus sleeps, but I go that I may wake him up.”
3. But Lazarus wasn’t sleeping! The man had died!
“Then Jesus said to them plainly, ‘Lazarus is dead.’” (John 11:14).
4. **Q:** So why did Jesus say that the dead man was asleep?
A: Because death is like a sleep. We’ll wake up on resurrection morning!
5. **Q:** What really happens at death?
In order to understand death, we need to examine life.
6. Let’s look at how God created Adam. **Genesis 2:7**
7. So man does not have a soul, he is a soul!
The word “soul” means “living being.”
8. God formed Adam out of the dust of the ground.
Then He breathed into the body the breath of life.
9. **The equation** is: Body of Dust + Breath of life = Living soul.

THE DEAD KNOW NOTHING!

1. At death, the reverse takes place! **Ecclesiastes 12:7**
2. Therefore at death:
 - a. We don’t go to heaven!
 - b. We don’t go to hell!
 - c. We don’t go to purgatory!
3. At death:
 - a. The body returns to the ground!

- b. The breath or spirit goes back to God!
- c. We await the resurrection!
- 4. It's like being in a deep sleep. The dead know nothing!
- 5. Their thoughts perish!
"His spirit departs, he returns to his earth; In that very day his plans perish" (Psalm 146:4).
- 6. Therefore we cannot talk with the dead members of our family.

SATAN AND SPIRITISM

- 1. But people have seen beings that look like dead members of their family!
- 2. **Q:** What really do they see?
A: "For they are the spirits of devils, working miracles" (Revelation 16:14).
- 3. Evil angels have power to personate the dead!
- 4. **Q:** How can Satan have such power?
- 5. **A:** "How you are fallen from heaven, O Lucifer, son of the morning! For you have said in your heart... 'I will be like the Most High'" (Isaiah 14:12-14).
- 6. So Satan on earth was once Lucifer in heaven, and he rebelled against God!
- 7. Revelation 12:7-9 tells us that Satan and his angels were cast from heaven to earth!
- 8. When they were cast out, Lucifer and his angels were not divested of their supernatural powers!
- 9. So today, countless evil angels roam this planet! And they have power to personate the dead!

WHAT WAS HIS STORY?

- 1. Now let's return to the story of Lazarus.
- 2. Finally, Jesus arrived. By then Lazarus had been dead four days!
- 3. Standing beside the tomb, the Life Giver gave an astonishing command: "Lazarus, come forth!"
- 4. And the dead man came from the grave!
- 5. So here's **the Question!**
When Lazarus came from the grave, what was his story?
- 6. His Story was: "I went to sleep. And I felt I was dying! While in the grave, I knew absolutely nothing! Then one day, I heard the voice

- 1. Good News! These four healthy men experienced four awesome miracles!
- 2. And so can you!

Miracle # 1: ACADEMIC AND PROFESSIONAL SUCCESS

A. Four Men

- 1. The four Hebrews, along with a number of Babylonian Nationals, spent three years studying at the University of Babylon.
- 2. Then came their final examination!
- 3. What were the results? **Daniel 1:19,20**
- 4. **Q:** What does "ten times better" mean?
- 5. **A:** It means
 - a. 1st Place: Hebrews **100** Points!
 - b. 2nd Place: Magicians **10** Points!
 - c. 3rd Place: Astrologers **9** Points
 - d. 4th Place: Princes **8** Points!
 - e. 5th Place: Nobles **7** Points!
- 6. Later on, "The king promoted Daniel." He became "ruler over the whole province of Babylon." His three friends also became rulers. (Daniel 2:48,49).
- 7. That's **Miracle # 1:** Academic and Professional Success!

B. You and Me

- 1. Our God is still the "God of mighty miracles!"
- 2. What God did for them yesterday, He's ready to do for you and me today!
- 3. Are you a **student?**
Let's read what He says! **Deut. 28:13**
- 4. Are you a **worker?**
Listen to what He says! "Do you see a man who excels in his work? He will stand before kings" (Proverbs 22:29).
- 5. Are you a **senior?**
Hear what He says! "They shall still bear fruit in old age" (Psalm 92:14).

Miracle # 2: CLEAR VISION

3. God Says So! "A cheerful heart is good medicine, but a crushed spirit dries up the bones" (Proverbs 17:22, NIV).
4. Shun Negative Thinking! Avoid the Old HAG!
5. As children some of us were frightened by tales of the magical Old Hag!
6. But there is a real HAG that can destroy your mind and damage your health.
7. It is the trio of **Hate**, **Anger**, and **Guilt**.
8. **Hate** can destroy you!
It hurts the person who is doing the hating more than the one who is being hated! It destroys peace of mind. So instead of hating, forgive!
9. **Anger** can kill you!
It increases your heart rate and raises your blood pressure! It can even cause a heart attack! So get a quiet spirit!
10. **Guilt** can cause depression!
It chains you to yesterday, and prevents you from moving into tomorrow. So get forgiveness from God, as well as from the one you have wronged.
11. **Q:** How can I get a Positive Mind?
12. **First**, Let God put His Spirit in your mind. "I will give you a new heart [mind] and put a new spirit [Holy Spirit] within you" (Ezekiel 6:26).
13. **Second**, Think on positive things!
14. "Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report,... meditate on these things." (Philippians 4:8).

Let's Review

So what are three Health Secrets?

1. Do Whole Body Exercise.
2. Eat a Plant-based Diet.
3. Have a Positive Mind.

Q: How many want to say "Yes" to these health secrets? Raise Hands!

FOUR AWESOME MIRACLES!

of Jesus! And I felt life surging through my body! I was alive again!"

RESURRECTION

1. That was his story! And that can be your story too!
2. **Attention!** Christ's Second Coming will not be a secret activity!
3. It's a literal, visible appearing in the sky!
4. Every person on this planet will see Him! **Revelation 1:7**
5. It's an Audible Appearing. Everyone will hear Him!
6. Even the dead will hear the trumpet blast! **1 Thess. 4:16**
7. There will be a Resurrection!
8. And a Grand Family Reunion! **1 Thess. 4:17**

LIFE FOREVER!

1. No more death! Only life! Life forever!
2. "And God shall wipe away every tear from their eyes: there shall be no more death, nor sorrow, nor crying" (Rev. 21:4).
3. How can I live with my Savior forever?
4. Jesus Himself gave the answer! **Mark 16:16**
5. Believe and be baptized!
6. If you want to live with Jesus then, you've got to be Baptized like Jesus Now!

DECISION

1. Tonight the Prayer Boxes have become Jesus Boxes!
2. Two Groups will move!
 - a. Group 1: All who have already followed Jesus in Baptism.
 - b. Group 2: All who want to follow Jesus in Baptism.
3. Procedure is:
 - a. Go to any Box and Drop your Card.
 - b. Then Return to your Place and Remain Standing.
4. If you want to follow Satan, No to Baptism, Eternal Death, **Don't Move!**
5. But if you want to follow Jesus, Yes Baptism, Eternal Life, **You Must Move!**
6. **Song.** "I Have Decided to Follow Jesus!" **Stand & Sing & Move!**
7. Only Two Choices!

- a. Eternal **Death** with **Satan!**
- b. Eternal **Life** with **Jesus!**
- 8. “The Cross before me, the world behind me!” **Move Now!**
- 9. Make a Move! Follow Jesus! **Move Now!**
- 10. “If no one joins me, still I will follow!” **Move Now!**
- 11. Prayer.

- 3. God said so from the start!
“See, I have given you every herb that yields seed ... and every tree whose fruit yields seed; to you it shall be for food” (Genesis 1:29).
- 4. What are the benefits of a plant-based diet?
- 5. It reduces the risk of heart disease and lowers blood pressure.
- 6. It helps to combat overweight and obesity.
- 7. It reduces the risk of Type 2 Diabetes.
- 8. The slow digestion of meat allows the build up of toxins that create an environment for cancer. So Plant Foods, which digest quickly, help to fight colon cancer.
- 9. The high fat content of meat facilitates hormone production, which increases the risk of hormone-related cancers. So a plant-based diet reduces the risk of breast cancer and prostate cancer.
- 10. Plants have phyto-chemicals. These help healthy cells to fight off destructive enemy cells.
- 11. **Here’s the secret!** Avoid eating anything that has a mother or a face!
- 12. So, let’s say this together:
If it ever had a mother, replace it with another.
If it has a face, it’s not best for the human race!

Health Secret # 3: THEY KEPT POSITIVE MINDS

A. Four Men

- 1. It’s important to have a healthy body. But it’s even more vital to have a healthy mind!
- 2. Why? Because the mind controls the body!
- 3. Daniel had a Positive Mind! He “purposed in his heart” (Daniel 1:8a).
- 4. In Scripture, the word “heart” often refers to the mind.
- 5. So the text means: Daniel made up his mind!

B. You and Me

- 1. So the third Health Secret is: Cultivate a Positive Mind.
- 2. It’s a Fact! Positive thoughts can make us healthy.
Negative thoughts can make us sick!

4. **Q:** How far was Babylon from Jerusalem?
A: The distance is more than 500 miles!
5. **Q:** And how did they travel?
A: By foot! Day after day, they walked all the way!
6. That was Whole Body Exercise!
7. And it was forced exercise!
8. Some people need a calamity to get started on their exercise plan!

B. You and Me

1. Exercise has been called the Wonder Drug!
Why? Because it can do miracles!
2. Let's name some of the benefits of whole body exercise.
3. Exercise strengthens the heart, and lowers blood pressure.
4. It enhances blood vessels and lowers bad cholesterol.
5. Exercise increases energy and boosts the immune system.
6. It helps to prevent and reverse Type 2 diabetes.
7. Exercise combats obesity by burning calories, and helps us to manage weight.
8. It multiplies endorphins, which are the "feel good" chemicals.
9. It increases chemical activity in the brain, which sharpens thinking and reasoning.
10. Exercise can delay the onset of Alzheimer's disease.

Health Secret # 2: THEY ATE A PLANT-BASED DIET

A. Four Men.

1. Soon after arriving in Babylon, these young men faced a challenge!
2. What was it? **Daniel 1:5**
3. The king's food plan was: Eat meat and drink wine!
4. What alternative did they propose?
"Please test your servants for ten days, and let them give us vegetables to eat and water to drink" (Daniel 1:12).
5. Instead of meat, they requested a plant-based diet. Instead of wine, they asked for water.

B. You and Me

1. Today medical science tells us that alcohol is dangerous to health.
2. Medical science also affirms that a plant-based diet is best!

Sermon 8

HOW TO FIGHT THE BIG "C" WITH THE BIG "P"

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
How to Fight the Big C with the Big P!

ATTENTION

1. Have you ever been in a fight?
2. Who won?
3. Believe it or not, every day fighting takes place in our body!
4. Each day, healthy body cells are fighting enemy cancer cells!
5. But if we use the right strategy, we can get the victory!

PHYSICAL CANCER

THE CELL

1. The human body has between 75 and 100 trillion cells, and there are about 200 different types of cells.
2. Some cells live for a few days, others for weeks, some for months, and others for a year or more!
3. Yes, It's true! We are "fearfully and wonderfully made" (Psalm 139:14).

CANCER CELLS

1. Cancer is so dreaded that we fear to call it by name. We simply say, the Big C!
2. **Q:** How does cancer occur?
3. When cells die, other cells divide and replace them.

4. But sometimes the growth of the cell becomes abnormal, and the cell becomes cancerous.
5. Cancer is the uncontrolled growth of abnormal cells in the body.
6. The infected cell invades surrounding cells and damages them.
7. These affected cells form lumps, tissue masses or tumors.
8. They multiply and travel to other parts of the body. Travel is often done through the bloodstream.
9. There are more than 100 types of cancers!
10. The most common type today is lung cancer.
11. For men the most common cancers are prostate, lung, and colon.
12. For women the most common are breast, lung, and colon.
13. Some cancers are genetic, but most are preventable!
14. **Q:** So what can we do to fight them?
A: Take Four Steps!

Step # 1: BAN TOBACCO AND ALCOHOL

A. Dangers

1. Attention! 33% of all cancer deaths come from tobacco!
2. Tobacco produces carcinogens. These damage the DNA of the cell, and open the door to cancer.
3. Cigarettes contain 33 carcinogens and almost 600 additives.
4. These can cause cancer of the larynx, cancer of the pancreas, and cancer of the lungs.
5. Attention! 12% of all cancer deaths come from alcohol!
6. Heavy consumption of alcohol can cause cancer of mouth, cancer of the larynx, cancer of esophagus, and cancer of the liver.
7. So how can I beat Alcohol and Tobacco?

B. Tips to Stop Drinking and Smoking

1. Make up your mind. Whatever the mind conceives, it can achieve!
2. Avoid the triggers! A trigger is any person, any place, or anything that encourages you to drink or smoke.
3. Expect withdrawal symptoms and prepare to beat them!
4. Use Distraction Techniques. Engage in positive activities to distract yourself.
5. For example: Do something, or chew something, or hold something to distract you.

Sermon 15

HOW FOUR HEALTHY MEN GOT FOUR AWESOME MIRACLES!

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Union: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
How Four healthy Men Got Four Awesome Miracles!

ATTENTION

1. Night by night we sing the song! "The God of mighty miracles!"
2. Tonight, this last night, can be your Miracle Night!
3. The Bible tells the story of four healthy men!
4. The Good news is that you can become like them!
5. These four healthy men experienced four awesome miracles!
6. And you can experience them too!

FOUR HEALTHY MEN!

1. First of all, who were these men?
2. Their names are found in **Daniel 1:6,7**
3. **Q:** Why were they healthy?
A: Because they used the Three Greatest Health Secrets!

HEALTH SECRETS

Health Secret # 1: THEY DID WHOLE BODY EXERCISE

A. Four Men

1. The first verse of Daniel gives us the names of two places.
2. What are they? **Daniel 1:1**
3. King Nebuchadnezzar marched Daniel and his other captives from Jerusalem to Babylon.

6. Tonight, Christ is Calling **Men!**
Be a Real Man! Stand up like Elijah! **Come!**
7. Tonight, Christ is calling **Women!**
Don't be like Jezebel! **Come Now!**
8. Tonight, Jesus is calling **young** people! **Come! Come!**
9. **Song.** "Pass Me Not, O Gentle Savior!"
10. Somebody **accompany** somebody!
Come with your Friend! Come with your Spouse!
Come with your Child! Come with Anyone!
11. Thinking about your **family?** Thinking about your **job?**
God will take care of you! **Come Now!**
12. Thinking of your **friends?** Thinking of your **church?**
Put Jesus first! **Come!**
13. Thinking of that **man?**
Surrender to the Man Christ Jesus! **Come Now!**
14. Thinking about your **sacrifice?**
Look at Christ's sacrifice! **Come!**
15. **Sing.** "Savior, Savior, hear my humble cry!"
16. Calling those **once** baptized. Went away! **Come Back Now!**
17. Calling those who **attend** church on Sabbaths.
But you're not yet baptized! **Come Now!**
18. Jesus says, "Come to Me!" **Come!**
19. Prayer.

6. Get help. Join a support group. Each can help the other.
7. Ask God to help you. He is willing to do so!

Step # 2: SHUN RISKY BEHAVIORS

1. Hepatitis B and Human Papillomavirus (HPV) can cause cervical and other genital cancers!
2. So stay away from casual sex and other risky behaviors.
3. Remember! "Your body is the temple of the Holy Spirit".
(1 Corinthians 6:19).

Step # 3: AVOID EATING MEAT.

1. Meat is the main cause of certain cancers.
2. Fibrous foods digest in just 1 to 1½ days!
3. But the digestion of meat takes from 3 to 5 days! This is because meat lacks fiber.
4. The slow movement of meat permits fermentation in the intestines, and the buildup of toxins.
5. These toxins create a harmful environment that facilitates colon cancer.
6. In addition, the high fat content of meat increases hormone production.
7. This adds to the risk of hormone-related cancers like breast cancer and prostate cancer.
8. So, let's avoid meat!
9. But your body needs Protein! Where can you get it?
10. You can get it from Peas, Beans, Lentils, Grains and Nuts.

Step # 4: USE PHYTOCHEMICALS

1. That's the Big P! Phytochemicals.
2. Phytochemicals are found only in plants! And there are hundreds of them!
3. They contain properties that can help to protect the body against cancer and a number of other diseases.
4. They also strengthen the cells to attack the cancer-producing invaders.
5. Our Creator has color-coded His many phytochemicals!

6. So fruits and vegetables with different colors have different nutrients.
7. For example:
 - a. GREEN. Ptc: Lutein – Collard greens, kale, broccoli.
 - b. PURPLE. Ptc: Phenolics – Eggplant, prunes, raisins.
 - c. RED. Ptc: Lycopene - Tomatoes, strawberries, red Pepper.
8. This was the original diet that God gave to humans! **Genesis 1:29**

Let's Review

So to combat cancer, what are four steps we can take to fight Cancer?

1. Ban Alcohol and Tobacco.
2. Avoid Risky Behaviors
3. Eat Less Meat.
4. Use Phytochemicals.

Q: How many want to say “Yes! I will take these steps?”

SPIRITUAL CANCER

COVETOUSNESS

1. It is painful to have physical cancer!
2. And it is far more dangerous to suffer from spiritual cancer!
3. **Q:** What is this Spiritual Cancer?
4. Jesus named it in **Luke 12:15**
5. **A:** So the name of this Spiritual Cancer is **Covetousness!**
6. And that's the second **Big C!**
7. Amazing! This cancer of Covetousness started in the mind of a heavenly being! Who is he?
8. Let's check the record. And as we read, let's count the number of times he said the word “I.” **Isaiah 14:12-14**
9. The being we now call Satan was once called Lucifer!
10. He was an exalted angel of heaven. But instead of worshipping God, he wanted worship for himself.
11. So Lucifer suffered from the spiritual cancer of Covetousness!
12. This cancer then invaded the lives of Adam and Eve in Eden!
13. God said: The whole Garden of Eden is yours. Just leave one tree for Me!
14. **Q:** What did they do?
A: They coveted the fruit of that one forbidden tree!

HEALTH AND HAPPY FOREVER!

1. Then the New Jerusalem will complete its descent!
2. Oh, what a wonderful **city!**
 - a. Its walls are made of jasper!
 - b. Its foundations have precious stones!
 - c. Its twelve gates are pearls!
 - d. Its streets are pure, transparent gold!
3. The **countryside** will also be beautiful!
 - a. Happy activity. “They shall build houses and inhabit them; they shall plant vineyards and eat their fruit” (Isa. 65:21).
 - b. Harmless animals. “The wolf shall dwell with the lamb ... and a little child shall lead them” (Isa. 11:6).
4. Everything New! “Then He who sat on the throne said, ‘Behold, I make all things new” (Rev. 21:5).
5. No more! No more! **Revelation 21:4**
6. No sickness! No more suffering! No more oppression! No more depression! No more pain! No more death!
7. We will be **Healthy and Happy** Forever!
8. But the greatest glory will be to see the **face of Jesus!**
9. “They shall see His face, and His name shall be on their foreheads” (Rev. 22:4).
10. And we will see the nail prints in His hands!
11. Oh, Yes! I want to see Jesus! Don't You?

DECISION

1. But if you want to be with Jesus in the **city** then, You've got to walk with Jesus in the **water** now!
2. I'm calling **Two** Groups to the Altar!
 - a. Group # 1: All who have **decided** to follow Jesus in Baptism: Come!
 - b. Group # 2: All who are **supporting** your friends for Baptism: Come with them!
3. **Song.** “Come and go with me!” **Stand, Sing, and Come!**
4. Stand with Satan: No Baptism! Hell Fire! **Don't Come!**
Stand with Jesus: Yes Baptism! Heaven! **Must Come!**
5. Stand with Jezebel! Burn in Fires of Hell! **Don't Come!**
Stand with Elijah! Enjoy the Bliss of Heaven! **Come Now!**

YOUR CHOICE!

1. Tonight, you must make a **choice**: Elijah or Jezebel!
Stand with Jezebel “who calls herself a prophetess” (Rev. 2:20)
2. Or, Stand with Elijah, God’s true prophet.
Stand with Jezebel: **Salvation** man’s way! Live as you please! Or,
3. Stand with Elijah: Salvation God’s way! Accept the Blood of Jesus.
Stand with Jezebel: **Worship** man’s way! Sunday! Or,
4. Stand with Elijah: Worship God’s way! His Sabbath Day!
Stand with Jezebel: **Surrender**? No way! No Baptism! Or,
5. Stand with Elijah: Surrender God’s way! Baptism!
6. Stand with Jezebel and Satan in the fires of Hell! Or,
Stand with Elijah and Jesus in the glories of Heaven!

ETERNAL CONSEQUENCES!

1. Choices have consequences!
2. When Jesus comes again, what happens to Christ’s people?
 - a. Christ’s people dead are resurrected (1 Thess. 4:16).
 - b. Christ’s people alive are translated (1 Thess.4:17).
3. When Jesus comes, what happens to Satan’s people?
 - a. Satan’s people alive fall dead (2 Thess. 1:7-9).
 - b. Satan’s people dead stay dead (Rev. 20:5).
4. For 1,000 years, what occurs?
 - a. Christ’s people are alive in heaven (Rev. 20:4).
 - b. Satan’s people are dead on earth (Rev. 20:5).
 - c. Satan is “bound” with no one to tempt (Rev. 20: 1-3).
5. At end of the millennium, the New Jerusalem, with Jesus and His people, begins to descend!
6. Then what happens?
 - a. Satan’s people are raised from the dead (Rev 20:5).
 - b. He now has people to tempt. So he is “loosed” (Rev. 20:7).
 - c. Satan tries to capture the descending city (Rev. 20:8).
7. Lucifer gives the order, and his vast army moves forward!
8. Suddenly, fire falls from heaven and destroys Satan, sin and sinners!
9. And when the fire is over, God will create a brand New Earth!

15. They became victims of spiritual cancer!

GOD’S TITHE

1. Today God’s test is not a tree! It is money!
2. God is the Owner of all wealth!
3. “The silver is Mine, and the gold is Mine,’ says the LORD of hosts” (Haggai 2:8).
4. Since God is Owner, I am only the Manager!
5. “It is required in stewards that one be found faithful” (1 Cor. 4:2).
6. God reserves one tenth of my income! **Leviticus 27: 30,32.**
7. So here’s a quiz:
 - a. If I earn \$ 100, how much is the tithe?
 - b. If I earn \$ 1,000, what is God’s tithe?
 - c. And if I earn \$ 10,000, what is God’s part?
8. That’s the **Big P - Philanthropy**!
It’s the practice of giving.
9. So in Spiritual Life, we can fight the Big C, which is **Cancer**, with the Big P, which is **Philanthropy**.
10. If I withhold God’s tithe, I become a victim of spiritual cancer!
11. And this cancer has terrible consequences!
12. Covetousness brings a Curse! What is it? **Malachi 3:9**
13. “And he who earns wages ... put[s] it into a bag with holes” (Haggai 1:6).
14. On the other hand, Philanthropy brings blessings!
15. What are its bountiful blessings? **Malachi 3:10**
16. God says, “Put me to the test!” Let’s test Him!
17. The Bible tells us of a single mother made God first, and received His blessings for herself and her son! (1 Kings 17:10-16).

TOTAL SURRENDER!

1. But God does not only want 1/10 of my money. He wants 10/10 of my life!
2. “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice” (Romans 12:1).
3. That is the meaning of baptism! It’s giving **10/10** of your life to Jesus!
4. And if I refuse to give my life to Christ in baptism, I’m suffering from Spiritual Cancer!

5. This is well illustrated in the story of Levi Matthew.
 - a. He was a government tax collector.
 - b. But he also collected for himself and his wife.
 - c. So day by day, his bank account got bigger and bigger!
6. Mr. Matthew was stealing! And Mrs. Matthew was agreeing!
7. They had become victims of Spiritual Cancer!
8. But one day, Christ stepped into Matthew's Office!
And what a day that was!
9. Christ looked at him! Face to face! Eye to eye!
10. And Jesus said, "Follow Me!" (Luke 5:27).
11. Christ was saying: Give your life to Me!"
That's the highest form of **Philanthropy!**
12. Just as Christ called Matthew, so today He is calling me and you.
13. He says the same words: "Follow Me!" **Matthew 16:24**
14. Today Jesus says:
 - a. Follow Me to Calvary! Give your life to Me!
 - b. Follow Me to My Sanctuary! Keep My Sabbath Holy!
 - c. Follow Me to the Waters of Baptism!
15. Matthew could have said to himself:
 - a. "If follow this poor Galilean, I'll become poor!
But he didn't!
 - b. This is too sudden! I need time to think it over!
But he didn't!
 - c. What will I answer when my wife asks me, "Honey, where's
the money?" "What will my friends say of me?"
But he didn't!
16. Instead, he made an instant decision!
"So he left all, rose up, and followed Him" (Luke 5:28).

REWARDS!

1. When we step out and follow Jesus, He always gives a reward!
2. What was Matthew reward?
3. "Now the wall of the city had twelve foundations, and on them were the names of the twelve apostles of the Lamb" (Rev. 21:14).
4. His name will be written on a pillar of the New Jerusalem!
5. When I step out and follow Jesus in baptism, my name will also be written!

3. Today, God still visits us and speaks to us in the "still small voice" of Scripture.
4. God's Word Can Lift Depression!
5. "Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart" (Jeremiah 15:16).

IT WORKS!

1. **Attention!** Persons with chronic depression need medication!
2. But the more we use God's Five-point Plan, the less medication we will need!
3. Good News! This 5-point plan worked for Elijah! The prophet overcame his depression!
4. It works!
5. And if you use this plan, you can get victory too!

Let's Review

So what are the five strategies to cope with depression?

1. Get Adequate Sleep.
2. Eat Brain Foods.
3. Do Whole Body Exercise.
4. Get Cognitive Behavior Therapy.
5. Listen to God's Voice!

Q: How many want to say "Yes" to these strategies? **Raise Hands!**

ASCENSION

DIFFERENT OUTCOMES

1. One day, something wonderful happened to Elijah!
2. What happened? **2 Kings 2:11**
3. **Fantastic!** The man who prayed to die ascended to heaven without dying!
4. The prophet who battled **Depression** experienced **Ascension!**
5. Later on, what happened to Jezebel? **2 Kings 9:30, 33-35.**
6. Jezebel was thrown through a window to the ground and died.
7. She had no burial, because dogs ate her body!
8. So while Elijah went **upward**, Jezebel down **downward!**

A: These are foods that have tryptophan or Omega-3.

3. They energize the brain and help us to combat depression.
4. Foods rich in tryptophan are tofu, flax seeds, sesame seeds, almond and walnuts.
5. We can get Omega-3 from some fish like salmon and mackerel.
6. We can also get Omega-3 from flaxseed, wheat germ, and soybeans. These are brain foods.
7. It's amazing! This was the original diet that God gave human beings!

Genesis 1:29

Strategy # 3: Do Whole Body Exercise.

1. After Elijah ate and slept, he went on a forty-day hike! (1 Kings 19:8).
2. Whole Body Exercise can help us beat depression. How?
3. Aerobic exercise increases the levels of serotonin in the brain, and this combats depression.
4. Exercise also helps the body to release chemicals called endorphins.
5. Endorphins cause us to feel good and help to fight depression.
6. **Q:** How much exercise do I need?
A: The recommended exercise time is 30 minutes per day, five days per week.

Strategy # 4: Get Cognitive Behavior Therapy.

1. One of the most serious causes of depression is distorted thinking.
2. Changing my thoughts will change my behavior!
3. Cognitive Behavior Therapy aims at changing my thinking.
4. So if needed, use the services of a Christian therapist.
5. God confronted Elijah's negative thinking by asking, "What are you doing here, Elijah?" (1 Kings 19:9).
6. The Great Physician was doing Cognitive Behavior Therapy.

Strategy # 5: Listen to God's Voice!

1. When God visited Elijah, He did not speak by wind, earthquake or fire!
2. Instead, God spoke in a "still small voice" to soothe the prophet's soul. (1 Kings 19:12).

6. **Q:** Where will my name be written? **A:** "those who are written in the Lamb' Book of Life" (Rev. 21:27).
7. Like Matthew, I will live with Jesus forever!

DECISION

1. We're voting tonight! The **Prayer** Boxes have become **Baptism Ballot** Boxes!
2. You must make a **choice:** Eternal Death or Eternal Life!
3. Tonight, I'm calling Two Groups.
 - a. **Group # 1:** All who have already followed Jesus in Baptism.
 - b. **Group # 2:** All those who have **decided** to follow Jesus in Baptism.
4. **Instructions:**
 - a. Go to any Box.
 - b. Drop your Card.
 - c. Return & keep standing.
5. **Option 1:** Keep your life for yourself. No Baptism! Spiritual Cancer! Eternal Death!
6. If that's what you want, **Don't Move!**
7. **Option 2:** Give your life to Christ in Baptism. Get Spiritual Healing! Eternal Life!
8. If that's what you want, you **Must Move!**
9. **Song.** "I have decided." **Stand! Sing! Move!**
10. Matthew didn't wait! He moved **right away!** Move Right Now!
11. Thinking about your **job?** The God who provided for Matthew will provide for you!
12. Thinking about your **money?** God will supply your needs!
13. Thinking about your **sacrifice?** Look at Christ's Sacrifice! Make a Move for Jesus!
14. Thinking of what will your **spouse** will say? You lead the way! Move Now!
15. Be a **Real Man** - like Levi Matthew! Come Now!
16. Prayer

Sermon 9

THE MAN WITH NO ARMS AND NO LEGS! HE SUCCEEDED! AND SO CAN YOU!

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: “Beloved, I pray that you may prosper in all things and be in health.” 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What’s tonight’s topic?
The Man with No Arms and No Legs! He Did It! You Can Do It Too!

ATTENTION

1. Suppose you had no legs, what would you do?
2. What if you had no arms, how would you feel?
3. And if you had neither arms nor legs, what would you accomplish?
4. Well, let’s listen to Nick’s story.

NICK’S CHALLENGE AND VICTORIES

1. Nicholas James Vujicic (pronounced voo-yee-cheech) was born in 1982 in Melbourne, Australia.
2. He arrived with no arms, and only small deformed feet!
3. At first, his mother refused to see him or hold him!
4. But eventually his parents accepted him as God’s gift!
5. As a boy, he was bullied. But later, he was able to climb over his challenge.
6. After the fused toes of one of his feet were separated, he used them as fingers to grab and turn pages!
7. Nicolas then learned to use his foot to operate his electric wheelchair, computer, and mobile phone!
8. At age 19, Nick started to do public speaking.
9. He graduated with a Bachelor of Commerce degree from Griffith University at age 21.
10. In 2005, he founded a nonprofit organization called, **Life without Limbs.**

8. Depression causes one to feel that there is no way out, and that there never will be!
9. It can make its victim think that
 - a. God doesn’t care!
 - b. Life isn’t worth living!
 - c. Suicide is a good way out!
10. So like Jesus we cry out, “Why are you downcast, O my soul? Why so disturbed within me?” (Psalm 43:5.)
11. **Q:** How did Elijah deal with his depression?
A: He used Five Strategies. And so can we!

FIVE STRATEGIES!

Strategy # 1: Get Enough Sleep.

1. Elijah had a very stressful day – physically, mentally, and emotionally.
2. And in order to recuperate, he needed rest.
3. “Then he lay down and slept under a broom tree.”
And after being awakened, he “lay down again” (1 Kings 19:5, 6).
4. The body has a “biological clock” which regulates sleeping and waking. This is called the Circadian Rhythm.
5. Frequent interruption of the body’s routine can result in sleep disorders and depression.
6. Here are some helpful tips to get good sleep.
 - a. Take a warm bath before bedtime to aid relaxation.
 - b. Use soothing music to calm mind and body.
 - c. Ban alcohol, nicotine and caffeine because they affect the quality of sleep.
 - d. Establish and maintain a regular time to go to sleep and to wake up.
 - e. Keep the room dark and quiet.
 - f. Try spiritual meditation and prayer before retiring.
7. God wants to give you sleep! “I will both lay down in peace, and sleep” (Psalm 4:8).

Strategy # 2: Eat Brain Food.

1. Elijah ate some nourishing food. **1 Kings 19:6,7**
2. **Q:** What are brain foods?

11. Then the prophets of Baal were executed!
12. That day Elijah stood at the pinnacle of success!
13. But when Jezebel heard the story, she was furious! And she decreed Elijah's death!
14. Believe it or not: The prophet got scared! He ran for his life! Then he sat under a broom tree.
15. "And he prayed that he might die, and he said, 'It is enough! Now, Lord, take my life!'" (1 Kings 19:4)
16. Depression had overwhelmed him!

DEPRESSION

1. **Q:** What is depression? **A:** Major Depression is a mental illness that causes persistent feelings of sadness, and the loss of pleasure in activities that are normally enjoyable.
2. Depression is often triggered by terrible life experiences such as loss, grief, divorce, domestic violence, sexual abuse, and military combat.
3. In order to understand depression, let's peep into the functioning of our marvelous brain.

THE PROCESS

1. The human brain has 100 billion brain cells which are called neurons.
2. Between these neurons there are structures called synapses.
3. Neurons communicate with each other across these synapses.
4. And each neuron can make from 1,000 to 200,000 connections!
5. Deficiency in this intricate communication system can cause a chemical imbalance.
6. This imbalance produces changes in mood, and results in depression.
7. **Q:** What are some of the symptoms of depression?
A: Sleep problems – insomnia or excessive sleep, perpetual and overwhelming feelings of sadness, feelings of worthlessness, difficulty concentrating and making decisions, feelings of hopelessness.

11. And two years later, he founded the motivational company called, "**Attitude is Altitude.**"
12. Nicolas is the author of Seven Books!
13. His bestseller, *Life Without Limbs* has been translated in 30 languages!
14. Nick is married, and he and his wife Kanae have two sons.
15. He is now a Christian motivational speaker who tells the rest of us that we, too, can conquer our challenges.
16. Yes, he did it! And you can do it too!

PHYSICAL WEIGHT CONTROL

OUR CHALLENGES

1. So what's your challenge?
2. One of our biggest challenges we face today is Weight Control.
3. In fact, this has become an epidemic!
 - a. Two out of every three Americans are overweight!
 - b. And one in every three is obese!
4. But Obesity can kill you!
5. It can cause heart disease, hypertension, type 2 diabetes, arthritis, sleep disorder, kidney failure, and stroke.
6. Unfortunately, many people have tried to lose weight, have failed, and have given up!
7. But if Nick was able to overcome his big challenge, we can overcome ours!
8. Genetic factors and some medical conditions can make it more difficult to lose weight!
9. But Nick had success! And so can you!

THE FORMULA!

1. **Q:** So how can I succeed in having **lasting** weight control?
2. There is no quick fix! There is no magical solution!
3. But there is a simple scientific formula!
4. You don't need to be a genius like Einstein to grasp this Weight Control Formula.
5. Here it is!

Sermon 14

ELIJAH'S BATTLE WITH QUEEN JEZEBEL! FROM DEPRESSION TO ASCENSION!

- a. If I take in more calories than I burn up, I am likely to gain weight.
 - b. But if I burn up more calories than I consume, I am likely to lose weight.
6. Let's **repeat** this formula!
 7. So here are Four Keys to Lasting Weight Control.

FIRST KEY: CONTROL THE NUMBER OF CALORIES I CONSUME.

A. CALORIES COUNT

1. The most common cause of overweight is the intake of too many calories.
2. A calorie is a unit of energy.
3. The recommended daily intake for an adult female is from 1,600 to 2,400 calories.
4. The daily intake for an adult male should be from 2,000 to 3,000 calories.

B. TIPS FOR CALORIE CONTROL

1. Pay attention to serving sizes. Use smaller servings.
2. Avoid "Empty" calories! These are high in energy, but low in nutrition!
3. "Empty" Calories are found in solid fats and sugars, and they contribute to obesity.
4. Examples are white rice, white pasta, and white bread.
5. Instead, use whole grains like whole grain cereals, whole wheat bread, and brown rice.
6. Eat lots of fruit and vegetables!
7. Say "No!" to fast foods and other fatty foods.
8. Limit the amount of sweets, cakes and cookies. They have empty calories!
9. Eat supper three hours before bedtime to allow calories to be burnt up.
10. Avoid sodas and sugary drinks. They too have empty calories!
11. Instead drink plenty of water.

C. ORIGINAL DIET

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
Elijah's battle with Jezebel! From Depression to Ascension!

ATTENTION

1. Once there was a wicked king of Israel named Ahab.
2. And he married an even more wicked woman named Jezebel!
3. By the way, do you know of any parent today who has named their daughter Jezebel?
4. Why does no body do that?

ELIJAH AND JEZEBEL

1. Ahab and Jezebel led Israel into terrible idol worship.
2. So God sent the prophet Elijah to tell the king that the punishment would be a severe famine.
3. However, God provided food and water for His prophet.
4. After 3 ½ years, the Prophet Elijah showed up!
5. Then God's prophet and Baal's prophets faced off for a decisive showdown.
6. They built altars, placed wood and put sacrifices, and each asked his deity to bring down fire.
7. All day long, the prophets of Baal called on their god. But no fire fell! Finally they gave up.
8. Then Elijah prayed, and the fireworks started!
9. Fire fell from heaven! **1 Kings 18:38**
10. When the people saw it, they cried, "The Lord, He is God! The Lord, He is God!" (1 Kings 18:39).

DECISION

1. If you will walk with Jesus in the city then,
You need to walk with Jesus in the water now!
2. "Take me to the waters to be baptized!"
3. Tonight, I'm calling two groups to the Altar.
 - a. **Group # 1:** All who have decided to follow Jesus in Baptism.
 - b. **Group # 2:** Those who are supporting your friends for Baptism.
4. **Song.** "Take me to the waters to be baptized." **Stand! Sing! Come!**
5. You must make a **Choice:** Satan or Jesus? Death or Life?
6. If you choose Satan! Refuse Baptism!
Verdict: **Guilty!** Sentence: Eternal Death! **Don't Come!**
7. But if you choose Jesus! Be Baptized Like Jesus!
Verdict: **Not Guilty!** Sentence: Eternal Life! **Come Now!**
8. The devil is a bad **paymaster!** He tempts you, then accuses you!
Break up with Satan Tonight!"
9. Make Christ your **Lawyer!** Give your life to Jesus!
Do it Tonight! **Come Now!**
10. Accept the Blood of Jesus, Sabbath of Jesus, Baptism of Jesus.
11. **Song.** "Just as I am, I come."
12. Tonight Christ is Calling **Men!** Be a Real Man! **Come!**
13. Christ is Calling **Women!** Bring Your Children! **Come!**
14. Tonight Christ is calling **young** people! **Come Now!**
15. Somebody **Accompany** Somebody!
Come with your Spouse! Come with your Friend!
16. Put your case in the **hands** of Jesus!
He has never lost a case! **Come! Come!**
17. Reject Eternal Death! Choose Eternal Life! **Come Now!**
18. Prayer.

1. It is interesting to note that when God created humans, He prescribed a plant-based diet!
2. It was only after the Flood, when all vegetation died, that God permitted flesh food.
3. **Q:** But if one chooses to eat meat, which are the edible land creatures?
A: "Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud – that you may eat" (Leviticus 11:3).
4. Edible land creatures must part the hoof and chew the cud.
5. **Q:** What are some examples?
6. So Mr. Pig is off God's list!
7. **Q:** Which are the edible water creatures?
A: "Whatever in the water has fins and scales, whether in the seas or in the rivers – that you may eat" (Leviticus 11:9).
8. **A:** Edible water creatures must have fins and scales.
9. **Q:** What are some examples?
10. So shrimp, crab and lobster are off God's list!
These are scavengers of the sea!
11. But **Don't Forget!** Eden's plant-based diet is still the best.
12. So **Key # 1** for Weight Control is: Limit the number of calories that I consume.

SECOND KEY: BURN UP CALORIES THROUGH DAILY EXERCISE.

1. All exercise is good, but aerobics is best.
2. **Q:** What are some examples of aerobic exercise?
A: Running, swimming, cycling, and walking.
3. **Q:** How much exercise is needed?
A: 30 minutes a day, 5 days per week. This time can be broken up into segments.
4. Here are five tips to stay on track.
 - a. Have a Strategy. Schedule the daily time and stick to it.
 - b. Get an exercise partner. Each will hold the other accountable.
 - c. Set realistic goals. Write them down, and track your progress.
 - d. Start Today. Don't talk about tomorrow, begin it Today!

THIRD KEY: USE MY BIG BRAIN POWER!

6. The other experienced Life! She took her living baby home!
7. So it is with God's Judgment. Some will have Eternal Death. Others will have Eternal Life!

TWO PHASES

1. Every Judgment has Two Phases.
2. The **Investigative** Phase where the case is examined and sentence is passed.
3. The **Executive** Phase where the sentence is executed.
4. Sentence will be executed when Christ comes again!
5. The **Judge** says, "And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work" (Revelation 22:12).
6. Since the Executive Judgment occurs when Christ comes again, the Investigative Judgment must take place **before** Christ returns.
7. That is why it is sometimes called the **Pre-Advent** Judgment.
8. In fact, this Investigative Phase has already started!
9. According the prophecies of Daniel chapters 8 and 9, God's Pre-Advent Judgment started in the year 1844.

THE JUDGMENT SCENE

1. In vision, Daniel the Prophet saw the judgment scene.
2. And he described that awesome scene! **Daniel 7:9,10**
3. Here we see that:
 - a. God the Ancient of Days sits as Judge.
 - b. Angels are the witnesses.
 - c. People are not present. Divine records hold the evidence.
4. Every court has its laws.
5. What is the law of God's court? **James 2:11,12**
6. So the law by which we are judged is God's Ten Commandments.
7. This court has a prosecutor!
8. He is the devil, called "the accuser" (Rev. 12:10).
9. If I stand alone:
 - a. My case is lost!
 - b. The verdict is "Guilty".
 - c. My sentence is eternal death.
 - d. "The wages of sin is death."

6. But Christ, the Great Physician, has given us two keys to combat the spiritual obesity of sin!
7. What is the First Key? **1 John 1:7**
8. The **first key** is: Accept the Blood of Jesus.
9. What is the Second Key? **Acts 2:38**
10. The **second key** is: Accept the Baptism of Jesus
11. Sometimes, these Two Steps present a Big Challenge!
12. But if Nick conquered his challenges, we can conquer ours!
13. Let's look at Six of these Challenges.
14. We'll see that in **each case**, someone was like Nick, and conquered that challenge.

CONQUERING OUR CHALLENGES

CHALLENGE # 1: MY FAMILY

1. When my husband or wife, parent or child tries to prevent my baptism, what should I do?
2. Here is God's answer.
"A man's enemies will be those of his own household'.... He who does not take up his cross and follow Me is not worthy of Me."
Matthew 10: 36, 38.
3. If others delay, God wants you to **lead** the way!
4. Lot did that! You can do it too!

CHALLENGE # 2: MY JOB

1. When my job interferes with my baptism, what should I do?
2. Here is God's answer.
"Therefore do not worry ... But seek first the kingdom of God and His righteousness, and all these things shall be added to you."
Matt. 6:31-33
3. Negotiate wisely with your employer.
4. Then trust and obey God. He will provide.
5. Levi Matthew did that! You can do it too!

CHALLENGE # 3: MY UNWED PARTNER

1. If I'm living together with someone to whom I'm not married, what should I do?

2. Here is God's Answer! **Hebrews 13:4**
3. If you love each other and can be married, get married!
4. But if not, then end the affair!
5. Only two options: Marry up or Break up!
6. The woman at the well did that! You can do it too!

CHALLENGE # 4: MY RELIGION

1. When my religion interferes with my baptism, what should I do?
2. Listen to God's Answer! **Revelation 18:4**
3. Christ has honest people in all religions today.
And He is calling you!
4. But if you refuse to obey Jesus, what happens? **Mark 7:7**
5. Jesus said "My sheep hear My voice, and I know them, and they follow Me." (John 10:27).
6. Paul did that! You can do it too!

CHALLENGE # 5: I NEED MORE TIME!

1. When I'm tempted to delay, what does God say to me?
2. God says **2 Corinthians 6:2**
3. God's Time is Today!
4. "Therefore, as the Holy Spirit says: "Today, if you will hear His voice, Do not harden your hearts" (Hebrews 3:7,8).
5. The treasurer of Ethiopia did that! You can do it too!

CHALLENGE # 6: TOO MUCH TO SACRIFICE!

1. When I think of the things I have to give up, what to do?
2. Think of the Sacrifice that Jesus made for you!
He gave His life for you!
3. "Behold what manner of love the Father has bestowed on us!"
(1 John 3:1).
4. Since Christ made such sacrifices for me, I am willing to make my sacrifices for Him!

DECISION

1. It's Time to come to the Altar!
2. Tonight, I'm calling Two Groups.

KEY # 4: SOCIAL ACTIVITY

1. It's a fact! Loneliness invites depression and lowers brain health.
2. Interaction with friends can provide support and increase brain health.
3. Join an interactive small group that challenges you to think.
4. Solomon said, "Two are better than one....If one falls, his friend can help him up" (Ecclesiastes 4:9, 10, NIV).

KEY # 5: SPIRITUAL ACTIVITY

1. Spiritual activities can empower your brain!
2. "Be transformed by the renewing of your mind" (Romans 12:2).
3. **Prayer** can improve Brain Power!
4. Solomon prayed for it, and he received it! **1 Kings 3:9,12**
5. **Scripture** can improve brain power!
6. Solomon says so! "For the Lord gives wisdom; from His mouth comes knowledge and understanding!" (Proverbs 2:6).
7. Memorizing Scripture can increase brain power!

Let's Review

So what are the five secrets for Brain Power?

1. Physical Activity.
2. Nutritional Activity.
3. Cognitive Activity
4. Social Activity
5. Spiritual Activity.

Q: How many want to say "Yes!" to these five activities? Raise Hands!

GOD'S JUDGMENT

1. On that day, those two mothers stood in court before Solomon, king of Israel.
2. So one day, every person must stand in court before God, the King of heaven!
3. Look what Scripture says! **2 Corinthians 5:10**
4. Those two mothers experienced two different outcomes!
5. One experienced Death! She took her dead baby to the cemetery!

KEY # 1: PHYSICAL ACTIVITY

1. Exercise causes the release of chemicals which grow blood vessels in the brain.
2. Exercise also aids the growth of synapses. These are the connections between brain cells.
3. So regular exercise grows more synapses, and this results in a sharper brain!
4. In addition, exercise also enlarges the hippocampus of the brain, which controls memory.
5. So exercise helps to combat Alzheimer's disease!
6. Let's exercise! "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it" (1 Corinthians 9:24).

KEY # 2: NUTRITIONAL ACTIVITY

1. Some foods are Brain Foods!
2. A rich source of brain food is grains, nuts and seeds.
3. Serotonin aids brain health, and tryptophan raises the level of serotonin.
4. Foods rich in tryptophan are tofu, flax seeds, sesame seeds, and almonds.
5. Another factor for brain health is Omega-3.
6. Omega-3 is found in fish, like mackerel and salmon.
7. Omega-3 is also found in wheat germ, flax seeds, soybeans, chia seeds, and walnuts.
8. Do you remember? This was the original diet that God gave to humans!
Genesis 1:29

KEY # 3: COGNITIVE ACTIVITY

1. Mental activity stimulates brain function. So exercise your brain!
2. Play brain games like crossword puzzles and Sudoku.
3. Learn a new skill like using the computer.
4. Start to play a new musical instrument.
5. Learn a new language.
6. Everything is Possible! God says, "Nothing they plan to do will be impossible for them" (Genesis 11:6, NIV).

- a. **Group # 1:** All those who have decided to follow Jesus in Baptism.
- b. **Group # 2:** All those who are their Supporters.
3. **Song.** "Just as I am, I come" **Stand! Sing! Come!**
4. Leave the Weight of Sin! Get the Joy of Salvation! **Come!**
5. Thinking of your Family? Thinking of your Job?
God will take care of you! **Come!**
6. Thinking of your friends? Thinking of your Church?
Put Jesus First! **Come!**
7. Thinking about that man?
Surrender to the Man, Christ Jesus! **Come Now**
8. Thinking about your sacrifices?
Think of Christ's Sacrifice – for you! **Come!**
9. Somebody **accompany** Somebody! Come with your Friend!
Come with your Spouse! Come with your Child!
10. Prayer.

Sermon 10
DIABETES IS A “SUGAR DADDY!”
HOW TO LOCK HIM OUT?

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: “Beloved, I pray that you may prosper in all things and be in health.” 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What’s tonight’s topic?
Diabetes is a “Sugar Daddy!” How To Lock Him Out?

ATTENTION

1. **Q:** Who is a “Sugar Daddy”?
A: He is an older man who gives financial and other support to a younger woman in exchange for sexual favors.
2. When he visits, he says, “Hi Baby, I’ve come for some sugar!”

PHYSICAL DIABETES

“SUGAR DADDY!”

1. **Attention!** In the field of health, Type 2 Diabetes is a “Sugar Daddy!”
2. **Q:** Why could he be called a “Sugar Daddy”?
3. First, because Diabetes results from too much sugar in the blood! Second, because Diabetes secretly fathers a number of children!
4. **Q:** So who are his children?
A: They are various illnesses that he fathers.
5. **Q:** What are the names of some of his kids?
A: High blood pressure, Kidney failure, Blindness, Heart attack, Stroke, Ulcerated sores, and Amputations.
6. In the United States, more than 29 million people are diabetic! That’s almost 1 in every 10 persons!
7. So, should we keep him in? Or should we lock him out?
8. There are three types of this disease.

8. Challenges at Home! Challenges at School! Challenges at Work!
9. And just like Solomon, we need Bright Brains to solve our mysteries!

BRAIN POWER!

1. The human brain is the most powerful element of God’s creation!
2. Your brain has 100 billion brain cells which are called neurons.
3. Between these neurons there are structures called synapses.
4. The neurons communicate with each other across these synapses!
5. Each neuron can make from 1,000 to 200,000 connections!
6. We exist because messages go back and forth continuously in this awesome network.

BRAIN FUNCTION

1. The brain has two hemispheres.
2. And it has four lobes. These lobes have different functions.
3. First, there is the **frontal** lobe.
4. There is where decisions are made. This lobe is responsible for planning, reasoning, and problem solving. It manages behavior and self control.
5. Then we have the **parietal** lobe.
6. This lobe coordinates sensory information. It helps us manage our position in space, tells us which way is up, and helps us avoid bumping into things.
7. There is the **occipital** lobe.
8. This is the smallest one. It receives and processes all the information we see, and enables us to recognize shapes and colors.
9. Then we have the **temporal** lobe.
10. This lobe deals with language and helps us understand and process speech. It stores auditory and visual memories.
11. At the base of the brain is the **Brain Stem**.
12. It controls involuntary functions like blood pressure, heart rate, and breathing.
13. Like King David, what can we declare, “I will praise You for I am fearfully and wonderfully made” (Psalm 139:14).
14. **Q:** So how can we increase our brain power?
Here are five keys.

Sermon 13

THE WOMAN WHO STOLE A BABY! BRAIN POWER SOLVED THE MYSTERY!

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: “Beloved, I pray that you may prosper in all things and be in health.” 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What’s tonight’s topic?
The Woman Who Stole a Baby! Brain Power Solved the Mystery!

ATTENTION

1. Every baby is a miracle!
2. It’s a miracle how a tiny male sperm fertilizes an invisible female ovum, and a new life begins.
3. Then the fetus develops in the womb - with heart and lungs and brain!
4. And after nine months, a baby is ready for delivery!
5. The woman is the most marvelous creature of God’s creation!
6. So men, let’s honor and respect her!
7. As King David declared, “You formed my inward parts; You covered me in my mother’s womb” (Psalm 139:14).

SOLOMON’S JUDGMENT

THE STORY

1. But some women want to own a baby so desperately, that they are willing to steal one!
2. The Bible tells us of such a story. It’s found in **1 Kings 3:16-22**
3. So there they were - two mothers claiming the same baby!
4. And the Judge needed a Bright Brain to solve the mystery.
5. How did King Solomon solve that mystery? **1 Kings 3:25-27**
6. That took really Bright Brain!
7. Day by day, we too face problems. And we need to find solutions.

9. Type 1 Diabetes, which was formerly called juvenile diabetes, is mostly found in children.
10. Gestational Diabetes occurs temporarily in a small per cent of pregnant women.
11. However, the most prevalent is Type 2 Diabetes.
12. **Q:** How does Type 2 Diabetes occur?
13. In order to understand Diabetes, we need to look at the body’s metabolism.

THE PROCESS

1. Every cell of our body needs fuel, and we get this fuel from food.
2. Carbohydrates in our food are broken down into glucose, or blood sugar, and enter the bloodstream.
3. But in order for glucose to move from the blood to body cells, it needs insulin.
4. And insulin is supplied by the pancreas.
5. So when the glucose level rises in the blood, the pancreas supplies insulin.
6. After the glucose moves from the blood to the body cells, the level of blood sugar lowers.
7. Then insulin is no longer needed, and the pancreas shuts it off.
8. Diabetes occurs when the body’s insulin does not work well, and glucose remains in the bloodstream.
9. When natural insulin is absent or inadequate, insulin needs to be injected into the body.

IT’S PREVENTABLE!

1. **Q:** What are some symptoms of Diabetes?
A: Blurry vision, excessive thirst, fatigue, frequent urination, constant hunger, weight loss, slow healing sores, and lack of feelings in hands and feet.
2. But Beware! Some people get no symptoms!
3. So someone can have the disease and not know it!
4. Therefore everyone should get tested.
5. Good News! Diabetes is Preventable! We can keep him out!
6. How can we? Take Three Actions!
7. Wonderful News! Diabetes is even Reversible!
If he has already come in, we can throw him out!

8. How to do that? Take Three Actions!

ACTION # 1: CONTROL THE SUGARS IN YOUR DIET

1. The so-called “refined” foods like white rice and white flour products are your enemies!
2. They convert into sugar quickly, and overwhelm the digestive system. So, let’s avoid them!
3. The body can get better sugars from whole grains.
4. Use whole grain cereal, whole wheat bread and brown rice.
5. Non-starchy vegetables, like broccoli produce less glucose.
6. These natural sugars enter the bloodstream s-l-o-w-l-y.
7. This slower sugar movement aids the balance between glucose and insulin.
8. Use fruits. They have natural sugars that digest safely.
9. Also watch your food portions!
10. More Food = More blood sugar = More insulin imbalance = Greater risk of Diabetes.
11. Cakes and most desserts are mostly sugar, and increase glucose supply. So use them sparingly.
12. Avoid sugary drinks! These contribute to diabetes.
13. Each can of soda contains 8 to 12 teaspoons of sugar!
14. So switch from sweet drinks to wholesome water.
15. Yes! Control of my Diet can help control my Diabetes!
16. What is the counsel of the Dr. Jesus? **1 Corinthians 10:31**

ACTION # 2: MAKE EXERCISE YOUR ALLY

1. When we exercise, our muscles need large amounts of glucose.
2. So exercise helps glucose to move from the blood.
3. And here’s something wonderful: On the outer part of our body cells are mechanisms called Insulin Receptors.
4. These receptors allow the cells to bond with insulin in the blood.
5. Regular exercise multiplies the number of insulin receptors!
6. Whole body exercise is best - 30 minutes a day, 5 days a week.
When we cooperate with Him, what is God’s promise?
“Your healing shall spring forth speedily” **Isaiah 58:8**

ACTION # 3: MANAGE YOUR WEIGHT

5. Second, Calling all **Adults**.

How many adults want to say: “Lord, help me not be a Love Bug!
Help me to be a Love Bird.” **Come to Altar!**

6. Thirdly, Calling **Everyone!**

How many want to pray: “Lord, please help me not be a Spiritual
Love Bug! Not love Jesus and love Rome! **Raise Hands!**

7. Finally, how many want to say: “Dear Lord, please help me be a
Spiritual Love Bird. Help me to love **Jesus only!**

Blood of Jesus, Sabbath of Jesus, Baptism of Jesus.

Love **Jesus only!**

Raise Hands!

8. Prayer.

4. Hear His call:
“And I heard another voice from heaven saying, ‘Come out of her MY people, lest you share in her sins, and lest you receive of her plagues” (Revelation 18:2-4).
5. **Q:** Do you hear Him calling!
Will you answer, “I will follow Thee, my Savior?”
6. Today you must make a choice:
Be a Spiritual Love Bug Or Be a Spiritual Love Bird.
7. **Q:** How to be a Spiritual Love Bug?
A: Love Jesus and Love Rome also!
8. Rome has: False Salvation, False Sabbath, and False Baptism.
9. **Q:** How to be a Spiritual Love Bird?
A: Love Jesus Only!
10. Accept the Blood of Jesus, the Sabbath of Jesus, and the Baptism of Jesus.
11. What is your choice?

LOVE BIRDS FOREVER!

1. Good News! Soon Jesus is coming again!
2. All the Love Bugs will be burnt in the Fires of Hell!
3. All Christ’s Love Birds will go with Him to Heaven!!
4. And then, there will be a wedding!
“Let us be glad and rejoice and give Him glory, for the marriage of the Lamb has come, and His wife has made herself ready” (Revelation19:7).
5. We’ll be together forever!
6. And we’ll live happily ever after!

DECISION

1. Here is my Love Song to Jesus!
2. **Song.** “My Jesus, I Love Thee.” **Stand & Sing!**
3. First, Calling all **Young People** – Baptized and Not Baptized.
4. Casual sex is everywhere!
How many young people want to pray: “Lord, help me not be a Love Bug! Help me to be a Love Bird.” **Come to Altar!**

1. A body carrying excess pounds has greater volume of blood.
2. More blood with more glucose calls for more insulin.
3. But the pancreas can only supply a limited amount of insulin!
4. This imbalance of glucose and insulin results in diabetes.
5. Therefore Less Weight = Less Blood = Less Sugar = More Control of Diabetes.
6. **Q:** How can I lose weight?
A: Eat less and exercise more!
7. What is God’s advice? “Let us lay aside every weight, and the sin which so easily ensnares us” **Hebrews 12:1**
8. So manage your weight! And beat Diabetes!

Attention!

1. There are a few chronic situations where diabetes may not be reversed completely. So medication will still be needed.
2. But the amount of medication needed will become less.

Let’s Review

So what are the Three Actions to Beat Diabetes?

1. Control My Diet.
2. Exercise Daily.
3. Manage My Weight.

Q: How many want to say “Yes!” to these three actions? **Raise Hands!**

SPIRITUAL DIABETES

TOO MANY RULES!

1. Jesus told an incredible story! It starts in **Luke 15:11,12**
2. Imagine this young man screaming,
“This house is like a jail! I can’t do this! And I can’t do that! And I can’t eat that! And I can’t drink that! I want to be free!”
3. Unfortunately, some of God’s children are doing the same thing today!
4. They say, “God has too many rules!”
5. So the lad bought a one-way ticket to Timbuktoo!
He wanted to be as far as possible from his father.
6. Today, some restless child of God is running away from Him!

7. But no matter how far you go, the Loving God runs behind you!
8. What love! What matchless love!

“SUGAR DADDY!”

1. Then the young man engaged in riotous living! **Luke 15:13**
2. To use contemporary imagery,
He drank expensive liquor. And he smoked costly cigars!
He danced in elite ballrooms! And he viewed x-rated movies!
He gambled away his money! And he dishonored God’s Sabbath!
3. And the girls? They were everywhere!
He was with a different one each night!
4. He became a “**Sugar Daddy!**”
5. The son was devouring the wrong Spiritual Sweets!
6. He became a Spiritual Diabetic!
7. Tonight, some of God’s children are doing the same thing!
8. But God says, “Do not love the world or the things in the world”
(1 John 2:15).

CONSEQUENCES

1. But the “sugars of sin” carry some terrible consequences!
2. What happened to him? **Luke 15:14**
3. Money gone! Girls gone! Friends gone!
4. He learnt that the things of earth don’t last forever!
 - a. I can be strong today, but crippled tomorrow!
 - b. I could be beautiful today, but wrinkled tomorrow!
 - c. I can be powerful today, but helpless tomorrow!
 - d. I could be here today, and be gone tomorrow!
 - e. I can be living Today, and be dead tomorrow!
5. His condition got from bad to worse!
6. What happened next? **Luke 15:15**
7. There he was - sitting in a pig pen!
8. He was so hungry that “He would gladly have filled his stomach with the pods that the swine ate” (Luke 15:16).
9. I’m glad he didn’t stay and die there!
10. Instead, he did some soul-searching and made a life-changing decision!
11. He decided to reverse his spiritual diabetes!

5. Most of it is sometimes called the “Dark Ages.”
6. There was spiritual darkness because the Bible was locked up in monasteries.
7. At this time, Truth was in the wilderness, Error was on the throne.
8. During this period, the Church of Rome controlled Europe.
9. False doctrines multiplied!
10. These included penance, purgatory, infant baptism, Sunday worship, veneration of saints, confession to priests, and prayers for the dead.
11. Those who objected were persecuted! “Heretics” were burnt!
Millions were martyred!

SINGING IN THE WILDERNESS!

1. But Christ’s Love Bird kept on singing from the wilderness!
2. And her Love Songs were gradually heard around the world!
3. 16th Century, Lutherans began to sing about the Grace of Jesus!
4. 17th Century: Baptists began singing about the Baptism of Jesus.
5. 18th Century: Methodists began to sing about the Law of Jesus.
6. 19th Century: Seventh-day Adventists began singing of the Second Coming of Jesus and the Sabbath of Jesus.
7. They put together the Grace of Jesus, and the Law of Jesus, and the Sabbath of Jesus, and the Baptism of Jesus, and the Second Coming of Jesus. The whole teachings of Jesus!
8. That’s the song of the Seventh-Day Adventist Church Today!
9. **Q:** Are all of its members going to Heaven?
A: Certainly Not! Some are hypocrites - going straight to Hell!
10. But what they teach will take you straight to Heaven!

CHRIST’S CALL

1. Today God has love birds all everywhere!
2. These are people who have God’s love in their hearts.
 - a. Honest Catholics and Protestants.
 - b. Honest Jews and Gentiles.
 - c. Honest Hindus and Muslims.
 - d. Honest atheists and agnostics!
3. And today Christ is calling His people from everywhere into His Remnant Church.

5. So what's the solution to this mathematical problem?
6. "Be kindly affectionate to one another with brotherly love, in honor giving preference to one another." (Romans 12:10).

SPIRITUAL LOVE BIRDS

CHRIST'S LOVE BIRD

1. In Scripture, Christ is pictured as a loving husband and the church as His wife.
2. "Husbands, love your wives, just as Christ also loved the church and gave Himself for her" (Ephesians 5:25).
3. In the Book of Revelation, we have pictures of two different women – two different churches!
4. One is a Love Bird. The other is a Love Bug.
5. One of them is described in **Revelation 17:4, 5**
6. **Q:** Which one is she?
A: She is the Love Bug!
7. The other one is pictured in **Revelation 12:1**
8. **Q:** Which one is she?
A: She is the Love Bird!
9. Let's learn more about her. **Revelation 12:2-5**
10. **Q:** What does the glorious woman mean?
A: Christ's true church.
11. **Q:** What does the woman in labor mean?
A: The birth of Jesus.
12. **Q:** What is the great red dragon represent?
A: Satan using Rome.
13. **Q:** What does the dragon's attempt to devour the Baby mean?
A: Herod's attempt to kill Jesus.
14. **Q:** What's the meaning of the Child caught up to God?
A: Christ's ascension to heaven.

WOMAN IN THE WILDERNESS!

1. Where did the woman then flee for safety? **Revelation 12:6**
2. In Bible prophecy, a day represents a year (Ezekiel 4:6).
3. So this represents 1,260 years.
4. This 1260 year period extended from 538 to 1798 AD.

12. How? He took Three Actions!

THREE ACTIONS

Action # 1: He Came to Himself.

Luke 15:17-19

1. The NIV says, "When he came to his senses"
2. He got a new vision of his father!
3. What is your picture of God?
4. We need to see that all God's laws are Laws of Love!

Action # 2: He Made Up His Mind!

Luke 15:18

1. He decided to go home and submit to his father!
2. Tonight you too need to make up your mind!

Action # 3: He Got Up and Moved!

1. He knew what he should do and he did it!
2. What did he do? "He arose and came to his father" (Luke 15:20).
3. And what does God expect me to arise and do? **Acts 22:16**
4. Come to the Altar Tonight!

LOVING FATHER

1. Then something amazing happened!
2. When the son "was still a great way off, his father saw him" (Luke 15:20b).
3. How could his father see him?
4. Day by day, he stood by the door way watching, wondering, "Will my son come today?"
5. Night by night, he sat by the window gazing, wondering, "Will my boy come home tonight?"
6. Day by day, dad called his name in his prayers.
7. Night after night, he shed bitter tears.
8. Friend, that's what our Heavenly father is doing over you and me – this very hour!
9. And when the father saw his haggard son, He "had compassion, and ran and fell on his neck and kissed him" (Luke 15:20c).
10. Incredible!
 - a. The son was wretched and ragged. But his father hugged him and kissed him - over and over again!

- b. The youth was filthy. But his dad showered him with the sweetness of his love!
- 11. Then the son began, "Father, I am no longer worthy to be called your son."
- 12. But his father interrupted him, crying, "You're still my son!"
- 13. He kept saying, "This, my son, was dead and is alive again! Welcome Home!"

CELEBRATION!

- 1. Then the Father commanded, "Bring the fatted calf here and kill it" (Luke 15:23).
- 2. The calf was not chosen at random. It was a **special** calf! Day after day, that calf was being fattened for this occasion!
- 3. The calf was innocent. But its life was given for the guilty boy!
- 4. That calf represents **Christ!**
- 5. 2,000 years ago, there was another slaughter! And the slaughter house was Calvary!
- 6. Christ, the Innocent Calf, was slain for you and me! His blood was shed! His flesh was broken!
- 7. His death was the gateway to my eternal life! What matchless love!
- 8. Then, the celebration began!
- 9. "Let us eat and be merry! And they began to be merry!" (Luke 15:23, 24).
- 10. At your baptism there will also be a great celebration!
- 11. The Father will say, "This is My beloved son, My beloved daughter!"
- 12. All heaven will celebrate! The angel choir will sing!
- 13. And the Loving Father, with tears of joy, will say, "Welcome Home!"

DECISION

- 1. Tonight, I'm calling two groups to the Altar.
 - a. Group # 1: All who have **decided** to follow Jesus in Baptism.
 - b. Group # 2: All who are **supporting** those following Jesus in Baptism.
- 2. **Song.** "Come and Go with me." **Stand! Sing! Come!**

- 9. Be a Love Bird! Have intimacy with your husband or wife only.
- 10. **Q:** How can we be love birds and enrich intimacy within marriage?
A: Use these three tips.

TIPS FOR LOVE BIRDS

1ST TIP: CREATE A LOVE TRIANGLE

- 1. Who is that Third Person?
- 2. "So then, they are no longer two but one flesh. Therefore what God has joined together, let no man separate" (Matthew 9:6).
- 3. So that Third Person is Jesus!
- 4. Just as God was present to bless the first couple when they experienced their sexual unity, He delights to be present with every married couple to bless our intimacy.
- 5. The supreme sexual union is physical, mental, emotional and spiritual.

2ND TIP: PRACTICE WIN-WIN

- 1. Often there are variations in sexual desire.
- 2. Some reasons are:
- 3. Win-Win means you satisfy my desires and I satisfy yours.
- 4. If each tries to please the other, we will meet along the way. That's Win-Win!
- 5. "Let each of you look out not only for his own interest, but also for the interests of others" (Philippians 2:3, 4).

3RD TIP: MASTER YOUR MATH!

- 1. Oh Yes! Math can help!
- 2. There are three principal expressions of love.
 - a. Number 1 is the Casual – like holding hands.
 - b. Number two is the Intimate – like hugging and kissing.
 - c. Number three is the Ultimate – the sexual expression.
- 3. The man is an excellent mathematician!
When he starts to count, It's 1, then 2, then 3!
- 4. The woman is a poor mathematician!
Sometimes it's "1, Stop!" Sometimes it's "1, 2, Stop!"
Then at other times it is "1,2,3!"

4. This is the virus that destroys the immune system and causes AIDS.
5. In its early stages, the infected person may show symptoms.
6. Some symptoms are diarrhea, swollen lymph glands, sores in the genital area, dark patches, and prolonged cough.
7. However after a few days or weeks, the symptoms can disappear. But don't be fooled!
8. For the next **ten years** or more, the infected person may experience no more symptoms, but the AIDS virus is silently doing its deadly work!
9. And during those years, the virus can be transmitted from person to person!
10. If it is left untreated, HIV can develop into AIDS.
11. So HIV is the virus that starts the process, and AIDS is the final stage of the HIV infection.

STOP AIDS!

1. **Q:** How does someone contract AIDS?
2. AIDS can be contracted by:
 - a. The sharing of contaminated needles, syringes, or sharp instruments.
 - b. Transmission from mother to baby during pregnancy, childbirth or breast-feeding.
 - c. Receiving transfusion of contaminated blood. This is the rarest cause.
3. But the **most frequent** cause of AIDS is having sex with an infected person – whether it be vaginal, anal, or oral sex.
4. Let's stop the march of AIDS!
 - a. Face it! Get tested!
 - b. And if infected, Get treated! Treatment can prolong life!
5. But "Prevention is Better than Cure!"
6. **Q:** What can I do to prevent AIDS?
 - a. Avoid casual sex. Refrain from having multiple partners.
 - b. Use caution. If unsure of your partner's health, use a condom.
 - c. Have sexual intimacy with your marriage partner **only**.
7. What does Dr. Jesus say about this? **Hebrews 13:4**
8. Don't be a Love Bug! Don't be intimate with any and every body!

3. Are you in a **far country**? Come Home!
 - a. Engaging in riotous living?
 - b. Bankrupt? God has money! **Come!**
 - c. Hungry? Your Father has food!
 - d. Ragged? Your Daddy has clothes! **Come!**
4. Leave the sweets of sin! Come home to your Loving Father!
5. **Song.** "I've wandered far away from God"
6. Tonight Christ is Calling **Men!**
Be a Real Man! Take a stand for your Lord! **Come!**
7. Tonight Christ is Calling **Women!**
Bring Your Children! **Come!**
8. Christ is calling **Young People!** Satan wants to destroy you!
But God has a plan for you! **Come Home!**
9. "I've wasted many precious years! Coming Home!"
10. Christ is calling those who **attend** church,
but are not yet baptized. **Come Now!**
11. Christ is calling those **once baptized.**
You went away! Come Back! **Come Now!**
12. Somebody **accompany** somebody! Come with your Friend!
Come with your Child!
13. You've been waiting a **long time!** Whatever you've done,
whatever others say, **Just Come!**
14. Come and let your Savior **embrace** you with His love!
Come home tonight!
15. Prayer.

Sermon 11

GOT ANY DEMONS? SEVEN TIPS TO CONQUER THEM.

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: “Beloved, I pray that you may prosper in all things and be in health.” 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What’s tonight’s topic?
Got Any Demons? Seven Tips to Conquer Them!

ATTENTION

1. Today, young people are facing serious challenges!
2. **Q:** What are some of them?
3. **A:** Poverty, Unemployment, Failing schools, Low income, High crime rate, Racial discrimination, Police shootings, Imprisonment.
4. In order to cope with these challenges, many people use help from the wrong sources.
5. Later they discover that their helpers are demons!
6. Let’s look at four of them.

ADDICTIONS

FOUR DEMONS

Demon # 1: Marijuana

1. **Q:** Why do people use marijuana?
A: They do so to get a “high!”
2. It causes them to feel “happy” and relaxed
3. Then they get detached from reality!
4. But it’s a **demon!**
5. It increases heart rate and elevates blood pressure.
6. Marijuana causes dizziness, drowsiness, slow reaction time, and inability to think clearly.

5. What did God say to them? **Genesis 2:24**
6. Since God created sexual intimacy, within marriage,
 - a. Sex is not common. It is sacred!
 - b. It is not dirty. It is clean!
 - c. It is not nasty. It is holy!
 - d. It is not only human. It is also divine!
7. And each of us has a choice!
8. Option # 1: Be a Love Bird! Have sexual intimacy with my husband or wife only.
9. Option # 2: Be a Love Bug! Have sexual activity with just anybody!

LOVE BUG DANGERS

1. What are the dangers of casual sex?
2. Some dangers are:
 - a. Unwanted pregnancy.
 - b. Feelings of guilt before marriage.
 - c. Guilt feelings after marriage causing sexual dysfunction.
 - d. Vicious cycle of promiscuity.
 - e. Infection with sexually transmitted diseases like HIV/AIDS.
3. AIDS is deadly! Worldwide
 - a. It has already killed 34 million!
 - b. It now infects 36.9 million people!
 - c. And it continues to kill 1.8 million each year!
4. In the United States
 - a. AIDS has already killed 650,000!
 - b. It now infects 1.1 million people!
 - c. And almost 20% of them do not know they are infected!
5. Beware! Love Bug behavior is dangerous!

AIDS AND HIV

1. **Q:** What is AIDS?
A: AIDS stands for Acquired Immune Deficiency Syndrome.
2. It weakens the immune system, and makes the body unable to fight against diseases and cancers that a normal healthy body could withstand.
3. **Q:** And what is HIV?
A: That stands for Human Immunodeficiency Virus.

Sermon 12

ARE YOU A LOVE BUG OR A LOVE BIRD?

NIGHTLY OPENING STATEMENTS

1. **Theme.** What is our Theme Text?
In Unison: "Beloved, I pray that you may prosper in all things and be in health." 3 John 2.
2. **Attention!** The information given in this series is for health education only. It is not designed to be a substitute for the medical care of your physician!
3. **Topic.** What's tonight's topic?
Are You a Love Bug Or a Love Bird?

ATTENTION

1. The **love bug** is a small flying insect.
2. It is found in Central America and the southeastern United States.
3. Mating starts right after females emerge, and adults live for just a few days.
4. During and after mating, they remain coupled for several days even while in flight!
5. But the **love bird** is very different!
6. It is a social and affectionate small parrot native to Africa and Madagascar, and some species are kept as pets.
7. This bird has a strong monogamous bond to its mate.
8. The pair spends long hours sitting together in each other's company.
9. Love birds can live for 10 to 15 years, and their love is lasting.

HUMAN LOVE BIRDS

GOD'S DESIRE: LOVE BIRDS

1. Research confirms that being in a loving relationship is good for your health!
2. Why? Because like lovebirds, we were created to love and to be loved.
3. God created Adam and Eve to live like two lovebirds!
4. They were to have a lasting, monogamous relationship!

7. It also causes paranoia, anxiety, panic, and changes to one's personality.
8. So that makes matters worse!

Demon # 2: Tobacco

1. **Q:** Why do people use tobacco?
2. **A:** They use it for pleasure, and to relax from pressure!
3. Young people use it to experiment, to look mature, and to fit in with their friends.
4. But it's a **demon!**
5. Nicotine damages the heart, as well as to the nervous system.
6. It destroys the tiny air sacs of the lungs, causing Chronic Obstructive Pulmonary Disease. And COPD is irreversible!
7. Tobacco is the major cause of the most prevalent cancer. That's lung cancer!
8. In the USA, cigarette smoking is responsible for over 450,000 deaths per year!
9. That translates into over 1,200 deaths each day!

Demon # 3: Alcohol

1. **Q:** Why do people use alcohol?
2. **A:** They do so to socialize, and also to escape reality!
3. Alcohol relaxes us, lessens tension, and makes us feel good.
4. But that's a **demon!**
5. It damages brain cells and lessens their function.
6. Alcohol harms the liver and can cause cirrhosis.
7. It causes loss of judgment, resulting in accidents and sometimes death!

Demon # 4: Cocaine

1. Today the use of cocaine is on the rise in both poor and rich neighborhoods!
2. **Q:** Why do people use cocaine?
A: They do it to experience euphoria!
3. It causes an elevated mood, and gives a sense of energy and alertness!

4. But that's another **demon!**
5. Cocaine raises blood pressure and constricts blood vessels, and this can cause a heart attack!
6. It harms the kidneys and can cause kidney failure.
7. Cocaine overdose can cause sudden death!
So that's not the answer!
8. These devices are not only destructive, they are **addictive!**
9. **Q:** So how can I beat any of these addictive demons?
A: Use these Seven Tips.

SEVEN TIPS

Tip # 1: Make Up Your Mind.

1. Find a compelling reason to quit. Then make a firm decision to stop.
2. Your brain has 100 billion cells - ready for action!
3. Your human mind is powerful! Whatever your mind can conceive, it can achieve!
4. God Himself said so! "Nothing they plan to do will be impossible for them" (Genesis 11:6).

Tip # 2: Do Adequate Preparation.

1. Set an early date for quitting, and focus on that date.
2. Do a behavior analysis: When do I do it? Where? With whom?
3. Then create strategies to cope with those habits.
4. Tell friends and family about your decision, and ask for their support.

Tip # 3: Identify and Avoid the Triggers.

1. **Q:** What are triggers?
A: Triggers are situations, things places, or persons that chain you to the habit.
2. Avoid meeting with trigger buddies. And stay away from trigger venues.
3. Wash your clothes from the scents of the substance, and use a freshener.

Tip # 4: Prepare for Withdrawal Symptoms.

- a. The city's walls are of jasper. Its gates are solid pearls!
- b. Its streets are of pure, transparent gold!
- c. There will be no more sorrow nor suffering, crying nor pain!
- d. There will be no more death! Only life forever!
7. We'll be **Healthy and Happy** for all Eternity!

DECISION

1. So tonight, I'm giving you a Special Invitation!
"Come and go with me to my Father's House!"
2. Tonight Prayer Boxes have become **Baptism** Boxes!
3. **Two** Groups to **Move!**
 - a. Group # 1: All who followed Jesus in Baptism Last Week.
 - b. Group # 2: All who are planning to follow Jesus in Baptism This Week.
4. **Procedure**
 - a. Go to any Box.
 - b. Drop your Card.
 - c. Return & Stand
5. **Song.** "Come and Go with Me." **Stand, Sing and Move!**
6. You must make a **choice:**
 - a. Satan, No Baptism, Hell fire! **Don't Move!**
 - b. Jesus, Yes Baptism, Heaven! **Must Move!**
7. Reject the Fire of Hell! Choose the Joy of Heaven! **Move!**
8. "Jesus is the Way to my Father's House!"
9. Accept the Blood of Jesus, Sabbath of Jesus, Baptism of Jesus!
10. **Song.** "Pass me Not, O Gentle Savior!"
11. It will be Real Hot Hell Fire! Flee from the fire tonight!
12. Fire is prepared for the devil and his angels!
Break up with Satan tonight! **Move Now!**
13. Heaven is prepared for you! **Move!**
14. At Calvary, **Christ** suffered the terror of hell for you! **Move!**
15. Somebody **accompany** somebody! Come with your friend!
Come with your spouse! Come with your child!
16. "Savior, Savior, hear my humble cry!
Do not pass me by! **Move Now!**
17. Prayer.

1. But the most terrible part of hell will not be the physical pain. It will be the mental agony of separation from God!
2. When a youth remembers this appeal and cries: "God, I am now ready to accept the **Blood** of Jesus!" But there is no answering God!
3. The horrible anguish of eternal separation from God – That's the worst part of hell!
4. Why not say "Yes" to Jesus tonight?
5. When a woman remembers this appeal and cries: "God, I am now ready to accept the **Sabbath** of Jesus!" But there is no answering God!
6. The horrible anguish of eternal separation from God – That's the worst part of hell!
7. Why not surrender to Jesus now?
8. When a man remembers this appeal and cries: "God, I am now ready to accept the **Baptism** of Jesus!" But there is no answering God!
9. The horrible anguish of eternal separation from God – That's the worst part of hell!
10. Why not say "Yes" to Jesus right now?
11. But you and I need not go to hell, because at Calvary, Jesus experienced the horror of hell for us!
12. That's why He cried: "My God, My God, why have You forsaken Me?" (Matthew 27:46).
13. What matchless love! Why not come to Jesus tonight?

HEAVEN

1. After the fire has purified the planet, the city will complete its descent.
2. "I saw a new heaven and a new earth, for the first heaven and the first earth had passed away.... Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God..." (Rev. 21:1, 2).
3. And our loving Savior will say, "Welcome Home!"
4. "Come, you blessed of My Father, inherit the kingdom **prepared for you** from the foundation of the world" (Matthew 25:34).
5. **Awesome Thought!** Hell is "prepared for the devil and his angels." But heaven is "prepared for you!"
6. The New Jerusalem will be a glorious city!

1. All four of them - marijuana, tobacco, alcohol and cocaine - are addictive!
2. So withdrawing from any of them produces powerful cravings.
3. Some Withdrawal Symptoms are: Irritability, nervousness, lack of concentration, headaches, insomnia, tremors, upset stomach, constipation, increased appetite, and depression.
4. Withdrawal symptoms can last for days and even weeks! So, be prepared!

Tip # 5: Use Distraction Techniques.

1. Distraction is valid! "Do not be overcome by evil, but overcome evil with good" (Romans 12:21).
2. When a craving comes, tell yourself, "I'll hold off for the next ten minutes!"
3. Put something in your mouth: mint or gum, carrot or celery.
4. Do something with your hand: Squeeze a ball or hold a pencil.
5. Do an activity: Play a game or call a friend or take a walk.

Tip # 6: If Needed, Get Professional Help.

1. In severe cases, use the services of a Christian Therapist.
2. Cognitive Behavior Therapy helps one to discover the reasons behind the behavior, and the situations that trigger it.
3. Then it helps the person to develop skills to cope with those issues.

Tip # 7: Ask God for Help.

1. The struggle to give up any harmful habit is spiritual warfare!
2. "For we do not wrestle against flesh and blood, but against principalities, against powers ... against spiritual hosts of wickedness..." (Ephesians 6:12)
3. We can use the Weapon of **Prayer**. **Matthew 6:6**
4. Pray at the start of each day, and again at the time of temptation.
5. We can use the Weapon of **Scripture!** **Matthew 4:4**
6. Memorize Bible verses, and repeat them when temptation comes.

Let's Review

So what are the Seven Tips to Beat Any Addiction?

1. Make Up Your Mind.
2. Do Adequate Preparation.
3. Identify and Avoid the Triggers.
4. Prepare for Withdrawal Symptoms.
5. Use Distraction Techniques.
6. If Needed, Get Professional Help.
7. Ask God for Help.

Response: How many want to say “Yes” to these Tips?

DESTRUCTION

SECOND ADVENT

1. Good news! One day soon Jesus is coming again!
2. Then this whole world will be consumed by fire!
3. There will be fire everywhere! **2 Peter 3:10**
4. Then all the Demons will be destroyed!
 - a. All the marijuana will be burnt with fire!
 - b. All the Tobacco will go up in flames!
 - c. All the Cocaine will be destroyed by the fire
 - d. All the Alcohol will become fuel for the flames!

MILLENNIUM

1. When Christ comes, what will happen to the **Family of God**?
 - a. Christ’s people who are dead will be resurrected (1 Thessalonians 4:16).
 - b. Those who are alive will be translated (1 Thessalonians 4:17).
 - c. They all will go to heaven for a 1,000-year vacation (Revelation 20:4).
2. When Jesus comes, what will happen to the **Family of Satan**?
 - a. Satan’s people who are living will fall dead, destroyed by Christ’s glory (2 Thessalonians 1:7-9).
 - b. Those dead will stay dead for another thousand years. (Revelation 20:5)
 - c. Satan will be in the prison of earth during the millennium (Revelation 20: 1-3).
3. At the end of the Millennium, **dramatic events** will take place!

- a. The New Jerusalem will begin to descend.
- b. The wicked will be resurrected (Rev. 20:5).
- c. Satan will be loosed from his prison (Rev. 20:7).
- d. Satan will try to capture the descending city (Rev. 20:9a)
- e. Fire will fall from heaven and devour them! (Rev. 20:9b)

HELL FIRE!

1. That will be real hell fire!
2. “The devil, who deceived them, was cast into the lake of fire and brimstone where the beast and the false prophet are” (Rev. 20:10)
3. In that day, the whole world will be on fire!
This whole planet will become hell!
4. There is **no** hell burning today!
Only then will hell come into existence!
5. Revelation 20:10 says that the fire is “**forever!**”
6. **Q:** What does “forever” mean?
7. In Scripture, “forever” means “as long as possible.”
 - a. Daniel told Darius, “O king, live forever!” (Daniel 6:21).
 - b. Jonah was in the belly of the fish “forever” (Jonah 2:6).
 - c. Hannah took Samuel to the temple to “remain there forever” (1 Samuel 1:22).
 - d. Then she explained, “**As long as he lives** he shall be lent to the LORD” (1 Samuel 1:28).
8. God is love! He will not roast sinners eternally.
9. When the fuel is finished, the fire will be over!

THE REASON

1. But why would a loving God burn sinners with fire?
2. Jesus answered that question in **Matthew 25:41**
3. Hell is not prepared for people. It’s prepared for the devil and his angels.
4. However God needs to purify this planet of Satan and sin.
5. And if I hold on to Satan and sin, God has no choice but to destroy me also.
6. But while sinners are burning, a loving God is weeping!
7. Friend, please do not let Him weep for you!

WORST PART OF HELL!