

Newsletter Date 8/17/2016

Volume 4, Number 2

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Would you like to have a FREE Bible study? Please call, mail or email Prophecies of Hope and ask for the free Bible study guides. We will send them at no cost to you!



You are invited to join Prophecies of Hope as we dedicate this miraculous church building to the use and Ministry of our Heavenly Father.



#### 1743 West Beverley Street Staunton Virginia 24401

## Friday August 26<sup>th</sup>

7:00 PM - Presentation by Gary Hullquist and the Lord's Supper

# Sabbath August 27<sup>th</sup>

9:30 AM - Sabbath School

11:00 AM - Worship service with Lynnford Beachy

12:30 PM - Fellowship meal

2:30 PM - Dedication service

5:30 PM - Light supper

6:30 PM - Closing presentation by Gary Hullquist

"Oh come, let us worship and bow down; let us kneel before Jehovah our maker. For He is our God, and we are the people of His pasture, and the sheep of His hand."

(Psalm 95:6-7 Modern King James Version)

### The Politics of Jesus

If you haven't noticed, we are in another election year. Is it possible that anyone might be oblivious to the overwhelming news coverage of politics here in the Unites States? It also is glaringly obvious that the divisions we have seen in the social areas of our society have been deepened by the political divide that we find thrust upon us. It seems that hate is making a comeback in a big way. Senseless violence and anger are flooding this country. The lack of respect for the each other, even in small tangible ways, seems to be taking a big hit. Like me, do you have to search for evidence of human love to fellow human?



#### **Learning from History**

Let me direct your attention to another time in this world's history that mirrors the things happening today. Back in the first century, the Roman Empire had conquered the then known world and had brought Roman rule to all of its conquered societies. Especially in Israel and Palestine was this oppressive occupation felt. It seemed every area of life was affected by the same fears, hatred and injustices that we are dealing with today. Think about it, in that time, every waking moment would have been wrapped into the occupation of this outside force. Like today, where we struggle as individuals and as a society to overcome the terror of pointed violence, the randomness of hate and the growing fear that soon it will be in our own neighborhoods and cities. We have to deal with this seemingly outside intrusion into the peace and

safety we've had in our lives. But just like in first century Israel, it's not outside, it's inside.

Then along comes Jesus, the promised Messiah. What do you think was expected of Him, especially in the political realm?

In the last half of Matthew chapter 4 Jesus completes the calling of His inner circle, His disciples. I am sure there were high expectations by all who had heard of Him, by these twelve who were chosen, and especially by all who were gathered to hear Him that day. Perhaps people thought of how He might start His "political campaign" and how He could use the sentiments of oppression and division to earn social points. All He would have to do is lay out His political platform for His growing party and surely this huge crowd would fall in line behind His leadership!

Even so, Jesus makes no comment of the Roman occupation and leaves alone the oppressiveness of the pharisaical laws and customs. He doesn't talk about the abject poverty in which these people were living, even though the religious elite and the Roman oppressors were bathed in worldly wealth and glory. Instead of decrying the political climate, the social injustice, the violence hate and fear, Jesus moves the minds of those gathered to the heart of the issues.

I am sure that Jesus disappointed many earthly hopes that day. In this one sermon He wanted to undo the worldly concepts of how to overcome, not only the problems of His day, but the true problems every human faces in dealing with the real problem, which is sin, which is selfishness. Instead of combating their ideas of how an earthly kingdom would be established He taught them of the conditions of entrance to God's heavenly kingdom.

He addressed spiritual poverty, the need to lament our own spiritual condition. He addressed a willingness to be meek in a boisterous and opinionated society. He urged a thirst for God's idea of right living, God's concept of mercy, God's way to purity of heart, and God's peace making solutions. He told them and us, that unless our hearts and minds could be elevated beyond what is considered the very highest we would never see the real peace and safety we are longing for.

Please think about it. Read about it in Matthew chapters 4 and 5. Pray about it. Ask God for you to live it. Because, like Jesus said, "the kingdom of God is within you".

Rick Tyler, POH



# **Questions from the POH Mailbox**



In Matthew 28:19 Jesus said, "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:" Should these words be used when baptizing someone?

J.G. Virginia, USA.

Dear J.G.

As we see in the above quoted verse, it was recorded in Matthew 28:19 that Jesus said to baptize, "in the name of the Father, and of the Son, and of the Holy Ghost:" However, before making the decision to baptize someone using this method, perhaps we should take the time to see what the Bible says regarding the baptisms which have been recorded for us in Scripture. Please notice the following:

Acts 2:38; "Then Peter said unto them, Repent, and be baptized every one of you in the name of

<u>Jesus Christ</u> for the remission of sins, and ye shall receive the gift of the Holy Ghost."

Acts 8:16; "For as yet he was fallen upon none of them: only they were baptized in the name of the Lord Jesus."

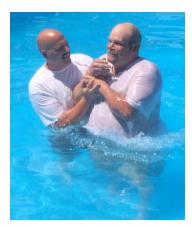
Acts 10:47-48; "Can any man forbid water, that these should not be baptized, which have received the Holy Ghost as well as we? And he commanded them to be baptized in the name of the Lord. Then prayed they him to tarry certain days."

Acts 19:1-6; "And it came to pass, that, while Apollos was at Corinth, Paul having passed through the upper coasts came to Ephesus: and finding certain disciples, 2 He said unto them, Have ye received the Holy Ghost since ye believed? And they said unto him, We have not so much as heard whether there be any Holy Ghost. 3 And he said unto them, Unto what then were ye baptized? And they said, Unto John's baptism. 4 Then said Paul, John verily baptized with the baptism of repentance, saying unto the people, that they should believe on him which should come after him, that is, on Christ Jesus. 5 When they heard this, they were baptized in the name of the Lord Jesus. 6 And when Paul had laid his hands upon them, the Holy Ghost came on them; and they spake with tongues, and prophesied.

Acts 22:16; "And now why tarriest thou? arise, and be baptized, and wash away thy sins, <u>calling</u> on the name of the Lord."

Romans 6:3; "Know ye not, that so many of us as were <u>baptized into Jesus Christ</u> were baptized into his death?"

In the following verses the Apostle Paul gives an interesting dissertation. As we read it, notice that Paul starts with a series of questions which seem to indicate once again that being baptized into Christ is sufficient.



1 Corinthians 1:13-17; "Is Christ divided? was Paul crucified for you? or were ye baptized in the name of Paul? 14 I thank God that I baptized none of you, but Crispus and Gaius; 15 Lest any should say that I had baptized in mine own name. 16 And I baptized also the household of Stephanas: besides, I know not whether I baptized any other. 17 For Christ sent me not to baptize, but to preach the gospel: not with wisdom of words, lest the cross of Christ should be made of none effect."

And last, but certainly not least:

Galatians 3:27; "For as many of you as have been <u>baptized into Christ</u> have put on Christ."

Please notice that not one of the recorded baptisms followed the method which is expressed in Matthew 28:19. Every baptism thereafter in the Bible is said to be in the name of Jesus. It seems that if to be baptized in the name of the Father, Son and Holy Spirit were necessary for a baptism to be valid, that this method would have been used by those who were baptizing in the chapters that followed.

It seems that the most important thing is to make sure we have the Biblical understanding that there are only two Divine beings in the universe which of course are the Father and His only begotten Son Jesus Christ. We must also have a Biblical understanding of the Holy Spirit! When we allow the Bible to interpret itself, then there may not be a problem in following the method in Matthew 28. Many Christians have no problem following after the pattern we find thereafter, which is baptizing in the name of Jesus. The important thing is to stay within the Biblical arrangement. We would have to allow our Bible trained conscience be our guide while asking for wisdom from above as to which way our Heavenly Father prefers, if there is a preference.

#### **Food For Thought**

The Jews believed in one true God, the Father (Deuteronomy 6:4). However, they rejected His Son Jesus. By rejecting the Son of God they were also rejecting the Father, whether they realized it or not. (See John 5:23) If we are baptized into

Christ Jesus, and we have "Christ in us", we in turn are "in Christ". This of course is how we can approach the Father! (See John 17:20-26) When we recognize that all things come from the Father, including His only begotten Son, it seems that God will accept the baptism whether we use the method given in Matthew 28, or the method which is recorded thereafter.

Mark Martin, POH.



Is there a Bible question you would like to have answered but have hesitated to ask? Please feel free to mail or email your Bible questions to;

Prophecies of Hope 1743 West Beverley Street Staunton, VA. 24401



office@prophecyhope.com

## Prophecies of Hope presents, Bible Answers!



Listen to Mark and Rick broadcast a radio program each week called, "Prophecies of Hope, Bible Answers". Join them as they study and discuss a different Bible topic every Sunday at 7:00 PM Eastern time 4:00 PM Pacific. You can listen live at

www.newvisionsradio.com

## Perfection

Therefore, be perfect, even as your Father in Heaven is perfect. (Matthew 5:48 Modern King James Version)

I can remember many times that I would be in church and there would be a discussion in progress regarding Christian living or obeying God's law, and inevitably there would be one particular person that would speak up and quote Matthew 5:48. It would drive me crazy.



Now, you ask, why would this drive me crazy? First of all, I didn't really understand this text in the context of which it was written. And secondly, I didn't see how it was possible to be perfect, "even as our Father in Heaven is perfect."

As you read the beginning chapter of the Sermon on the Mount, Matthew chapter 5, much of what Jesus is talking about is how we should treat others. As you read down to verse 43 you will see the following:

"You have heard that it was said, "You shall love your neighbor and hate your enemy." 44 But I say to you, Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who despitefully use you and persecute you, 45 so that you may become sons of your Father in Heaven. For He makes His sun to rise on the evil and on the good, and sends rain on the just and on the unjust." (Modern King James Version or MKJV)

You see what Jesus is describing in Matthew 5, how we should treat others, He is really describing

how God treats all of us, whether good or evil. And if we are truly sons of the Father, we will treat others the same way God treats us. In essence, as sons, we will have and display the same character as God does. Therefore, be perfect, even as your Father in heaven is perfect.

Now you say, alright, I can see that. But, how can I ever possibly become like that? I mean, I know what thoughts I have when people irritate me, and even my actions at times are in direct conflict with what these verses are saying. I have even tried really hard to be like that, sometimes without much success. Yet, you're telling me that the Bible says I need to be perfect like our Father in Heaven?

I understand your concern; I have had the same question in my mind for a long time. Yet, I have discovered that the word of God, the Bible, answers this very question. So let's start with looking at the character of God with a well-known Bible text. In John 3:16 Jesus said,

"For God so loved the world that He gave His only-begotten Son, that whoever believes in Him should not perish but have everlasting life." (MKJV))

What is the basis of God giving his Son? Isn't it love? And ironically, it is through this gift of his Son that the Father enables us to have, or to develop, the same character as Himself. Allow me to explain through some Bible texts.

Galatians 4:4-6 says, "But when the fullness of the time came, God sent forth His Son, coming into being out of a woman, having come under Law, 5 that He might redeem those under Law, so that we might receive the adoption of sons. 6 And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying, Abba, Father."

You see, Jesus came to this earth to redeem us who are under the law, so we may become sons of God. And being sons of God, God sent forth the Spirit of His Son into our hearts. Why do we need to be redeemed? Because we all have sinned (Romans 3:23), and sin is the transgression of the law

(1John 3:4), and the wages of sin is death (Romans 6:23).

So then, what does the sending of the Spirit of His Son into our hearts do for us? Well let's see what the Bible says. Galatians 5:19-23 says, "Now the works of the flesh are clearly revealed, which are: adultery, fornication, uncleanness, lustfulness, 20 idolatry, sorcery, hatreds, fightings, jealousies, angers, rivalries, divisions, heresies, 21 envyings, murders, drunkennesses, revelings, and things like these; of which I tell you before, as I also said before, that they who do such things shall not inherit the kingdom of God. 22 But the fruit of the Spirit is: love, joy, peace, long-suffering, kindness, goodness, faith, 23 meekness, self-control; against such things there is no law. (MKJV)

Do you see the contrast between the works of the flesh, and the fruit of the Spirit? When we choose to follow the direction of the Spirit of God's Son in our hearts, it produces thoughts, words, and actions that represent the character of God. When we choose to follow the works of the flesh in our hearts, we produce thoughts, words, and actions that do not represent the character of God, and lead to eternal destruction.

Now you say wait a minute Ed, I actually went and read through Galatians 5, and I think you missed something important. What about this verse in Galatians 5:18? Hasn't the law been done away with? Well, actually I was going to bring it up, so I guess now is as good of a time as any to talk about it. Galatians 5:18 says, "But if you are led by the Spirit, you are not under law". (MKJV) Is this verse actually saying the law has been done away with? No, it's not saying that at all. Ok then, what is it saying? I think you will find your answer in Galatians 5:16, you may have accidently overlooked it. It says, "I say, then, Walk in the Spirit and you shall not fulfill the lusts of the flesh.

It is saying that when you walk in the Spirit you will not be involved in performing the works of the flesh. Do the works of the flesh mentioned above involve breaking God's Law? Yes, they do, and Galatians says that they who do these things will not inherit the kingdom of God. Does that

sound like the law has been done away with? Of course not. So then what is this verse talking about when it says "But if you are led by the Spirit, you are not under law."



Well, if you look at Galatians 5: 22-23, you will notice that it describes what the fruits of the Spirit are, and at the end of that description it says "that against such things there is no law." Well then if you are living your life under the direction of the Spirit, then the things that you are doing are not against the law. Then, you are not subject to the penalty of the law because you are not breaking it. It is not saying it's been done away with, it is just saying that it will having no bearing on those that are under the direction of the Spirit, because the results of following the Spirit produces works that are not in conflict with the law of God. Look at what Paul says in Romans 8:1-4;

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. 2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. 3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: 4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit." (King James Version)

Then in Galatians 2:20 Paul said, "I have been crucified with Christ, and I live; yet no longer I, but Christ lives in me. And that life I now live in the flesh, I live by faith toward the Son of God, who loved me and gave Himself on my behalf."

Here is what the apostle John says: "For this is the love of God, that we keep His commandments, and His commandments are not burdensome. 4 For everything that has been born of God overcomes the world. And this is the victory that overcomes the world, our faith. 5 Who is he who overcomes the world, but he who believes that Jesus is the Son of God?" (1 John 5:3-5 MKJV)

Notice that both Paul and John say that it takes faith. Faith that Jesus Christ is the Son of God. Faith in the promises of God's word, promises that talk about God giving us the power to overcome sin in our lives (Philippians 2:13). That God who began this good work in us will complete at the second coming of Christ (Philippians 1:16). Having faith that when the Spirit of Christ dwells in us, He will direct our lives if we will just listen and follow His direction. Faith, that as we examine our hearts to see if Christ dwells there, God will show us and give us the power to remove the things that shouldn't be there (Psalms 51:10).

Does it still seem impossible to be perfect? On your own it will be impossible. However, with Christ in your heart, God's Word has promised that it is possible! And, by faith, we can believe in every promise found in the Word of God!

Ed Short, POH.



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**Office Hours** 

Monday - Thursday 8:00AM - 5:00PM

Friday 8:00AM - Noon

Sabbath School - Saturday 9:30AM

**Worship Service - Saturday 11:00AM** 

Bible Study - Wednesday 7:00PM

# **Shared Testimony**

#### **God's Gifts Come in Many Forms**

In December of 2011 my father, Bobby, died at the age of 79. He was the most loving and supportive father I could have ever been blessed with and a devoted husband to my mother, Charlotte, for 58 years. My mother and father's marriage was a very close one and was the type that they did everything together and were rarely apart from each for more than an hour or two at a time.

My father had been in declining health for a few years and my mother diligently, and lovingly, took on more and more responsibility for his care. My mother was in relatively good health but a blood infection in her lower back had left her with some damaged nerves that affected her ability to walk well and keep her balance while on her feet. She still managed to get around with the use of a cane.

Thus, at my father's passing, my mother would begin the process of getting used to being by herself for a substantial part of her day and night. She still had me and my only sibling, a younger brother, Randy, but we lived in our own homes. It was difficult and lonely for her having my father so close to her and always around for so many years. Her house was small but still a quiet, lonely structure to be by herself in all of a sudden.

I would go up most evenings after returning from my job in Charlottesville. Many evenings I would pick her up and we would go somewhere for dinner. I would usually do the driving.

One evening upon returning to my mother's house, and while still in the car, I looked up towards her back porch and noticed a cat positioned on the concrete with head and eyes fixed upon her back door. I told her that a cat had showed up at her back door. We got out of the car to go into the house. The cat did not possess an ounce of fear and acted like she had lived there forever and was just patiently waiting for someone to let her back in.

My mother was already on the offensive and made it plain to me that she was not interesting in having and taking care of a cat. My brother and I

both had cats but my mother was fearful that it was just too much for her to take on at her age. It was January and I was concerned about the cat being outside in the middle of Winter. My mother lived at the corner of a very busy intersection with busy streets. It did not take me long to imagine what would happen to the stray if she ventured into the road.

I attempted to see if indeed the cat was interested in coming inside. She immediately entered. I consoled my mother for the time being telling her we would just take care of the cat until we could find who the cat belonged to. I went to my house and brought back a spare litter pan I had and some of my cat Carter's food. The entire deal was still met with protest from my mother.

For the next several days, I earnestly did attempt to find the cat's rightful owner. Of course, I had no success and that was actually fine with me as I had instantly become attached to the new resident. My mother though, actually underwent several days of anxiety over the matter severe enough to make her experience nausea. I hated that the "ordeal" had stressed her so much but I felt that a blessing was in process.

My brother, Randy, eventually met the cat, and knowing how lonely our mother was, immediately proclaimed that the cat had been sent and had shown up at our mother's home for a reason. All the time my mother was growing more and more fond of her, and mom named her Josie.



Josie relaxing in the living room

In April of 2012, just four months after the death of my father, my brother suddenly died from a heart attack at the age of just 49. This yoke was almost too much to bear. I know God sustained us through it as we did not have ample strength to endure on our own accord. It was just too much, too fast. And all along, there was Josie, a stronger and stronger companion and comfort to mom.

#### Josie waiting for belly rubs

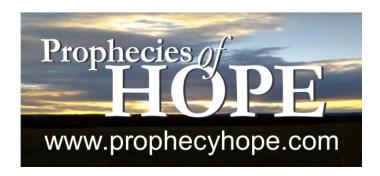


Josie has been with my mother for over four years now. Before her arrival my mother dreaded coming home to an empty house. Now she happily anticipates it to see how Josie is doing and to greet each other. Josie spends each day around the house, to and fro, and generally in a very chatty mood. I do believe Josie stands watch at night in a protective role of her Charlotte. My mother was always glad that Josie turned out to be a girl and in addition to her given name, my mother affectionately refers to her as "mommy's girl"

I praise Our Maker and thank Him whole heartedly for the blessing bestowed upon my mother (and myself also) in the form of the cat Josie. It is a comfort to me also knowing my mother has a companion to keep her company when others cannot be there.

God saw it was not good for Charlotte to be alone, and thus, sent a companion.





**Prophecies of Hope** is an independent ministry feeling a responsibility to share Bible truth through the love of God and His only begotten Son Jesus Christ. Although not ecumenical in nature, we believe God has a remnant people in every denomination that want to serve Him, keep His Commandments, and have the faith of His Son Jesus. (Revelation 14:12)

Our focus is not on membership in any earthly organization, but on spreading Biblical truth found only in the Word of God. This is the only basis for every subject in the Prophecies of Hope seminars. Please feel free to contact us in regards to supporting this endeavor or with any questions you may have.

## **Prophecies of Hope Update**

We meet every Sabbath, (Saturday) morning at 1743 West Beverley Street in Staunton Virginia for Sabbath school and worship. Sabbath school begins at 9:30AM and worship begins at 11:00AM. We have a midweek Bible study every Wednesday evening at 7:00PM. If you can't attend in person you can still join us by streaming online at <a href="https://www.prophecyhope.com">www.prophecyhope.com</a>. Simply go to the website and click on the link to the left which says, "Live stream our worship service at 11:00 AM Eastern time USA, every Sabbath! (Saturday)"

The Prophecies of Hope team has been working hard to keep the website current. Each week we add a new Sabbath sermon to the website. Also, every lecture from each Bible prophecy series and all of our past radio broadcasts can be found on our website <a href="www.prophecyhope.com">www.prophecyhope.com</a>. A new radio program is added most weeks as Mark and Rick discuss a new topic revealing Bible truth right from the Word of God!

If you would like DVD or CD copies of any of our lectures, Sabbath school videos or CD copies of any of our radio programs from the past, please email Cory Dale and request your free copy. You can reach Cory at, <a href="mailto:cory@prophecyhope.com">cory@prophecyhope.com</a>. We will send them to you free of charge.

# **Baptism**

"Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ" (Ephesians 1:3)

We are so blessed to be able to share in the public declaration of faith our brother Eric Johnston has displayed in following the example of our Lord. Eric was baptized in the name of Jesus Christ Sabbath afternoon 8/13/2016, as family and loved ones looked on. We give thanks to our Heavenly Father for Eric and his witness.









"For as many of you as have been baptized into Christ have put on Christ." (Galatians 3:27)

Eric, may God continue to bless you through the spirit of His Son Jesus as you walk with Him each day!

#### **Bible Prophecy Series October 2016**

It's hard to believe that almost a year has passed since our last Bible prophecy series. October is fast approaching and we are now preparing another Bible prophecy series for the week of October 15-22. We plan to send out handbills and post more information on our website and Facebook page as we get closer to the event. This years' series will show how a clear understanding of the book of Genesis helps us to unlock and understand many prophecies in the Bible including those found in the book of Revelation. Be sure to mark your calendar for this event!



#### **Healthy Living**

Something I personally have struggled with for most of my adult life is eating right and weight control. This is no secret to those of you who know me. It's amazing that through Bible study, I have learned that the things we eat and drink are important not only to our immediate health, but it also has an impact on our eternal relationship with God! Many people raise an eyebrow so-to-speak when I when I say this, but it's true! Wasn't this the case even with Adam and Eve in the Garden of Eden? (Genesis 1:29 and 2:16-17)

Whenever I write or speak about these things, or any topic, it makes me reevaluate myself. And this is a good thing! In this article I'm sharing a few things that I've learned over the past few years. Much of this is common sense and some of these things I've known for years. But some of this information is new for me, particularly when it comes to food that God forbids us to eat. I have to admit that I tend to want to settle for foods which are not necessarily good for me. I hope the following information can help you in some way as it has helped me.

A big part of being healthy is to eat fresh foods. Concentrate on eating "real" food—whole, fresh foods that people have been enjoying for millenniums—rather than modern processed foods of the day. Commercially prepackaged foods and fast food from chain restaurants usually contain high levels of sugar, salt, and fat, which are associated with heart disease, stroke, cancer, and other serious illnesses. When cooking, try steaming, baking,

and broiling instead of frying. Try using more natural herbs and spices to cut down on salt as far as possible. If you are not a vegetarian, be sure to eat only meats which are Biblically clean. (See Leviticus chapter 11 & Deuteronomy chapter 14)

This was something new to me as a Bible student. I was always taught that Christians do not have to eat according to the diet of the Bible because we are not under the Mosaic Law. However, a careful study clearly shows that God's requirements as to what we eat and drink has not changed, contrary to what most Christians believe (Malachi 3:6). I may share more on this in another article. You can also visit our website at <a href="www.prophecyhope.com">www.prophecyhope.com</a> and watch a lecture I gave on this topic entitled, "God's Free Health Plan".



Something which is also very important yet difficult for me personally is making sure not to eat too much. The World Health Organization reports a dangerous worldwide increase in overweight and obese people. They say that this is often the result of overeating and not necessarily what we are eating.

This may be hard to believe, but one study found that in parts of Africa, "there are more children who are overweight than malnourished." Obese children are at risk of present as well as future health problems, including diabetes. This is particularly so in countries which are more affluent.



The original diet for Adam and Eve was a plant based diet. Today as well, a balanced plate favors a variety of fruits, vegetables, and whole grains. If you regularly eat Biblically clean red meat, perhaps at

least once or twice a week you could try substituting fish, those having both fins and scales of course. Try reducing refined foods such as pasta, white bread, and white rice, which have been stripped of much of their nutritional value. One thing I've learned the hard way is to avoid potentially dangerous fad diets.

For parents, one way you can help your children to be more healthy is by helping them to acquire a taste for foods that are healthful. For example, give them nuts or raisins and fresh fruits and vegetables as snacks instead of chips or candy.

Last but certainly not least, both adults and children need to drink plenty of water every day. Drink more water during hot weather and when doing heavy physical work and exercise. This helps digestion, cleanses your body of poisons, makes for healthier skin, and promotes weight loss. This will help you to feel to better too! Avoid drinking sweetened drinks. Believe it or not, just one soft drink a day can add 15 pounds (6.8 kg) to your weight in a year.

I realize that most of the things mentioned in this article are common sense. But it seems that many people, including myself, have at some point in our lives ignored the obvious. Adam and Eve ignored the plain Word of God in the Garden of Eden even though He told them what was good for food and what was not. We are no different today. Our heavenly Father created us. He knows what we should and should not eat. Please take the time to prayerfully study the Word of God and see what He says about these things. This could affect your eternal life!

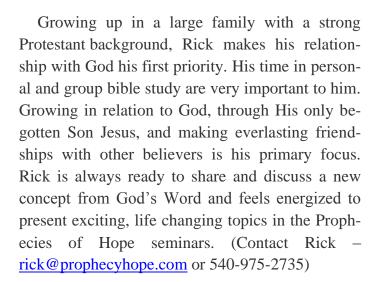
Mark Martin, POH



#### **About the Prophecies of Hope speakers**

Mark is an evangelist who has a tremendous passion for studying the Bible and sharing with others. Over the past 20 years Mark has spoken to thousands of people and conducted hundreds of Bible studies individually and in homes. He presents in depth, powerful and inspiring messages from God's Word the Bible and uses illustrations that make it easy for anyone to understand. People from many denominations and backgrounds have enjoyed Mark's presentations. We are sure you will too!

(Contact Mark – mark@prophecyhope.com or 540-296-4673)



Ed truly enjoys teaching and participating in small group Bible studies. He loves studying and discovering what the Bible has to say to him personally. Ed's passion for the gems found in God's Word the Bible is apparent in the depth of his dedication to sharing those truths with others. In his sermons, Ed shares what the Bible has to say about current events and how these Biblical principles allow us to be "in the world, but not of the world". (Contact Ed – ed@prophecyhope.com)





