

New Beginnings Picture Roll Project

Script Booklet 1

Presentations 1 through 13

An ASI Project



New Beginnings – Picture Roll Project

History

The picture roll project was initiated when the Total Member Involvement (TMI) project in Rwanda showed that there were many evangelism sites where there was no electricity and therefore no graphic support for the presentations.

Project Details

Development of the picture roll project was funded by ASI and church members who believe that the Gospel must go to the ends of the earth. These picture rolls are not to be bartered or sold. They are a gift from ASI.

Instructions

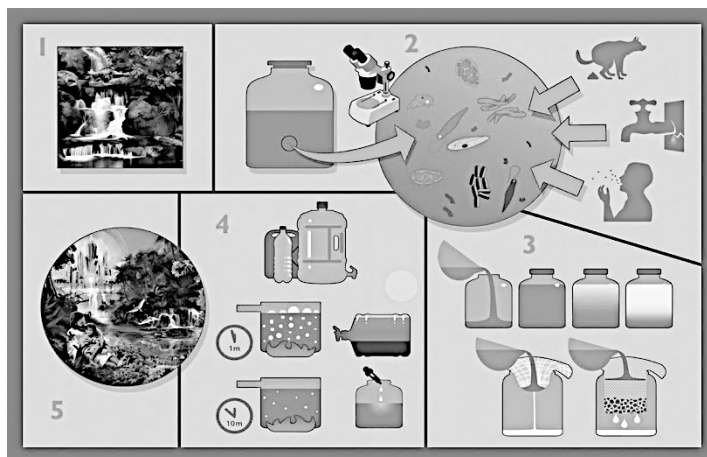
There are 26 presentations. Each presentation is composed of three parts. 1. The Health talk. 2. The Bible presentation. 3. The small group discussion questions.

Each presentation begins with the Health presentation, which is followed by the Bible presentation and then some time for discussion of thought questions.

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Health Talk #1: Water Purification



1. Fresh air, good food and pure water are all essential for life. People can live with dirty air, poor quality food and contaminated water, but they will be tired and get sick. It takes the purest air, the cleanest water and the most nutritious food possible to help the body grow strong and healthy.
-

2. Contaminated Water

The word *contamination* is used when water has dirt, bugs, chemicals or microbes in it. Microbes are tiny and can only be seen with a microscope, so they are called *microorganisms* or *microbes*.

Microbes are dangerous and can cause serious diseases, misery and death. You would be safer if they are not in your drinking water.

How do microbes get into the water?

- From the feces of people and animals that have the microbes in their bodies
 - From broken leaky walls in wells, bore holes and water pipes
 - From contaminated hands, flies, bugs, food and dishes
 - From sick people, coughing, sneezing and spitting
 - From dust and dirt
-

3. How can we have clean water?

If your village doesn't have clean water, you can learn to purify your own family water. It takes a little work, but not as much work as taking care of sick family members.

There are many false ideas about cleaning water, but there are simple and inexpensive ways to make water safer. These three steps will remove and kill microbes, and will remove dirt and chemicals accumulated in the water from factories, vehicles, and pesticides.

Health Talk #1: Water Purification

Steps to Water Purification

Step # 1: Make the Water Clean and Clear

- A. Clarifying - Remove anything floating in the water.
 - B. Settling – to reduce cloudiness:
 1. Store the water in a clean container covered with a lid for 1 to 3 days until all the dirt settles to the bottom. Don't disturb it. If there are chemicals in it let it sit 5 days. There are many inexpensive materials you can buy to help the settling process that also work well for removing microbes. Find out what is available in your area.
 2. When the dirt has settled, carefully dip the water into a clean container. Leave 1/3 in the bottom if there are chemicals.
 3. Clean the container and start the next batch of water.
 - C. Filtering – to remove microbes, chemicals, dirt, plants and bugs:
 1. Filters can be made of fabric, charcoal, clay, ceramic, sand and a variety of materials. If you can't buy one, use enough layers of cloth to clean the water. Pour the water through the filter again and again until it is clear.
-

4. Step # 2: Disinfect - Kill the Microbes

There are many ways to kill microbes. The safest are boiling, pasteurization, exposing to sunlight or UV (ultraviolet) lamps, and finally, chemicals such as chlorine and iodine.

- A. Boiling – kills all microbes. Heat the water until it reaches a rolling boil for one full minute; this will be 100 degrees C (212 degrees F). Add one more minute for every 308 meters (1000 feet) above sea level.
- B. Heat Pasteurization – kills most microbes and makes others inactive for a few days. Pasteurized water tastes better than boiled water and requires less fuel. It should be consumed within two days. Heat water to 60 degrees C (140 degrees F) for 10 minutes, or until bubbles come up from the bottom.
- C. Sunlight Pasteurization - Water can be pasteurized by sunlight. The heat of the sun, the sun's rays and air kill microbes.
 1. Use a clear container designed for water treatment OR if water treatment containers are not available, use (PRT not PVC) clear, large, plastic, bottles painted black on one side.
 2. Add filtered clear water & stir rapidly to get air into the water before capping. Cap.

Health Talk #1: Water Purification

3. Place in direct sunlight for five hours, or for two days if cloudy. Painted bottles should lay flat on the painted side or on a dark, shiny surface.

4. Use the water within 2 days.

Caution: This method might fail if there is not enough warm direct sunlight or if the treated water is not used for many days. To determine adequate heat, a “Water Pasteurization Indicator” (WAPI) can be used. This reusable device contains a special wax that melts at pasteurization temperature, signaling that the liquids are safe.

- D. Chemicals / Chlorine** - Use two drops of household chlorine bleach per liter (quart) of water. Mix water and bleach together in a clean container uncovered for 30 minutes. Reduce the chlorine taste by stirring it vigorously and letting it sit for several hours.
-

Step #3: Storage

Purified water must be protected from bugs, coughs, hands, dirt and fecal contamination. This risk is decreased if water is stored in the same container it was treated in.

The best water storage container is strong, 10-25 liters, flat bottomed, with a narrow neck (6-9 cm), screw cap and a spigot. Open containers can be easily contaminated. Choose containers will not be difficult to clean.

Caution: Clean, safe storage fails if the water gets contaminated after treatment.

5. Pure, Uncontaminated Water

“Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb” (Revelation 22:1).

Won't heaven be wonderful? We will have the pure, clear river to drink from, with no fear of disease or death.

1 – Secrets of the Future (Daniel 2)



1

Imagine you are a child again, and your parents take you on a long journey. You say, “Where are we going” and they say “Oh, you’ll see.” That would not satisfy most children, would it? You would probably ask over and over again, “Where are we going? When will we get there?”

Wait a minute. My story is not really about children, is it? It is about all of us. Life is like a long journey, and we all wonder where we are going. What will happen next? Where is the world headed? How will our own story end?

People have been asking questions like this for thousands of years. Ordinary people like you and me. And big, important people like King Nebuchadnezzar.

“Who,” you ask?

King Nebuchadnezzar. Have you never heard of him? He would be very disappointed, because he thought he was one of the greatest kings in the history of the world!

About 2600 years ago Nebuchadnezzar was the ruler of the great empire of Babylon. He should have been a happy man, but being a king is not as easy as it looks.

Nebuchadnezzar was worried, and you cannot be happy when you are worried. He was worried about his future and the future of his great empire.

Nebuchadnezzar was like most of us. You know how it is. You lie down to sleep at night and it is hard to keep your problems from filling your head.

Like us, King Nebuchadnezzar sometimes had a hard time falling asleep.



2

One morning when the king woke up he knew he had been dreaming. And somehow, he knew it had been an important dream. But he could not remember the dream. And that worried him.

But he knew exactly what to do. The wisest men in Babylon were his counselors. “Surely,” he thought, “my wise men can help me.”

The Bible tells us what happened. He told them, “I have had a dream, and my spirit is anxious to know the dream” (Daniel 2:3).

“Tell us the dream,” they said, “and we will tell you what it means.”

Nebuchadnezzar warned them, “My decision is firm: if you do not make known the dream to me, and its interpretation, you shall be cut in pieces, and your houses shall be made an ash heap” (Daniel 2:5).

1 – Secrets of the Future (Daniel 2)

The wise men couldn't believe their ears. They said, "Nobody can do it. No king has ever asked any wise man to do such a thing."

King Nebuchadnezzar immediately gave orders to kill every one of the wise men! His officers started to gather them together.

The captain of the king's guard went to the place where a young man named Daniel and his three friends were staying. These four were prisoners from Jerusalem. They had been forced to study the wisdom of Babylon.

They were just starting their work among the king's older counselors. Now they faced certain death.



3

Daniel asked the captain for time to ask his God for answers about the king's dream. Then he and his friends prayed for a miracle.

The God of heaven heard and answered those prayers. That very night God revealed to Daniel the king's dream and its meaning.

Daniel went to the captain and said, "Don't kill the wise man. Take me to the king and I will give him his answer."

Here is what Daniel told the king:

"There is a God in heaven who reveals secrets, and He has made known to King Nebuchadnezzar what will be in the latter days" (Daniel 2:28).



4

Let's read this right from the Bible: "You, O king, were watching; and behold, a great image! This great image, whose splendor was excellent, stood before you; and its form was awesome. This image's head was of fine gold, its chest and arms of silver, its belly and thighs of bronze, its legs of iron, its feet partly of iron and partly of clay" (Daniel 2:31-33).

Nebuchadnezzar was amazed! There was no doubt – this was his dream!



5

Daniel continued:

"You watched while a stone was cut out without hands, which struck the image on its feet of iron and clay, and broke them in pieces. Then the iron, the clay, the bronze, the silver, and the gold were crushed together, and became like chaff from the summer threshing floors; the wind carried them away so that no trace of them was found" (Daniel 2:34, 35).

Now listen to how the dream ended: "And the stone that struck the image became a great mountain and filled the whole earth" (Daniel 2:35).

1 – Secrets of the Future (Daniel 2)

From beginning to end the whole dream was exactly as the king had seen it! Nebuchadnezzar could hardly wait to hear Daniel's next words.

"You are this head of gold." The king was delighted. But Daniel was not finished. He said, "But after you shall arise another kingdom inferior to yours." Daniel 2:39.

This was bad news for Nebuchadnezzar, but it was true. The army of Persia defeated Babylon in 539 BC. In Nebuchadnezzar's dream the silver chest and arms of the image stood for the Persian Empire.

Daniel continued to explain the dream. "...then another, a third kingdom of bronze, which shall rule over all the earth"(Daniel 2:39).

Was the dream right? Certainly!

The Persian Empire lasted for about 200 years. Then along came Alexander the Great. He was a brilliant young general from Greece. He beat the army of Persia in 331 B.C. Alexander's Greek Empire was the third one in Nebuchadnezzar's dream. That was the bronze belly and thighs of the great image.

Alexander died before his 33rd birthday. No one was powerful enough to take his place. The empire of Greece slowly crumbled away until the armies of Rome finally crushed it in 168 BC.

Look at this image again. Those legs of iron were the strongest part. They were the fourth empire. The Roman Empire. Here is what Daniel told the king: "The fourth kingdom shall be as strong as iron" (Daniel 2:40).

Rome was the mightiest empire the world had ever seen. But Daniel told King Nebuchadnezzar that even the kingdom of iron would not last forever. The image in the king's dream had strange feet. Not gold. Not silver. Not bronze. Not iron. The feet were a mixture of iron and clay. What could that mean? Here is how Daniel explained it:



6

"Whereas you saw the feet and toes, partly of potter's clay and partly of iron, the kingdom shall be divided..." (Daniel 2:41).

And the dream was right. Bit by bit the greatest empire in the world broke apart. In 476 AD the last emperor gave up the throne. All that was left was a collection of separate tribes and kingdoms. And they eventually formed the modern nations of Europe.

Those nations have quarreled with each other for more than 1500 years. They have fought bloody wars against each other. Members of their royal families have married each other, hoping to bring unity that way. But neither wars nor marriages have brought them together as one kingdom. They are still just like the feet of the

1 – Secrets of the Future (Daniel 2)

image in King Nebuchadnezzar's dream.

Daniel reminded the king that his dream did not end with those feet of iron and clay. You remember what happened, don't you? A great stone smashed the image into tiny pieces like powder. And the wind blew it all away.

And the stone became a great mountain and filled the whole earth.

King Nebuchadnezzar wondered what this could mean. Daniel told him.

"...the God of heaven will set up a kingdom which shall never be destroyed; and the kingdom shall not be left to other people; it shall break in pieces and consume all these kingdoms, and it shall stand forever" (Daniel 2:44).

Now let me ask you, where are we in this dream?

Nebuchadnezzar's Babylon is only a distant memory.

The Persian Empire is gone, too.

Alexander the Great is dead and his empire faded away long, long ago.

Even the mighty iron empire of Rome is nothing but history. So I will ask again. Where are we in the dream?

If you say we are in the feet you are right! The nations of Europe have not formed a new empire to replace the old Roman Empire. They are like iron and clay. They remain separate nations. And that is the way things will be until the stone comes.

Friends, that is where we are. In the feet. Waiting for the stone to come.



7

What will happen next. "The God of heaven will set up a kingdom which shall never be destroyed."

And that is the real message of the dream. It is preserved here in the Bible for you and me. And here in the Bible God says that He loves us and wants us be with Him forever in His kingdom.

I want to be there, don't you? God invites is to be part of a kingdom that will never end. I'm raising my hand to say "yes." Will you join me as we pray together?

Dear Father in heaven, thank you for showing us Your plan for the future of this world. Thank you for inviting us to be with You in Your kingdom. Yes, we want to be there. Amen.

Additional Bible verses for this topic:

1 – Secrets of the Future (Daniel 2)

Isaiah 45:1

Isaiah 46:9,10

Daniel 2:10,11

Daniel 2:23

Daniel 2:38

Daniel 2:29

Daniel 2:47

Matthew 25:34

Luke 23:42

Revelation 11:15

1 – Discussion Guide

Water Purification

1. Water is contaminated when it has dirt, bugs, chemicals or microbes in it. What can you do to destroy the unhealthy microbes in your water?
 - a. Boiling – one full minute at 2120 F (100 C).
 - b. Heat Pasteurization – 10 minutes at 1400 F (60 C), or until bubbles come up from the bottom.
 - c. Sunlight Pasteurization – 5 hours in direct sunlight or 2 days in sunlight on cloudy days.
 - d. Bleach – 2 drops per liter of water
2. How can you protect your purified water from becoming contaminated?
 - a. Store clean water in strong containers with a flat bottom, a narrow neck and a tight lid.

Secrets of the Future (Daniel 2)

1. Who is the only one who can reveal the secrets of the future?
 - a. Daniel 2:28
2. Why were the feet of King Nebuchadnezzar's image made of both iron and clay?
 - a. Daniel 2:41
3. The king's dream ended with a stone that smashed the great image and destroyed it completely. What is the meaning of that stone?
 - a. Daniel 2:34, 35
 - b. Daniel 2:44
4. What part of the king's great image points to our own day?
 - a. The feet of iron and clay
5. How has today's message changed the way you think about your own future?

Health Talk #2: Lifestyle - A Tale of Two Villages



1. Long ago in a large village where most of the people were related to each other, enemies invaded and took the land and drove the people out. Half of the villagers went up a narrow path deep into the jungle seeking protection. The others went up the river and settled along the bank.
-

2. The Jungle Village

Some of the jungle villagers found ways to make a living by hunting, and some of the men went back to their old village and found jobs.

After many years a road was built near the village. Now people could work in the city, riding the bus back and forth, coming home whenever they could.

A little grocery store was built, and the villagers were happy to buy their food so close to home.

What kinds of food do you think the store was selling? Do you think it was jungle food, the kind people were used to? No! The store food was things like canned meat, white rice, refined flour, sugar, oil, lard, salt, coffee and black tea, beer, cigarettes, cases of soda pop and juice, and lots of kinds of gum, candy, cookies and sweet breads. The only fresh food was apples.

3. When a team of health workers visited that village, they saw many sick people with the same diseases city people have: cancer, heart disease, diabetes and addictions. Many were overweight. Children had drippy noses and coughs.
The dentists who came to help had long lines of people waiting to have their painful rotten teeth removed. Sadly, many children, even young ones, had rotten front teeth from sucking on bottles of sweet drink.
Even though the health team worked two days, they could not take care of all the patients and they ran out of medicines.

Health Talk #2: Lifestyle - A Tale of Two Villages

4. The River Village

The next week the health worker team went up to the river village. It was the dry season and the river was low. Men had to get out and push the boat even though there were alligators in the water. In the wet season the river was more dangerous because the flooding waters washed trees into the water. The river made it hard to travel, so people did not go into the city often.

The river people planted banana trees to earn a living. It became a big business, and for many years they took bananas to market in a flat-bottomed boat with an engine. Then a blight hit the banana trees and they all died.

The people had no way to make money. It was difficult to go into the city. Each family had to take care of themselves. They fished the river, kept chickens and goats, had huge gardens with fruit and nut trees, vegetables, beans and grains.

There was a small general store, a school and a Seventh-day Adventist church up on the hill. They traded what they made or grew with each other. A few men worked in the city and would bring them things they could not make on their own. A health worker came and gave immunizations.

5. When the health care team arrived at the clean and tidy river village, they set out the medicines, and immunizations, laid out the glasses, and the dentists put out their instruments on the tables. Then they were ready to care for the patients.

Some people came and sat in the benches, but there were no long lines. The children came to see what was happening but their teeth were perfect and none had coughs or drippy noses. The adults had good teeth too; no one had rotten teeth, no one needed to have teeth pulled. In fact the dentists had nothing to do so they went out for a boat ride to see the area.

The doctor only had one patient - a man with an injury to his leg. No one was overweight. No one had city diseases. There was no heart disease, no cancer, no diabetes, no addictions. It was amazing! The people were happy and very healthy.

6. On the way home the health team compared the two villages. The people were related to each other; they were the same kind of people. But their health was not the same. What was the difference? The difference was in what they put into their bodies.

The Jungle village ate a refined diet of white rice, sugar, fat, meat, soda pop, beer, and many sweet foods. People ate whatever they wanted whenever they wanted. Children carried around cookies and bottles of soda pop. Babies had formula and sweet water in their bottles. The people were overweight and seldom got exercise. People were addicted to beer and cigarettes. Many were sad and depressed.

The River village people had an unrefined natural diet. They ate from the gardens in which they worked. They ate mostly plant foods with eggs and goat milk for the children. They fished the river instead of eating meat. There were no sweet drinks, no sugary, sweet foods, and they drank only water and herbal tea. They

Health Talk #2: Lifestyle - A Tale of Two Villages

were happy people.

The River village was following the Garden of Eden diet and lifestyle! They were obeying God's command. I Corinthians 10:31 says, "Whether you eat or drink, or whatever you do, do all to the glory of God."

The River village had followed God's plan and their reward was excellent health. It can be yours, too, if you chose to follow a healthful lifestyle.

2 – Signs of Jesus’ Return



1

The ancient people of Mexico believed that the world was coming to an end. In fact, their tribal religion told them that the world had already been destroyed, and started again, several times. Many other ancient people have stories about the end of the world.

We even have one right here in the Bible. It tells us that the Creator saw that things had gone terribly wrong. Listen to this:

“Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually” (Genesis 6:5).

God chose a good man named Noah and told him He was going to destroy the world with a flood. God told Noah to build a large boat called the ark. It would be the only safe place when the flood came.

Noah became a great preacher. He warned people about the certain destruction that was coming. He pleaded with them to come into the ark and be saved. But in the end it was only Noah and his family who went in, along with the animals that God chose to save.

The Bible tells the terrible result: “And all flesh died that moved on the earth: birds and cattle and beasts and every creeping thing that creeps on the earth, and every man” (Genesis 7:21).

Destruction is coming again, and we must be prepared. That story is here in the Bible as a warning. It tells us that at the end of time things will be as they were way back in Noah’s day.



2

Do you remember the giant image of King Nebuchadnezzar’s dream about the kingdoms of this world? Remember the great stone that destroyed the image? The time of that great stone is near. It will be the end of the world as we know it. How can anyone be saved from that?

There is a way for us to be saved. It’s here in the Holy Bible, which is God’s message to us. Here are the most precious words in the entire Bible: “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” (John 3:16).

Who is this Son of God? The Bible tells us His name: Jesus. He lived on this earth more than 2000 years ago to teach us how to be ready for everlasting life in God’s eternal kingdom. I know I want to be ready for that. Don’t you?

2 – Signs of Jesus’ Return



3

One day Jesus and His disciples were in Jerusalem looking at the beautiful temple there. Jesus pointed to it and said, “Do you not see all these things? Assuredly, I say to you, not one stone shall be left here upon another, that shall not be thrown down” (Matthew 24:2).

The disciples were shocked. They couldn’t imagine their temple being destroyed. They asked Him, “Tell us, when will these things be?” (Matthew 24:3).

He answered, “Therefore when you see the ‘abomination of desolation,’ ...then let those who are in Judea flee to the mountains” (Matthew 24:15-16).

Jesus knew that a fearsome enemy would come against Jerusalem. It would be so terrifying that Daniel called it “the abomination of desolation.”

Jesus warned His followers, “When you see that army coming, run to the mountains. Forget your houses. Forget your possessions. Run for your lives!”



4

It happened just a few years later. The Roman emperor sent His mighty army. Many of Jesus’ followers made the right decision. They escaped to the mountains. People who made the wrong decision thought they were safe inside the massive walls of Jerusalem. Then the Roman army was all around them, and it was too late to escape.

Those were terrible days in Jerusalem. Thousands upon thousands of people died from starvation and disease. Those who survived were desperate. They did things too terrible to even talk about here in this meeting, just to stay alive.

Finally, in the year 70 AD, the army broke in. The soldiers butchered young and old alike. They destroyed the city. They burned the temple and tore down its great stone walls and pillars. Exactly as Jesus had predicted.



5

Jesus taught His disciples that He had come down to this earth to begin preparing it for the kingdom of God. Like the stone in King Nebuchadnezzar’s dream, God’s kingdom would bring an end to all the kingdoms of this world.

Jesus also told His followers that He Himself would go back to heaven to continue His preparations there. They should continue His work here. He promised them, “I will come again” (John 14:3).

Of course, the disciples wanted to be ready for His return. That’s why they asked another question, “And what will be the sign of

2 – Signs of Jesus’ Return

Your coming, and of the end of the age?” (Matthew 24:3).

Of course, they hoped that He would give them some sign that He would come back very soon. Instead, He spoke as a prophet and gave them a picture of world history right down to our own day.

He said, “And you will hear of wars and rumors of wars” (Matthew 24:6). The history of nations proves Jesus was right. Hundreds of millions of men, women, and children have been killed in wars between nations and tribes all over the world.

Jesus added “famines” to the picture. Again, history proves Him right. Hundreds of millions of people have died from famines in countries all over the world.

Even now, 21,000 people die for lack of food every day. That’s more than 7.5 million people each year.

Jesus predicted that the world would suffer disease and plagues. He was right. For example, about 700 years ago the Black Death plague killed six of every ten people in Europe.

Just 100 years ago Spanish Influenza killed 25 million people in just one year! And we don’t yet know the terrible cost of diseases like HIV/AIDS, Ebola, malaria and many others.



6

Jesus also warned His followers that earthquakes would strike in various places around the world. Of course, there are hundreds of small earthquakes every single day. I’m sure Jesus was talking about destructive earthquakes like the one in China nearly 500 years ago that killed over 800,000 people. Or the recent one in Haiti in 2010 that took over 222,000 lives.

I’m sure that Jesus’ prophecies made His followers hope that He would come back soon and put an end to all the trouble of this world and the kingdoms of man. But then He reminded them about the work that must be done to prepare for His return and the coming kingdom of God.

“And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come” (Matthew 24:14).

Yes, Jesus gave them a sign of His coming. He would not return until the good news about His kingdom had been shared with people everywhere, in every corner of the world. He told his disciples, “Go therefore, and make disciples of all the nations...” (Matthew 28:19).

The disciples started that work, but they could not finish it in their day. They taught others about Jesus and passed the work along to them. Through 2,000 years of wars and famines and

2 – Signs of Jesus' Return

plagues and earthquakes that work has continued. And now, finally, it is almost done.

Followers of Jesus are working all over the world. They are taking the good news to big cities and small towns and tiny villages. They are sharing it in hundreds of languages and in places that you and I have never heard of. They are telling people what I am telling you: God sent His Son, Jesus, to prepare us for eternal life in His coming kingdom.



7

Friends, the God of heaven wants each one of you to believe in Jesus as your friend and Savior and make Him Lord of your life. He has given us the Bible so we can learn about His plan for us. He invites you to prepare to live forever in His kingdom.

Please listen carefully, friends. Do not miss what I am about to say, even if you forget everything else.

Here it is: Nothing you hear in these meetings will have any lasting value for you unless you decide to accept God's invitation.

There are so many who have made the wrong decisions.

Remember the people who said "no" when Noah invited them to be saved in the ark?

Remember those who died in Jerusalem because they decided not to flee?

Please don't make the wrong decision today. You can make the right decision and join the millions of believers around the world who are preparing for eternal life in the kingdom of God.

In a minute I'm going to pray, but before I do I want you to have a chance to answer God's invitation.

Will you speak to Him in your heart right now and say, Yes, I want to prepare for life in your kingdom? [PAUSE]

Will you tell Him, Yes, I want to be a believer like the disciples, and make Jesus the Lord of my life? [PAUSE]

Dear Father in heaven, please hear the prayers of every heart here tonight as we accept Your invitation. Thank You for Your great love for us.

We know we are only beginners. We want to learn more about Jesus and more about Your plan for us. Please help us to prepare for a place in Your eternal kingdom. We pray in the name of Jesus. Amen.

Additional Bible verses for this topic:

Genesis 6:5

Matthew 24:37-39

Luke 21:25

2 Timothy 3:2-5

2 – Signs of Jesus' Return

Genesis 7:21

Isaiah 51:6

Matthew 24:17, 18

Matthew 24:23, 24

Matthew 24:33, 34

Matthew 28:19

Luke 17:28, 30

Luke 21:11, 23

Luke 21:20

Luke 21:22, 24

John 1:11

John 3:16

John 14:3

Romans 1:26, 27

1 Thessalonians 5:3

2 Timothy 3:13

Jude 1:7

Revelation 14:6

2 – Discussion Guide

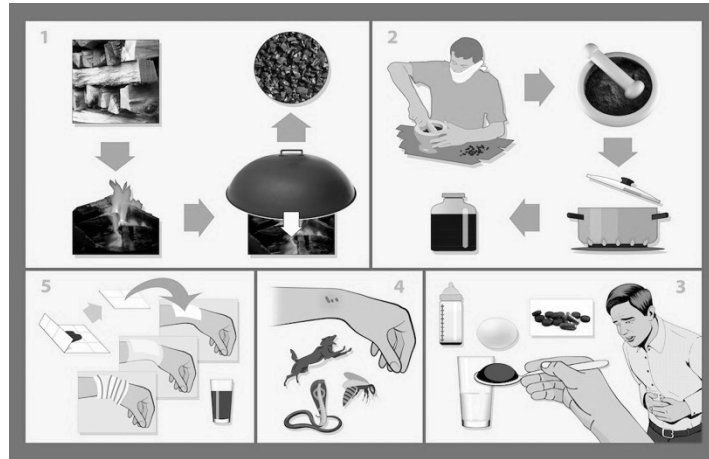
Lifestyle – A Tale of Two Villages

1. What kinds of food were eaten by the people in the Jungle Village?
2. What kinds of illnesses did the Jungle Village people have?
3. How was the lifestyle of the River Village people different from that of the Jungle Village People?

Signs of Jesus' Return

1. Why did God destroy the earth with a great flood?
 - a. Genesis 6:5
2. How can we be saved from the final destruction of this world?
 - a. John 3:16
3. Where is Jesus now, and how do we know that He will come to earth again?
 - a. John 14:1-3
4. What work must be finished before He comes back?
 - a. Matthew 24:14
5. What thoughts do you have about the end of the world as we know it?

Health Talk #3: Charcoal - Nature's Healer



1. Charcoal, one of nature's healers, has been around for thousands of years. It is inexpensive, harmless, easy to store and simple to use on both humans and animals.

Over 200 years ago two French scientists learned that charcoal could save the life of a person who had been poisoned. To prove this, they each swallowed a glass of water with a spoonful of charcoal mixed with strong poison - strong enough to kill many people. Astonished, people watched and waited for the men to die, but they did not. The charcoal took the poison out of their bodies and protected them.

What is charcoal?

Medical charcoal is made by burning dry hard wood or coconut shells at a high temperature (700^o C). When the wood is burning well, it is covered with metal or mud to quickly reduce the flame and let it smolder. It is finished when the smoke color turns from yellow to clear.

Other kinds of charcoal, such as that used in factories and for cooking fuel or briquettes, or from burned food, are not safe to use as medicine.

-
2. To prepare home-made charcoal, use light-weight, black, charred pieces of burned wood. Grind into fine powder (cover your mouth and nose). Sterilize in a heated covered pan or oven for 15 minutes. Store in an airtight container. It will keep indefinitely and be ready for a medical emergency.

Caution: Do not get the powder in your eyes or nose or on clothing.

3. Internal use for humans and animals

Dosage:

A dose is 1 heaping tablespoon (the size of a chicken egg) of charcoal powder stirred into 1/3 cup water, or 40 capsules of activated charcoal.

An infant dose is one level tablespoonful of charcoal in pure water. If refused by the baby, use an adult dose in one glass of water, stir and let the black settle to the

Health Talk #3: Charcoal - Nature's Healer

bottom. Give the baby the clear water to drink.

Intestinal Problems

- For intestinal gas, bloating, nausea or vomiting, give one dose every 6 hours until well, or until the stool is black.
- For diarrhea, give one dose in hot water 2 times a day, along with Oral Rehydration drinks and plain water. In severe cases, use a large charcoal poultice on the abdomen. Follow directions for infections.

For Poisonings

- Immediately give a triple dose of charcoal with water to adults who have ingested poisons or overdosed on street drugs, medications, chemicals or poisonous plants. (Charcoal is not an effective antidote for a child who has eaten Mother's iron tablets.)
- Charcoal is most effective when given within one hour, before poison leaves the stomach.

Charcoal has no flavor, but can be grainy and hard to swallow. If vomited, give it again until it stays down. Always follow with one or two glasses of pure water.

Caution: Do not give charcoal to an unconscious person who is unable to swallow.

4. External Use for Humans and Animals

Charcoal paste is effective for snake bites, insect stings, wounds, inflammation and infections.

To prepare a paste, add 2 tablespoons of charcoal powder to 2 tablespoons clean water and mix. If ground flax seeds or chia seed is available, use 4 tablespoons clean water, 2 tablespoons charcoal powder and 2 tablespoons of seeds. The seeds will keep it moist longer. Use a cloth 3 times wider and longer than the wound.

- Stings and Bites: Remove stingers. Put charcoal paste directly on the affected area. Change the paste every 10 minutes the first hour, then once every hour until the pain is gone. For multiple bites, treat each one separately or put the affected area in a charcoal bath.
- Snake or Animal Bites: Wash bites with soapy water immediately. Follow the above procedures. Leave poultice on all night and change in the morning if pain persists.

At the beginning of treatment drink a glass of charcoal water, and continue every four hours while treating the bites.

Health Talk #3: Charcoal - Nature's Healer

Biblical Examples

The Bible speaks of poultices for healing. King Hezekiah had a deadly, painful boil. He cried out to God and God saw his tears and answered his prayers. God told him to make a poultice of figs and put it on his wound. He was healed (Isaiah 38:1-5). Jesus made a poultice out of mud to heal a man's eyes (John 9:6,7).

Charcoal makes a good poultice. It draws out toxins so the body to heal itself.

5. How to Make a Charcoal Poultice

- Make enough Charcoal paste (see above) to cover the affected area.
- Spread the paste in the middle third of the cloth 6mm (1/4 inch) thick and a little bigger than the affected area.
- Fold the four sides of the cloth over the paste, forming an envelope.
- Apply poultice to the skin at the center of the area being treated.
- Cover with plastic or cellophane to keep poultice moist.
- Cover plastic with a clean dry cloth to keep in the heat. Keep in place with tape, a strip of cloth or twine.

For Infections and Inflammation: Place charcoal poultice on area for 4 hours; remove for 2 hours; repeat 3 times a day. Leave on all night. Each poultice should have new charcoal. With each change of poultice, a glass of water should be taken. Repeat until healed.

Charcoal is the best healer, but if it is not available, a poultice can be made of scrubbed, unpeeled, grated raw potato.

God is the great healer. Always pray for His special healing power to bless your work. Be patient. Nature is in no rush.

3 – Jesus' Second Coming



1

In our last meeting we talked about the great flood that destroyed the world. God told Noah to build the ark to save himself and his family. Noah preached for 120 years, trying to persuade others to come into the ark with him. He told them it was the only way to escape the destruction that was coming.

Do you remember what happened? (PAUSE) That's right. The flood came. The world was destroyed. And only Noah and his family were saved. Everybody else died in that terrible flood.

Why did it happen? The Bible tells us, "Then the Lord saw that the wickedness of man was great in the earth" (Genesis 6:5).

Well, what do you think God sees when He looks at our world today?

He sees nations turning against each other.

He sees families and clans and tribes fighting among themselves.

He sees hatred, violence, terrorism and murder.

He sees lying and cheating and stealing.

He sees people killing others in the name of religion.

He sees the rich abusing the poor.

He sees women and children bought and sold in the sex trade.

The rulers and governments of this world seem unable to stop these things. Friends, would you agree with me that it's time for God to step into the picture again as He did in Noah's day? (PAUSE)

Isn't it time for Jesus to come back and bring an end to the kingdoms of man and replace them with His kingdom, the kingdom of heaven? It will be an everlasting kingdom without hatred or war or crime. Instead there will be peace and joy and love forever.

I have wonderful news! The time is near! If you were here at our last meeting, you already know. Jesus is coming again. Soon.

"Wait," somebody might say. "Nothing has really changed. It has always been this way, and this is the way it will always be."

If that is the way you are thinking right now, I have news for you: You might be in the Bible!

Listen to this: "...Scoffers will come in the last days, walking according to their own lusts, and saying, 'Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation'" (2 Peter 3:3, 4).

3 – Jesus' Second Coming



2

People back in Noah's day thought like that. They had never seen a flood, and they didn't believe there would ever be one. So they didn't accept Noah's preaching. And they weren't ready for the end of their world when the flood came. Sadly, it will be the same for millions of people when Jesus comes and brings an end to the world as we know it.

But there is no good reason why any of US should not be prepared. We have the Bible, the Word of God, to guide us.

You should remember from our last meeting that Jesus came from heaven to this earth to begin preparing for the coming kingdom of God. He told His followers that He Himself would go back to heaven and they should continue His work here. He promised them, "I will come again" (John 14:3).

Just as He said, the time came for Him to return to heaven. But before He left He warned them, "Take heed that no one deceives you. For many will come in My name, saying, 'I am the Christ,' and will deceive many" (Matthew 24:4, 5). Now, "Christ" is another name for Jesus.

Here is a very important question: How can we protect ourselves against such a deception? How can we keep from being fooled by some trick or some false teaching? I have the answer right here: The Bible (HOLD UP THE BIBLE). This is our defense. This is our protection.



3

The Bible contains all we need to know about the second coming of Jesus. To begin with, let me tell you what happened when He left.

He was with His disciples, and while they were watching Him, "...He was taken up, and a cloud received Him out of their sight. And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel, who also said, "Men of Galilee, why do you stand gazing up into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven" (Acts 1:9-11).

Friends, those were ANGELS talking with the disciples about the second coming of Christ. We can be sure that what they said was true. In addition to that, listen to what the Bible tells us in the book of Revelation: "Behold, He is coming with clouds, and every eye will see Him..." (Revelation 1:7).

When He left, only a small group of His disciples could see it. When He comes again EVERYBODY will see it. He said, "For as the lightning comes from the east and flashes to the west, so also will the coming of the Son of Man be" (Matthew 24:27).

3 – Jesus' Second Coming

You can imagine that, can't you? A sky filled with lightening from one end to the other. Everybody can see that!



4

The Bible tells, "When the Son of Man comes in His glory, and all the holy^{lcl}angels with Him, then He will sit on the throne of His glory" (Matthew 25:31).

Listen: "And He will send His angels with a great sound of a trumpet, and they will gather together His elect from the four winds, from one end of heaven to the other" (Matthew 24:31). What could this mean? Who are "His elect"?

Friends, this is talking about His people. People like us who have chosen to believe and trust Him. People who have made Him the Lord of their lives. His angels will gather us all together, from every nation and every tribe, from every city and town and village all over the world.



5

There's more. "For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first" (1 Thessalonians 4:16).

This is amazing news. Every one of His followers will live again! Believers from all ages will come back to life. They will rise from their graves, from the depths of the sea and from the dust of the earth.

And there is still more to this picture: "Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord" (1 Thessalonians 4:17).

The Bible tells us, "...we shall all be changed – in a moment, in the twinkling of an eye, at the last trumpet.

"For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed" (1 Corinthians 15:51, 52).



6

When Jesus comes again, His people, living or dead, will all be changed. He will give them new life. Life that will never end.

These bodies of ours will be transformed into perfect bodies that will never die. No more pain. No more disease. Broken and crippled arms and legs will be made whole and strong. The blind will see and the deaf will hear.

In the kingdom of God there will be life and health and strength and peace forever.

3 – Jesus' Second Coming

I want to be there. Don't you?

I wish the story could end there. But no. Millions of people will not be prepared. They will not welcome the return of Jesus. For them the picture will be quite different.



7

"Then the sky receded as a scroll when it is rolled up, and every mountain and island was moved out of its place. And the kings of the earth, the great men, the rich men, the commanders, the mighty men, every slave and every free man, hid themselves in the caves and in the rocks of the mountains, and said to the mountains and rocks, 'Fall on us and hide us from the face of Him who sits on the throne and from the wrath of the Lamb! For the great day of His wrath has come, and who is able to stand'" (Revelation 6:14-17)?

"...the Lord Jesus is revealed from heaven with His mighty angels, in flaming fire taking vengeance on those who do not know God, and on those who do not obey the gospel of our Lord Jesus Christ" (2 Thessalonians 1:8, 9).

The kingdoms of the world will be destroyed. What a terrible thought! Friends, do you see why we need to get ready to meet Jesus when He comes again? Nothing is more important than that. It's a choice between eternal life in the kingdom of heaven (PAUSE) – and eternal death.

You can make that choice right now. Would you like to join me in my decision to be a follower of Jesus and be ready for His coming? If that is your decision, please raise your hand while we pray.

[Suggested Prayer]

Dear Father in heaven,

You see these hands raised, and You know the decisions that have been made. We want to be followers of Jesus. We want to be part of His eternal kingdom. Please help us as we learn how to prepare for His coming.

And Father, there may be some here whose hands are not raised because they have not yet made this decision. I know that You love them, and You want them in Your kingdom. Please touch their hearts and help them as they wrestle with this choice. And please bless us all as we continue in these meetings so that we can learn more about Your plan for our lives. In Jesus' name we pray. Amen.

Additional Bible verses for this topic:

3 – Jesus' Second Coming

Isaiah 25:9

Matthew 24:24

Matthew 25:34

Luke 21:27

Luke 21:36

2 Corinthians 11:13,14

Philippians 3:20,21

1 Thessalonians 5:4, 5

2 Timothy 4:7, 8

Titus 2:13

Revelation 16:18

3 – Discussion Guide

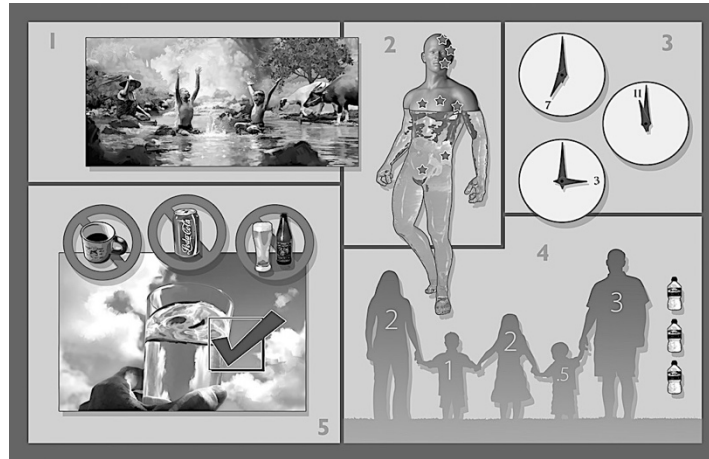
Charcoal – Nature’s Healer

1. Charcoal can be used both internally and externally for healing. What is it used for internally?
 - a. Intestinal problems like gas, bloating, nausea or vomiting
 - b. Diarrhea
 - c. Poisoning from chemicals, poisonous plants, medications or street drugs
2. What external problems are helped by charcoal?
 - a. Insect stings or bites
 - b. Snake or animal bites
 - c. Infections and inflammation

Jesus’ Second Coming

1. Why do some people think that Jesus will not come back again?
 - a. 2 Peter 3:3, 4
2. How will Jesus come back, and who will see Him coming?
 - a. Acts 1:9-11
 - b. Revelation 1:7
3. When He comes back, what will happen to those people who reject Him?
 - a. Revelation 6:14-17
 - b. 2 Thessalonians 1:8, 9
4. When Jesus returns, what will happen to those who believe in Him?
 - a. 1 Thessalonians 4:16, 17
 - b. 1 Corinthians 15:51, 52
 - c. Imagine a picture of Jesus’ coming. Where do you see yourself in that picture?

Health Talk #4: Water on the Inside



1. Water is a blessing created by God. Everything living depends on water, from the vegetables growing in the garden to the dog barking down the street. Can you imagine not having water to bathe, clean your teeth or wash your clothes in? How would you cook your food without water? These tasks would be impossible.

Just as water is necessary for health and cleanliness around you, it is necessary for health and cleanliness inside of you. Water keeps you clean and healthy inside.

Your body is made up of trillions of tiny cells. Each cell is like an engine that requires fuel and water to work. Most of the water used by the cells is cleaned by the liver and kidneys and used over and over, but some is lost and must be replaced each day.

-
2. Water is so important that most of your body is made of water. Your eyes make tears from water to keep them from drying out. Your mouth mixes your food with saliva to help you swallow. Your brain uses water to think clearly, and when there is not enough you can get a headache, or feel confused. Your lungs use water to help you breathe – try breathing on a piece of glass, and water from your lungs makes a fog.

Blood is mostly water, making a liquid that can travel through your blood vessels, carrying fresh oxygen and fuel to every cell, and carrying away the toxic wastes the cells produce from their work. Life is in the blood, and clean blood is healthy blood.

Keeping your body clean inside requires adequate water. Each tiny cell, as it works, produces toxic wastes. Wastes are removed by the kidneys as they filter the blood. Your urine eliminates the wastes from your body. If you are drinking enough water to help your kidneys keep your cells clean, your urine will be clear or pale yellow. If your body is not getting enough water to keep you healthy, your urine will be dark yellow and will have a strong smell.

There are other ways in which water wastes can be removed from the body.

- A. Sweating removes body wastes and toxins from the body. Bathing is necessary to remove sweat from the body so they will not be reabsorbed.
- B. Water is removed from the body in stool. This is healthy, unless the stool

Health Talk #4: Water on the Inside

is very loose, as in diarrhea. Large amounts of water lost in diarrhea must be replaced by drinking clean water after every bowel movement, to avoid dehydration.

Constipation is a warning that you are dehydrated and not getting enough water, whole grains and plant foods. Laxatives are not the best solution, because they draw water to the bowels from the rest of the body and the brain.

At night, the kidneys clean your blood and make urine while you sleep. Your body also continues to breathe, sweat and make stool. All of this uses water that must be replaced in the morning with clean, pure water to get your body cells ready for their day of work.

3. How much water does your body need? How much should you drink?

It is good for adults to drink half a liter of water first thing in the morning. That rehydrates the body and gives every organ an adequate supply to start the day. If that's new for you, begin now and learn to enjoy it. Warm water might be easier to drink than cold water.

In a day, adults need 2- 3 liters of water and children need from .5 to 2, depending on their size, weight, activity and the temperature. The water should be taken between meals to avoid delaying the digestion.

4. Children, like adults, can easily forget to drink water. To help them remember, give them their own-liter bottle, filled in the morning, to be emptied by evening.

Adults should have their own drinking bottle as well. This will prevent harmful microbes in each other's saliva from infecting each other, reducing the chance of spreading sickness, coughs, diarrhea and stomachaches.

5. What about drinking other liquids instead of water? Coffee, tea, soda pop, or alcohol all have harmful ingredients, which require special processing by the body to detoxify them and make the water available. These drinks cannot replace water and its benefits.

Water is the perfect drink, made by our Creator to satisfy all our body water needs.

As you receive the physical benefits from drinking plenty of good water you will also enjoy learning about the spiritual water of life. Jesus calls His gift of eternal life, "the water of life." He says, "Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life" (Revelation 22:17 NIV).

4 – God the Creator



1

A bicycle is a very simple machine. Two wheels and tires. Handlebars. A seat. A chain. Two pedals. A metal frame. Add a few more pieces, and still, it's quite simple, wouldn't you say?

Suppose we had a bicycle here that we could take apart. Take the wheels off, then take the tires off the wheels. Remove the chain, then take all the pieces of the chain apart. Take off the seat and the handlebars and everything else, until all that's left is the metal frame alone.

Suppose we left all those bicycle pieces scattered on the ground overnight and put a watchman here so no thief could take anything. Do you think that we would see a bicycle here tomorrow morning? Suppose we left for a week and then came back? Or a month? Or a year?

Just how long do you think it would take for those bicycle parts to put themselves together and make a bicycle?

That's a silly question, isn't it? Those bicycle parts could never put themselves together. Not in a million years. No. So, when you see a bicycle, you know that somebody made it.



2

Who made our world? Here is what the Bible says: "In the beginning God created the heavens and the earth" (Genesis 1:1).

In these meetings we have already talked about God the Father and His Son, Jesus. The Bible sometimes calls Jesus "the Word." Listen:

"In the beginning was the Word, and the Word was with God, and the Word was God.... All things were made through Him; and without Him was nothing made that was made" (John 1:1, 3).

So Jesus was there at the creation of our world, with the Father. But the Bible tells us of one more who was there.

"The earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God was hovering over the face of the waters" (Genesis 1:2).

There are three persons who, together, are God. The Father, the Son, and the Holy Spirit. We call this the Godhead. Sometimes when we talk about God we mean all three. That's what the Bible means when it says, "In the beginning God created the heavens and the earth" (Genesis 1:1).

Then the Bible gives us the day-by-day history of how it happened. And it all happened by the power of God's word. The Bible tells us, "For He spoke, and it was done" (Psalm 33:9).

On the first day God separated light from darkness, day from night.

4 – God the Creator

The world was covered with water, so on the second day God divided that water into two parts, with the atmosphere where we live in between. So, there was water in the clouds in the sky above, and water on the surface below.



3

On the third day God made dry land appear, dividing the water on the surface of the world into oceans and lakes and rivers and streams. And then, by His command, He covered the dry land with grass and plants and trees of all kinds.

On the fourth day He made the sun and moon and stars appear in the sky above. The sun was to rule the day, and the moon was to rule the night.

On the fifth day God created the fish and other creatures of the sea, and all the birds that fly in the sky.

On the sixth day He made all the animals that live on the land. There were cattle and sheep and lions and tigers and elephants and other creatures great and small.

But there were no people to care for the animals until God said, “Let us make man in Our image, according to Our likeness: let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth” (Genesis 1:26).

The Bible tells us that when the sixth day came to an end, “Then God saw everything that He had made, and indeed it was very good” (Genesis 1:31).



4

“Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done” (Genesis 2:1, 2).

On the seventh day, God rested. This was not because He was tired. It was because creation was finished, complete, perfect. The seventh day was for celebrating what He had done. He gave the seventh day to us so we could remember that He is our Creator.

Listen to God’s word: “Remember the Sabbath day, to keep it holy.... For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it” (Exodus 20:8, 11).

4 – God the Creator

May I share a personal belief with you? I believe that much of the trouble in our world is because people have forgotten the Creator and His Sabbath. We'll talk more about that in another meeting.



5

Friends, maybe some of you are wondering if the Creation story is just a legend or a myth. Well, we ourselves may be the most amazing evidence of a Designer and Creator.

Turn to the person next to you and look at their eyes. How many of you think that eyes are more complicated than a bicycle?

If you could look inside your neighbor's eyes you would find more than 125 million parts all perfectly arranged. It's hard to understand such a large number, isn't it? Let me explain it this way:

Go out and look at the stars on the clearest, darkest night. How many stars do you think you could see? One million? Five million? No. Most people can see less than 5,000 stars on a clear, dark night.

That means it would take a lifetime of counting stars night after night after night to count to 125 million. And one eye has more than 125 million parts. Could that eye put itself together, or did a Creator do it?

There are many people who say that there is no God. Some of them are scientists or teachers or other influential people. They say that we are here as the result of chance. Nobody designed us. Nobody put our parts together. We just happened.

The Bible gives us a much different picture of how we got here. "Then God said, 'Let Us make man in Our image, according to Our likeness'" (Genesis 1:26).

God made us in His own likeness. In His own form and shape. We didn't just happen. The Father, the Son, and the Holy Spirit created us according to a divine plan. They designed a beautiful, perfect world, and they wanted us to live happy lives and enjoy the things They had created.



6

And friends, even though human beings have made bad decisions and done terrible things to each other and to the world itself, God's plan for us has not changed.

Even though the kingdoms of men have brought war and destruction to our world, God's plan for us has not changed. Even though this earth is filled with disease and hunger and poverty and pain, His plan for us has not changed.

4 – God the Creator

We were not made simply to live a few years in this world where trouble and pain and sorrow bring dark shadows over our lives. No. We were created for life without end in a perfect world where trouble and pain and sorrow and death have no place.

The Bible says that “God saw everything that He had made, and indeed it was very good” (Genesis 1:31). Friends, when the kingdom of God replaces the kingdoms of men, the world will be very good again. Perfect. Just as it was when God created it.



7

The prophet John saw a vision of what that world will be like. Listen: “Now I saw a new heaven and a new earth.... And I heard a great voice from heaven saying, ‘Behold, the tabernacle of God is with men, and he will dwell with them.... And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain’” (Revelation 21:1, 3, 4).

We can look beyond our present circumstances to a better life in a better world. There is a place for every one of us there. That is what God wants for each one of us. If you would like to thank Him for His wonderful plan, just raise your hand right where you are. (PAUSE)

I wonder how many of you are saying in your hearts, “Yes, that’s my plan, too. I want God’s help so I can prepare to be part of His kingdom.” If that is in your heart right now, would you please stand while we pray?

[Suggested Prayer]

Dear Father in heaven, You are our God and our Creator. We praise You and thank You for Your wonderful plan for our lives. We thank You for the promise of life in Your kingdom. We are standing up to show that we accept Your plan for us. Please help us know how to prepare for the day when Your kingdom will come and replace the kingdoms of men. We ask this in the name of Jesus. Amen.

Additional Bible verses for this topic:

Genesis 1:1-31

Genesis 2:3

Exodus 20:8-11

Job 12:7-10

Psalms 8:3, 4

Psalms 139:14

Psalms 145:15

Isaiah 49:15

Jeremiah 31:3

Jeremiah 32:17

Matthew 10:31

John 1:14

John 3:16

John 14:9

Romans 1:20

Romans 8:38, 39

Ephesians 3:9

1 John 4:8

Revelation 4:10, 11

4 – Discussion Guide

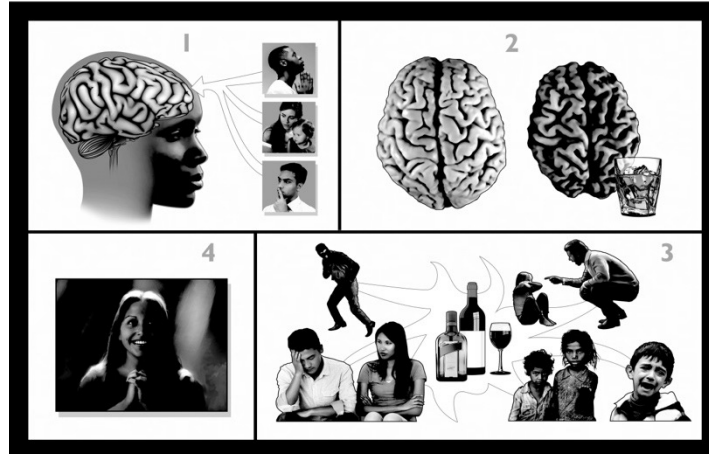
Water on the Inside

1. Name five ways that water is used by your body and organs.
2. How can you tell if you are not drinking enough water?
3. How much water should you drink each day?

God the Creator

1. In addition to God the Father and God the Son, who else was involved in the creation of this world?
 - a. Genesis 1:2
2. What was God's plan for the human beings He created?
 - a. Genesis 1:26
3. What did God do on the seventh day of creation week?
 - a. Genesis 2:1, 2
4. Why did God ask His people to observe the seventh day as the holy Sabbath?
 - a. Exodus 20:8, 11
5. The Bible says that humans were created in the image of God. What do you think that means, and how should it affect our lives today?

Health Talk #5: Alcohol - The Brain Destroyer



1. Long ago God held a meeting in heaven and decided to make human beings, a special creation in His likeness and image. Of course, they wouldn't be exactly like God in every way. They would not be gods themselves, but they would be capable of a relationship with God, of being friends with God, and of thinking like God. For this, God gave man a unique brain.

Our soft brain is protected by a strong bony skull. It's not huge - an adult brain weighs only 1.5 kilograms. But it is very important and very busy. It is made of a billion tiny cells called neurons, working in our heads, helping us to use our hands, run, talk, sleep, work and do everything. They record everything we see, hear, taste, touch and smell.

Different areas of the brain have different jobs. The side areas, or temporal lobes, control hearing and remembering. The underside, or cerebellum, keeps us breathing and makes our hearts beat. The top, or parietal lobe, makes our bodies move. The human brain is organized similarly to that of animals, except for one area. Our frontal lobe is much more developed. This part was made special by God just for human beings.

The Frontal Lobe

Put your hand on your forehead with your fingers on your head. Behind your hand is the very important frontal lobe of your brain. This is the part of the brain that makes us like God. Here exists the God-given ability to make choices. Here decisions are made.

We can decide what is right and what is wrong. We can choose to love others and have compassion for them. We can develop ideas and plans and make smart decisions. We can solve problems. We can be motivated. All these decision-making activities take place in the frontal lobe of the brain.

-
2. If the brain has good food, fresh air, sunshine and enough sleep, it works well. It is affected by life choices and by emotional states. Joy, sorrow, happiness and grief can affect the brain's health. Its tiny neurons are constantly changing for better or for worse, depending on choices and thoughts.

Health Talk #5: Alcohol - The Brain Destroyer

What Can Damage Your Brain

Substances such as cocaine, heroin and other drugs can damage the brain by destroying its nerve cells. You might be surprised to know that the most common dangerous drug is alcohol. Every drink of alcohol destroys brain cells. As time passes, and more alcohol is consumed, the brain loses so many cells that it becomes smaller. When the brain shrinks, the ability to think well and make wise decisions diminishes.

3. While people may drink alcohol because it makes them feel relaxed and smart, it actually makes the brain slow and dumb. As the brain becomes slower, the result can be laziness and a lack of interest or care in the responsibilities of life.

Alcohol causes damage to the whole body. Mouth, throat, liver and stomach cells are injured. Alcoholism can cause many other problems, including high blood pressure, obesity, strokes, heart failure, accidents and suicide.

As alcohol damages the brain, drinkers may become mean instead of kind and loving. They no longer care, or are as aware, of what is right and wrong. Many terrible crimes are committed under the influence of alcohol.

Children of drinking parents can suffer low birth weight, smaller brains and various physical problems. Later, they often have learning difficulties. When money needed to care for families is wasted on alcohol, children often grow up neglected, abused and sickly.

Alcohol is one of the tools Satan uses to destroy the human brain. When the brain and mind are under the influence of alcohol, the person is no longer in control of his own mind, and Satan can have power over him. He dishonors himself, and he dishonors God.

4. How can one keep safe from Satan? How can one avoid the use of alcohol? God has offered His help. In the Bible He promises to help us if we ask. If you, or someone you know, has a problem with drinking alcohol, ask God for help. Pray every day that He will take away the desire to drink. Pray for a new attitude and a healthy brain that will rule over the evil of alcohol. Pray, pray, pray.

You can make Lifestyle choices that will help, too. Fresh air, exercise and sunshine heal the brain. Sleeping 7-8 hours each night rebuilds the brain. Happiness and gratefulness encourages new brain cell growth. Studying the Bible and memorizing verses increases brain cells. Here is a verse to memorize:

“Whoever is led astray by drink cannot be wise” (Proverbs 20:1).

The food you eat is very important. Plant foods like whole grains, nuts, beans, seeds, vegetables, greens and fruit are the best foods for a healthy brain.

Ever since he lost his place in heaven, Satan has hated Jesus. He wants to turn us against Him too, so he tempts us to do things that destroy our brains so we can't think clearly. He wins if we make the wrong choices.

Jesus loves us and wants to help us keep our brains healthy. He wants His mind to

Health Talk #5: Alcohol - The Brain Destroyer

be ours. He gives us freedom to choose who we will follow – Jesus or Satan.
“Let this mind (brain) be in you that is in Christ Jesus” (Philippians 2:5).

5 – The Bible



1

Suppose that a wealthy friend who lives far away sends you a beautiful box like this. You love the color of the box and the ribbon, so you set it on your table as a decoration. Whenever your neighbors come to visit you show them the box and they admire it with you. News about your box spreads all over town and soon everyone is talking about it. People you don't even know come to see your box, and they tell you how lucky you are to have it.

But as time goes by people stop talking about the box. The day even comes when you get tired of seeing it there on your table, so you remove it and put it in a corner of your house and forget about it.

One day the wealthy friend who sent you the box comes to visit. He asks, "Did you receive the box I sent you?" You say, "Oh yes. It was a beautiful box. Everyone in town admired it. I kept it on my table and people from all around came to see it. Thank you for sending me such a wonderful gift."

Your rich friend looks at your home and the others in the town and says, "Nothing has changed here. You and your neighbors are living just the same way as you were before I sent you my gift. What did you do with all the money?"

"What money?" you ask.

"The money in the box. I sent it so you could afford to live in a better house. I sent enough for you to share with the whole town so everyone here could have a better life."



2

Friends, I am not here today to talk about boxes and money. I want to talk about another gift. It is the Holy Bible, God's message to us.

There are more than five billion copies of the Bible in the world, printed in more than twelve hundred languages. Yet for most people the Bible is like the beautiful box in my story. They don't know about the great treasure inside.

The Bible is a gift that can change the life of every person here, from the oldest to the youngest. It teaches us how to live during this life, and how to prepare for life in God's coming kingdom. Friends, our eternal destiny depends on whether we believe and accept it.

Somebody here might be wondering, "If all this is so important, why doesn't God tell us Himself? Why doesn't He just come down here and talk to us face to face?"

Would you be surprised if I told you that that was His plan in the beginning? He created us to be His friends and companions, to

5 – The Bible

walk and talk with Him. But that plan was ruined when we turned away from Him. We will talk more about that in our next meeting. For now I can simply tell you what God said to Moses, the great prophet, “You cannot see My face; for no man shall see Me, and live” (Exodus 33:20).

But, friends, God did not turn away from us when we turned away from Him. No. He wanted to stay in contact with us. He wanted a way to talk to us. He wanted a way to give us counsel. He wanted a way to lead us. That’s why He gave us the Bible. So we can stay in touch with Him. We can never be closer to Him than when we are letting Him speak to us through His word.



3

The Bible is a collection of smaller books written by 45 different men over a period of about 1600 years. Most of them didn’t even know each other, yet their writings are all true to the same theme. How could this be?

Listen to what the Bible says about itself:

“All Scripture is given by inspiration of God” (2 Timothy 3:16).

“For prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit” (2 Peter 1:21).

The Bible is divided into two parts called the Old Testament and the New Testament. The Old Testament was completed hundreds of years before Jesus was born. The New Testament was written in the years following His life on earth.



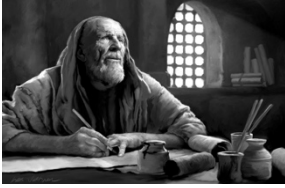
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During the lifetime of Jesus the Old Testament WAS the Bible. In those days they called it the Scriptures, and we sometimes use that word for the Bible today. Jesus Himself believed in the Scriptures and said, “...these are they which testify of Me” (John 5:39).

Yes friends, Jesus knew that the Old Testament Scriptures were filled with prophecies about His own life and work, and He taught His disciples about this. “He expounded to them in all the Scriptures the things concerning Himself” (Luke 24:27).

Friends, it is Jesus who brings the Old Testament and New Testament together. The entire Bible is about God’s plan to save us and make us part of His eternal kingdom. The heart of that plan is God’s Son, Jesus, who came to live among men. He teaches us how to live a better life in this present world. He gives us hope for a perfect future world where there will be no sorrow or sickness or death.

5 – The Bible



5

The Bible writers were inspired by God's Holy Spirit. That same Holy Spirit gives power to the words of the Bible today. Listen: "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness..." (2 Timothy 3:16).

If we listen, the Bible will teach us true doctrine. It will tell us when we are wrong and help us correct our ways. It will show us how to prepare for life in God's eternal kingdom. In other words, the Bible can change our lives. Most importantly, the Scriptures "...are able to make you wise for salvation..." (2 Timothy 3:15).



6

Here is an example of the power of the Bible to transform us:

In 1787, a ship called the HMS Bounty left England to sail to the island of Tahiti in the South Pacific Ocean. The captain, William Bligh, was a stern officer who sometimes mistreated men under his command. It was a long and difficult voyage for the crew.

They had to stay on Tahiti for several months, and the men enjoyed life there. When it came time to leave, many of them did not want to go. After a few days back at sea, there was a rebellion on the ship. Members of the crew forced Captain Bligh and a few of his friends off the ship into a small lifeboat. The captain and his friends managed to sail safely to a distant island, and they eventually made it back to England.

The Bounty sailed back to Tahiti and then to the tiny island of Pitcairn, carrying members of the rebellious crew and a few people from Tahiti. Pitcairn is one of the most remote places in the world.

With no government and no policemen, there was bound to be trouble. The men were rough and crude. There was too much drinking, too many quarrels. There were violent fights and even murders. Finally, there were just a few women and children left. And only one man, John Adams.



7

John remembered that there had been a Bible on the ship. He searched until he found it. He started reading it. It had a powerful effect on him. It changed him from a violent, quarrelsome drunkard to a trusted leader of that little group. He took responsibility for those children. He began to teach them to read and write, and tried to show them how to live. Not only John Adams, but the entire group on Pitcairn was changed by the power of God's word.

This Bible can change your life, too, friend. The Holy Spirit inspired the Bible writers long ago. That same Holy Spirit gives power to the Bible message today. Our lives can be transformed

5 – The Bible

by reading, hearing, and understanding God's word.

Friends, let's not keep this gift from God in some corner of our lives. Let's open it and learn from it every day. How many of you would like the Bible to be your teacher and your guide? Let me see your hands. How many are willing to be changed by the power of God's holy word? I know I need that power to work in my life. If you want that, too, please stand with me while we pray.

(Suggested prayer)

Dear Father in Heaven, we thank you for giving us the Bible so that we can stay in contact with You. We want the power of the Holy Spirit to be in the words we read, so that we can be changed into the kind of people You want us to be. Help us to see Jesus more clearly in Your message to us. We look forward to the time when we can walk with You and talk with You face to face. But until then, please speak to us, and teach us, and lead us through Your holy word. In Jesus' name we pray. Amen.

Additional Bible verses for this topic:

Genesis 3:10

Isaiah 13:19

Isaiah 45:19

Luke 24:44

Psalms 119:160

Isaiah 13:20, 21

Jeremiah 51:11

John 8:32

Amos 3:7

Isaiah 40:8

Daniel 4:30

5 – Discussion Guide

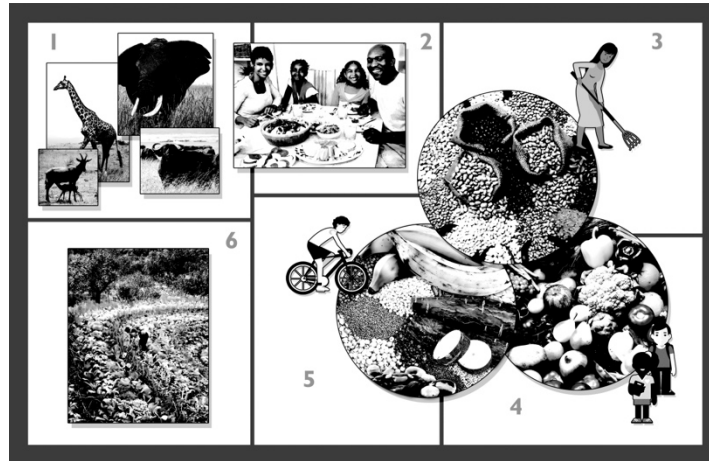
The Brain Destroyer – Alcohol

1. The frontal lobe of your brain has a special job. What is it?
2. What is one of the most dangerous drugs for the brain?
3. How can alcohol damage the body and the family?

The Bible

1. Why can we not see God face to face?
 - a. Exodus 33:20
2. What makes the Bible different from other books?
 - a. 2 Timothy 3:16
 - b. 2 Peter 1:21
3. How is Jesus connected to the Old Testament?
 - a. John 5:39
 - b. Luke 24:27
4. Why is the Bible important for us today?
 - a. 2 Timothy 3:15
5. Why does the Bible seem to have so much power to change people's lives, and what effect has it had in your life?

Health Talk #6: Family Nutrition



1. In nature, the biggest animals eat plants and live the longest. Their muscles, brains, horns and bodies are made from plant foods. Farm animals too, are plant eaters.

The Bible tells us that in the beginning God gave people plant foods to eat. It was not until after the great flood that God allowed animals to be used for food. Even then, He forbade the eating of animal fat and blood. Some people believe God allowed meat in the diet to purposely shorten human life because people had become so wicked.

Many people believe that a diet that includes meat is necessary to maintain health and strength. But modern science has shown that to be false. Research today proves that plant-based diets promote healthier, happier people who live longer lives.

-
2. Plant foods have all the nutrients needed for good health. They have none of the toxins and harmful animal fats that plug arteries to the heart, brain and lungs.

Every member of the family needs the healthiest foods. Each person needs to eat a plant-based diet.

Babies need a mother who has good nutrition before and during pregnancy, and while breast feeding, to provide enough nutrients for its growth. Good food is better than vitamins and iron pills, although they may be needed if the mother lacks healthy food.

Children who are active and growing need the same foods that keep adults healthy - foods that give strength and slow aging.

-
3. **Think of foods that help you GROW, GLOW and GO**

GROW foods – Proteins, the “building blocks” of the body

Bricks or boards are used in buildings, but the body is made with proteins. Plants like beans, nuts, seeds and grains are good protein foods. Protein can also be supplied by non-plant foods such as eggs and milk.

Beans and seeds are even more nutritious and easier to digest when they are

Health Talk #6: Family Nutrition

sprouted a day or two before cooking. To sprout them, rinse them in water twice a day for two or three days, keep them covered, then soak them a few hours to soften them for cooking.

Beans crops are good for the soil too. The plant pulls nutrients into the soil and makes it richer for other crops planted later.

4. **GLOW foods** – Vitamins, minerals and Phytochemicals (color pigment)

Nails and mortar hold the building materials together. Vitamins, minerals and the colorful pigment in foods work with protein in hundreds of ways by helping to build and operate strong, healthy cells.

To add bone-building calcium and other minerals:

- Soak maize in lime before cooking
- Boil egg shells several minutes then finely grind them and add to foods, or sprinkle on the soil around garden greens.
- Eat dark green leafy vegetables every day. Cassava's (manioc) green leaves and the root are nutritious foods.
- Use water left in the vegetable or grain cooking pot, which contains vitamins and minerals, to make soup or drink.
- Cook foods, especially acidic foods such as tomatoes, in iron pots, or put a piece of iron in a pot to add nutritional iron to the food. Iron makes healthier blood.

The colorful pigments in plant foods are rich in protective helpers. For the best health, eat some of the rainbow colors of every day - red, yellow, orange, green, and purple.

5. **GO foods** – Energy Foods

High-energy foods are like the electrical wiring in buildings. They provide energy.

These are often the basic, less costly foods. The main foods in this group are grains (maize, rice, millet and sorghum), root vegetables (cassava, potatoes, and taro), starchy fruit (bananas, plantain, breadfruit), oils and nuts (nuts, seeds, vegetable oils).

Grains contain far more nutrients if they do not have the germ and bran layers removed to make white flour. When refined flour is used instead of whole grain, over 100 useful nutrients are removed. These are usually fed to the animals, but they should be fed to people! Whole grains are people food.

In some places, the whiter and longer the rice kernel, the higher its status. But the unrefined grains are the best, because they provide much more nutrition for the money.

How do you know if you are eating the best foods for health? That is easy.

Health Talk #6: Family Nutrition

- Eat a variety of foods, not just the same ones all the time.
 - Eat green vegetables every day. They are easy to grow in your yard.
 - Eat a food that is orange all the way through like carrot, squash or mango, every day.
 - Grow as much food from the garden as you can, even if it must be planted in pots.
 - Don't eat just "GO" foods. You need all three groups every day.
-

6. There are many delicious, health-promoting foods that families can eat. For the best use of your money, buy health-building foods, rather than health-destroyers. Tobacco, alcohol, soda pop, and refined sugar and grains are all thieves who steal your money and give you poor health in exchange.

It is God's plan that everyone should enjoy the plants of the land for food. He promised the children of Israel, "A land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey" (Deuteronomy 8:8). He loves us and wants us to enjoy natural foods that build us up, not refined foods that take us down.

6 – Origin of Evil



1

Can you imagine a perfect world? Not too hot. Not too cold. Plenty of clean, fresh water. Plenty of food to eat. Beautiful trees and flowers and plants and green grass everywhere you look. No biting insects. No poisonous snakes. No danger from wild beasts. No war. No sickness. No poverty. Who wouldn't want to live in a world like that?

That's what our world was like when God finished His work of creation. It was perfect. Our first parents were Adam and Eve. God gave them a special place to live. The Bible tells us: "The Lord God planted a garden eastward in Eden, and there He put the man whom He had formed" (Genesis 2:8).

"And out of the ground the Lord God made every tree grow that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil" (Genesis 2:9).

What a wonderful beginning. Why are things so different now? What happened to spoil that perfect world?

Once again the Bible has the answers. It tells about a WAR IN HEAVEN!



2

Here is what it says: "And war broke out in heaven: Michael and his angels fought with the dragon; and the dragon and his angels fought, but they did not prevail, nor was a place found for them in heaven any longer" (Revelation 12:7, 8).

Now, Michael is a name for the Son of God in His role as commander of heaven's angels. There were angels who rebelled against Him, and their leader was the dragon. The story goes on:



3

"So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him" (Revelation 12:9).

What do we know about Satan? Who was he? Where did he come from? There are many strange ideas about all this, but I think it's best to get our answers straight from the Bible.

"Thus says the Lord God: 'You were the seal of perfection, full of wisdom and perfect in beauty'" (Ezekiel 28:12).

The prophet Ezekiel saw that Satan had taken control of a wicked king. Inspired by the Holy Spirit, the prophet wrote God's message to the king as if the king were Satan himself.

"Thus says the Lord God: 'You were the seal of perfection, full of wisdom and perfect in beauty'" (Ezekiel 28:12).

6 – Origin of Evil

“You were the anointed cherub who covers;
I established you;
You were on the holy mountain of God;
You walked back and forth in the midst of fiery stones.
You were perfect in your ways from the day you were created,
Till iniquity was found in you” (Ezekiel 28:14, 15).

“Your heart was lifted up because of your beauty;
You corrupted your wisdom for the sake of your splendor”
(Ezekiel 28:17).



4

The prophet Isaiah wrote about another wicked king in the same way:

“For You have said in your heart: ‘I will ascend into heaven,
I will exalt my throne above the stars of God....
I will be like the Most High’” (Isaiah 14:13, 14).

In this way the Bible helps us understand why there was a war in heaven. An angel of God who held a high position in heaven became proud of himself and jealous of God. He wanted to take God’s place. He persuaded many of the other angels to join him in rebellion against God.

You may wonder why God threw Satan out of heaven instead of simply destroying him. Why did God let Him live?

First of all, Satan had convinced a large number of angels that his ideas were right and that God was wrong. But maybe someone had heard the arguments but had not made a decision. Maybe someone still wondered who was right – Satan or God. So God allowed Satan and his angels to live here on earth. He allowed Satan a chance to show what happens when he is in charge.

So, that’s one reason God didn’t destroy Satan when he rebelled. The other reason is LOVE.

Here is the most important thing the Bible tells us about God: “God is love” (1 John 4:8). Love is so much a part of Him that everything He does is because of love. He loves every angel and every man, woman, and child He has created. And what He wants most from us is love in return.

We know that true love can only come from our hearts. If God had destroyed Satan and the angels who rebelled with him, then people like us would be afraid of God. Fear would replace love. And that would spoil God’s plan.

I’m sure everybody here knows that love cannot be forced. God knows that, so He gives us freedom. He hopes that we will love Him. But He does not force us. He lets us choose.

6 – Origin of Evil

Now let's go back to our story about the war. Satan found himself with his army of angels here on our world. He was determined to continue his war right here. When he saw Adam and Eve living in their beautiful home he set out to get them on his side. He knew that he had to find a way to break the strong cords of love that connected them to their Creator.

God had given Adam and Eve a special way to show their love for Him. He gave them a simple law and asked them to obey it. Listen:

“And the Lord God commanded the man, saying, ‘Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die’” (Genesis 2:16, 17).

Adam and Eve knew nothing about evil. God was their very best Friend. They lived in the Garden of Eden. They had everything they needed for a wonderful life. They had no experience with sorrow or pain or hatred or sickness or death. And God wanted things to stay that way. He did not want them to ever know what evil was.



5

But Satan knew about God's law. He knew it was the test of love. He decided to take his war against God right into the Garden of Eden. He disguised himself as a wise and beautiful serpent.

Listen:

“Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, ‘Has God indeed said, “You shall not eat of every tree of the garden”?’” (Genesis 3:1).

“And the woman said to the serpent, ‘We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, “You shall not eat it, nor shall you touch it, lest you die”’” (Genesis 3:2, 3).

“Then the serpent said to the woman, ‘You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil’” (Genesis 3:4, 5).

“So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate” (Gen 3:6).

6 – Origin of Evil



6

Friends, you know what happens when you stop believing and trusting someone you love. Friendships and even marriages are ruined that way.

That's what happened with our first parents. They disobeyed God. They turned away from the One they loved.

That same day He came to visit them and they hid from Him. Listen:

“The Lord God called to Adam and said to him, ‘Where are you?’ So he said, ‘I heard you in the garden, and I was afraid...’” (Genesis 3:9, 10).

Fear had taken the place of love. Life would never be the same for Adam and Eve.

Satan, speaking through the serpent, had lied. God was right. Death came to human beings because of that first sin.

Oh, it was a great victory for Satan. From that moment on he and his evil angels have been bringing misery and trouble into this world.

But I have good news for you today. God has never stopped loving us. He has not abandoned us. He has a plan to rescue us from the power of death.

Listen: “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23).



7

God wants us to turn our hearts back to Him and believe His word. He wants us to live with Him forever in His coming kingdom. It will be a perfect new world. Satan and all who follow him will have no place there.

Friends, right now Satan wants you on his side in his war against God. He wants you to think that his way is best. But you can tell him NO today.

Instead, you can say YES to God's invitation to be part of His kingdom. That's where I want to be. Will you join me and stand with me as we say, “Yes” to God?

(Suggested prayer)

Dear Father in heaven, we accept Your invitation. We want to be on Your side in the battle against Satan. We know that Satan is working against us. He doesn't want us to make this decision. Please protect us from his evil power. Give us victory over his temptations. Please prepare us for eternal life in Your coming kingdom. In Jesus' name we pray. Amen.

6 – Origin of Evil

Additional Bible verses for this topic:

Genesis 3:11-13

Genesis 5:5

Job 1:7-12

Job 1:21, 22

Job 2:4-7

Isaiah 14:12

Ezekiel 28:13

Matthew 11:28

Matthew 13:27

Matthew 13:37-39

Luke 3:38

Luke 13:16

John 8:44.

1 Corinthians 4:9

1 Peter 5:8

Revelation 12:3, 4

Revelation 12:12

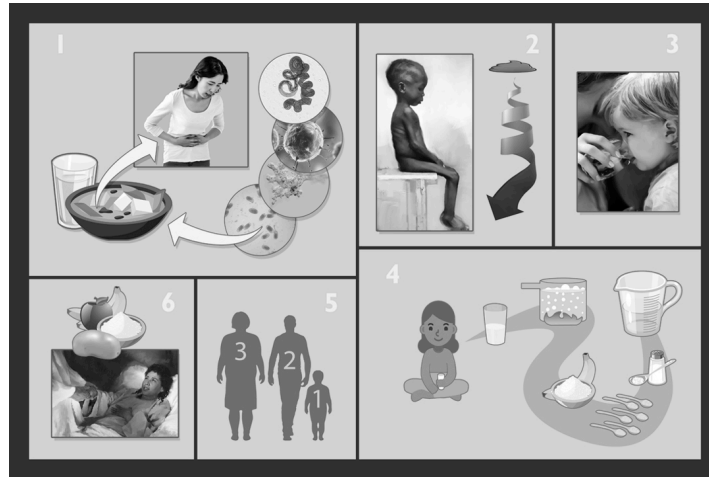
Family Nutrition

1. What are “GROW” foods, and what do they do?
2. What are “GLOW” foods, and what do they do?
3. What are “GO” foods, and what do they do?

Origin of Evil

1. Who was fighting against Michael and His angels in the heavenly war?
 - a. Revelation 12:7,8
2. Where did Satan come from?
 - a. Ezekiel 28: 12-15
3. Why did God not destroy Satan?
 - a. 1 John 4:8
4. Why did Eve change her mind and eat the fruit?
 - a. Gen 3:2-6
5. What is the result of Eve’s sin, and how are you affected by it?
 - a. Romans 6:23

Health Talk #7: Preventable Intestinal Infections



1. Parasites, bacteria, amoeba and viruses are smaller than worms but the problems they cause can be more serious. They cause severe infections of the intestines, with diarrhea and vomiting. These preventable infections are spread through food or drinking water contaminated with human or animal feces. They can also be transferred from person to person by touch.

-
2. If three or more loose stools are passed per day, it is diarrhea. It may last only a few hours, or it may go on for weeks; and it can become bloody.

Severe diarrhea carries so much fluid out of the body that it is life threatening, particularly in young children and those who are underfed or have HIV. The water carries with it important body minerals, causing dangerous dehydration.

This can create a terrible cycle. Each episode makes the body weaker and less able to gather nourishment from food; as the body becomes weaker, it is less able to fight off the bacteria causing the diarrhea, so the diarrhea increases, causing more weakness. This cycle wears the body down and can lead to pneumonia and death.

The World Health Organization (WHO) is especially concerned for children, because they are particularly vulnerable, and many die each year from the effects of dehydration.

-
3. How to recognize dehydration, and what to do about it:
 - A. Diarrhea can start with no other symptoms. This is the time to start giving water - one glass after each stool. Babies should be nursed as much as they are willing.
 - B. Vomiting can accompany diarrhea, causing dehydration more quickly. If the sick person is thirsty, restless and grumpy, if their eyes look sunken or their skin stays pinched up and goes back slowly, they are dehydrated and fluid is needed urgently. Water should be given every five to ten minutes. Prepare to use dehydration solution.
 - C. Deadly dehydration symptoms are more severe. The afflicted one may be asleep and cannot be awakened. Urinating stops and the skin looks pale

Health Talk #7: Preventable Intestinal Infections

and feels cool and moist. There are no tears. The pulse is weak. The soft spot on the top of the baby's head is sunken. This is an emergency.

- D. Severe dehydration can quickly lead to death. Fluids and minerals must be given immediately through drinking water or by using oral rehydration salts (ORS) solution. Continue breastfeeding affected babies. Seek clinical help.
-

4. Watery stools and vomiting remove much more than water from the body. Sugars and minerals are also lost. These must be replaced for the person to recover.

The best replacement drink to restore the body's balance is water with a little bit of sugar and salt mixed in. This is called a "Rehydration Drink." It can be made at home or found in packets at the health clinic. It's a simple remedy that saves lives!

Rehydration Drink Recipe

- One liter of clean water (if clean is not available use what you have).
- Half a level teaspoon of salt; 6 level teaspoons of sugar, molasses or sorghum (sugar can be replaced with a handful or 8 heaping teaspoons of powdered rice, or maize, wheat, sorghum flour or cooked and mashed potatoes).
- Add half a cup of coconut water, orange juice or mashed ripe banana.
- Mix together and boil for 5-7 minutes to form a soup or watery porridge.
- Let it cool. Drink from a cup or a spoon.

Rehydration Drink should be stored in a cool place, covered to protect from flies. It should be used the same day it is prepared. Leftovers should be thrown away.

5. Other helpful fluids include clean water, thin soup, and weak tea (not the kind used for constipation). Soda pop and sweet drinks should be avoided, because they contain too much sugar.

Give as much fluid as the person can take. An adult should drink two liters per day; and an extra-large adult should drink three liters of fluid daily. A small child needs one liter a day, or one glass for each watery stool. For babies, breast milk is safe, clean, and nourishing. Sips of rehydration liquid should be given between breast feedings.

For severe dehydration caused by vomiting, large amounts of fluid may make it worse; small sips of fluids should be taken every 5-10 minutes, day and night. For a child, give 2-3 small spoonfuls, wait five minutes, then give more. Continue to give fluids, even if vomiting doesn't stop. If dehydration worsens, even with treatment, get medical help.

Health Talk #7: Preventable Intestinal Infections

6. To completely recover from dehydration, the body needs foods to replace nutrition that has been lost. Bananas, apples, potatoes, toast and cooked white rice or maize can be safely eaten. Children should eat an extra meal each day for two weeks after their appetite returns.

To speed healing and prevent further diarrhea, Zinc supplements of 10-20 mg per day should be taken for two weeks. This should be available from a health worker.

When Jesus walked this earth, He had great sympathy for those who were sick. He has compassion on you too, and He will hear your prayers if you ask Him for help. Pray often and think about this promise:

"Then they cried to the LORD in their trouble, and He saved them from their distress. He sent out his word and healed them; He rescued them from the grave. Let them give thanks to the LORD for His unfailing love and His wonderful deeds for mankind" (Psalm 107:19-21).

7 – Jesus the Messiah



1

In our last meeting we talked about the war between God and Satan. Satan and the angels who followed him were thrown out of heaven. They came to this world to continue their war against God here. That means that every one of us is living in a battle zone. Every evil thing that happens to us and around us is evidence of this war.

Satan is to blame for every child who dies of hunger. He is to blame for every mother or father who dies from AIDS or other diseases. Satan is the source of all hatred. He is the father of lies. Millions of men, women, boys and girls are his captives. They live miserable lives because they have fallen under his power.

That began, of course, with the first people God created - Adam and Eve. We talked about how Satan disguised himself as a serpent and deceived Eve. He lied to her about God, and she believed him. Adam joined her. That was the beginning of sin in this world.

Imagine what it was like for Adam and Eve. They lived in the Garden of Eden. God was their best Friend. He came to walk and talk with them. There was no hatred, no war, no sickness, no death. Their lives were perfect.

Then they sinned. Their love for God turned into fear. Here's what happened:

“And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden” (Genesis 3:8).



2

That beautiful friendship with God was ruined. The Bible tells us that they lost their beautiful home in the Garden of Eden. Adam and Eve lived the rest of their lives under the curse of death. And their problem became our problem.

I'm sure the Creator's heart was broken. His children had turned away from Him. They had chosen Satan's way. He could no longer visit with them in the beautiful garden. They had lost the life He intended for them. He would have to watch them grow old and die.

The sin of Adam and Eve brought the human family into Satan's rebellion. We can see the results.

I'm sure some of you know people who are rebelling against God today. They say, “Don't talk to me about God. I don't care about Him.” Others are doing the work of Satan by lying about God. They say, “God is evil. He does terrible things. He wants to destroy us.” Some people even say, “There is no God.”

7 – Jesus the Messiah

How do you think this makes God feel? I think His heart is still broken even now when He sees people turn against Him.

But friends, the war between Satan and God is not over. And God will win in the end. Listen to what He told Satan, the serpent:



3

“And I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel” (Genesis 3:15).

This was a prophecy about God’s plan to defeat the serpent, Satan. God would win back the hearts of many of Eve’s children. They would be enemies of the evil one. And one of Eve’s children would be powerful enough to bruise the head of the serpent, even though the serpent would bruise His heel. In other words, the serpent, Satan, would be defeated.

For Adam and Eve, that prophecy brought some light into the darkness of their lives. Satan had deceived them, and they had fallen under his power. But there was hope for the future. Satan would not win in the end.

Even though His children had turned away from Him, God did not turn away from them. His final victory over Satan was far off in the future. But He began to prepare for that victory right away.

Although sinful people could not see Him face to face, they could come close to Him through worship and prayer. He sent prophets to speak to people for Him. And then He did something amazing: He sent His Son, Jesus, to live among men.

How could He do such a thing? This is a great mystery, far beyond our ability to understand fully. But we can believe it, even though we cannot understand it. Why? Because God, in His holy word, makes it so clear that we simply cannot doubt.

Bible prophecies pointed directly to Jesus Christ as the Son of God. Let me give you some examples:



4

Mary, the mother of Jesus, was a virgin. Although she had never been with a man, an angel came from heaven to tell her she was going to have a baby. Here’s how the Bible tells it:

“And behold, you will conceive in your womb and bring forth a Son.... The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God” (Luke 1:31, 35).

Here’s an amazing thing! Seven hundred years before this happened, the prophet Isaiah wrote about it. Listen:

7 – Jesus the Messiah

“Therefore the Lord Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel” (Isaiah 7:14).

Friends, that name “Immanuel” means “God-with-us.”

The Bible tells us that Jesus was born in Bethlehem, a small town in a region of Palestine called Judea. Listen to the words of God through another prophet, Micah. He lived at the same time as Isaiah, some 700 years before the birth of Jesus:

“But you, Bethlehem Ephrathah, though you are little among the thousands of Judah, yet out of you shall come forth to Me the One to be Ruler in Israel, whose goings forth are from of old, from everlasting” (Micah 5:2).

Only One who is truly God can be “from everlasting.”



5

When Jesus was a tiny baby the wicked king wanted to kill Him. An angel of God spoke to Joseph, the earthly father of Jesus. The angel told him:

“Arise, take the young Child and His mother, flee to Egypt until I bring you word” (Matthew 2:13).

When that king died, Joseph took the little family back to their homeland. Seven hundred years earlier, God had spoken through His prophet, Hosea. Listen:

“And out of Egypt I called My son” (Hosea 11:1).

Friends, this little child, born in Bethlehem, was God in human flesh. Imagine it. Our Father in heaven wanted to renew the close contact He had with Adam and Eve in the Garden of Eden. He wanted to prove His love for us. So He sent His Son to be part of our human family.

That Son of God became a Son of man. He was a child of Eve. He was the Seed that God promised when Adam and Eve fell under the power of Satan. Jesus was the One who would do battle with the serpent.



6

Remember, God told Eve that her Seed – one of her children – would bruise the head of the serpent, Satan. In other words, the Seed would kill the serpent. But the serpent would bruise the heel of the Seed. He would hurt Him, but not destroy Him. Did that happen? Yes. Satan inspired evil men to kill Jesus on the cross. Satan thought that this would be a great victory for him. But no!

By killing a perfectly innocent Man, Satan proved the truth about himself. He is fully and completely evil. There is nothing good about him. By killing the Son of God, Satan served as his own

7 – Jesus the Messiah

judge. He condemned himself before God's entire creation. By dying on the cross, Jesus, the Seed, defeated the serpent.



7

Of course, the story of Jesus doesn't end with His death on the cross. Some of His friends laid His body in a tomb, but the tomb could not hold Him. On the third day He rose from the dead.

That's when He broke the chains of death for all of us. Death cannot hold us. Like Adam and Eve, we may grow old and die. But like Jesus, we can live again.

Friends, I am so glad you have been here today to hear about the most wonderful Man who ever lived.

I love to talk about Him.

It thrills my heart to think that He loved us so much that He was willing to join our family, our human race.

He knows what it is like to live here in this world. Like a brother, He can understand us.

He knows our needs.

He understands our joys and sorrows.

He hears our prayers.

My very best Friend is the Son of God. He can be your best Friend too. If you ask Him, He will help you face any problem. He will help you through any trouble. He will give you wisdom to make good decisions. He will teach you how to prepare for eternal life in His kingdom.

Would you like Him to do these things for you? Do you want Him to be your best Friend? If that is what you want today, please stand up to show Him. As we pray together, please invite Him into your life and into your heart.

(Suggested prayer)

Dear Father in heaven, thank you for your great love, and for the wonderful Gift you have given us. Yes, Father, thank you for sending your Son, Jesus, to be our Brother, our Friend, our Savior. We all need Him. We need His blessings in our personal lives, in our homes and in our families.

We are standing to say Yes, we want Jesus to be our very best Friend. We open our hearts to Him just now and say, Please come in, Lord Jesus. This is our prayer and our hearts' desire, dear Father, in Jesus' name. Amen.

7 – Jesus the Messiah

Additional Bible verses for this topic:

Genesis 3:24

Genesis 4:4, 5

Psalms 22:1, 6, 18

Psalms 41:9

Isaiah 50:6

Isaiah 53:3-7, 12

Zechariah 11:12

Matthew 1:18, 21

Matthew 2:1

Matthew 26:14, 15

Matthew 26:67

Matthew 27:46

Mark 15:27, 28

John 1:29

Luke 2:7

Luke 24:25, 27

John 13:26

John 19:23, 24

John 20:25

Romans 6:23

Philippians 2:6, 7

Hebrews 9:22, 26

Hebrews 10:4

Revelation 5:8, 12

Revelation 13:

7 – Discussion Guide

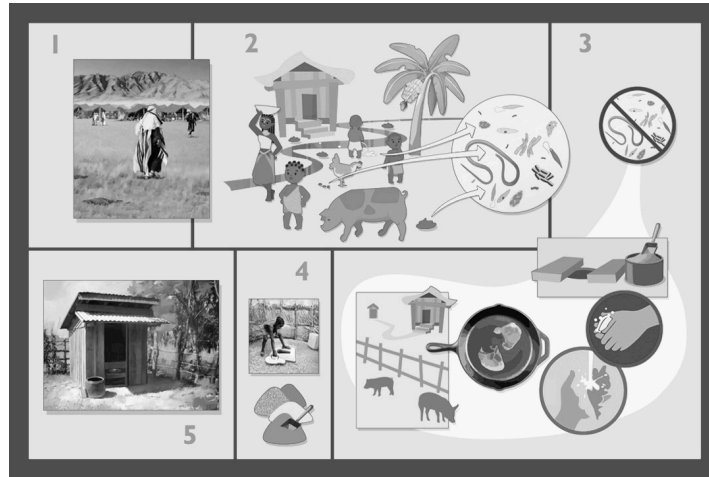
Family Nutrition

1. Why is diarrhea dangerous?
2. What are the signs of dehydration?
3. How do you treat dehydration caused by diarrhea and vomiting?

Jesus the Messiah

1. Why did Adam and Eve hide in the garden?
 - a. Gen 3:8
2. What did God tell Satan, the serpent?
 - a. Genesis 3:15
3. What prophecy foretold the coming of the Messiah?
 - a. Isaiah 7:14
4. Where was the Messiah to be born?
 - a. Micah 5:2
5. How did the prophecy of Genesis 3:15 come true?

Health Talk #8: Environmental Sanitation



1. Millions of Israelites were traveling through the wilderness to a new land. They had no toilets. So God Himself gave them instructions to protect them from disease and keep them healthy.

“Designate a place outside the camp where you can go to relieve yourself. As part of your equipment have something to dig with, and when you relieve yourself, dig a hole and cover up your excrement” (Deuteronomy 23:12, 13 NIV).

With so many people traveling together, careful organization was necessary to keep the camp safe, clean and healthy.

A specific place outside the camp was designated as the toilet area. Here men, women and children were to relieve themselves.

-
2. Today the same need exists for cleanliness and health. Every family and village needs designated places to urinate and defecate, and a way to bury the feces.

Many diseases are carried in urine and feces. The waste materials from the blood and body, worms, parasites, microbes and unhealthy bacteria, are found in the feces as well. And though so small as to be invisible, they are a serious threat to good health.

Feces must be kept away from water, gardens, and the soil where children play. It is not safe to use as fertilizer for food crops because it will contaminate the food crops and make people sick.

Food contaminated with bacteria causes serious illness and food poisoning. Sometimes the illness will occur within an hour or two after eating the contaminated food; at other times it may take days. Symptoms may include diarrhea, vomiting, fever, cramps, chills, stomach pain, headache and death.

-
3. How can you protect your family?
 1. Prepare a designated place to go to the toilet. If you have no latrine, set aside a place outdoors and provide dirt for burying the excrement.
 2. Wash your hands with soap and water after defecating. If you use one

Health Talk #8: Environmental Sanitation

hand to clean yourself, the other hand will also be dirty. The idea that it will remain clean is false. If you touch another person you will share contamination. Microbes and worm eggs will transfer to anything you touch - clothing, furniture, dishes and food, or the hands of others.

3. Wash your hands after caring for animals.
4. Rinse fresh food under clean water before eating.
5. Thoroughly cook all animal products. Raw milk and under-cooked meats carry disease.
6. Keep animals away from you house. Animals living in or near houses have caused some of the worst outbreaks of disease in world history. Millions of people have died from the flu which was transferred to people from animals.
7. The toilet area should be kept away from the water supply. Disease-carrying organisms found in the water include amoeba, bacteria, viruses, worms and parasites.

4. Simple ways to care for excrement.

A latrine is a wonderful invention and the ideal solution for the sanitary disposal of excrement. However, if there is no latrine, a trench can be dug, with dirt piled along the sides. Dirt, lime, sawdust or ashes can be shoveled over the feces deposited in the trench. This will help reduce odor, the spread of sickness and bothersome flies.

The benefits of a latrine are many:

1. It provides a safe place to go to the bathroom at night.
2. The excrement is underground so there are fewer flies.
3. When the rains come, the buried excrement cannot wash into the yard, garden and water supply.

5. How can you build a latrine?

There are several types of latrines. Some are dug out of the ground; are above ground. Some do not use water, but use sawdust, lime and ash to prevent odor and break down the waste into safe, usable compost.

The type of latrine you build depends on what building materials are available, and what kind of land you will build on.

It might be a good idea to work together to build latrines for the families in your community, especially if the space is limited.

Your health-care clinic or your local government might be willing to help you build a latrine.

UNICEF might also be a resource for those who cannot afford building materials.

Health Talk #8: Environmental Sanitation

Change is hard. Often we do the same thing over and over because that is the way it has always been done. But change is possible if everyone cooperates and works together to make something better happen.

8 – The Secret of Immortality



1

Suppose you are sick from a terrible disease, but you don't know it. You go about your everyday life in the usual way. You work. You eat. You sleep. Everything seems normal.

One day your friend says to you, "You don't look well. Are you feeling okay?"

And you say, "Yes, I'm fine. Don't worry about me."

Several days go by and your friend asks, "Are you sure you are not sick? You seem tired and your eyes don't look good."

So you say, "No, there is really nothing wrong with me. I'm in perfectly good health."

After a few more days your friend puts a hand on your forehead and says, "You feel very hot. I think you have a fever. Now I know you are sick. Let me help you find the doctor."

You still don't think that you are sick, but because your friend is worried you say, "I'm sure nothing is wrong, but since you keep pestering me about it I will go to the doctor."



2

The doctor examines you. He has a very serious look on his face. He takes your hand and says, "I am sorry to tell you this, but you are a very sick person. You have a disease that kills thousands of people every year. It is a good thing that your friend brought you to see me. If you had waited any longer to come to me there would be no hope."

Friends, we all have a terrible disease. Its name is "sin." We grow old and die because of sin. People get sick and die because of sin. Sin is why people are killed in wars, in earthquakes or in storms. These are all the natural result of sin. This is the way life is on this earth.



3

Of course, it wasn't always this way. Our Creator made a perfect world. There was no disease, no wars, no earthquakes or storms. There was no death. And then Adam and Eve sinned. That is what started the trouble for the human family. Listen:

"...through one man sin entered the world, and death through sin, and thus death spread to all men..." (Romans 5:12).

All of us die the same death, whether we are good or bad, rich or poor. The most righteous person alive will die the same death as the most wicked person. But we know that this death is only temporary.

8 – The Secret of Immortality



4

The Bible tells us:

“...the hour is coming in which all who are in the graves will hear His voice and come forth – those who have done good to the resurrection of life, and those who have done evil to the resurrection of condemnation” (John 5:28, 29).

There’s more: “Blessed and holy is he who has part in the first resurrection. Over such the second death has no power” (Revelation 20:6).

The time will come when everybody who has died will come back to life. Some will rise, never to die again. The second death cannot touch them. Others will rise from death to be condemned to their eternal fate. They will die a second time. They will be cut off forever from God, the only source of life. They will never live again. This is why the Bible teaches us that “the wages of sin is death” (Romans 6:23).

Friends, I want to be part of what Jesus called “the resurrection of life.” What about you? (PAUSE)

What can we do? We all have this disease of sin. We are all sinners. Is there really any hope for us?

Yes! God has a plan. We call it “the plan of salvation.” He started to teach it to Adam and Eve when He promised that the woman’s Seed would crush the serpent’s head.

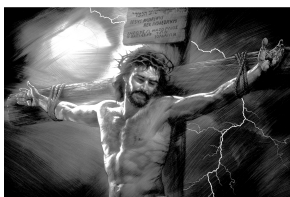


5

Later He told His people to make the sanctuary. It was a special, holy place where they could worship Him and learn about the plan of salvation.

When a person sinned he would take a lamb or a goat to the sanctuary. There he would put his hand on the head of the animal and confess his sin. What happened next was a hard thing. He would take a knife in his own hand and kill the animal.

The animal was perfectly innocent. Why did it have to die? Because they needed to learn that the wages of sin is death. They needed learn that their sins could be put on an innocent Lamb. Jesus, the Lamb of God, would die in their place so that they could live forever in God’s eternal kingdom.



6

Those people lived long before Jesus came to earth. They did not have the parts of the Bible that tell us about His life and His death on the Cross. They didn’t even know His name. That is why they needed to see animals die. For them, an innocent lamb or goat pointed to the Lamb of God. But no animal could really carry the sins of a human being.

8 – The Secret of Immortality

Today it is not necessary to sacrifice animals. Jesus has already come to earth and died. That's what the animal sacrifices predicted. Now His sacrifice is real. The Bible tells us all about it.

Here is something I don't want you to miss: Before He died, Jesus did something that no one else could ever do. He could only do it because He was God and He had never sinned. Although He had no sins of His own to die for, He took the blame for every wicked, evil, hateful thing any human being has ever done. He took all my sins. He took all your sins. He took the sins of the whole world. And then He paid "the wages of sin" for us.

Hundreds of years before that, the prophet Isaiah had written about Jesus.

"But He was wounded for our transgressions, He was bruised for our iniquities" (Isaiah 53:5). This is what happened at the cross.

What would become of the One who took the blame for the sins of the entire world? It would be like He had become as sinful as all sinners put together. He felt all the guilt of the entire human race, from Adam and Eve right down to our own day and beyond.

Jesus knew that the sins of the world had cut Him off from His Father in heaven. He felt just like the people who will die the second death. Just before He died He cried out,

"My God, My God, why have You forsaken Me" (Matthew 27:46)

He was crucified because evil men refused to believe Him. They didn't know He had taken the blame for their sins. They didn't know He was dying for them. He understood. From the cross He cried out to God, "Father, forgive them, for they do not know what they do" (Luke 23:34).

What does it all mean for you and me? It means forgiveness for us. Jesus took the blame, and paid the price. When we accept Jesus as our Savior, God looks at us as if we had never sinned. We can be part of His eternal kingdom.



7

We have Jesus' own words. Listen:

"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" (John 3:16).

So, friends, what is our part? What should we do about this disease of sin that threatens us with eternal death? Listen:

"Repent therefore and be converted, that your sins may be

8 – The Secret of Immortality

blotted out” (Acts 3:19).

There is more:

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9).

That is true, friends. Our sins can be forgiven. We can be cleansed. Jesus died for us so we can have eternal life.

Somebody here might be thinking, “That is fine for other people, but not for me. I am too sinful. I can never be forgiven.” But that’s not true. We all have this disease of sin. We are all sinners. And there is no one so sinful that they cannot be saved.

Each of you can leave this meeting today knowing your sins are forgiven. You can leave here with the assurance of everlasting life with God in His kingdom. Do you want to accept Him today as your Savior? Will you believe and accept forgiveness for your sins? If so, please come and join me here in the front and we will pray together.

(Suggested prayer)

Dear Father in heaven, we are standing together today because we each need a Savior. We need forgiveness. We need the hope of everlasting life with you. Thank you for loving us enough to send Your Son Jesus to take all our sins upon Himself. He died in our place. Here and now we accept Him as our Savior. In His name we pray. Amen.

Additional Bible verses for this topic:

Exodus 34:6, 7

Proverbs 3:5, 6

Isaiah 59:2

Mark 15:31

John 1:12

John 1:29

Acts 16:30, 31

Romans 3:10-12

Romans 3:23

Romans 5:8

Romans 5:19

Romans 6:23

Ephesians 2:8, 9

James 2:19

1 Peter 2:22

2 Peter 3:9

1 John 4:8

1 John 5:10

1 John 5:12, 13

Revelation 3:20

8 – Discussion Guide

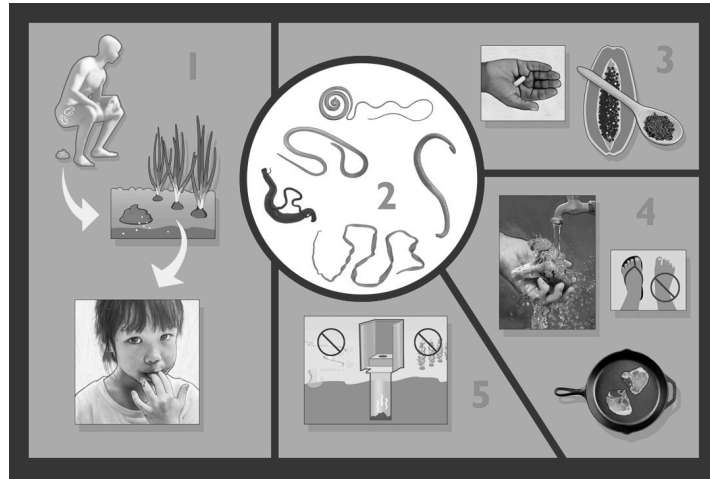
Environmental Sanitation

1. Human waste can cause illness. What is the best way to dispose of it?
2. When is it important to wash your hands?
3. How can you make sure the food you cook is clean?

The Secret of Immortality

1. What happens to everyone – good and evil, rich and poor?
 - a. John 5:28,29
2. What are the two final fates of all men?
 - a. Romans 6:23
 - b. Revelation 20:6
3. What did the slain lamb represent in the sanctuary service?
4. How did the death of Jesus fulfill the meaning of the lamb?
 - a. Isaiah 53:5
5. How can the sacrifice and death of Jesus change my life?
 - a. John 3:16
 - b. Acts 3:19
 - c. 1 John 1:9

Health Talk #9: Worrisome Worms



1. Have you ever seen a tick stuck into a dog's skin, sucking its blood and becoming fatter and fatter? Did you know there are many other little animals that can also live inside a dog's body, and your body too? They can live on the skin, inside the gut, in the blood, or in any other part of the body. They suck our blood or eat our food. We call them parasites.

Many kinds of parasitic worms live inside a person's intestines (or gut). Most of them are very small and difficult to see, but some are large enough to be seen in the feces (stools). These worms can cause diarrhea, abdominal pain, weight loss, a bloated belly, and weakness. They can cause serious diseases.

Millions of people are infected by them. How sick they get depends on how many worms are growing in them. The more worms there are, the sicker they will feel.

Malnourished children are especially vulnerable to worms because their diet is already lacking in nutrition. This can interfere with physical growth and brain development, and these children often struggle in school.

-
2. You might be wondering how worms get into a person's body. There are several ways:

Worms are usually spread from one person to another from food or drinking water that is dirtied with feces. A person with worms has a bowel movement on the dirt and worm eggs come out and get mixed with the soil. From the soil, the worm eggs get on bare feet and hands, then on everything they touch.

In some places, human waste is used to fertilize the garden, and the worm or worm eggs are passed to people from the food in the garden.

Dirty hands carry worm eggs. The eggs go in through the mouth and down into the gut where the eggs hatch and grow inside the body.

Health Talk #9: Worrisome Worms

How can you find out if you have worms?

Testing can be done by a health worker. If worms are found in the feces of anyone in the family or that of close contacts, the World Health Organization (WHO) recommends treatment for them all once a year.

3. There are several different kinds of worms that can live in your intestines:

ROUNDWORMS

Roundworms look like a whitish earthworm. They eat the food you have eaten, and can grow up to 30 centimeters (or 12 inches) long. Large numbers of roundworms in the intestine can cause bellyache and weakness. Young worms can travel to the lungs before making their home in the intestine, causing lung diseases like pneumonia and asthma. Worms can even block the windpipe, causing difficulty in breathing. Children with many roundworms often have very large, swollen bellies.

WHIPWORMS

Whipworms also live in the gut, and the eggs are passed in feces. People with heavy infections can have stools that are a mixture of mucus, water and blood with a strange smell.

HOOKWORMS

Hookworm infection can be one of the most damaging infections of childhood. It is the most common cause of anemia around the world. Anemia is a disease in which the blood becomes weak, causing tiredness. Any child who is very pale or wants to eat dirt, may have hookworms.

Hookworms lay very small eggs that leave the body in feces. These small eggs hatch on moist soil. The baby hookworms stay in the soil just waiting for someone to infect. When a person or animal walks across the ground, the tiny hookworms crawl through the skin of their bare feet and make their way up to the intestines.

TAPEWORM

Tapeworms are long, flat and segmented. They can be several meters (yards) long, and the segments can sometimes be seen in feces. Their eggs are passed in feces to the soil, to hands and to feet. Tapeworms can also be passed to people from eating pork (pig), beef (cow), fish, or other meat that may have the worms and is not thoroughly cooked. If the tapeworm eggs are not destroyed by cooking, they can travel into the brain, causing convulsions and even death.

Health Talk #9: Worrisome Worms

BILHARZIA (also called Schistosomiasis)

The Bilharzia worm can be very dangerous. It can cause kidney disease and severe liver disease.

The eggs of the Bilharzia worm live in the bladder or intestines, and are passed from an infected person through eggs present in their urine or feces. If the urine or feces is passed into a river or lake, the eggs hatch in the water, go into snails, where they mature, then go back into the water, ready to infect anyone who swims or bathes there.

4. Treatment

The World Health Organization is trying to eliminate dangerous worms by distributing deworming medicine. They recommend taking deworming medicine two times a year. Medication should be available through the health worker or pharmacy. Some of these medicines are dangerous for pregnant women and children under 2 years of age.

When deworming medicine is taken, large numbers of worms come out in the feces. Round worms look like a bowl of spaghetti. The worms should be completely destroyed by burying the feces deeply in the soil, dropping it into a functional latrine or burning it.

If deworming medication is not available, a simple and effective home remedy can be made and taken twice a year:

- First crush the fresh or dried seeds of the papaya.
 - Take 1 large tablespoon of the crushed seeds
 - Mix with 1 glass of water.
 - Drink 1 glass of this mixture 3 times a day for 7 days.
-

5. Preventing Disease

What is the best way to keep from getting sick with worms and other parasites? The answer is very simple: Cleanliness and early treatment of any infections.

Always wash your hands with soap and water. If there is no soap, wet your hands, rub them together and between the fingers, then rinse and air dry.

How often should you wash them?

- When you get up in the morning.
- After having a bowel movement.
- Before cooking and before eating.

Health Talk #9: Worrisome Worms

Remove dirt and worm eggs from raw foods by soaking the fruits and vegetables for 20 minutes in clean water, with one teaspoon of bleach per liter of water. Rinse with clean water or air dry before eating. Cooking will also kill microbes.

Children should not walk barefoot outside. Wearing shoes or sandals protects them from dangerous worms.

Wells and public waterholes should be kept clean. Animals should not be allowed to live in the house or go near the drinking water source.

Cook all meats very well to kill germs and parasites.

Pork is especially dangerous, because pigs carry many diseases from worms and parasites. For this reason, God, in the Bible, forbids eating pork.

6. Provide a pit toilet or latrine so no one passes urine or has a bowel movement near a river or lake, or next to your home. Be sure and wash your hands after using the toilet.

If children or animals have a bowel movement near the house or in the vegetable garden, it should be cleaned up quickly and put into the pit toilet or buried.

Long ago, God gave His people similar instructions on cleanliness. The Bible says, "Designate a place outside the camp where you can go to relieve yourself. As part of your equipment have something to dig with, ...and when you relieve yourself, dig a hole and cover up your excrement" (Deuteronomy 23:12-13 NIV).

These simple methods are inexpensive and available to everyone. By following them you will be able to prevent many dangerous diseases.

9 – Judgment



1

Imagine that the wealthiest man in the town is dishonest. He makes his money by cheating. For example, if he sells you a one-kilogram bag of seeds for your garden, you find stones in the bottom of the bag. If you complain about it, he says that you put the stones in the bag yourself. He's doing the same thing to your neighbors.

You all know what's happening, so you ask the nearest judge to help you. At the trial the rich man claims that everybody is jealous of him because of his wealth. That is why you are all against him. He says that you are all trying to make him look bad.

The judge decides that you are all lying. He says that the rich man is telling the truth. You and your neighbors are all disappointed, but what can you do?

To make matters even worse, you learn that the rich man paid money to the judge to get a favorable decision. You say, "That's not right! That's not fair! That's not justice!" And if you did say that, I would have to agree with you.

It is natural for us to want everything to be fair. We want to see rewards for good people and punishment for bad people. But things don't always work out that way, do they? Sometimes it seems like things have been turned upside down. Good people suffer. Bad people prosper. It is frustrating, isn't it?

The Bible assures us that someday God will set everything right. Listen: "For He is coming to judge the earth. With righteousness He shall judge the world, and the peoples with equity." (Psalm 98:9).



2

The Bible gives us several different views of what the judgment will be like. Here's how the prophet Daniel saw it in a vision: "...the Ancient of Days was seated; ten thousand times ten thousand stood before Him. The court was seated, and the books were opened" (Daniel 7:9, 10).

Let's see what happened next: "I was watching in the night visions, And behold, One like the Son of Man, coming with the clouds of heaven! He came to the Ancient of Days, and they brought Him near before Him" (Daniel 7:13).

9 – Judgment



3

You might wonder, “What is Jesus, the Son of Man, doing there at the judgment?” Friends, He is there for you and me. Listen:

“We have an Advocate with the Father, Jesus Christ the righteous...” (1 John 2:1).

He is there to defend sinners like you and me who have accepted Him as our Savior.

Did you notice that part about the books? Listen again:

“The court was seated, and the books were opened” (Daniel 7:10).

Evidently these books contain the records of our lives. Listen:

“For God will bring every work into judgment, including every secret thing, whether good or evil” (Ecclesiastes 12:14).



4

Suppose you have a neighbor who you know very well. You know all of her secrets. You know about wrong things she has done. You wonder if God knows everything about her. Maybe He has missed something and He might let her into His kingdom by mistake.

Now, suppose that you could go up to heaven to examine the books. You want to make sure that your neighbor’s record is complete. You go to the heavenly courthouse and ask for the book about her life. An angel brings it to you. As you start to read it, you realize that this record is not complete.

You remember that your neighbor loved to gossip, and many times her gossip was false. You remember that she had been unfaithful to her husband. You remember that she bragged about taking things from the market without paying for them.

You remember many of her sins. But none of those sins is in her record book. Instead, it is filled with good reports about her. You tell yourself that there must be some confusion. You are glad you came to straighten things out.

You talk to the angel who brought you the book. You say, “This is full of mistakes. I know my neighbor very well, and this book is wrong. It makes her look like a saint. But believe me, she is not a saint.”

The angel is very polite and asks you to wait. After a few minutes

9 – Judgment

the angel is back with another book. It is open to a page with a list of your neighbor's sins. They are all there. You recognize some of them, but there are many others. The angel asks if you are satisfied now, and you say, "Yes."

Then you close the book and look at the cover. Your neighbor's name is not there. There is another name there. "Jesus." For a moment you are confused.

The angel says, "Your neighbor has accepted Jesus as her Savior. She has confessed her sins and asked for forgiveness. Jesus forgave them all. He took the blame for every sin and put them on His own record. He paid the penalty for those sins when He died on the cross. And He put His own righteousness on her record. She has no fear of the judgment because Jesus was already judged in her place."

Friends, when the record book of my life is open in the judgment, I don't want anyone to see my sins. I want Jesus to take them into His book, and give me His own perfect record. Because if I am judged according to my own sins, I am most certainly a lost man without any hope of eternal life.



5

In the judgment, Jesus is there to defend all who have accepted Him as their Savior. For each one He says, "I have taken his sins on my record. I have paid the penalty for those sins on the cross. I have given him My righteousness. He will have My reward. Eternal life."

For us, the big judgment question is, Have we accepted Jesus as our Savior? The judgment is not about how many good things we have done. It is not about whether our good deeds outweigh our sins. It is about Jesus. What have we done about Him?

Let us be clear on this point: We are not saved by good behavior. Our salvation is a gift from God. The Bible word for that is "grace." You cannot buy grace. You cannot earn it. If you could, it would no longer be grace.

Yes, God wants us to be good, to be kind, to be honest and faithful and fair. That was His plan when He created Adam and Eve. And if we have made the right decision about Jesus, we will want to follow God's plan. Why? As a blessing to ourselves and to others. As a way of showing our love for God. As a way of showing that we believe His way is best.

But, friends, how can we do that? How can we obey Him? We

9 – Judgment

are accustomed to doing bad things. We have bad habits. We have favorite sins. We have temptations that attract us in the wrong directions. Do not be discouraged.



6

We can go to God in prayer and ask Him to give us another gift: His Holy Spirit. The Holy Spirit will come into our hearts to change us. He will help us overcome temptation and turn away from sin. The Bible has a name for this work of God's Spirit. "New birth."

Yes, it is like we are born again. This transforming work of the Holy Spirit in our lives is proof of our salvation. It assures us that we are on the right side in the judgment.



7

We shouldn't think of the judgment as something far off in the future. It has already begun. The prophet John tells us what he saw in a vision:

"Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people—saying with a loud voice, 'Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water'" (Revelation 14:6, 7).

Did you notice that this message does not say, "the hour of His judgment will come"? It says, "the hour of His judgment has come."

This happens before the end of the world, while there are still nations, tribes, tongues, and people to hear about it. It is a warning message, while there is still time for people to get ready.

According to the prophecies of Daniel, this judgment began back in 1844. It is not finished yet. There is still time for you to accept Jesus as your Savior, confess your sins to Him, and receive forgiveness. He has already died for your sins. He will stand for you in the judgment. Listen:

"The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).

Will you accept that gift today? If you will, please raise your hand and bow your head as we pray together.

(Suggested prayer)

9 – Judgment

Dear Jesus,

Thank You for taking our sins to the cross and paying the penalty for us. Thank You for taking away the blame and the guilt and for writing Your perfect righteousness on our record. Thank You for Your plan of salvation, and for giving us the promise of eternal life in Your kingdom. Please send the Holy Spirit into our hearts to change us and to give us victory over sin in our lives. We want to live in a way that will please You and honor You. Thank you for hearing and answering our prayer. We ask this all in Your holy name. Amen.

Additional Bible verses for this topic:

Leviticus 16:30

Psalms 56:8

Psalms 96:11-13

Ecclesiastes 11:9

Ecclesiastes 12:13

Ezekiel 4:6

Daniel 8:14, 26, 27

Daniel 8:26, 27

Daniel 9:19, 24, 25

Malachi 3:16

Acts 17:31

Matthew 7:21

Matthew 10:32, 33

Matthew 12:36, 37

Matthew 16:27

Romans 14:12

1 Corinthians 4:5

2 Corinthians 5:10

Hebrews 7:25

Hebrews 8:1, 2

Hebrews 9:11, 12, 24

James 2:11, 12

Revelation 14:14, 15

9 – Discussion Guide

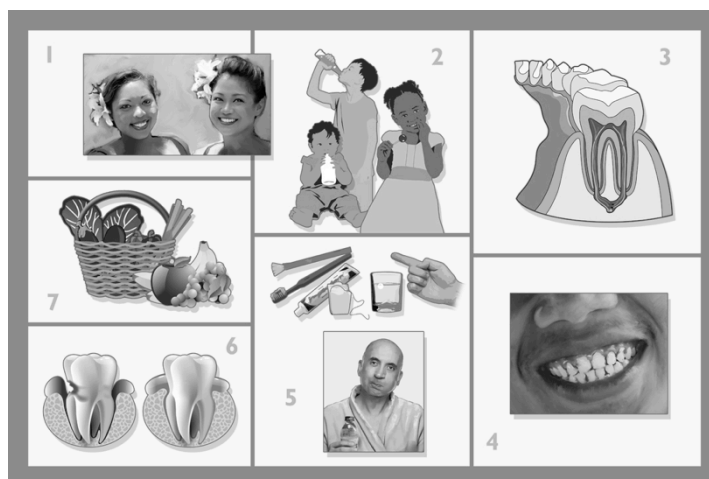
Worrisome Worms

1. How do parasitic worms get into people's bodies?
2. What damage do worms cause in the body?
3. How can you prevent worms from entering your body?

Judgment

1. Who is with God – the Ancient of Days – at the great Judgment?
 - a. Daniel 7:9,10
2. Who is our advocate at the Judgment?
 - a. 1 John 2:1
 - b. Daniel 7:13
3. What will the Judgment be looking at?
 - a. Ecclesiastes 12:14
4. When did the Judgment begin?
 - a. Revelation 14:6
5. What is God's gift to those who accept Jesus?
 - a. Romans 6:23

Health Talk #10: Dental Health



1. The Bible shares a love poem in which the wise King Solomon praises his beloved's beauty. He says this about her teeth:

“Your teeth are as white as sheep that are freshly washed.
Your smile is flawless, each tooth matched with its twin” (Song of Solomon 6:6).

Solomon appreciated her beautiful white teeth with none missing. Would you, too, like to have beautiful teeth, to be proud of your smile?

Can we have beautiful smiles like Solomon's lover?

2. Baby teeth begin to develop in the bones of the jaws before birth. For those teeth to be strong and healthy, the mother needs excellent nutrition.

After the birth, the mother continues to need the best food for the baby's tooth growth. And the baby's toothless mouth is perfect for the perfect food – mother's milk.

Baby teeth provide a guide for the permanent teeth. Damage to baby teeth can cause damage to permanent teeth. Both baby teeth and permanent teeth can rot if children are allowed to suck on bottles with milk, sweet juice or soft drinks, or if they're given suckers and candy to eat. Their smiles will not look pretty, and their teeth will hurt.

3. The tooth has a long root, deeply anchored in the jaw bone. The visible part is covered with hard, white enamel which is meant to last a lifetime, with good care.
-

4. Plaque is a sticky, clear, film that covers your teeth. Billions of unseen, tiny microbes live in the plaque and eat the food left on your teeth after you eat. They love the sweet foods that stick to your teeth, like candy, desserts, soda-pop, white-flour breads, pasta and crackers. Even some good foods like rice provide food for the bacteria.
-

5. That's why it is important to clean your teeth every time you eat. It's important to

Health Talk #10: Dental Health

remove the plaque. Your own personal toothbrush is best, but if you don't have one, here's what you can do: Swirl water around in your mouth. Wash your hands and use your finger to rub your teeth on the tops, inside and outside; then rinse your mouth again.

For cleaner teeth, use toothpaste, or mix salt with baking soda or powdered charcoal and rub your teeth with it.

For other teeth cleaners, try a chew stick, although it is difficult to clean all the surfaces of the teeth. Wrap one end of a stick with rough cloth and rub your teeth. Be sure to keep the cloth clean. Sharpen one end of the stick to clean between the teeth.

Remove food pieces from between the teeth once each day with dental floss or strong thread. This is especially important if your gums are red or sore.

Did you know that even your tongue can have bad bacteria? Cleaning your tongue with your toothbrush or scraping it with a spoon can reduce the bacteria in your mouth.

-
6. Bacteria eat the food on your teeth, producing an acid waste that damages enamel, and eventually forms a cavity. Fluoride is known to help make teeth strong and resistant to cavities. It may be available from your health worker.

In some areas, the water contains too much fluoride, which can cause permanent brown stains on the teeth.

Cavities should be repaired - filled by a dentist – to prevent them from getting bigger and deeper. Untreated, they can become infected and cause pain. Severe infections can cause swelling, neck tenderness and pus, and will need to be treated with antibiotics.

A tooth can be damaged by infection or by a hard blow, causing it to die. Should the tooth continue to cause pain over a period of time, it may need to be removed.

Teeth are stained by chew tobacco, cigarettes, bidis (brown), marijuana (green), Paan and Betel Nut (red). These substances increase cavities and tooth loss, cause bad breath, increase calculus development and gum disease, damage mouth cells and lead to cancer.

Plaque and food particles that are not cleaned off your teeth after a meal harden below the gum line into a yellowish crust called calculus. Calculus irritates the gums, like a sliver irritates your finger, causing pain, swelling, redness, and bleeding. It can damage the gums and bone tissue until the teeth become loose and have to be removed. To keep your gums healthy and your teeth strong, the calculus must be scraped away by a dentist.

-
7. Here are some ways to protect your precious teeth:
 - Eat plant foods rich in protective minerals: Foods such as whole grains, legumes, leafy green vegetables, guava, kiwi, citrus fruits and tomatoes.

Health Talk #10: Dental Health

- Go out into the sunshine each day.
- Don't use your teeth to open bottles.
- Don't chew or smoke cigarettes or bidis. Tobacco stains the teeth and causes gum disease. It damages mouth cells and causes cancer.
- Avoid Paan and Betel Nut; they irritate the mouth and destroy tooth enamel.
- If you are able, visit a dentist and have your teeth cleaned to remove calculus and stains, and have cavities filled.
- Fill cavities as soon as they start.
- Drink water often to rehydrate and clean the mouth.
- For children, especially, sunshine helps build strong teeth and bones.
- You have only one set of teeth. With good diet and care they should last your whole life.

One lover said to another in Bible times: "Your teeth are as white as sheep that are freshly washed. Each tooth matches its twin. And none of them are missing" (Solomon 6:6).

10 - God's Law



1

Imagine you are a father with many children. You all live together as a big, happy family. Like any good father, you love those children, so you build a fence around your house to keep them safe. They have plenty of room to run and play inside that fence.

You tell them never to go outside that fence. The enemy is out there, waiting to catch them. He wants to take them away to his cold, dark prison. There he will make them his slaves and they will never be free again.

God is like that father. He loves us and wants to keep us safe. But He doesn't put up a fence to protect us. Instead, He gives us His Law.



2

The Bible tells us about it. The great prophet Moses went up Mount Sinai and God gave him His Law in the form of the Ten Commandments. God wrote the Commandments with His own finger on two stone tablets. Here is what God wrote:

“You shall have no other gods before Me.”

“You shall not make for yourself a carved image, or any likeness of anything...; you shall not bow down to them nor serve them....”

“You shall not take the name of the Lord your God in vain...”

“Remember the Sabbath day to keep it holy. Six days you shall labor... but the seventh day is the Sabbath of the Lord your God....”

“Honor your father and your mother...”

“You shall not murder.”

“You shall not commit adultery.”

“You shall not steal.”

“You shall not bear false witness against your neighbor.”

“You shall not covet your neighbor's house; ...nor anything that is your neighbor's” (Exodus 20:3-17).

This Law, the Ten Commandments, is God's fence. Obeying His law is like living inside the fence. If everybody lived inside that fence, this world would be a wonderful place.

We would all worship the one true God. We would be kind to our parents. We would all respect the lives of other people. There would be no immorality, no stealing, no lying about other people. No one would sit around wishing they had what someone else had.

Does that sound good to you? How does that make you feel

10 - God's Law

about God's Law? Is it good – or is it bad?



3

Let's go back to that imaginary story where you are a father with all those children. You see your children going to the fence and looking to see what it is like on the other side. The enemy is there, but they cannot see him.

What they see is a playground filled with toys and other fascinating things, but you know those things are dangerous. They come to you and say, "Father, please let us go play on the other side of the fence." What do you say? Will you let them go?

No. Of course not. You know your enemy has made that playground. He is trying to trick your children so he can capture them. So you warn your children again and again. You tell them you love them and you only want the very best for them. You beg them to obey.



4

Isn't that what our heavenly Father has done? He knows that sin can look good to us. He knows that we can be attracted to the wrong things. He knows that Satan has set many traps to catch us.

So what does our Father do? He gives us messages in His holy Word, the Bible, to teach us and to warn us. He wants to keep us safe. Listen to what He said about His people long ago:

"Oh, that they had such a heart in them that they would fear Me and always keep all My commandments, that it might be well with them and with their children forever!" (Deuteronomy 5:29).

He feels the same way about us today.

Let's go back to our story again. Suppose some people come to you and say, "You are not a good father. You force your children to live inside a fence. That's terrible! Take down that fence and let them be free."

Friends, there are people today – even religious people – who think that God has done away with His Law. They think we no longer need a fence like that. Listen to what Jesus said about it:

"It is easier for heaven and earth to pass away than for one tittle of the law to fail" (Luke 16:17).

In other words, not even the tiniest part of the Law has been done away with. It is still there, like a fence, for our protection. Unfortunately, too many people have gone over that fence into Satan's playground, where they are slaves to sin.

Maybe you are one of them. Maybe you are living outside the protection of God's Law. Is there any hope for you? Certainly.

10 - God's Law

Let me tell you another story. It is not a true story, but it has a very good lesson for all of us.



5

Once there was a princess who was the only child of the king and queen. Of course, her parents spoiled her. She got everything she wanted. She grew up believing that she was the center of the world.

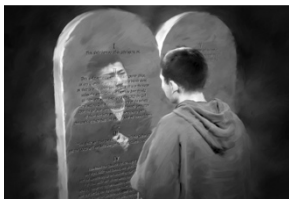
Unfortunately, she had a wicked temper. If anyone ever disagreed with her, she would get angry and shout and stamp her feet. She would do this if anyone dared to correct her or criticize her.

Finally everyone agreed to never ever do or say anything that would upset her. They only told her how smart and talented and beautiful she was.

One day a trader came to town and sold the princess a valuable mirror. It was in a lovely golden frame. The princess was very proud of that mirror and showed it to everyone she met. They would say, "Oh, Princess, what a splendid mirror that is. It must be the most wonderful mirror in the world."

Then one day the princess was alone with her mirror. She admired the lovely golden frame, as she always did. Then she did something she had never done before. She looked right into the mirror.

She was surprised and horrified. Her face was twisted into an awful frown. Her nose was much too large and her eyes were much too small. Her ears stood straight out from the sides of her head. She was the ugliest person she had ever seen. Only then did she know the truth about herself.



6

Friends, God's law is like a mirror. It shows us the truth about ourselves. What should we do?

Think about the princess again. Could she make herself beautiful by breaking the mirror? Would that make her nose smaller and her eyes bigger and her ears flat? (PAUSE) Of course not.

What about us? If we destroyed God's law would it make us better? No. We would still be sinners.

And the truth is, neither the mirror nor the law have any power to change anything about us.

Like the mirror, the law simply helps us learn the truth about ourselves. Here's what the Bible says: "By the law is the knowledge of sin" (Romans 3:20).

10 - God's Law

When the mirror of the law convinces us of our sinfulness, we understand why we need a Savior.

But the law cannot solve our sin problem. It cannot save us from the wages of sin – the penalty of death. It cannot give us power to overcome sin or remove guilt. And no amount of good we can do in the future will erase sin committed in the past.



7

That is why we need Jesus. Remember, He took the blame for all our sins and paid the penalty. When we accept Him as our Savior and confess our need of forgiveness, we receive it. But there is more. God gives us the power to keep His commandments. He promised:

“I will put My laws in their mind and write them on their hearts...” (Hebrews 8:10).

That is a transformation we all need. God’s law becomes less of a fence and more a part of our nature.

Friends, this is important: Both forgiveness for sin AND the power to obey the law come as a gift from God. This is nothing we can earn. It is GRACE. It is freely given as soon as we ask for it. How can we not love a God who has done so much for us?

Jesus asks us to show our love for Him by keeping His commandments: “If you love Me, keep My commandments” (John 14:15).

By the grace God gives, we can obey.

The book of Revelation describes the people who are ready to meet Jesus at His second coming. Listen: “...here are those who keep the commandments of God and the faith of Jesus” (Revelation 14:12).

Do you want to be ready to meet Jesus? Do you want forgiveness? Do you want to overcome sin in your life? You may feel weak, but Jesus is strong. No matter how many times you’ve failed in the past, Jesus invites you to begin anew with Him today.

Would you like to stand up and say “Dear Father, I want to accept your gifts of grace today?” Do you want Him to forgive you and write His law in your heart? If that is your desire, please stand with me and bow your head as we pray.

[Suggested Prayer]

Dear Father, thank for loving us so much that you were willing to send Your Son to die for our sins. Please forgive our sins and put Your law in our hearts. Help us to love Your law. Make us willing to obey.

10 - God's Law

Please come again soon to save us in Your kingdom. And when You come, let us be among those who are ready and waiting for Your return. Help us to be among those who are keeping the commandments of God and the faith of Jesus. We ask for these blessings in Jesus' name. Amen.

Additional Bible verses for this topic:

Genesis 4:6, 7

Genesis 26:5

Genesis 39:9

Exodus 16:28, 30

Exodus 20:2

Exodus 31:18

Psalm 19:7

Psalm 103:20

Proverbs 16:25

Hosea 8:7

Matthew 22:37-40

Matthew 26:39

John 3:16

John 14:12

John 15:10

Romans 4:15

Romans 6:1, 2, 23

Romans 7:7

1 Corinthians 14:33

Galatians 3:21

Ephesians 2:8, 9

2 Timothy 4:3, 4

Revelation 12:7-9, 17

10 – Discussion Guide

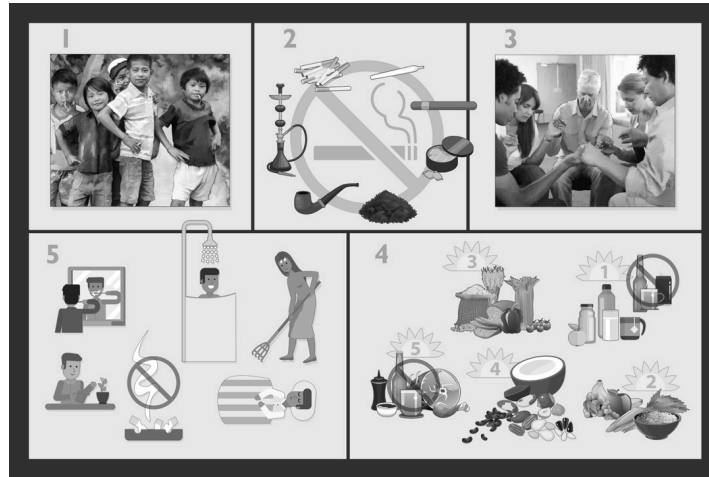
Dental Health

1. What are some things that damage baby teeth?
2. Name several ways to clean your teeth.
3. How can you protect your teeth so they will last your whole life?

God's Law

1. Why did God want His people to keep His commandments?
 - a. Deuteronomy 5:29
2. Has God's law changed, or been taken away?
 - a. Luke 16:17
3. Would life be better for us if we didn't have God's law?
 - a. Romans 3:20
4. How does God help us obey His law?
 - a. Hebrews 8:10
5. What is the evidence that we love God?
 - a. John 14:15
 - b. Revelation 14:12

Health Talk #11: Tobacco



1. A nurse, looking out a hospital window, saw six children hiding and trying to smoke. They had trouble lighting the cigarette; they choked and they coughed; but they kept trying until they saw her and fled. Why would children want to smoke? Why does anyone smoke?

When we are young we want to be older, and when we are old we want to be younger. Children want to be like adults. Tobacco companies know this and they advertise to attract the young. But they don't mention nicotine's strong addicting power. Smoking just six cigarettes can start an addiction that lasts a lifetime.

Tobacco, whether smoked, sucked, chewed, vaped or snuffed, contains nicotine, which has the unusual effect of either stimulating or relaxing, depending on use. Those who start using it when young become dependent on the feelings it creates, and make it their lifelong companion.

Teen user's dependence on the feelings produced by tobacco, marijuana, and drugs stunts their emotional and psychological growth, and prevents development of logical reasoning and healthy adult coping skills.

-
2. Tobacco contains 7,000 toxins and 250 cancer-promoting poisons. It affects every organ in the body negatively. It irritates the mouth, throat and lungs, causing cancerous growths. The nicotine in it constricts blood vessels and increases blood pressure, causing heart attacks and strokes. It damages the kidneys, decreasing blood filtering. It reduces blood circulation, which may cause gangrene to develop in legs and feet starving for food and oxygen.

Cigarette, cigar, bide, marijuana, and water pipe smoke harm the smoker and everyone who breathes it. Smoke, even cooking smoke, is especially dangerous for pregnant women. It reduces the nutrients and oxygen available to the developing baby, resulting in low birth weight, life-long weak lungs and a smaller brain.

Children exposed to smoke develop lung diseases like pneumonia and asthma, which can cause death. Everyone is affected by tobacco smoke.

Smoke pollutes the air, and the nicotine and other poisons linger on surfaces and contaminate the skin. Smoking should not be allowed in homes or any public

Health Talk #11: Tobacco

buildings. Many countries have laws protecting people from second-hand smoke. Smoking is costly in terms of money and lives. Innocent people suffer and die from smoke and residue. Half of smokers who die – six million each year - die as a direct result of their own smoking. They die prematurely, often leaving families with the burden of surviving without them.

Prepare to change your life by stopping tobacco use

The famous writer, Mark Twain, said, “Giving up smoking is the easiest thing in the world. I know, I've done it thousands of times.” He was joking, but most smokers, tired of being a slave to tobacco, have tried to stop several times.

Three reasons people use tobacco:

- Physical Habit – brain habit pathways make it easy to repeat the behavior.
- Emotional – users depend on the chemicals to feel normal.
- Craving – brain changes demand nicotine to avoid withdrawal.

It is possible to stop. Millions of people have quit when they realized the harm of tobacco. The physical habit, the emotional dependence and craving can be overcome.

-
1. Determine to completely stop.
 2. Repeatedly picture yourself as tobacco-free.
 3. Pick a date when you have three days free of heavy responsibilities. Warn your companions to expect withdrawal symptoms, such as excessive coughing or irritability, and ask for their support and understanding. Symptoms will disappear in a few days as the nicotine is cleared from your body. You will begin feeling good as your body heals without the tobacco's toxins.
 4. Because alcohol and caffeine decrease will power and make it harder to break a tobacco habit, you will need to quit all of them while on this program.
 5. Have foods available and be prepared to follow this five-day plan.

God has promised that we will not be tempted beyond what we are able, but He will provide a way of escape. First, ask for His help. Tell Him your desire to stop. Ask for power to say NO to tobacco and addictions. God wants you to be free. He made your body to be a temple in which He will dwell, and He will help you keep it pure (1 Corinthians 10:13 and 6:19, 20).

4. Give up the Tobacco Habit and cleanse your body of nicotine in just 5 days

This plan has worked for millions of people and it can work for you too. Don't give up. Start over if need be.

Day 1. Liquids only – juice, water and herbal tea. No caffeine, soda pop, or alcoholic drinks.

Health Talk #11: Tobacco

Day 2. Don't overeat – add fruits, soup, cereal, white rice and root vegetables.

Day 3. Add whole grains and vegetables.

Day 4. Add nuts, seeds and legumes.

Day 5. Continue this diet for best health. Avoid alcohol, meat, spicy foods or caffeine drinks; they increase the desire for tobacco and make it more difficult to quit and stay free.

5. Every day during the 5 days:

- Exercise until you sweat.
- Take a bath or rub down with wet cloths.
- Sleep 7-8 hours.
- Remove cigarette smells; air out your house and furniture; wash your clothes.
- Change your routine and find something else to do with your hands.
- When the craving for tobacco starts, pray, take a walk, get a drink, sing a song, take a deep breath, talk to someone, distract your mind. The craving will be over in 2-3 minutes.

Continue to pray for help and be grateful. God will bless your addiction-free lifestyle!

11- The Sabbath



1

Long ago, God talked to a good man named Abraham, and promised him so many descendants they would be as the stars of the sky in number.

God gave Abraham and his wife, Sarah, a son, Isaac. Isaac had two sons. And one of those sons, Israel, had twelve sons. And so Abraham's family grew.

Many years later the Children of Israel were living in the land of Egypt. They were happy and prosperous there, until Pharaoh, the king, turned against them and forced them into slavery. They spent their lives in bondage. All they knew was a life of hard labor, with no hope for anything better.



2

The Bible tells how God delivered them from slavery in Egypt. He opened a path of dry land for them right through the Red Sea so they could escape safely. When Pharaoh's soldiers tried to cross the sea behind them, the water closed up and swallowed the whole army.

Now the Children of Israel were free, but they had to live many years in the desert before they could enter their new homeland. On the way, they had a lot to learn.

These people had been slaves in Egypt for hundreds of years. They had forgotten about God. They had forgotten about His Commandments. They did not know how to worship Him. Still, He loved and cared for them.

God wanted to bless the Children of Israel so that they could be a blessing to the rest of the world. Listen to what He told their forefather, Abraham:

“In your seed all the nations of the earth shall be blessed...”
(Genesis 22:18).



3

In the desert, God had to teach the Children of Israel about His plan for them. He wanted to draw their hearts to His heart by showing them His love and care for them. One of the ways He did this was to send them food from heaven. They called it “Manna.” They ate manna in the desert for forty years.

Every morning the people woke up to find manna on the ground. Every morning they collected just enough of it for their families for that day. If they tried to save some for the next day it would spoil overnight. But it was different on the sixth day of the week.

Listen: “And it shall be on the sixth day that they shall prepare what they bring in, and it shall be twice as much as they gather daily” (Exodus 16:5).

11- The Sabbath

That double portion was enough for two days. It was a miracle. The extra manna did not spoil overnight.

Why? Because the seventh day was the Sabbath. God had made that day holy. He had set it apart from the other six days as a day of rest.

The Children of Israel had forgotten about the Sabbath during their years of slavery in Egypt. There had been no day of rest for them there.

In the desert God restored the Sabbath to them. On the seventh day of every week they did not have to work to get their food. On that day there was no manna on the ground. They could rest, as the Creator did, on the Sabbath.



4

It was there in the desert that God gave the Ten Commandments to Moses. They were written by God's own hand on slabs of stone. The longest of those Commandments was about the Sabbath.

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.

“For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it” (Exodus 20:8-11).

You can see that the Commandment clearly linked the Sabbath with the Creator. It was His Sabbath. Keeping it holy meant to separate it from ordinary days and ordinary things, and to pay attention to the things of God.

God's Sabbath was not only for the Children of Israel. It was for us, too. Listen:

“Also the sons of the foreigner
Who join themselves to the Lord, to serve Him,
And to love the name of the Lord, to be His servants—
Everyone who keeps from defiling the Sabbath,
And holds fast My covenant—
Even them I will bring to My holy mountain,
And make them joyful in My house of prayer.
.... For My house shall be called a house of prayer for all
nations” (Isaiah 56:6, 7).

11- The Sabbath



5

Now listen to God's Sabbath promise:

“If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
Then you shall delight yourself in the Lord...” (Isaiah 58:13, 14).

Friends, I'm sure it was a delight for Adam and Eve when God came to walk and talk with them in the Garden of Eden. Nothing made them happier than to spend time with their Creator. It can be that way for us, too.

Of course, we cannot live in Eden today. We cannot walk and talk with God face to face. But He has given us the Sabbath as a time to be with Him. To worship Him. To pray to Him. To think about Him and all that He has done for us. To talk about Him and His wonderful plan for our future in His eternal kingdom.

But the Sabbath is not only about honoring our Creator. Listen to this:

“Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them” (Ezekiel 20:12).

The God who sanctified the seventh day and made it holy is the same God who sanctifies His children. That means that He does something that we cannot do ourselves. We are sinners. We cannot make ourselves holy. God does it. He forgives our sins and gives us the perfect righteousness of His Son, Jesus.

The Sabbath reminds us that we can only be saved by His power. We rest, and He works.



6

Satan has always worked against the Sabbath because he wants to separate people from God. Too often he has succeeded. He has worked in the minds of religious leaders, blinding them to the true meaning of the Sabbath.

When Jesus came to earth, He was born into a Jewish family. The Jews were descendants of the Children of Israel. They knew God's Commandments. But their leaders misunderstood the Sabbath. Jesus found that they were following human customs and traditions instead of the Bible.

For them the Sabbath was not a day of holy joy. It was a burden to the people. Jesus wanted to change that. He told them that the holy day was His day. Speaking about Himself He said plainly:

11- The Sabbath

“...the Son of Man is Lord also of the Sabbath” (Mark 2:28).

He taught that “It is lawful to do good on the Sabbath” (Matthew 12:12).

There was confusion about the Sabbath back then, and some people are confused about it still today. But Jesus was not confused. Listen:

“So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read” (Luke 4:16).

According to the Bible record, His followers continued to observe the Sabbath long after He returned to heaven. Now, two thousand years later, we can keep that very same Sabbath every week.



7

For us the Sabbath is a day when we can turn our hearts toward our Creator and our Savior. We can obey His Commandment by resting from our ordinary work. We can show that we trust in His promises and not in our own goodness.

We can have the spiritual rest that comes from knowing that He has forgiven us and our record books in heaven are filled with the righteousness of Jesus.

On the Sabbath we can devote ourselves to our friendship with the One who visited with Adam and Eve in the Garden of Eden. The Sabbath can be a little taste of life in God’s eternal kingdom.

I love this picture. Listen:

““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 66:23).

Today, God’s Holy Spirit speaks to each of our hearts, inviting us to be part of that picture. He says, “Remember the Sabbath day, to keep it holy.”

How will you respond? Would you like to enjoy the blessings of His holy Sabbath day? Would you like to say, “Father, thank you for including me in Sabbath blessings You have promised?”

If deep within your heart you want to keep the Sabbath and enjoy that special friendship with Him, I invite you simply to stand where you are as we pray.

(SUGGESTED PRAYER]

Dear Father in heaven,

11- The Sabbath

We stand here before You with thankful hearts. We're grateful that You are our Creator and Redeemer. Thank You for giving us a weekly reminder of Your love and of Your purpose for our lives. Right now we want to say we love You in return. You see each heart. You know each decision. I pray for each person, each home, each family represented here, that You would bless them as they seek to honor You in keeping the Sabbath day holy. Please give them Your love, Your strength, Your joy in their hearts as they commit all their ways to You. In Jesus' name we pray. Amen.

Additional Bible verses for this topic:

Genesis 1:27

Genesis 2:2-4

Exodus 16:4

Exodus 16:21-30

Exodus 19:5,6

Psalms 33:8,9

Isaiah 66:22

Ezekiel 20:20

Matthew 12:8

Matthew 24:20

Mark 2:27

Luke 23:54-56

Luke 24:1

John 14:15

Acts 13:42,44

Acts 17:1, 2

Revelation 1:10

Revelation 14:7

Revelation 14:12

11- Discussion Guide

Tobacco

1. Why do children want to smoke cigarettes?
2. What kind of physical damages are caused by the toxins in tobacco?
3. Tobacco use creates a habit that is hard to change. What can help break the habit?

The Sabbath

1. God sent daily food for the Israelites; how was the sixth day different?
 - a. Exodus 16:5
2. Why did the manna not fall on the seventh day?
 - a. Exodus 20:8-11
3. Was the Sabbath only for the Israelites as they came from Egypt?
 - a. Isaiah 56:6,7
4. How can the Sabbath make you happy?
 - a. Isaiah 58:13,14
5. How did Jesus keep the Sabbath holy?
 - a. Matthew 12:12
 - b. Luke 4:16

Health Talk #12: Family Gardening



1. Farming was the first God-given occupation for human beings. In Paradise, "the LORD God took the man and put him in the Garden of Eden to tend and keep it" (Genesis 2:15). Even during hard times, the people of God were encouraged, through the Prophet Jeremiah, to "build houses and dwell in them; plant gardens and eat their fruit" (Jeremiah 29:5).

Seventy-five percent of the world's hungry people, who rely on subsistence agriculture for their primary occupation, want to learn how to do it better. Rural farmers in villages throughout the world can have a more abundant life by learning to properly tend and keep the land. The Bible holds the key to their success.

Proverbs 3:6 says, "in all your ways acknowledge Him, and He will make your paths straight." In farming, straight rows and proper plant spacing are essential because the greatest enemies of maturing crops are weeds and fungal disease. Straight rows make weed management easier. Jesus said in Luke 8:4-15 that weeds can choke out a good crop. Fresh air and sunshine are the greatest weapons against fungal diseases.

-
2. Diligence is the most important factor for success in farming. Timing is a close second. "There is an appointed time for everything... A time to plant..." (Ecclesiastes 3:1-2). All vegetables have a season to which they are best suited. Local agronomists can guide you in the right timing for your climate.

A vegetable garden should be laid out in beds that are 110 cm wide with a walking path 40 cm wide in between the beds. To prepare the beds, the weeds should be cut off with a hoe, then soil from the walking path should be turned over onto the beds so that they are raised about 10 cm. The weight of walking compresses the soil, making it hard for seeds to germinate in the paths. Think of the seed that fell on the path in Jesus' parable.

-
3. A wide and colorful variety of fruits and vegetables provide important nutrients for your health and for the soil.

There are four groups of vegetable - the leafy brassicas (also called cruciferous

Health Talk #12: Family Gardening

after the cross shape that their first four leaves make), legumes, the fruit (including nightshades), and root crops. They should each be planted in different plots of soil, and rotated each planting season. Rotation promotes healthy soil and reduces pests.

How to grow vegetables:

Plants grow best when it is warm. Most seeds germinate at temperatures between 16-24 C. Shade, water and mulch help keep them the right temperature. Growing good vegetable seedlings, especially from the very small seeds of the brassicas and nightshades, can be challenging, so when possible, buy plant starts. Seedlings and starts are ready to transplant when they are 7-10 cm tall. For the best success, treat them with care, disturb the roots as little as possible, transplant late in the day when the sun is not intense, and water thoroughly.

-
4. All vegetables require water, either from rainfall or by hand. Daily watering is necessary during germination or directly after transplant. Once established, plants should receive 10-15 mm of water twice a week.

Plants are the only living organisms that are able to make their own food (Photosynthesis). Thirty percent of all the energy plants produce is released into the soil surrounding the roots. This feeds the microbial life with which they exchange nutrients.

-
5. All plants are dependent on healthy soil that is teeming with life.

When soils have been depleted, they can be built up with compost, manure, fertilizers, and proper management. Homemade compost can often restore soil to health.

To make your own compost, choose a slightly shady place and make a large (2m by 2m) pile of layers:

1. Plant material, 45% cut green and 40% brown, dried, dead.
2. Add about 5% small sticks and husks.
3. Add a layer of manure – about 10% (or another source of nitrogen such as leguminous plant material, Urea or Ammonium Nitrate).
4. If the soil is acidic, add a small amount of wood ash or calcium carbonate (ground limestone).

Balance is the key! With these ingredients plus water, you can create your own healthy compost in about 8 weeks (or less in hot climates).

-
6. Compost is a dynamic population of organisms, perfect for rebuilding depleted soil. It holds moisture in the soil, keeping it where the plant's roots can get it. A

Health Talk #12: Family Gardening

metal rod, placed in the compost pile, can measure the heat generated by the decomposing material. The compost will get hot, killing the weed seeds, and will heat the rod. When the rod gets too hot to hold, count 3 days, then mix the pile thoroughly and soak it with water. If the compost gets cool, it is also time to mix it. Enough water should be added to keep the organisms from drying out and dying.

When the compost is ready, spread it over the vegetable beds about 4 cm thick; If the soil is acidic, add a thin layer of calcium carbonate or ash, then cover the soil with a thick blanket of mulch (dried plant material without seeds). This will also help to keep moisture in and prevent soil erosion.

God's promise in Isaiah 58:11 will be fulfilled, "And the LORD will continually guide you, And satisfy your desire in scorched places, And give strength to your bones; And you will be like a watered garden, And like a spring of water whose waters do not fail."

12 - False Sabbath



1

Suppose you have a wealthy relative who lives far away. One day you get a message from him. It says that he has a gift for you. He wants you to come and meet him at a certain place in seven days.

What are you going to do? I'm sure you will count the days very carefully. You must go on the seventh day. No other day will do. Would it be of any use to go on the third day or the fifth day? No. Of course not. You must go on the seventh day if you expect to meet your wealthy relative and receive the gift he has for you. Isn't that right?

In our last meeting we learned that God wants to meet each of us on the seventh day of the week. The Sabbath. He has a gift for us every week. It is a gift of time. Time to put aside ordinary things and time to be with Him. He gave us this promise:

“If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
Then you shall delight yourself in the Lord...” (Isaiah 58:13, 14).

On the Sabbath we can have a little taste of the delight that Adam and Eve felt when their Creator came to meet them in the Garden of Eden. We can come close to Him in worship and praise and prayer.



2

The Sabbath cannot be just any day of the week. It is the seventh day. That is what God's Commandment said.

We learned that the Sabbath is also a taste of what life will be like in God's eternal kingdom. Listen:

“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 66:23).

Every week the Sabbath turns our thoughts to our heavenly Father. It reminds us of His Creation. It tells us that He is the One who makes us holy and prepares us for life in His eternal kingdom. Satan knows all this. He hates the Sabbath. For thousands of years he has been working against the true Sabbath and leading men to try to change it in one way or another.

12 - False Sabbath



3

When Jesus lived on earth 2000 years ago He found that the Jews were following man-made customs and traditions. He would not obey their customs. When He healed sick people on the Sabbath the religious leaders accused Him of breaking the law. He said:

“It is lawful to do good on the Sabbath” (Matthew 12:12).

The leaders were angry. The Bible says:

“For this reason the Jews persecuted Jesus, and sought to kill Him, because He had done these things on the Sabbath” (John 5:16).

Today many people wonder if God still wants us to keep the Sabbath. Others wonder which day of the week is the Sabbath. Too many believers have forgotten about the Bible Sabbath and worship on the first day of the week instead.

Did Jesus Himself do away with the Sabbath? Did He change the fourth Commandment to say that we should rest on the first day of the week instead of the seventh? Listen to His words:

“For assuredly, 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.

“Whoever therefore breaks one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but whoever does and teaches them, he shall be called great in the kingdom of heaven” (Matthew 5:18, 19).



4

Friends, Jesus knew that Satan would attack the Sabbath. The prophet Daniel had written about it hundreds of years before. In a strange vision Daniel saw a terrible beast with ten horns on his head. Another horn came up and grew larger than all the others. Listen to this:

“He shall speak pompous words against the Most High, shall persecute the saints of the Most High, and shall intend to change times and laws” (Daniel 7:25).

We know that Satan is behind this talking horn. We know it represents false religion because it speaks pompous words against God – the Most High. Changing times and laws refer to God’s Law about time: The Sabbath Commandment.

I know, this prophecy sounds strange. But it makes perfect sense when we look at the history.

The followers of Jesus were called CHRISTIANS. The Bible makes it clear that they kept the Sabbath holy after He went back to heaven. But a hundred years later there were already some

12 - False Sabbath

believers who had started to worship on the first day of the week.

The Roman emperor Constantine considered himself to be the father, or patron, of the Christian church. In the year 321 AD, he ruled that the first day of the week was the official day of rest throughout his empire. Church leaders agreed with him and called it “the Lord’s day.” Some languages still use that name.

Before long an official gathering of church bishops instructed Christian believers to work on the seventh day and rest instead on “the Lord’s day.”

Could it be that the strange horn that spoke pompous words was the Christian church itself? Were so-called Christian leaders doing Satan’s work, fighting against the Sabbath? If so, what had gone wrong? Had they found something in the Bible that told them to change the day of worship from one day to another? Certainly not.



5

Listen to these words from James Gibbons. He was an official in the Catholic Church just a hundred years ago:

“You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday” (*The Faith of Our Fathers*, pp. 111, 112).

If God’s holy word, the Bible, did not give permission to change the Sabbath, why would church leaders try to do it? One reason could be that the first day of the week, Sunday, was a popular holiday for many people who worshipped false gods. Perhaps some Christians thought that making Sunday the day of worship would make it easier for non-believers to become Christians.

But I think there was a bigger reason. The Jews observed the Sabbath very carefully. Many important people in the Roman Empire hated the Jews. What made things worse was that many of the Jews were not peaceful people. They started revolts against the Roman government, and this made them very unpopular. The Romans had to fight bloody battles against the Jews. They made laws to punish the Jews for what they had done.

If you observed the same Sabbath as the Jews, people might think that you were a Jew. That could mean trouble for you and your family. So maybe some Christians thought it would be better to have a different Sabbath.

Whatever the reason, large numbers of Christians were taught to observe the first day of the week instead of the seventh day. Today, leaders of the Catholic Church believe that their church has the authority to make such changes. Here is what they teach:

12 - False Sabbath

“It was the Catholic Church that decided Sunday should be the day of worship for Christians....” (Karl Keating, *Catholicism and Fundamentalism*, 1988, p. 38).

Could this be the voice of that strange horn speaking pompous words against the Most High God?

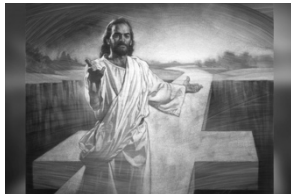


6

The Sabbath is a very personal gift for each of us from God. He blessed the seventh day; not any other day. He wants us to set aside that special day for Him. Customs and traditions might have a place in our daily lives, but they should never take the place of God's Word.

Do you agree with me that the laws of man should never replace the Law of God? (PAUSE) If you believe that, you will be interested in this quotation from Saint Catherine Catholic Church:

“The holy day, the Sabbath, was changed from Saturday to Sunday.... not from any directions noted in the Scriptures, but from the Church's sense of its own power.... People who think that the scriptures should be the sole authority should logically become Seventh-day Adventists, and keep Saturday holy” (*Saint Catherine Catholic Church Sentinel*, May 1, 1995).



7

Friends, if we love God we will naturally want to do what He asks. It is a matter of the heart. Jesus said:

“If you love Me, keep My commandments” (John 14:15).

The Bible says:

“For this is love for God, that we keep His commandments. And His commandments are not burdensome” (1 John 5:3).

The Fourth Commandment says:

“Remember the Sabbath day, to keep it holy” (Exodus 20:8).

When we keep the Sabbath, we not only keep God's command for us, but we open our lives to wonderful blessings. It is a reminder of the Garden of Eden, where God walked and talked with man. It is a foretaste of life in His eternal kingdom, where we will join with believers of all ages in worshipping Him on each Sabbath day.

Will you join me today in a decision to put God's Word above the laws and traditions of man? Please join me by standing as we pray.

(Suggested prayer)

Dear Father in heaven,

12 - False Sabbath

Thank You for the blessings You give us as we follow Your commandments and keep the Sabbath holy. We pray that Your Holy Spirit will make us strong in our decision to put Your Law above the laws and traditions of men. Draw our hearts close to Yours as we observe Your holy day. Help us to love You and honor You both in this life and in the eternal life to come. We ask these blessings in Jesus' name. Amen.

Additional Bible verses for this topic:

Deuteronomy 4:2

Psalms 89:34

Daniel 7:21

Matthew 5:17

Matthew 7:21

Matthew 15:3, 9

Matthew 24:20

Mark 2:27, 28

Luke 4:16

Luke 23:54-56,

Luke 24:1

Acts 13:14, 42, 44

Acts 18:4

Romans 11:13

Revelation 14:12

12 - Discussion Guide

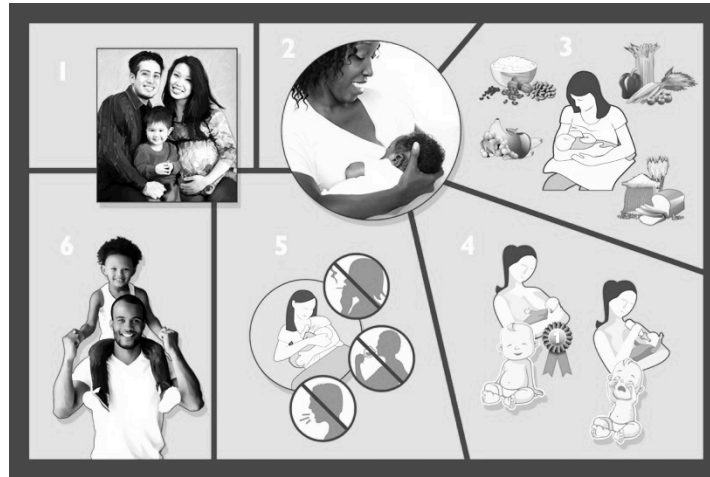
Family Gardening

1. Jesus told a story about planting seeds. Where did the seeds fall, and what happened to them?
2. What do seeds need from nature in order to grow well?
3. How does compost help your garden?

False Sabbath

1. What day of the week did God set aside as the Sabbath day?
 - a. Exodus 20:8-11
2. Did Jesus change His law, and do away with the Sabbath?
 - a. John 5:16
 - b. Matthew 5:18,19
3. In the prophet Daniel's vision, what did the little horn try to do?
 - a. Daniel 7:25
4. What was the law, made by a leader of the Catholic Church, to unite people in worship?
5. Do you agree that the laws of men should never replace the Law of God? And that should we obey God rather than men?

Health Talk #13: Pregnancy and Infant Nutrition



1. A baby is a wonderful blessing! All parents want their baby to be born healthy and happy. Strong, healthy parents make healthier babies.

During pregnancy, the developing baby is completely dependent on the mother for sustenance. Every little cell growing into bones and muscles, organs and skin, needs good nutrition to develop well. What makes Mother healthy makes baby healthy too.

Mother should have plenty of good food before and during pregnancy, so both she and her baby can be healthy. She needs extra rest, daily exercise and sunshine. She should bathe often to prevent infections, and she should avoid caffeine drinks and unnecessary medicines.

-
2. The newborn baby should be put to the breast of the mother immediately after birth. This creates healthy bonds and gives baby the very healthiest nutrition. The first milk is colostrum. It is a clear, yellow, thick liquid that is very rich in nutrients. It has special cells that help to fight disease.

God designed breast milk with the exact balance of all the right nutrients. It is perfect for the newborn and should be the only food until baby is at least six months old. No other food is needed, and adding other foods too early may cause allergies and intestinal upset. Some foods may contain dangerous microbes that the baby's system can't fight. Extra water is not needed if baby is nursing when hungry.

When baby is about six months of age, foods that the family is eating may be added, one at a time. They should be mashed before feeding. Baby should continue nursing until at least a year old, and up to 2 years is even better.

-
3. During the time Mother is nursing her baby, her good husband makes sure she has a variety of nutritious foods to supply her growing baby and to keep herself strong and healthy.

Health Talk #13: Pregnancy and Infant Nutrition

4. Some mothers have been told that formula is better for babies than breast milk. But the truth is that breast milk is better in every way. Because God created us, He knows exactly what is needed for the baby, and He made breast milk just right.

Here are some advantages of breast milk:

- Breast milk is easily digested and is not likely to cause stomach upset, diarrhea, nausea and vomiting.
- Breast-fed babies develop stronger eyes and vision.
- The brains of breast-fed babies grow bigger and are smarter.
- Breast milk protects the baby from lung diseases like colds, asthma and pneumonia.
- Breast-fed babies have fewer earaches.
- The teeth of nursing babies grow straighter and stronger.
- Breast-fed babies have fewer skin allergies.
- Breast milk is safer, more convenient and costs much less than formula.
- There are no waste products from making breast milk.
- Nursing gives the baby skin contact with the mother's body, which helps the brain to develop and makes the baby happier.
- Nursing is the most healthy and loving way to feed a baby. Babies who aren't loved can easily become sickly.

5. What can endanger the health of a baby?-

- Low Birth Weight

Babies that are born with low birth weight are not as healthy as normal-weight babies. As adults, they are more likely to have serious diseases, like diabetes and heart disease.

- Cigarettes and Smoke

When the mother smokes, or breathes smoke, during pregnancy, the baby can be deprived of oxygen. This can cause lower birth weight, and lungs that are not fully developed. A baby with underdeveloped lungs will be more susceptible to diseases such as pneumonia and asthma.

- Alcohol

Alcohol is dangerous for babies. If the father is drinking alcohol when he gets the mother pregnant, or if she drinks during the pregnancy, the baby can have damaged brain cells, and is often overactive and slow to learn.

Health Talk #13: Pregnancy and Infant Nutrition

- Violence

The home atmosphere can affect a baby. Violence, fighting and screaming can damage the baby's brain both before and after birth. The child may become nervous, have behavior problems and be difficult to train.

6. The Father's Part

It is the father's responsibility to be the provider of food and shelter. It is his job to guard the health of his wife and children, and to make certain they have what they need. He is to make sure his wife has enough good food to keep herself and their baby strong and healthy.

The mother should space her pregnancies apart, with at least one to two years between a birth and the next pregnancy. Too many pregnancies too close together deplete a mother's health resources, and make it almost impossible for her to maintain enough vitamins and minerals to stay strong.

The husband should support his wife's desire to breastfeed the baby, and not urge her to bottle-feed. The baby should be given the very best food – mother's milk – to grow up healthy and strong.

Fathers are an important source of love for their baby, as they take an active part in holding and caring for baby. Physical food is only one of the ingredients necessary for a healthy baby. Love and affection are important too. Love helps the brain to develop and is vital for a happy baby. This is God's design.

In God's plan, fathers are the head of the family, and children are a great blessing. Raising children well requires the father's leadership, love and care, as well as the dedication of the mother.

God tells us in the Bible, "Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate" (Psalm 127:3-5 ESV).

13 - Spiritism



1

Imagine for a moment that you are walking along a remote road across a great desert. The sun is beating down, and the air is hot and dry like an oven. The road is rough and rocky, and your feet are burning. You already drank the last of your water, and your mouth feels like it is full of sand. Someone told you this road leads to a pool of cool, clear water, so you keep going.

You stop for a rest and look away from the road. In another direction, you see a lake filled with water. It is a long way off, and there is no road. But you have been walking on the road for a long time without finding that pool of water. Maybe you should leave the road and go across the sand to that distant lake.

If I were there with you I would say, “No! Don’t go out there. You could get lost and no one would find you. Please stay on the road.”

But you might say, “This road we are on is too long. There is no water here. I’m hot. I’m thirsty. My feet are burning. I see water out there in that lake. That is where I am going.

So off you go, away from the road and out onto the barren desert. You walk straight toward the lake. You walk for an hour. You walk for another hour. I don’t know how you can keep going, but you do. You must reach that lake. You need water to drink. You need water to cool your burning feet.

But it seems that although you have walked for hours, you are not getting closer to the lake. It looks like that lake is moving further and further away from you. And then it is gone. There is no lake. There is no water out there. Your eyes have been playing tricks on you. The lake was a mirage. You should have stayed on the road.

Today, friends, I want to ask you to do something that might sound strange. Here it is: Don’t always believe your eyes. There can be times when they don’t tell you the truth.

If you want truth about life and death and what comes after that, don’t believe your eyes. Believe the Word of God, the Bible. Trust it. Follow it, and it will lead you to the answers you need. Listen to what one Bible writer said in a poem of praise to God:

“Your word is a lamp to my feet and a light to my path” (Psalm 119:105).



Suppose that the great enemy of God came to visit you. I’m talking about the one the Bible refers to:

“...the great dragon, that serpent of old, called the Devil and Satan” (Revelation 12:9).

Suppose he came right here. Do you think he would come

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2 looking like a dragon? No. I don't think so.
 Would he come looking like a snake? No.
 Do you think he would come looking like a dark demon of some kind? No.
 I'm sure he would change his appearance and make himself look like something beautiful. But remember, you cannot always believe your eyes.
 The Bible tells us:
 "Satan himself transforms himself into an angel of light" (2 Corinthians 11:14).
 If he came to visit and stood right in front of you, looking like an angel of light, would you know who he was?
 What if he came looking that way and told you he was Jesus? You may be thinking, "What an outrageous question."
 Friends, it could happen. Jesus gave this warning to His followers:
 "Many will come in My name, saying, 'I am the Christ,' and will deceive many" (Matthew 24:5).
 Would you be deceived? Would you believe your eyes? Or would you believe God's Word?



3

It is likely that no one in our group here today has ever seen the Devil that way. But I would not be surprised if someone here has seen him or one of his evil angels in some other form.

Friends, Satan does not want you to know what I am telling you today. His angels would like to put their hands over your ears so you cannot hear it. But we are here under God's protection. Please listen carefully: If you have had some kind of contact with someone who is dead, you are on dangerous ground.

Maybe it is your father or mother, or brother or sister. Maybe your husband or wife, or child. Maybe you have seen a familiar face, or heard a familiar voice, and were comforted by the experience. You have been deceived.

How do I know? Because the Bible tells me that dead people cannot come back to communicate with us. They have no knowledge to share with us. Listen to what the Word of God says:

"As the cloud disappears and vanishes away, so he who goes down to the grave does not come up. He shall never return to his house, nor shall his place know him anymore" (Job 7:9, 10).

"For the living know that they will die; but the dead know

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nothing..." (Ecclesiastes 9:5).

Well then, if it was not your dead loved one, who was it?



4

Remember, friends, that there is a great war going on between God and Satan. Our earth is the battleground. Listen:

"So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him" (Revelation 12:9).

The Bible calls those fallen angels "spirits" and "demons." They are powerful and crafty beings who watch us carefully. They wait for a chance to deceive us. They can take the exact form of our dead loved ones and imitate their voices.

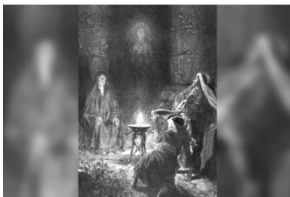
They want to convince us that they are talking to us from somewhere beyond the grave. If their deception succeeds, they can convince us to ignore the Word of God and turn to them, instead, for answers to our questions. Listen to this warning:

"... in the latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons" (1 Timothy 4:1).

Jesus gave another warning:

"For false christs and false prophets will rise and show signs and wonders to deceive, if possible, even the elect" (Mark 13:22).

Who are the elect? God's own people. Deception can be so real and so powerful, that even the most sincere and devoted believer can be led astray.



5

Today, there are witches or mediums who claim to have the power to talk with the dead. It was the same back in Bible times. God told His people not to allow them to live in their land.

Listen to this:

"There shall not be found among you...one who practices witchcraft...or a medium, or a spiritist, or one who calls up the dead. For all who do these things are an abomination to the Lord" (Deuteronomy 18:10-12).

"Give no regard to mediums and familiar spirits; do not seek after them, to be defiled by them: I am the Lord your God" (Leviticus 19:31).

Friends, beware! It is dangerous to have anything whatsoever to do with these "spirits." You could lose your place in God's eternal kingdom. The "spirits" are working against you. Their only purpose is to deceive you and turn you away from the

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Word of God and our Savior, Jesus Christ.



6

God has instructed us not to talk to the dead. He warned us that “spirits” would DECEIVE, if possible, the very elect. Millions will be deceived. Why? Because they trust more in their feelings, senses, and experiences than in the Word of God.

Our best defense is to trust the sure Word of God even if our own eyes or ears are telling us not to. Will we accept God’s truth, or will we believe Satan’s lies?

Friends, it is only with the protection of God’s Word that we can stand against the powerful deceptions of Satan and his demons. We must hold firmly to the truths it teaches, and not allow any experience, feeling, or “appearance” to turn us away.

If we have questions about what lies beyond the grave, we don’t need mediums or witches or spirits. The answers are right here in the Bible. Jesus has broken the chains of death. The dead will be raised. God’s kingdom will replace the kingdoms of men. It will be a new world, not for spirits but for real people. Listen:



7

“Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. And I heard a loud voice from heaven saying, ‘Behold, the tabernacle of God is with men, and He will dwell with them and be their God. And God will wipe every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away’” (Revelation 21:1, 3, 4).

Friends, there is one voice from beyond the grave that we should listen to. It is the voice of Jesus, speaking to our hearts. He is inviting us to trust Him, trust His word, trust His promises. He offers what demons and spirits can never give us: Forgiveness of sins and eternal life with Him. Will you trust His word? Will you accept Him now? Please kneel with me as we pray.

[Suggested Prayer]

Dear Father in heaven,

Today we’ve learned that we can’t always trust our own eyes and ears. We thank you that we can always trust Your voice as you speak to us in Your word. Thank You for impressing us with Your truth. Thank you for speaking to our hearts. We want to hear and follow Your Word. We want to find our comfort in Your promises. Please give us Your Holy Spirit to be our Guide and Helper. Keep us from deception and temptation. Open Your word to our understanding and teach us more and more about Your plan for our lives. We ask all this in Jesus’ name. Amen.

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Additional Bible verses for this topic:

Exodus 22:18

1 Chronicles 10:13

Matthew 24:4

Matthew 24:23-25

John 1:1, 3

John 10:10

John 11:25

John 11:35

Colossians 1:16

1 Peter 1:3,4

1 John 5:11,12

1 John 5:13

Revelation 1:17, 18

Revelation 3:20

Revelation 12:7, 8

Revelation 16:13,14

Revelation 21:1-4

13 - Discussion Guide

Pregnancy and Infant Nutrition

1. What is the best food for newborn babies, and why?
2. What can endanger the health of a baby?
3. What can a father do to keep mother and baby safe and healthy?

Spiritism

1. What can you believe that will protect you from lies and deceptions?
 - a. Psalm 119:105
2. How might the enemy of God, Satan, come to deceive you?
 - a. 2 Corinthians 11:14
3. Can the dead speak to us?
 - a. Job 7:9,10
 - b. Ecclesiastes 9:5
4. Who would try to trick us into believing a lie?
 - a. Revelation 12:9
 - b. 1 Timothy 4:1
 - c. Mark 13:22
5. God, in the Bible, warns us not to get information or seek answers from whom?
 - a. Deuteronomy 18:10-12
 - b. Leviticus 19:31