

**The Forbidden Secret**  
**Part Three – A Supreme Being?**  
**Chapter 9 –**  
**Would He Want to Speak to Us?**  
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**SERIAL ARTICLE PAGE 2**

**A Health Plan You Can**  
**Live With**

(Copyright) by Wayne Schatzle  
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**ARTICLE PAGE 3**

**The Tragic State of**  
**National and World News**

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**ARTICLE PAGE 10**

**The First of the**  
**Unleaveneds**

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**ARTICLE PAGE 12**

**Carried**  
**About by Every Wind**

(Copyright 08-27-2025)  
by Richard T. Ritenbaugh  
(Charlotte, North Carolina)

**ARTICLE PAGE 14**

**Fully Man and Fully God?**

(Copyright 09-26-2025)  
by John W. Ritenbaugh  
(Lancaster, South Carolina)

**ARTICLE PAGE 17**

**The Post-Christian**  
**Age in America**

(Copyright 12-01-2023) by James Lloyd  
(Medford, Oregon)

**ARTICLE PAGE 22**

**The Human Foot –**  
**A Feat of Engineering**

(Copyright 12-15-2022) by David Rives  
(Lewisburg, Tennessee)

**ARTICLE PAGE 23**

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

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**1Co 14:26** How is it then, brethren, when ye come together, every one of you hath a psalm, hath a doctrine, hath a tongue, hath a revelation, hath an interpretation. Let all things be done unto edifying.

**The Forbidden Secret**  
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(Copyright 00-00-2011) by Jonathan Gray (New Zealand)

**Communication – WOULD HE WANT TO SPEAK TO US?**

We have a beautiful Labrador dog. After feeding him, do we take no interest in talking to him? We hear his cry, we experience the joy in his eyes, we feel him licking our hand. Do we never want him to experience the love that is in our hearts for him? Don't you ever want to let your pet know that you love him?

Of course you do! And who implanted that ability and desire into your heart?

We have already considered a Supreme Being's ability and willingness to hear us. But, since we are designed to receive information, then might our Maker desire to communicate with us – to send us messages? Would that make sense?

### Ability to speak to us?

But would He **be able** to communicate to us? Think now! Here is this Master Designer who has **inter-dimensionally transmitted coded data** into our DNA molecules. He has programmed our DNA to send millions of messages a second throughout our bodies. And we think He cannot pass on additional information in other ways to us? Even to guiding human minds to write down messages?

### The personality question

That naturally raises the question as to whether God is just some impersonal force or a personal Being.

Ask yourself: Did your personality come from impersonality? Is the Intelligent Programmer who planned and produced your DNA – who designed you to be a personal, intelligent, thinking, speaking, communicating being – does that Designer have LESS ability than you?

Would not our Maker possess the same ability to think, speak and communicate, that he has given us? The Intelligence that made the ear, can he not hear? Whoever designed the eye, can he not see?

Observable **scientific evidence** indicates that an effect is not greater than its cause. It always takes a **greater source** of information to produce information. On this basis, the design of living, intelligent, and personal human beings requires a **greater cause** outside the creation itself which possesses life, intelligence and **personality** – a Superior Intelligent Being.

It makes sense that such a Supreme Creator would be able to – and desire to – communicate with creatures He has made. And would **not need** a space ship to do it, either.

Again, wouldn't it make sense that humans were created, not for what they can do for their Maker (or even He for them), but for an enduring relationship of love, fellowship, and interaction with Him? And that this relationship defines the **purpose** of human existence and gives it **meaning**?

In fact, might He even document **evidence** of our origins, and stamp the document with His signature in ways that no human being could replicate? So that none of us would have any rational reason for doubting?

Actually, there does exist a document that 3,800 times makes the outrageous claim to be not man-made, but the Creator Himself speaking to us – and it even **challenges us to disprove it**. So why don't we accept this challenge?

If the document's claims can be disproved, fine. But if we can establish its credibility, then might it contain information relevant to our subject?

Remember, we're talking about **evidence**, not preconceived ideas.

So, what is this document? And how accurate is it? In the next four chapters we shall see...

## A Health Plan You Can Live With (Copyright) by Wayne Schatzle (West Chester, Ohio)

In an effort to avoid being cut open and having my heart worked on like so many of my friends of late I have decided to take some drastic measures in my life and be smart in what I shove into my mouth. I have read several books on the subject, and I am sharing with you some of the highlights from my studies. Listed are some of the changes I am trying to make in my life. If you are content in "living to eat" and don't care if you wind up on an operating table and be cut open then you don't need to read any further. In addition, I recommend reading anything by Jordan Rubin; George Malkmus;

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**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

Elmer Josephson; Kevin Trudeau; Dr Michael Roizen; "Fast Food Nation" by Eric Schlosser; and DVD: "Supersize Me" with Morgan Spurlock. Nutrition is not an exact science so these experts will disagree on some points, so I tried to list what they do agree on. Remember when you cheat on eating right you only cheat yourself. Think before you eat unhealthy things and ask if you really want to eat it. Also, if others in your family are trying to eat right- don't try to police each other over it, as it will just create hard feelings. Use the following as a checklist and work at your own pace- maybe just make one change per week if that's what you are comfortable with. Good luck!

**Things to DO:**

Take an adult multivitamin daily  
Take daily barley capsules  
Keep fingers out of your mouth  
Chew your food 25-50 times  
Breathe deeply  
Have a high fiber diet  
Eat breakfast  
Eat organic foods  
Eat lots of tomato products  
Eat fresh raw veggies and fruit  
Floss and brush teeth daily  
Get 7 hours of sleep per day  
Eat fish {salmon esp.}  
Have one beer or glass of wine  
Drink lots of water, distilled is best}  
Drink black coffee  
Drink tea {green is best}  
Eat whole grain bread  
Get 30 min of sun per day  
Eat garlic, onions and pepper  
Eat soy products  
Eat dark chocolate  
Eat flax seed  
Avoid fluoride/chlorine  
Keep dish rag in bleach solution  
Shower daily w/mild soap  
Eat 5 small meals per day  
Recycle- it's good for everyone  
Always use seat belts

**Occasionally DO:**

Use a colon cleanse  
Eat eggs  
Eat desserts  
Use milk products  
Fast

**Rarely DO:**

Use white sugar  
Take over the counter drugs  
Take prescription drugs  
Eat fried foods  
Eat canned food  
Eat ingredients you can't pronounce  
Snack Between Meals

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**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

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Swim in chlorinated pools

**NEVER DO:**

Eat fast food or smorgasbords

Eat pork, shellfish & shrimp

Eat white bread & white rice

Get shots

Drink unfiltered tap water

Smoke

Use table salt

Use trans fat

Use saturated fat

Eat hamburger meat

Drink soda pop

Or diet drinks

Or fake sugar

Use anti-perspirants

Use perfume/cologne

Overeat

Get angry or worry

Get tattoos & piercings

Also suggested reading which can be found at your local library: The Makers Diet by Jordan Rubin {must read}; the Way We Eat- Why Our Food Choices Matter by Peter Singer & Jim Mason; Natural Health, Natural Medicine by Andrew Weil MD; Chew On This by Eric Schlosser {must read}; and Dr Rex Russell.

Necessary Disclaimer: all material offered here is information I personally found of great interest and decided to incorporate into MY life- you should study this topic for yourself and make your own conclusions and act on what you prove to yourself to be the correct way to live. If you are under a doctor's care you should check with him or her before making any changes in your life, diet, or medications.

**My Quest for Good Health**

Everyone is going to set their own goals and guidelines of what they reason to be right, or at least do what they can live with. In my studies I have read of people taking such extremes with food choices, they won't even eat something that's been in a plastic container and of course they will give a good reason for that. For me I am tackling the big things first and will work my way to the purist diet and lifestyle possible. For those interested in the things I am doing I will list them here. This may be pretty long and boring so you may want to read this last in that I may have a tip in here to solve a problem you may come across sometime.

I thought I would tackle the big things first. In life the most important thing is AIR. It is the first necessity of life and you live the least time when you are deprived of it. I live in the country, at least semi-country, since the farms are now turning into subdivisions. So, the air is still pretty good outside. For inside air I have installed filters on the heater. Not those cheap 79 cent ones but the better ones that cost over \$5 and I change them about once a month. Also, in the closets I have ozone and ion exchanger machines. They kill airborne bacteria & mold, and the ion exchangers change the polarity in the house so when the sun shines thru the window you don't see dust floating in the air because it drops to the floor. Those small plug in devices are less than a hundred bucks and worth it. I have to admit our home is not the most energy efficient. I don't like to seal it up airtight. The oxygen you breathe has to get inside somewhere, so it's a tradeoff losing some heat for oxygen. We do have house plants to aid the generation of oxygen, and we are looking to get some ivy plants that are said to not only give off the vital oxygen buy kill mold spores. For a sweeper we use a bag-less one with a hepa filter on it- ideally those whole-house vacs would be excellent as they deposit ALL the dust outside the living area. During the dry winter months, we run a humidifier all the time. I love people and like animals. Those I *love* are allowed to live in the house with me- those I *like* {animals} are welcome to live on my property. I will never understand how people can let animals ruin their homes and endanger their health by giving them run of the house. If you absolutely must dwell

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

with an unclean animal like a dog or cat be aware that much of the “dust” you have in the house is dander, either from your family or an animal. That is part of what you breathe. The next thing is their waste in the house is a great source of nasty germs, blood sucking insects, and parasites that will find their way into your body. Be aware and count the cost. We usually have at least four cats roaming the barn area and around the house, they will usually lay by our feet when we sit outside and are pretty friendly but whenever we offer to bring them in for a bit on a very cold day, they really get spooked and want OUT. I think it’s in an animals nature to be outside. This closed in house living, sitting on a couch watching TV is an invention of men.

The next important thing is water. For our first 25 years we just had a cistern which was nice soft rainwater in our shower and clothes washer- but we had to scrounge for drinking water. Now we have that wonderful city water. That has its share of plus and minus. The plus is- it never runs out, it’s cheap, and safe from microbes. The bad features are several but not something we couldn’t fix. Our Butler county water is pretty hard but that was easily remedied by a trip to Home Depot and pick up a Water Boss softener. Me being handy at maintenance, I installed it in no time for under \$420. The next bad thing is CHEMICALS in the water. Although it solved the problem of microbes coming into the house, it also allows us to drink and adsorb bacteria killing chemical into our bodies. The problem is we NEED beneficial bacteria to digest our food. There again, an easy fix by installing a charcoal filter into our water line after it leaves the softener and before it enters the pipes. That was pretty cheap- under \$50. I also bought a reverse osmosis filter system just for drinking water. As an additional measure we got a pitcher with a charcoal drip filter. That all sounds like over kill and maybe is but it was all very inexpensive to install so I did. But for most people, at the very least, get a charcoal filter on your line for showering and I would still get distilled water to drink. I have seen it at Walmart for under 70 cents a gallon already. Also, just because they are handy, I will pickup a 24 case of bottled water and refill the bottle after I am finished 3 or 4 times before I recycle the bottle also read the label on the drinking water- some of it is no more than city water just put in bottles. If you do refill the bottles, do a sniff test before you drink from them as the germs from your mouth can get in the bottle and incubate- if it smells a bit musty- discard it and get a new bottle. Also to change pace a bit on drinking water, I bought several flavors- just putting a drop of vanilla, peppermint, lemon or orange flavor in a bottle is great. Also drink a lot of tea, hot or cold. I got used to drinking tea without sugar- but if you like sweet tea we have found a good green tea sweetened with honey in Arizona brand tea- it’s pretty expensive but we have found a similar green tea & honey *concentrate* by Nestea for about a buck and it makes one gallon- so just pick up a bottle of distilled water and there you are, a great drink under 2 bucks a gallon. In addition, now coffee is shown to be GOOD for you so I drink a lot of that. I try to get whole beans and grind it myself enough to last a couple of days. I like to spend a bit extra and get good beans and the distilled water and I have coffee better than Starbucks at a fraction of the cost. Mostly I will use the distilled water even though my tap water is as good. I can’t say enough about the water because I had to get in the habit of drinking a lot more water than I used to. They say after a gallon a day it may be getting too much for you. Any money you spend on getting good water is worth it even if you have to cut corners somewhere else. It should be stressed that although soda pop is mostly water, it also contains 11 teaspoons of sugar, artificial colors and sodium and carbonated water. Diet sodas are worse, so I am determined never to drink sodas again.

The next big thing is meat- oh the meat. What a bone of contention it is. Listen, I just have to trust God at His word that pork, shrimp, crabs, and lobsters are not fit to eat. It seems nothing gets people going so much at the sight of me not wanting to eat pork. I have made so many excuses: I’m full, I’m allergic to it, my teeth hurt and can’t chew. What I say now is: the Bible forbids me to eat it. That’s the truth and usually ends the discussion.

Most people are ignorant of what the Bible says on the subject anyway. I look at it as part of the deal I made with God, “I’ll do what I can do and beg Him to do the rest”. It’s plain teaching what meat is created to eat so I just do it. I may cheat on other areas of my diet but not that- end of subject. It is interesting that the bible shows that priests have violated His law and put no difference between the clean and unclean {Eze 22; Isa 65}- but that’s their problem. I know there is a difference and observe that Law. I believe it when the bible says that sin is the transgression of the LAW. There is no argument that when the term LAW is used it’s always the first five books of the bible. I also believe that transgressing the meat rules is a sin; therefore, for me it is a sin to eat swine’s flesh. I know there are people that eat it all their lives and live to a ripe old age- I also know people that commit adultery; lie; steal; take the Lord’s name in vain and break the Sabbath and live to a ripe old age. So other people can do as they wish but for me I believe it is a sin. And talking about cheap meat- I eat NO HAMBURGER or HOTDOGS. If you have seen it before its ground up you wouldn’t eat it {unless you are like my German family that also eats pig’s feet; blood sausage and liver pudding}. God also prohibits eating fat

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

and blood- and hamburger and hotdogs is just fat and scraps. What is coming to light more now is the presence of the E-coli bacteria that is laced into hamburger meat. You need to eat less meat anyway so buy a better cut.

Next, NO more bleached white flour or white bread comes into the house. When I go out I try to eat whole wheat bread when I can. Did you know just by eating whole wheat bread you bring the chance of getting colon cancer down to nearly zero? Mostly just due to the fiber. That's another thing that's easy to do. It's also nice to get a bread making machine and make your own- so simple even I can make a loaf of bread. It's amazing the few ingredients it really takes to make it compared to all the strange sounding names on the side of the bread package in store bought bread. While mentioning "white" food- it's all bad. We only buy brown rice as well. This may be a good place to mention oils. We are getting a lot smarter about the oil we are using. When you hear of restaurants doing away with trans fats and the Government requiring labeling when they are present in foods it is a big deal. It's worth a study in itself, but simply put when food makers mess with fats and they become trans-fat, the very molecules become like hooks and injure the arteries, then when the blood attempts to repair the damage it clogs fat on the injury then you are looking at blockage in your arteries. Get very picky in the oils you use as your life may depend on it.

Ok, I have read enough books now to say I am not eating at McDonald's anymore. Literally everything on their menu is unfit to eat. If you read some of the books I have suggested you will find out why I feel as I do. Actually, I want to eliminate all fast food restaurants but I have others here that still want to go to those places {need I say more?}. The sheer volume of animals eaten at fast food restaurants is amazing, we are talking in the multiple millions per day! And to satisfy those quantities, animal factories are sped up to a pace that has little regard for health concerns let alone the humane treatment of God's created beings. You need to read it all for yourself and make a wise choice to drive past that fast food joint. Concerning eating out in general. I had worked in restaurant maintenance for many years and can tell you that some are so dirty and serve spoiled food you are at great risk eating there. When you see a crew and manager of just teens and not using healthy habits, like wearing gloves and the kitchen is in disarray you had better leave. If the food is not up to your standards send it back or get a refund. Do not go to smorgasbords because you WILL overeat. There is never a good excuse to eat too much. Also be aware on those salad bars that not just the kitchen workers are touching your food- all the customers handle those tongs and get their fingers in the food. Next time you go to one- get a table close to the salad bar and watch what goes on. Maybe one of the worst places for sanitary eating is church potlucks- even assuming the dishes were made under great care before being brought in- they will sit for quite a while at room temperature till eaten, often uncovered to allow flies to eat on it first. I'm getting in tune to notice people licking their fingers then touching food; everyone's hands in the big bowl of chips; and of course youngsters with cold and runny noses and little concern about infecting others. I know it looks bad, but I try to be among the first in line for all the reasons I just named- I try not to knock down any little old ladies to be first.

How about fresh eggs? Those you see in the supermarket for 50 cents a dozen aren't a good choice as they are raised in factory farms under horrible conditions and extreme cruelty to the hens and make them live their short lives confined to a cage no bigger than a piece of copy paper. Organic eggs can be bought for over \$4 per dozen, but even then, there are several definitions of what "organic" means. One producer in California sells for \$4-\$5 per HALF dozen. He says he is doing everything the way it should be done for a very healthy egg. He reasons that one healthy egg for 70 cents is a better buy than a \$4.50 latte, that isn't even food. He may have a valid point. I have decided that it is worthwhile to raise my own eggs. I built a small house and a fully encaged run for my hens. I have just 6 hens and they provide enough eggs for us and my sisters and dad and neighbors. I decided not to use the "super laying mash" due to possible antibiotics and unknown fillers. Instead, I give them cracked corn and scratch feed- which is also cheaper than the laying mash- but also produces a few less eggs, but I get more than enough, and I don't sell them so there is no need to force the issue. Even if you are in the city that allows cats and dogs you can check to see if you can have a couple chickens. I wouldn't get roosters and they do make noise and will bother the neighbors. They are fun to raise and give you nutritious eggs back. And as a bonus, their manure is one of the best fertilizers you can get to put on your garden, and I get a little exercise taking care of them. Finally, I can have a delicious pot of soup from my hen that kept on giving to the end.

Eliminate stress in your life. Since I retired, I can look back at the amount of stress I have been living with. As I sit and read a book maybe every 5 minutes a haunting thought will enter my mind that I am wasting time and must do something productive. And speaking of reading, it seems to be a lost art. Did you notice that since libraries started having videos and DVDs that the book isles are hardly used? Libraries used to promote reading and getting people to stop watching

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**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

TV. Anyway, I will pick a subject and study it for weeks finding material on that alone. If you must get DVDs from the library, PBS has many interesting subjects. I try to avoid any fiction, as it is mostly the dream of the author so why waste the time. Another thing is the news. Do I need to know all the bad things that are going on around me? It's the same with the newspaper- I PAY 50 cents a day for negative news. I am on several forums and get e-mails from all over. Of course, many people feel it's their obligation to send news of all the horrible things happening over the world and give updates on the latest scandals. I have developed a standard for news like this: If the only thing I can DO about it is worry- I don't want to hear about it.

Even in Christian circles there is so much talk about 666, the illuminati, and the beast of revelation. When that talk starts- I always ask: what can we do about it? Which is followed by a puzzled look? Then I say, let's talk about something we can do something about. How about driving stress and road rage? Allow enough time for the trip you are taking. I go the speed limit so I don't worry about a cop pulling me over and I time my drives away from traffic and rush hour. Associate with POSITIVE people. The bible says, Iron sharpens iron, so a man sharpens the countenance of his friend {Prov 27:17} that works in reverse as well so surround yourself with excellent people. Some stress is unavoidable in life. Experts show that watching football games causes considerable stress. I myself used to get very stressed watching my favorite team. Every play is either an up or a down and if they lose, I am down the rest of the day or maybe even the day after. I have since decided to watch just the last quarter or less, and if they are losing not even that. Maybe some will call me a fair-weather fan, but for my hearts sake this is the way it's going to be. I am quite content to watch other games that I don't care who wins so I do enjoy football. If you are one that has to have music going all the time- have a CD of praise music going. It is so uplifting and keeps your mind on the important thing in life. I used to listen to "talk radio" all the time and never realized how edgy and opinionated I had become- once again everything to get fired up about and can't do a darn thing about it. And something I have done for years is MEDITATE. Find a peaceful quiet place and start by praying to God and ask that He direct your thoughts in the things you must address in your life. This is a lost key of successful living as we are so in tuned to having music, TV or any of the other things to spend our time on vying for our attention.

Not too many years ago I sold Parasite cleanse herbal capsules. It was hard to sell them because it was an embarrassing subject, and people did not want to admit they had worms. I am here to tell you it is more common than you think. I highly recommend at least once a year do a parasite cleanse. You should be able to get the caps at any health food store or through Puritan's Pride. I have had people tell me horrendous stories about passing dead worms after using the products I sold. Another vital thing to do is Colon Cleanse at the very least once a month. You don't realize it but you have impacted fecal matter in your colon. It's said that John Wayne had 45 pounds of crap in him when he died {literally full of it}, and that may be an average amount. The problem is it lines your colon and interferes with the absorption of nutrients when you eat. Once again, Puritan's Pride has the capsules and it is easily done. Speaking of ailments: a good investment is quality books on natural healing as opposed to using over the counter and prescription medicines. These days there is a glut of expensive and harmful medicines being advertised on TV. Sometimes you can't even tell what they are for, they just want to buy them or tell your doctor you want those drugs. All those drugs have side effects- in fact many of them are just to alleviate the side effects of some other drug. Once you start down that road it is hard to get off of it. If you have ever taken antibiotics, you probably need to detox yourself and take some Acidophilus capsules to build up the friendly bacteria in your intestinal tract.

I want to have a nice garden to grow fresh veggies to eat. I have seen many people tend to a big flower garden then go to the store and buy the substandard foods they sell. The flowers are really nice, but it would make way better sense to plant the nice things to eat and buy the flowers, if it's one or the other. Actually, flowers are good in a vegetable garden, as some will actually keep bugs away. In my garden I am going to try to plant Heirloom seeds. These are not hybrid plants but apparently original vegetables that were here from the beginning. it's a pretty interesting read if you want to check up on it. Plus, you keep the seeds from the crop and use them next year. We have many walnut trees on our property. They used to be looked upon as a nuisance when we are mowing but we are finding now they have great health benefits. Usually if you see someone with walnut trees you can stop and ask for some and the people are GLAD to get rid of them. But they are good for you and fun to husk/dry and crack. Tomatoes are almost a miracle food. Try to incorporate them into every meal. We decided that salsa and white unsalted corn chips are a good side entrée or snack. As most canned foods are loaded with salt including salsa, we decided to make our own from the great homegrown tomatoes from our garden, mix with spices {leave out the salt} and can. We also made spaghetti sauce the same way with Italian type

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

seasoning and we have a wild variety of garlic that we grow here, they are smaller than the store variety but taste the same and grow like weeds. I try not to use any insecticide or herbicides as well.

I do have supplements I take, but if I feel I am getting a certain thing in my food that day I will hold off on the supplement. For my age they say we need things in a quantity we do not get in food. I don't like to overdo vitamins so I watch it. I have found the best supplements at the lowest price from Puritan's Pride. I order online {[www.puritan.com](http://www.puritan.com)} and usually have them here in two days. I take: Green source {as a multivitamin}; vitamin E; cod liver oil caps; soy lecithin for the heart; Barley grass tabs; and if my joints get sore Alfalfa caps. Also, we have a shaker of bran and one for flax seeds we top our meals with. And I should mention to take all your saltshakers and put them in the garbage. Americans get WAY more sodium than they should- you will get more than enough by accident. I know people that have high blood pressure because they use too much salt but choose to take dangerous drugs with side effects so they can still load their food with salt- go figure. You should realize that eating good fresh food may have 200 compounds in it and we only know what a few of those ingredients do. It's tempting to think if I just take the vitamin a particular food is for I need not consume the food itself, but we are missing out on a lot that the Creator has included in the package.

You have to exercise. There I said it. But from the reading I am doing you don't have to kill yourself to do enough to get benefit. Since I retired, I am really feeling being out of shape and it takes extra effort to do it. My knees are not in the best shape, so I don't do anything demanding. For instance, I bought a Tony Little Gazelle “walker” {\$99}. It has no impact on your joints and it's pretty easy to use and has digital readouts. I try to use it each time I pass it in the house. Walking is the best thing you can do for yourself. When you shop, park as far away as you can to make yourself walk. Try to do some exercise for 30 minutes a day total. That can be broken up into 3, ten-minute segments. Actually, on my Gazelle walker, according to the digital readout on it, I can do about a half mile walking motion in 10 minutes.

I have settled into an eating plan that works well for me. They say 5 small meals per day are ideal but as I retired 5 meals don't work well for me. If you are overweight, you will tend to overeat- but just having the knowledge that you will get 5 meals you will be satisfied with smaller portions. Usually when I get up I will drink two cups of black coffee. If I do a colon or parasite cleanse, I will do it now and skip the lunch meal; around 11/11:30 I will have a brunch; maybe a very small snack about 2 pm which is a handful of snacks and a beer or iced tea; supper is around 5 depending on everyone's schedule. That will be our biggest meal; then sometime before 9 pm {no eating after that hour!} I will enjoy a good handful of trail mix {Sam's Choice, “Nature” in purple bag or “Indulgent”, in orange bag} I get from Walmart. seems to be the best value and quality and I like the contents of other brands I have tried. Although I discovered pretty good mixes at Wild Oats, {an organic store in Mason} it's a bit pricey but I do not want to cheat myself on nutrition. Also, for a snack I keep unsalted peanuts in the shell to eat them slower. The absolute best I have ever found is Hampton Farms sold at Meijer's grocery in the produce section get the jumbo unsalted in shell for only about \$1.50 on sale. And remember- drink all the water you want {if only tap water is available, I will do without}. This may be a good place to say- eat slower and chew your food thoroughly. Food should be swallowed in a near liquid state so your digestion system doesn't have to do so much work. I found to slow me down from eating too fast I will put my fork down between each bite as a reminder or if a sandwich, put it down on the plate after each bite.

What's a real Christian anyway? Is it just someone that believes in Jesus and occasionally attends one of the many churches when it doesn't interfere with something more important? Or maybe it goes a bit deeper than that. Maybe it's someone that is eager to share the faith they have with others and has deep concerns on living right and bringing up their children in the Lord. Maybe a true follower of Christ has convictions about the social ills of society, how men have raped the earth and polluted the waters, and as I have come to see in my studies, sees a horrible sin happening by abusing the animals we eat. How often in the news do we see someone in front of a judge for abusing a pet, yet there is little concern for the treatment of the animals we use for food. Factory farms and slaughterhouses should be of great concern for Christians. Eating veal should be off your list for certain as it is well documented the torture calves endure for our dinner plate. Concerned people should look for labels like: locally grown; Heirloom; organic; fair trade; environmentally friendly; certified humane; free range; wild caught; humanely raised; and kosher. Try to remember those labels and look for their seal on the foods you purchase. People are becoming more aware of the unethical practices used in the manufacturing of our food and various concerned groups are coming up with new seals all the time. It's not a perfect system but is just another small thing Christians should do for God's wonderful creation.

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

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It's easy to read right over in the bible but Christians are instructed to FAST. At least once a year I will do a complete fast as it is commanded on the Day of Atonement. A complete fast is no food or water for 24 hours from sundown to sundown. I have done that for decades but am just now finding the physical benefits for doing that. It is a bit hard so that is the only complete fast I do per year but I try to do many mini-fasts, actually one per week is great. When I do the mini-fast I will not eat after supper till the next morning then maybe just a cup of coffee then break the fast during a later lunch. The benefits are too numerous to mention here, but I recommend reading, “What the Bible Says about Healthy Living? {chapter five} by Dr Rex Russell.

I'm in this study for life and my goals for the next decade are to eat only organic whether I buy food or grow my own; eat very little meat if any at all; and get in the habit of exercising. For those with children it is an extremely important responsibility to teach your kids the importance of eating well as they will probably carry that knowledge all their lives and in turn teach it to their kids. I have seen parents feed their kids candy all through a church service and fight with them because they were so hyper, then during the potluck meal fight with them to eat their meal- then usually waste the meal and give them the dessert. I am not so self-deceived to think I will not cheat on eating right. But when I cheat it will be something I really, really like. In the past it was a reflex action to “see food-eat food” and when I did wolf down a Krispy Cream donut I would always think- that wasn't that good and I was sorry I didn't use a bit of will-power to resist that. Try to think first and weigh if it will be as good eating an item, as it will be feeling good by not eating it. We have found it best to take extra time when grocery shopping. Read labels. Shop smart. If you don't put trash in your basket at the store you won't be tempted to consume it later. To put junk food in your basket is PLANNING to cheat later on. One doctor said to care for the arteries and everything else will take care of itself. So, think of your arteries when you make food choices. I can't stress enough to study into nutrition and how it relates to living as a complete Christian. Again, get the book by Jordan Rubin, “the Makers Diet”. And with that book, study your bible and look up the scriptures he refers to. I have found in life that when you just believe something because some other person told you, that belief will not last long. But when you prove something to yourself and do the research you have a belief that will last you a lifetime. As always it is my prayer for you to our Great God and Healer that He will guide you on the narrow path that leads to Life and that He will show you the good choices in life for your good health and that you may become a light to others and reflect the glory of our wonderful Savior. In Jesus? Name, amen Wayne

**Editor's Note:**

**In our house we eat primarily meat, the clean kinds as mentioned in Lev. 11. Eating primarily meat puts you into ketosis which is better for your heart. It also heals many auto immune diseases. If you are overweight the pounds will melt away over time. I say this from my own experience and my opinion of my own experience should not be taken as medical advice. Do your own research. Laura Lee**

## The Tragic State of National and World News

(Copyright 2024) by Richard Markland (London, Ohio)

Is it any wonder the majority of people are turned off and tuned out by today's news? **Meaningful and extensive in-depth coverage** is nonexistent because America's networks cherry pick what they consider is newsworthy. The mainstream media has gone lamestream by avoiding significant news that is taking place globally, because America is domesticated in its mindset of what is considered relevant. You can hardly blame anyone for not watching news that is mostly insignificant tabloid fluff. The way it is presented is accepted as the status quo, even though trivial, mundane, boring and embarrassing.

The nation's news outlets employ “newscasters” and “journalists” who talk about problems, but do not offer solutions. It's glaringly obvious a political agenda is the driving force behind the way the news is reported. It has resulted in continual personal opinions by reporters and news anchors who repeat what they say over and over. Bias is evident, whether from a liberal or conservative standpoint. The major focus is on domestic issues, and what's taking place beyond the country's backyard is neglected. Problems are increasing and mounting by the day around the world, yet how many people are

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

aware of events in other countries? Tragically, Americans are not well informed, and do not demand more than what is offered.

Nothing can drown out what is really important like an election season. News anchors and journalists spout political agendas on both sides of the aisle on a constant basis. The upcoming U.S. election in November is an obsession by all major news outlets. They are completely out of touch with what is taking place globally because the attitude is one in which the world is America, and America is the world.

It's obvious to anyone who watched national and world news 50 or 60 years ago that hard-hitting news has gone AWOL. Millions of viewers today are being mentally manipulated, but don't realize it. Repetition numbs the mind when video footage, accompanied by personal narratives, are repeated over and over, day after day. Whether it's a conservative or liberal stance, it's pure madness! Tragically, because of not being globally informed, Americans are soon going to realize that global occurrences can't be avoided. "Thief in the night: events will soon be at America's doorstep, and most Americans are going to be taken by complete surprise.

Physical problems demand spiritual answers, but it's the last thing the majority of people want to hear or consider. Why? Because the Bible is portrayed as something it isn't. The nation's clergy spout words from pulpits across the country, yet few realize approximately one-third of the Bible is prophetic. What is being taught in the majority of churches across the country is totally irrelevant when it comes to a world spinning out of control.

Mankind's track record for the last 6000 years is one in which the word *failure* sums up man's attempt to solve problems. Attempts to solve the world's ills are equivalent to a hamster on a wheel approach day after day. The destruction and mounting chaos on a global scale is obvious to anyone who is willing to look beyond the way news is presented today and realizes there is far more than what is seen or heard.

Leviticus 26 and Deuteronomy 28 describes what is happening not only today, but what is going to happen in the near future on a far greater scale. The words are God's mind in print, and describe the blessings for obedience, and curses for disobedience. America, the British descended peoples and the Jewish nation of Israel are paying deadly consequences for disobedience. Matthew 24, Mark 13, and Luke 21 describes not only what is happening with more frequency on a global scale today, but will happen in a **far greater way in the days ahead.**

There is, however, hope beyond today's headlines. The Bible says in **Matthew 24:22** – **“And except those days should be shortened, there should no flesh be saved (alive): but fore the elect's sake those days shall be shortened.”** It means the world is not going to end in nuclear annihilation, but God will intervene, and this present age will be replaced by his kingdom when Christ returns. It will be a world in which peace will become an absolute reality. There will be no war, no hunger, economic prosperity for everyone, sound families, no crime and even the nature of all animals will be changed. Every single problem that exists today will be a thing of the past. This world will come to see that its way doesn't work, but first it will have to come to the realization that the necessary changes that must be made will have to be on God's terms. It is the only way the unsolvable will be solved. Such a world promised is beyond man's reach without God.

When watching the news, it's easy to feel depressed because it's an open testimony of what happens when God is not looked to as the world's problem solver. We are living in the last days of this present age, and only when Christ returns, and establishes the Kingdom of God, will there be true peace and prosperity as the Bible describes. It is more than obvious that spiritual answers are the only solution to what is taking place worldwide.

### **The Coming Age of Global Peace**

**Isaiah 65:21-25** – “In those days people will live in the houses they build and eat the fruit of their own vineyards. **(22)** Unlike the past, invaders will not take their house and confiscate their vineyards. For my people will live as long as trees and my chosen ones will have time to enjoy their hard-won gains. **(23)** They will not work in vain, and (will live a complete and full life) their children will not be doomed to misfortune (will not die when they are young). For they are a people blessed by the Lord, and their children, too, will be blessed. **(24)** I will answer them before they even call to me. While they are still talking about their needs. I will go ahead and answer their prayers! **(25)** The wolf and the lamb will feed

together. The lion will eat hay like a cow. But the snakes will eat dust. In those days no one will be hurt or destroyed on my holy mountain (in God's Kingdom). I, the Lord have spoken it."

## The First of the Unleaveneds

(Copyright 08-02-2022) by Rich Traver (Clifton, Colorado)

*A Poorly rendered expression found in Mark 14:12 creates a degree of Confusion among Believers. What day is Mark's expression intending to identify?*

There are times in the New Testament, particularly as it involves the observance of such an important event as the Passover, when identifying an exact day can be especially important. Now, if there weren't varying opinions as to when Passover ought to be observed, then perhaps which day, or days, being referred to in this Gospel narrative, wouldn't pose the question that it does.

### Translational Issues

But translators, being insufficiently familiar with the customs of the first century, chose to translate Mark's reference through a prism of a modern perspective.

The Gospel of Mark is specific in identifying a particular day. It was, as Mark states, the '*first of the unleaveneds*'. However, that leaves the impression in some people's minds that he refers to the First Day of Unleavened Bread, the fifteenth day of the first month. But it can't be the first day of Unleavened Bread as the translators seem to have worded it. (How we know that it was not the fifteenth when they did this, is that it would have been after Jesus' death!! He was entombed as the First Day of Unleavened was beginning!)

### Editor's Note:

**Jesus was entombed on the preparation day of Passover/Unleavened Bread.**

**Joh 19:31 The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away.**

**Joh 19:42 There laid they Jesus therefore because of the Jews' preparation day; for the sepulchre was nigh at hand.**

### Except for the Passover

The fourteenth day provided an occasion when unleavened bread was required to be eaten with their observance, as no leaven was to be eaten with a Passover Supper, though they didn't need to have their houses de-leavened quite this early.<sup>1</sup>

### Editor's Note:

**All the leaven had to be gotten rid of before they could start slaughtering the Passover Lambs. So that means it had to be gone by noon on the 14<sup>th</sup> of Nisan before they started to slaughter the Passover Lambs. Laura Lee**

According to Edersheim, they could eat leaven on the fourteenth up until mid-morning only.<sup>2</sup> But, this limitation made the fourteenth effectively a day involving unleavenedness, thus the term for it.

<sup>1</sup> Ex. 12:15, 19-20; Ex. 23:18: "Thou shalt not offer the blood of my sacrifice with **leavened** bread;.." (Though some traditional Jews did de-leaven early.)

<sup>2</sup> *The Temple, Its Ministry and Services*, Updated Edition, by Alfred Edersheim, Hendrickson Publishers, Inc., Fourth Printing – June, 1998; page 173.

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

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**A Detail that Adds Context**

The Gospel of Mark added this extra detail to his narrative. First, it's specific as to the day. He calls the day the '*first of the unleaveneds*', not the first day of Unleavened Bread as some readers take it to mean. Since it's often taken to be a specific day being referred to, why not allow its alternate possibility?

What Mark alluded to was a reference to the traditional Jewish observance, not the one we know of today and not the one Jesus and the early New Testament Church observed. The Jewish allowance was that leaven could still be eaten up until mid-morning of the fourteenth, but that was the day when they were to complete their de-leavening. Any remaining leaven was to be disposed of after mid-morning. Keep in mind that their Passover observance (the Passover of the Jews) wasn't until late on the fourteenth, extending into the fifteenth, by the time their lambs were sufficiently roasted so they could be eaten.

**Editor's Note:**

**There is no difference between when the Jews observed Passover, when Christ observed Passover and when we are to observe Passover today. Passover has always been observed on the latter part of the 14<sup>th</sup> of Nisan by the Jews and by Christ and is the time we are still to observe it today. The timing of Passover was never changed anywhere in scripture.**

**Psa 60:7 Gilead is mine, and Manasseh is mine; Ephraim also is the strength of mine head; Judah is my lawgiver;**

**And this is repeated a second time in scripture.**

**Psa 108:8 Gilead is mine; Manasseh is mine; Ephraim also is the strength of mine head; Judah is my lawgiver;**

**The word lawgiver is Strong's H2710**

ךקא

châqaq

*khaw-kak'*

**A primitive root; properly to *hack*, that is, *engrave* (Jdg 5:14, to be a scribe simply); by implication to *enact* (laws being *cut* in stone or metal tablets in primitive times) or (generally) *prescribe*: - appoint, decree, governor, grave, lawgiver, note, pourtray, print, set.**

**In other words the Jews were to preserve the law of God for all of us today. The only people who keep a different law and calendar from Christ or God's true people are those who made up their own laws and calendars which is many people who currently claim to be God's elect. Laura Lee**

So, from a Jewish point of view, the fourteenth was the day in which de-leavening was to be accomplished, though the full seven days of Unleavened Bread were not yet begun. Just by its name, there's the logical implication that all leaven was to be removed from their homes (and lives) by sunset as the fifteenth of the month was beginning.

**Editor's Note:**

**Leavened bread was to be removed by noon on the 14<sup>th</sup> of Nisan at the time of Christ, before the Passover Lambs were killed and by us today as a part of the memorial of Passover. Laura Lee**

**Familiar With the Traditions**

Knowing the traditions of the day explains the terminology that Mark and others used when it came to explaining what was going on. There was and is a discrepancy between how the Jews understood the Old Testament instructions regarding when to keep the Passover, and how it's observance is presented in the New Testament.

**Editor's Note:**

**There is no difference between the Passover Observance in the Old Testament versus the New Testament. Passover in the Old Testament was observed on the latter part of the 14<sup>th</sup> as it turned into the 15<sup>th</sup> and that did**

**not change in the New Testament. Passover has always been on the latter part of the 14<sup>th</sup> as it turns into the 15<sup>th</sup> of Nisan. Laura Lee**

As another related article explains, there was also a discrepancy even among various Jewish sects. The Sadduceean tradition differed from the Phariseean beliefs and practices on this matter as well. Request the article: "*Passover Timing Considerations*".

**Editor's Note:**

**Act 23:8 For the Sadducees say that there is no resurrection, neither angel, nor spirit: but the Pharisees confess both.**

**Obviously, Christ was not following in the footsteps of the Sadducees since they did not believe in a resurrection, in angels or in spirit. Christ believed in a resurrection because he was resurrected and He is also a spirit.**

**Mat 23:1 Then spake Jesus to the multitude, and to his disciples, Mat 23:2 Saying, The scribes and the Pharisees sit in Moses' seat: Mat 23:3 All therefore whatsoever they bid you observe, *that* observe and do; but do not ye after their works: for they say, and do not.**

**The above scripture backs up what God said in Psalms 60:7 and 108:8.**

**From the Internet:**

**The "seat of Moses" can refer to a symbolic position of teaching authority or to a literal chair in ancient synagogues where authorized teachers would sit. Jesus mentioned it in the Gospel of Matthew when instructing his followers to follow the teachings of the scribes and Pharisees, who "sit in Moses' seat". The term represents the authority passed down from Moses to interpret and teach the Law, and it is associated with the Chorazin Synagogue's actual "Seat of Moses," which is an ancient, carved stone chair. (End Quote)  
Laura Lee **

**Editor's Note:**

**We do not listen to video links or read print material that is linked to items we print, so we may or may not agree with those links. We only look at print material that is sent to us for print. Laura Lee**

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## Carried About by Every Wind

(Copyright 08-27-2025) by Richard T. Ritenbaugh (Charlotte, North Carolina)

In [Ephesians 4:11-16](#), the apostle Paul famously explains the reasons for Christ's gift of the ministry to His church: "for the equipping of the saints for the work of ministry" and "for the edifying of the body of Christ" (verse 12). This educational and supportive element is necessary because those He calls out of this world have been steeped for decades in the ideas and behaviors of a society cut off from [God](#). They must learn God's truth and begin living His way. As Paul writes later in the chapter, they must "be renewed in the spirit of [their] mind, and . . . put on the new man which was created according to God, in true righteousness and holiness" ([Ephesians 4:23-24](#)).

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

In this way, God rears His children to reflect, model, and hold fast to Him, His ideas, His behaviors—a fundamentally and entirely contrary method to what often happens in our modern world. The motto of many current parents seems to be, “I don’t want my views to influence my kids. I want them to learn to think for themselves.” They will and they do. However, lacking firm principles to guide them, they will believe and do *anything* if it suits them or helps them get ahead.

This lesson is underlined in [a recent finding](#) by Forest Romm and Keven Waldman, psychology researchers at Northwestern University. After polling 1,452 undergraduate students at Northwestern and the University of Michigan, they reported that an astonishing 88 percent of them admitted to pretending to be more progressive than they are to succeed either academically or socially. The findings broke down as follows:



Seventy-eight percent of students told us they self-censor on their beliefs surrounding gender identity; 72 percent on politics; 68 percent on family values. More than 80 percent said they had submitted classwork that misrepresented their views in order to align with professors. For many, this has become second nature—an instinct for academic and professional self-preservation.

Without core principles, these students easily bent with the winds of change, which is one of the primary reasons the apostle Paul gives for the church’s educational function: “. . . that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men” ([Ephesians 4:14](#)). Their selfish ambitions led them to lie publicly to conform to far-left ideology—and behaviors—rather than to reject their obviously untenable propositions and overtly political, racial, and sexual objectives.

As the study’s authors explain:

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

These students were not cynical, but adaptive. In a campus environment where grades, leadership, and peer belonging often hinge on fluency in performative morality, young adults quickly learn to rehearse what is safe.

The result is not conviction but compliance. And beneath that compliance, something vital is lost.

What is lost is truth, integrity, and moral development. Many polled students expressed relief that the researchers allowed them to express their true beliefs without fear of social or academic punishment. As the authors related, “For students trained to perform [to the dictates of progressive ideologues], the act of telling the truth felt radical.”

Sadly, this habit of pretending does not end once the individual walks off the graduation stage, diploma in hand. It has been ingrained by years of practice, for many of them since high school, and so it continues into their subsequent careers. They will conform to their superiors’ ideas and actions to avoid being excluded from the current corporate power structure. Such a habit cannot help but corrode whatever moral core they have left after all the compromising they have done to get ahead.

Where does it end? In a form of nihilism.

A person who drifts with the wind of social and political forces ultimately believes in nothing. Or, as observed from the outside, such a person will fall for anything. At some point, he or she has no core principles left, as they have all been sacrificed for more money, promotion, or recognition, leading to bitterness, regret, and emptiness, as Solomon eloquently expresses in the [book of Ecclesiastes](#).

So, with nothing to believe in, the next step in the process can be a fatal turn toward destruction, either of self (note the rising rates of suicide) or of targeted institutions (political, military, corporate, religious, educational) thought to be to blame. This turn has already begun happening—so much so that the FBI has recently added a new category of terrorist, the “[nihilistic violent extremist](#).” For instance, the attempted assassination of then-candidate Donald Trump in Butler, Pennsylvania, “appears to be a story less about fanatical partisanship than about the crisis of lonely and disconnected young men being radicalized into pure nihilism” (“[The Trump Shooter and the Growing Nihilism of Young Men](#),” Michelle Goldberg, *The New York Times*, July 16, 2024).

Historians warn that the precedents for this are not good. When last an overwhelming leftism produced a populist reaction that eventually plummeted into a surge of nihilism, Western nations produced the Russian Revolution and the rise of Nazi Germany. While a similar authoritarian dictatorship may or may not be the result of this recent round of self-righteous progressivism, it will leave behind a vast populace already conditioned to compromising its values and “going with the flow” of whoever may be in power. It is reminiscent of how God describes the reaction to the rise of the Beast, “And all [the world](#) marveled and followed the beast” ([Revelation 13:3](#)).

Going along to get along is not the answer. We must have firm convictions about what is true and right and be absolutely unwilling to compromise them for any reason. Moreover, we need to instill the same convictions in our children to help them prepare for even worse deceptions in the future.

**Editor’s Note:**

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## Fully Man and Fully God?

(Copyright 09-26-2025) by John W. Ritenbaugh (Lancaster, South Carolina)



Will someone please explain how a person can be more than the sum of his parts? It seems illogical, when we consider all the parts of something separately, that a fully constructed whole could be greater than the combined value of its constituent pieces.

Although this is, of course, a word game, there is a serious purpose behind it. Some in the church of [God](#) have begun to doubt its traditional teaching regarding the physical/spiritual makeup of our Lord and Savior [Jesus Christ](#). Many may not be aware that this issue was a significant controversy in the first-century church, especially when Gnosticism—particularly Docetism, the belief that Jesus was a physical human, but Christ was a separate, spiritual being—began to make inroads.

The May/June 1994 issue of *The Plain Truth* employed the phrase "fully man and fully God," a concept commonly found in Protestant theology. In the August issue of this publication, while expounding on [John 2:19](#) ("Jesus answered and said to them, 'Destroy this temple, and in three days I will raise it up'"), the author writes, "Thus, when Jesus spoke of raising himself, he spoke of God in the flesh."

This presents us with two questions. First, how could He be both fully man and fully God at the same time? Second, if Jesus were dead, how could He raise Himself from the dead? The answers to both of these questions seem obvious.

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**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

However, because they deal with theological issues, many—scholars and laymen alike—have clouded these issues with their vigorous and often convoluted arguments.

### **Death**

We will consider the more straightforward second question first. The Bible makes some direct points about the condition of the dead:

- » In [Psalm 146:3-4](#), the psalmist writes, "Do not put your trust in princes, nor in a son of man, in whom there is no help. His spirit departs, he returns to his earth; in that very day his plans [*thoughts*, KJV] perish."
- » Solomon adds, "For the living know that they will die; but the dead know nothing, and they have no more reward, for the memory of them is forgotten" ([Ecclesiastes 9:5](#)).
- » Speaking of a dead man, Job tells his friends, "His sons come to honor, and he does not know it; they are brought low, and he does not perceive it" ([Job 14:21](#)).

These verses are clear: People who have died can no longer think. They are not merely unconscious—every function of their body, including the brain, has stopped. They have no recognition of anything, not even of a vast emptiness or nothingness. *Webster's Dictionary* defines *dead* as "in a state of complete and permanent cessation of vital functions; inanimate, having no life; having no feeling, movement, or activity."

In [1 Corinthians 15:3](#), Paul writes, "For I delivered to you first of all that which I also received: that [Christ died for our sins](#) according to the Scriptures." The resurrected Jesus Himself adds in [Revelation 1:18](#), "I am He who lives, and was dead, and behold, I am alive forevermore." He introduces the message to the Smyrna church by saying, "These things says the First and the Last, who was dead, and came to life" ([Revelation 2:8](#)).

Death, according to these scriptures, is a state without awareness. If Jesus was unaware, how could He raise Himself from the dead? It is impossible! He was not even aware that He was dead! If a dead person has no awareness or thought, how can he have the power and control to perform a resurrection?

Furthermore, [Romans 6:23](#) says, "The wages of [sin](#) is death." When one sins, death is the result. Jesus did not sin ([Hebrews 4:15](#)), but "He Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness" ([1 Peter 2:24](#)).

Many more scriptures of this nature could be added, but it is obvious that, if Christ did not truly die, the penalty for sin has not been paid, and we have no Savior!

Does God not mean what He says in His Word? If He does not, how then can we trust Him? Jesus says, "The Scripture cannot be broken" ([John 10:35](#)). Surely someone is either badly deceived, and thus does not understand, or a deliberate lie was perpetrated on the church of God!

### **Who Raised Jesus?**

In [Acts 2:24](#), as part of Peter's sermon on Pentecost, the apostle says, "[Jesus] whom *God* raised up, having loosed the pains of death, because it was not possible that He should be held by it." Twenty-three times a similar statement is made in the Scriptures. Someone else, the Father, God, raised Jesus Christ from the dead. Jesus could not do it Himself! He was dead.

The rest of the answer to [John 2:19](#) is quite simple. The word "temple" also appears in verse 14, but it derives from a different Greek word, *hieron*, meaning a "shrine" or "holy building." In verses 19-21, John uses the word *naos*, signifying the "dwelling place" of a deity.

In the New Testament, *naos* is used metaphorically of the bodies of believers ([1 Corinthians 3:16-17](#); [6:19](#)). Whereas the Jews of [John 2:19](#) were thinking in terms of a building, the Temple, Jesus was referring to His Body, the church.

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**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

During Jesus' trial, the Jews brought up what He said in [John 2:19](#) as an accusation against him. However, [Mark 14:58](#) adds two significant phrases that clarify what Jesus said beyond a shadow of doubt: "We heard Him say, 'I will destroy this temple *made with hands*, and within three days I will build another *made without hands*.'"

To understand what He meant, we must consider what occurred as a result of His death and resurrection. The instant God the Father raised Jesus from the dead, the church—the "body" in which God dwells—became an accomplished fact. Jesus Christ is its first Member and Head. This is also one of the senses of [Matthew 16:18](#): "On this rock [Jesus Himself] **I will build My church**, and the gates of Hades [the grave] shall not prevail against it."

The true meaning, then, of [John 2:19](#) is that Jesus makes a parable-like statement about His nature then and in the future. His physical body at that time represented the extent of His church; He was the only believer, its only member. But once the Father resurrected Him and He became Mediator and High Priest, He indeed raised a body of believers, the Temple of God, of which we are part.

### **Fully God?**

By itself, His resurrection creates a problem regarding the first question about Jesus being "fully man and fully God." Like all men, Jesus died, but God cannot die because He has life inherent. He inhabits eternity ([Isaiah 57:15](#)); He has no beginning of days nor end of life ([Hebrews 7:3](#)). Is it too simple a question to ask that, if Jesus was fully God, how could He then die?

That [Jesus is God](#) is without dispute. One of His names is Immanuel, which is "God with us" ([Matthew 1:23](#)). [John 1:1-3](#) identifies Him as "the Word," and explains, "the Word was God." Later in the chapter, John writes in verse 14, "The Word became flesh and dwelt among us." Jesus Himself says in [John 8:58](#), "Before Abraham was, I AM." He was God—absolutely!—but was He *fully* God?

It does not demean Christ in any way to realize that no scripture makes that claim. Rather, some *people* make that claim *for Him*. However, the Scriptures, plus some logic and common sense, show that we need to formulate a more accurate description of the divinity of our Savior and soon-coming King.

In Jesus' prayer in [John 17:5](#), He requests, "And now, O Father, glorify Me together with Yourself, with the glory which I had with you before [the world](#) was." Whatever this glory is that He asks to be restored, it is something He did not have as a human but did have when He truly was fully God. His request implies that He had it before He was born of Mary, did not have it during His physical life, and had it returned to Him upon His resurrection and ascension.

In the New Testament, *glory* is used in the sense of anything that brings honor and praise upon a person. It can be one's works, attitude, manner of living, skill, strength, [wisdom](#), power, appearance, or status. Some or all of these could be included within the framework of Christ's request. The Bible does not clarify or expand on what He specifically meant, but whatever it was, it was lacking in Him while He was human.

### **In the Form of God**

[Philippians 2:5-7](#) provides the background for Christ's incarnation:

Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a servant, and coming in the likeness of men.

The first word we need to consider is *form* in verse 6. It is the Greek *morphe*, for which English has no exact equivalent. Unlike "form" in English, *morphe* does not mean "shape." It is a philosophical term that means "the outward expression of an inner essence."

We can derive an illustration of this definition from figure skating. One might say, "I went to the Winter Olympics, and the figure skater's form was outstanding." What is meant is that the skater's swift, rhythmic grace and coordinated movements were an outward expression of his or her inward ability to skate expertly.

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**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

Jesus was in the form (*morphe*) of God. The apostle Paul's use of "being" indicates a condition that began in the past and continues into the present. Therefore, while on earth, the outward expression of His inmost being was the expression of the divine essence, Deity. Paul means that when the One who became Jesus, the Word, came to earth to assume the form of a man, He did not cease being God.

Also in verse 6 is the word *consider*, meaning "to make a judgment based on facts." Paul desires us to weigh the difference between Christ's original state and what He became as a man. He implies that the difference—and thus His humility in making such a sacrifice—is awesome.

The word "*robbery*" has two applications: "an unlawful seizure" or "a treasure to be clutched and retained at all hazards." Since the subject of this section is Christ's humility, the second application must be intended here. In humility, Christ did not assert His right to consider the expression of His divine essence so valuable that He should hold on to it at all hazards. He waived that right. This is the very essence of humility.

Finally, "God" in verse 6 does not refer to a Personage, or it would say "the God" in the Greek. Since it does not, it must refer to divinity in general, that is, the expression of the divine essence.

Verse 6, then, declares that, before His incarnation, the Word outwardly expressed His essential nature—Deity—and He judged that being equal with Deity in the expression of the divine essence was not a treasure to be clung to and held at all hazards. Thus, He gave it up, sacrificed it, to take on another outward expression.

#### **In the Form of a Servant**

Verse 7 is quite meaningful in resolving this question of "fully man and fully God." The clause, "He made Himself of no reputation," more literally reads, "He emptied Himself." Instead of asserting His rights to the expression of the essence of Deity, He waived His rights and relinquished them. Compared to the fullness of God, He must indeed have felt empty once He gave up "the form of God"!

The word "form" in verse 7 is the same Greek word as in verse 6. The grammatical structure of the sentence demands that the "taking the form of a servant" preceded and caused His "making Himself of no reputation." Remember, *form* is "the outward expression of inner nature." The sentence, though, indicates an exchange of such expression. Therefore, being a servant was not something of His inner nature that had been previously expressed; it was not His usual mode of outward expression. Before, He conveyed glory and sovereignty over all things, but afterward, He manifested servanthood.

An event in the life of Jesus may help explain this exchange of expressions. What happened in His incarnation was the exact opposite of what occurred at the transfiguration ([Matthew 17:1-5](#); [Mark 9:2-7](#)). Luke writes that His "appearance . . . was altered" ([Luke 9:29](#)), and Peter, James, and John "saw His glory" (verse 32). On the Mount of Transfiguration, Jesus was seen as changed from His normal, human outward expression as a servant to the outward expression of Deity.

Of what did He empty Himself? He did not empty Himself of His Deity, but rather the outward expression of His Deity and all it implies. As one author puts it, "He emptied Himself of His existence-in-a-manner-equal-to-God." He set aside His legitimate and natural desires and prerogatives as Deity so that He might express Himself as a servant.

#### **The Word Became Flesh**

Can anything that has some part removed from it still be as much as it was before? In the Word's case, He surrendered a level of existence never experienced by any human being, since only God lives at such a level in terms of both quality and length. We should not forget that what He gave up included immortality. If this is the case, was He, as a human, as fully God as He was before?

Of course, the other side of this picture is His humanity. If we understand [Philippians 2:5-7](#) correctly, then Paul is saying that the Word exchanged one form of expression for another. Therefore, He never ceased being what He originally was, just the *expression* of what He was changed. Therefore, He was not a man in the strictest sense of what a man is—as

**The "New" Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

we are. He was the Word of God manifest in the flesh and nature of a man. If this is the case, can we then say He was fully man?

When the Word became a man, a servant, He entered into a new state of being. He became a fleshly person with two natures. The word *likeness* in the Greek text ([Philippians 2:7](#); [Romans 8:3](#)) refers to "that which is made like something else." His humanity was a real likeness. He was not a phantom, as some of the Docetists believed, but His human likeness did not and could not express the whole of His being. Jesus was also God, but His human form could never express the fullness of God, even though He was God.

"Fully man and fully God" is a cliché that has an appealing simplicity to it. At the least, however, it obscures a reality that should be more accurately articulated and understood. At the worst, it is a confusing and misleading statement that defies accurate biblical explanation.

It would be far better to use the expressions already inspired in the text of our Bibles. John, as mentioned above, writes, "And the Word became flesh and dwelt among us" ([John 1:14](#)). He gives no percentages of fullness of either humanity or divinity. Paul says something similar in [Hebrews 2:14](#): "Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same."

Jesus Christ was Immanuel, God with us. Jesus of Nazareth possessed as much of God's nature as could be expressed in a human being. Can we just accept that at face value?

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Inset: Traditional Church of God Teaching About Jesus Christ

**The following paragraphs from *Mystery of the Ages*, "Who and What Is God?" (pp. 41-43), convey Herbert W. Armstrong's belief and teaching on the nature of Jesus Christ:**

In time-order the earliest revelation of who and what God is is found in the New Testament: [John 1:1](#).

"In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men" ([John 1:1-4](#)).

"The Word" in this passage is translated from the Greek *logos*, which means "spokesman," "word" or "revelatory thought." It is the name there used for an individual Personage. But who or what is this Logos? Notice the explanation in verse 14:

"And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father), full of grace and truth."

When he was born as Jesus Christ, he was flesh and blood, materialistic and could be seen, touched and felt. But what was he? As God—as the Logos? That is answered in [John 4:24](#), "God is a Spirit," and spirit is invisible. We know what was his form and shape as the human Jesus. But of what form and shape was he as the Word? We will explain that later [on pp. 46-47].

The Word, then, is a Personage who was made flesh—begotten by God, who through this later begetting became his Father. Yet at that prehistoric time of the first verse of John 1, the Word was not (yet) the Son of God. He divested himself of his glory as a Spirit divinity to be begotten as a human person. He was made God's Son, through being begotten or sired by God and born of the virgin Mary.

So here we find revealed originally *two Personages*. One is God. And with God in that prehistoric time was another Personage who also was God—one who later was begotten and born as Jesus Christ. But these two

**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

Personages were spirit, which is invisible to human eyes unless supernaturally manifested. Yet at the time described in verse one Jesus was *not* the Son of God and God was not his Father.

**Who Was Melchisedec?**

We find regarding the beginning of his existence, something further described in Hebrews chapter 7. Speaking of Melchisedec, who was king of Jerusalem in the days of Abraham, it says also that he was the Priest of God Most High. This Melchisedec had existed from eternity—"without father, without mother, without descent, having neither beginning of days, nor end of life; but made like unto the Son of God; *abideth a priest continually*" (Heb. 7:3).

Since Melchisedec was "*like* unto the Son of God," and abides as High Priest forever continually, and Jesus Christ is now High Priest, Melchisedec and Jesus Christ are one and the same Person.

Therefore Christ was "without father, without mother, without descent [in Abraham's time], having neither beginning of days, nor end of life." God also had existed *eternally* with the Word. Jesus, when he was "the Word," was an immortal being who had existed always—there never was a time when he did not exist—without beginning of days. He was, then, "like" the Son of God—but he was not yet the Son of God. He also was God, along *with* God.

These passages show that the Word, in the beginning—before anything had been created—was with God, and he, also, was God. Now how could that be?

There might be a man named John. And John might be with the man named Smith, and John might also be Smith because John is the son of Smith, and Smith is the family name. Yet they are two separate persons.

The only point of difference in that analogy is that the Word, at the time of [John 1:1](#), was not, yet, the Son of God. But he was *with* God, and he also was God.

They were not yet Father and Son—but *they were* the God kingdom!

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**The Post-Christian Age in America**  
**(Copyright 12-01-2023) by James Lloyd (Medford, Oregon)**

The Bible told us it would come when it said there would be a "Falling Away [from the truth]" (II Thessalonians 2:9), but very few saw the form this "departure" from the Gospel would take, as the attached humorous cartoon shows. The Scriptures also describe it as a "Snare," but the practice of breaking free to pursue unrestricted, selfish interests is essentially when Flesh and Blood pursuits unexpectedly rise above Spiritual and moral considerations.

Jesus Christ said this time would be similar to Sodom and Gomorrah, as that account formed the vivid historical example of what happens when restraint is removed, and people do whatever they please, while carelessly ignoring the consequences. Biblically literate Christians know the Bible said there would come a time when something called "the

restrainer" is "taken out of the way" (II Thessalonians 2:7), but they've been inaccurately taught because it has already occurred.



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## **The Human Foot – A Feat of Engineering** **(Copyright 12-15-2022) by David Rives (Lewisburg, Tennessee)**

Did you know you were designed to run around barefoot? Genesis tells us that originally Adam and Eve were created naked. It wasn't until after sin that clothes—and eventually shoes—came into being. But when we shed our shoes, we see that God's design is the best.

An incredible 25% of the bones in your body are found in your feet. These bones form three arches; the transverse, medial longitudinal, and lateral longitudinal arches found behind our toes and on the right and left sides of our feet. These arches beat the design of man-made arches because they absorb shock and even change shape to redistribute our weight as it shifts during different activities.

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**The “New” Church of God Messenger**  
**A Newsletter for the People of God**  
**December 13, 2025 --- Issue No. 238**

---

Our arches, together with a set of tendons, also act as springs. The tendons wrap around your toe joints and when we take a step forward our toes curl, shortening our feet by half an inch! This pulls the bones in your foot into a locking position. This “windlass” design allows the bones to relax when your foot falls forward and then tighten up to propel us further.



This specific arch design is uniquely human—you won’t find it anywhere else! Why? Because humans were designed for bipedal walking and our feet have been beautifully designed for that exact purpose.

**But then we stick shoes on our feet. Shoes immobilize the foot, stopping the complex system God designed.**

Arch supports, high heels, thick soles, and even the curve at the toe of your shoe all force your foot into an unnatural position, disabling your windlass mechanism. And, of course, the dark, moist environment found inside a shoe is the perfect environment for nasty fungi and athletes’ foot.

Of course, in many places, going without some kind of foot protection has its hazards. Thorns, stones, or ants might threaten those in rural areas while broken glass, hot pavement, or a clumsy dancer might be dangerous in more urban environments. Shoes are also a very nice luxury in the winter! But it’s fun to just stop and realize that God’s design is amazing wherever you look—from the soles of your feet to the top of your head – We’re wonderfully made.

I’m David Rives...Truly the heavens declare the glory of God.

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**New American Standard Bible (Proverbs 27:17)**  
**As iron sharpens iron, so one person sharpens another.**

**Holy Days 2026**

**Passover – April 2, 2026 (Observed at Sunset the Evening Before)**  
**Passover/Unleavened Bread – April 2-8, 2026**  
**Pentecost – May 22, 2026**  
**Trumpets – September 12, 2026**  
**Atonement – September 21, 2026**  
**Tabernacles –September 26, 2026, to October 2, 2026**  
**Last Great Day – October 3, 2026**

**Notes**

**Notes**