

Spring 2011

THE DEAF MESSENGER

An Inspirational Magazine for the Deaf



REST
AREA

“So the heavens and the earth and everything in them were completed. By the seventh day God had finished the work he had been doing. So on the seventh day he rested from all of his work. God blessed the seventh day and made it holy. He rested on it. After he had created everything, he rested from all of the work he had done.” Genesis 2:1-3

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The purpose of this magazine is to inform the deaf reader about such topics as practical Christian living; basic Bible truths; and what the past, present, and future historical events mean to each of us. This magazine attempts to cover spiritual, mental, and physical aspects in its articles and columns.

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God's Restful Plan for All People

By David M. Trexler

Several years ago I was flying on a business trip for Three Angels Deaf Ministries and I was reading an airlines' magazine. I was surprised to see a very interesting article about the Sabbath rest in a non-religious magazine. Normally, the airlines do not promote religion, but this article was written by a busy career mother. She had to divide her busy schedule between caring for her family and job. However, one day she discovered a wonderful meaning to her life by keeping the 7th day Sabbath according to the Bible. She didn't promote religion, but she promoted a healthy human relationship that most people are missing in this very busy world of traveling, working, partying, playing, texting, shopping, etc. She discovered the answer to her hectic and unfulfilling life by reading the Bible that speaks of the seventh-day Sabbath. She shared her idea with her husband who agreed with the plan for not working on the Sabbath—no telephone calls, no TV, no more cooking, no more paperwork, no more buying or selling on that day. This family's relationship with

each other—father to wife; wife to husband; parents to children; and children to parents—improved a lot. Also, their spiritual lives improved much. They were happier than ever before. Their health improved much as well. They always enjoyed looking forward to Sabbath rest with the family and God.

Rest is almost gone from this world of do, do, do. Many people are killing themselves by trying to do more than their minds and bodies can do. It is true that most businesses limit their employees to 40 hours a week. Some workers choose to work more than the limit. But, at home they continue to work without rest. They spend so much time on doing things they could have stopped. More and more families are falling apart because they are too busy for each other. Medical bills increases because of overworking minds and bodies.

What they need is to discover in God's Word that gives us the prescription to our busy world. Jesus invites us to come to Him and rest. "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28,

NIV). If we accept His invitation we would stop working on the seventh-day Sabbath. We need to spend our time with God alone on the restful environment. God wants us to know Him as our personal Savior and Lord. “The Sabbath was made for man [not Jews only], not man for the Sabbath. So the Son of Man [Jesus] is Lord even of the Sabbath” (Mark 2:27, 28, NIV).

May you enjoy reading the following articles about the Sabbath in this magazine. Let God help you to find the restful experience in your life. Jesus wants you to stop working on the seventh-day Sabbath to spend more time with Him so you can be prepared for God’s kingdom that will come soon. The Sabbath is the sign of loyalty and relationship between God and us.



GOODSALT

A Day to Remember



SERMONVIEW

Suppose you asked someone to give some time for volunteer work. You might get excuses why they could not give their time to give help. Plans usually change a lot when two people fall in love. If that person were in love with someone, they would have no trouble finding that much free time to spend with someone special!

The same is true with God. He loves people. And He wants to spend His time with each of us. This is so important to Him that God

chose a whole day to spend His time with us.

That day is called the Sabbath.

The Sabbath is a part of Creation

The Sabbath is not a physical thing like rocks and plants and animals and chocolate ice cream. You can see these things and touch them and smell them and taste them. The Sabbath is more like your birthday. You know what it is and when it happens, but you can't see it

and touch it the way you can see and touch other things.

The Sabbath is a part of God's creation, just like the rocks and plants and animals. God made all these things on the first six days of Creation. But the Bible says that on the seventh day God "rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done" (Genesis 2:2, 3). So the Sabbath was as much a part of God's creation as were these other things He made.

But, God didn't rest on the Sabbath because He was tired or needed to catch up on His sleep. God's rest on the Sabbath was a rest of the spirit. And He has shared His Sabbath rest with all people. Some people claim that no one knew about the Sabbath because the Creation story does not tell people to keep it. But, Jesus said that " 'the Sabbath was made for man' " (Mark 2:27). It is difficult to imagine God making something for all people and then forgetting to tell them about it!

The Sabbath is a part of the Ten Commandments

Some people say that the people did not know about the Sabbath at all until the time when the Israelites left Egypt. They say that the Sabbath was first commanded at Sinai. So, that is where the Sabbath keeping began.

But, the fourth commandment tells us to "Remember the Sabbath day" (Exodus 20:8). Clearly, no one could remember something that had not happened before!

The fourth commandment also tells us why we should keep the Sabbath: "For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy" (Exodus 20:11). The Sabbath is a memorial of Creation. We might call it the "birthday of the world."

Jesus and the Sabbath

Jesus kept the Sabbath. His apostles also kept it. The Bible says that it was Jesus' custom to attend services

in the synagogue (church) on the Sabbath (Luke 4:16). Jesus also did some of His greatest healing miracles on the Sabbath.

Sadly, the religious people of Jesus' time had made so many rules and regulations for the Sabbath. They included the strange rule that it was wrong to heal people on the Sabbath. The Sabbath had become a burden. That is why Jesus reached out to heal people on the Sabbath. He wanted to show that the Sabbath must be a happy day. The Bible says we must call the Sabbath a delight, and Jesus kept the Sabbath day as an example for us to follow (Isaiah 58:13; 1 Peter 2:21).

The Sabbath and Sunday

You know that most Christians keep Sunday as the Sabbath rather than Saturday, which is the Sabbath of the Bible. If you ask them why, many people will tell you that Jesus or the apostles changed the Sabbath from Saturday to Sunday. But, you can search the Bible from beginning to end, and you will not find any

such command.

Many Christians call Sunday "the Lord's day." But, Jesus said that He is "Lord even of the Sabbath" (Mark 2:28). The fourth commandment calls the seventh day "the Sabbath of the Lord" (Exodus 20:10, KJV). Clearly, the seventh day of the week is the Lord's day. Sunday, the first day of the week, is NOT the Lord's day.

The change to Sunday-keeping came many years after the last of the apostles had died. Then it changed slowly over a period of hundreds of years.

Some people wonder if a calendar change might have changed the weekly cycle during the past two thousand years. The answer is No. Saturday today is the same seventh day of the week as it was in Bible times. God gave you this wonderful gift of the Sabbath. Why not tell Him right now that you would like to accept this gift.

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HOW YOU CAN KEEP THE SABBATH

Many people wonder how to keep the Sabbath. The Bible does not give us a lot of rules, but here are some suggestions:

- Worship in church. Both Jesus and His apostles attended the synagogue on the Sabbath day (Hebrews 10:25). Today we go to church.
- Enjoy the day. The Sabbath should be the happiest day of the week. God told us to call the Sabbath “a delight” (Isaiah 58:13). We can go to nature areas to enjoy God’s creation that reminds of God’s love for this world. A good and relaxing walk and nature watching are refreshing for our bodies and minds (Psalm 19:1). We become closer to God through nature. A few

guidelines may be helpful, but we should avoid making so many rules for Sabbath keeping that the day becomes a burden.

- Rest from work. The fourth commandment says that we are not to work on the Sabbath (Exodus 20:8-11). We should rest from the job by which we earn a living. Homemakers should stop doing heavy cooking, cleaning, and shopping.
- Do works of mercy. Jesus healed on the Sabbath. He showed that works of mercy are the right thing to do on the Sabbath. We can visit the sick and lonely people to cheer them on the Sabbath.



HIGHER CLIPS/IMPACT GRAPHICS

Can People Change God's Law?

By Beth Ann Dobson

God made the world in six days for a reason in order to rest on the seventh day according to Genesis. The seventh day is designed for restful purposes. It is the Sabbath. "So, could the Sabbath memorial be changed? No! It is because it points backward to an accomplished fact. For instance, July 4 is Independence Day in the USA. Can it be changed? No, because the Declaration of Independence was signed on July 4, 1776. Can your birthday be changed? No, because it cannot be changed either. It is a memorial of your birth which happened on a set day. History would have to run through again to change your birthday, to change Independence Day, or to change the Sabbath day. We can call another day Independence Day, and we can call another day the Sabbath but that does not make it so." (Amazing Facts: 7 Facts about the Seventh Day, January/February/March 2010, page 8.)

Daniel, a very well-respected prophet, got a dream from God more than 2,500 years ago. God told Daniel that four beasts (animals) would appear. The beasts symbolize four kingdoms according to

Daniel 7:15 and 7:23.

The first beast is a lion that represents Babylon. A lion with eagle's wings has been found on Babylonian coins and on the brickwork of ancient Babylonian buildings.

The prophet Jeremiah describes Babylon as a lion (Jeremiah 4:7). The king of Babylon used the winged lion to represent his nation. He had winged lions formed into the title that lined the walls of his street leading up to the palace in ancient Babylon. These are shown in a museum in Turkey today.

The second beast is the Media-Persia. It destroyed Lydia, Babylon, and Egypt. Soon the Persians rose to power over the Medes. The Bible describes this empire as a bear raising itself on one side with three ribs in its mouth.

The third beast is Greece. A leopard with four wings clearly describes the third beast. If you are familiar with history, you will recognize that Alexander the Great swiftly conquered the nations of his day. "When Alexander the Great died, no one took his place. His four generals divided the kingdom of Greece into four parts, with each general controlling one.

This represents the four heads on the leopard.” (The Deaf Messenger, Volume 7 Issue 1, page 9.)

The fourth beast is a dreadful, terrible, and exceedingly strong. This beast has ten horns and huge iron teeth. This describes the fierceness of Rome! History books support this.

Daniel goes on to explain that a little horn will rise out of the fourth beast, Rome, according to Daniel 7:7, 8. This little horn appears among the ten horns. This little horn will subdue three of the horn nations in order to come to power. He would “pluck up three by their roots.”

History shows that the Roman Empire itself were divided into ten different countries of western Europe in 476 A.D. according to Daniel 7:24. Of course, we do not have a single nation or government in Europe today.

Daniel was worried about the little horn, because it would become a powerful, religious power. It started in Rome. This little horn would do everything to destroy God’s truth. Daniel 7:25 says that this powerful horn will go against the Most High (God) and shall persecute God’s people. It also shall plan to change times and law. Of course, the little horn oppresses

those who do not accept its authority. It defends man-made traditions and persecutes people who do not follow human’s laws.

How long would the little horn rule? Daniel 7:25 says, “For a time and times and half a time.”

Explanation: Daniel uses the expression “time, times, and half a time.” Revelation 12:14 uses this same expression: “time, times, and half a time.” Revelation 12:6 explains this period as 1260 days.

In Bible prophecy, one prophetic day equals one literal year (Ezekiel 4:6; Numbers 14:34). Since one prophetic day equals a prophetic year, 1260 days equal 1260 years!

Here is the proof.

In A.D. 538, the Roman Church became the single dominant religious power in Europe. The pagan Roman emperor Justinian gave to the pope of Rome civil as well as religious authority. Eventually, this led to severe persecution known as the Dark Ages. God’s people were imprisoned, tortured, and martyred. From A.D. 538 to A.D. 1798, this union of church and state continued throughout Europe.

Do your math.

Subtract 1798 from 538 and

you get 1260!

$$\begin{array}{r} 1798 \\ -538 \\ \hline 1260 \end{array}$$

Daniel 7:25 says that this little horn “will try to change the times and laws that were given by God.”

It is a fact that the Papacy does claim it changed the Law of God!

The Papacy clearly admitted changing the Sabbath from Saturday, the seventh day of the week, to Sunday, the first day of the week. It declares the change to be an act of its authority.

“The Catholic Church for more than one thousand years before the existence of a Protestant, by virtue of her divine mission, changed the day from Saturday to Sunday.” Source: The Catholic Mirror, September 1893

“Question: Which day is the Sabbath day?

“Answer: Saturday is the Sabbath day.

“Question: Why do we observe Sunday instead of Saturday?

“Answer: Because the Catholic Church transferred the solemnity from Saturday to Sunday.” Source: The Convert’s Catechism [1948], p. 50 by Peter Geiermann

Upon reading all of the evidence according to the sources and Bible verses I just quoted, my future husband-to-be, Mike, and I wanted to check out one more source by going to a Catholic Church to talk to a Catholic priest in the summer of 1991. Mike and I drove to Long Island, New York to visit my paternal grandmother. Since the priest knew my grandmother very well, I didn’t go into the Catholic Church. I dropped Mike off to let him question the priest.

At first, Mike had a very good talk with the priest by discussing interesting topics. The priest talked in a very normal voice. The conversation became tense when Mike asked the priest, “Which day is the true Sabbath?” The priest appeared surprised and became quiet as if he didn’t want the members in the Church to overhear their conversation. Mike asked the question again, “Which day is the true Sabbath?” The priest finally said quietly, “Saturday is the true Sabbath because it is the seventh day of the week.” Mike was very surprised. He got up and politely shook the priest’s hand and thanked him for his time. The priest was polite to Mike by shaking his hand, too. Mike could tell the priest was eager to get rid of

him.

In summary, there is clear proof that someone had tried to change God's times and laws. But, God never changes for any reason. Won't you follow Him at all times now that we are living in the last days of earth's history? It won't be easy,

but we look upon God for our strength. God loves the idea of us pleasing Him! It is important to have a very good relationship with Jesus Christ all the time.

Beth Dobson is a full-time Deaf teacher of the Deaf and lives in Dumfries, VA.



God's Footprint

By C.L. Paddock

IMAGINEGOLF/ISTOCKPHOTOS



Many years ago, before the days of modern transportation, an agnostic was crossing the desert with an experienced guide. They spent several days of tiring, tedious travel across the burning sands. The agnostic noticed that each evening at sunset the guide knelt reverently and prayed to God. Impressed with the devotion of his guide, one evening when the guide had finished praying, the agnostic asked him, "How do you know there is a God?"

The guide looked the agnostic in the eye as he answered, "How did we know

when we awakened this morning and looked out of our tent that a camel and not a man had walked by during the night?"

We knew that because there was the print of the animal's hoof in the sand." The agnostic replied. "It most certainly was not the print of a man's foot!"

Pointing toward the west where the setting sun was coloring the sky with purple and gold, the guide said, "Neither is that the footprint of a man. That is the work of God."

Adapted from "Signs of the Times," October 5, 1954.

The Best Day of the Week

by Esther Doss

My husband and I have been married almost 13 years and we still love our dates. Our dates are simple. Usually we eat a meal and go for a quiet walk by the river and watch the birds, animals, and fish. Sometimes we go for a long hike, go fishing, or even shopping. This is our chance to catch up on news and spend time together.

Our day-to-day lives are very busy with so little free time. By the time we are finished with all the day's work and activities, we are tired and are ready to go to bed. There is little time to spend our time together and keep our relationship alive. What happened to those fun times during our dating days and newlywed life? That is why we love our dates. Chip and I have a great time and our relationship is alive and renewed. When we come home, we feel happy and refreshed.

As I read the Bible, I continually see how God

wants to have a relationship with us. He listens to our prayers (Proverbs 15:29). He knows about each one of us, even how many hairs we have on our head (Matthew 10:30). He knows what we do and where we are (Psalm 139:1-10). God is always with us (Isaiah 41:10). God wants us to spend time with Him. He knows that we have very busy lives. That is why God set aside one day each week, the Sabbath day, so that we can put away all of our work and duties and focus on Him. Can you imagine? The God of the entire universe wants to spend time with you! That's amazing!

Interestingly, God said in Isaiah 56:2, "The person who obeys the law about the Sabbath will be blessed" (NCV). The word *blessed* actually means *happy*. So how does keeping the Sabbath day holy make us happy? I think of our dates again as an example. Every time Chip and I come home

at the end of our date, we are always very happy and find ourselves in a wonderful mood. Not once have we come home in a bad mood. Our hearts are full of happiness and love and we feel closer than before our date.

Our “date” with God is the same. When we spend time with God, our hearts are full of happiness, peace, and love and we feel closer to Him than before the beginning of the Sabbath. This does make us happy, indeed! The Sabbath is a true blessing.

Every day, we deal with so many things that we have to do: have to work, have to clean the house, have to fill out paper work, have to study homework, have to pay bills, have to answer important email, have to take the kids to a ball game, have to shop for school clothes, and so many more. The American people are suffering from always being on the go, go, go, go! In fact, studies show that Americans are getting far less sleep now than ever before. Adults need 7 to 9 hours of sleep

at night, but most are only getting 6 hours or less. Not getting enough sleep is very dangerous to our health. Often people say, “I wish I had a day off!”

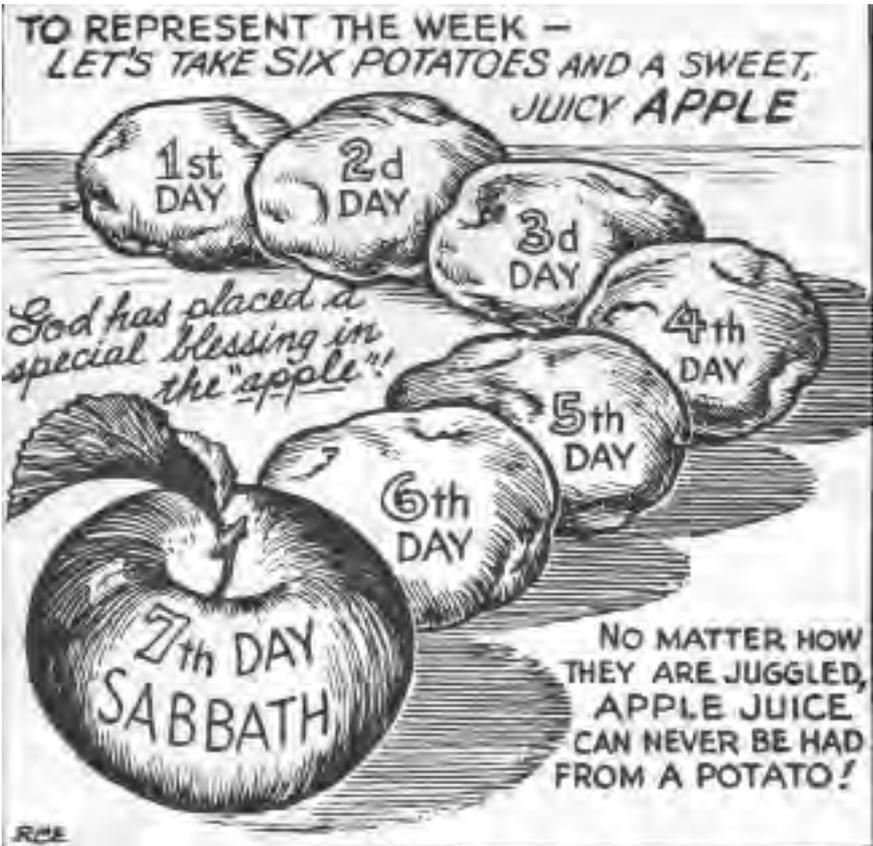
At the same time, some people think that the Sabbath is too restrictive with lots of rules with many *do not’s*. But, really that is not true! People have the wrong idea. How wonderful to take one day each week off from work and daily responsibilities and just rest in God’s love! A full day to rest and worship God through going to church, studying the Bible, reading mission stories, watching DVDs about God, visiting with other Christians, and telling people about Jesus. This is also a great time to spend together with family, to encourage them to love God more. Plus, we can learn so much about God outside in nature. There is really a lot to do! The Sabbath Day is the best day of the week! In fact, Isaiah 58:13, 14 says, “Make the Sabbath a day you can enjoy. Honor my holy day. Do not work on it. Do not do just anything you want to. Do not talk about

things that are worthless. Then you will find your joy in me” (NirV).

If God said to you, “I added an extra day of the week at creation just so you can rest and spend really good quality time with Me.

Will you please put all of your work and busy life to one side on this Sabbath day and give your time entirely to me?” What will be your

Esther Doss is a CODA and mother who lives in Mountain View, Arkansas.



What Helps One Can Help the Other

By Alberta Blake

I attended several lectures given by a doctor recently. One lecture was about “Cancer: Hunting Down the Killer” and the other one was “Heart Disease and Diet”. I noticed that both of the lectures had some very similar suggestions. The suggestions given were for preventing both of these sicknesses. Let me explain.

For cancer prevention: the doctor said that 75% of cancer can be prevented by:

- No smoking
- No alcohol
- High fiber, low fat diet
- Normal weight

Instead of 1 out of 4 people dying of cancer, it would just be 1 out of 20 people dying from cancer.

For heart disease and diet:

There are a number of things that can cause a heart attack or heart disease. If a person who has 3 of these problems a heart attack may be coming.

- Smoking
- High Cholesterol—a fat that plugs the arteries and comes from eating flesh meat
- High Blood Pressure—as a result from the plugged arteries.
- Lack of Exercise
- Overweight
- Overstressed—too many problems

80-85% of heart disease is

preventable, if....

- Lower cholesterol—eat a plant-based diet
- Stop Smoking
- Start Exercising

What is shared, common to prevent both illnesses?

- No Smoking or drinking
- A high fiber, low fat diet—eat a diet of more fruits, veggies, whole grains, nuts, and legumes and less or not any of dairy, meat, sweetened beverages and sodium (salt).
- Have a good exercise program—have a 30-minute walk or longer daily or two 15 min walks each day or do some other exercise that you enjoy doing.
- Practice having a cheerful attitude towards life.
- Believe in God and meet with Him daily.
- Talk to God and pray for yourself and for others. God hears and answers prayer that he would not answer if you didn't pray.

We can enjoy life more and with less health problems if we choose to make changes in our lifestyle. I plan to make more changes in my lifestyle. I hope you will make that decision too.

Alberta Blake is a writer who is interested in health and lives in Clive, Alberta, Canada.

Vegetarian Recipes

Tofu and Rice Croquettes or Patties

4 cups steamed natural brown rice
4 cups tofu (soybean curd)
1/2 cup peanut butter (unsalted)
2 tsp salt (to taste)
2 Tablespoons oil
1 1/2 Tablespoon onion powder
3 Tablespoons soy sauce
1 cup chopped parsley

Mix together in order given. Add seasoning to taste. Form into patties or croquettes and sprinkle with paprika or not. Bake at 350-375 degree turning to brown on all sides. Serve with parsley gravy or chicken gravy.

Other way: You can use the electric frying pan. The electric pan does not need oil to cook the patties or croquettes. It is easy to use it and easy to cook the patties.

Parsley Gravy

1 3/4 cup water
1/4 teaspoon salt
2 celery sticks 4 inches long
1/2 cup cashew nuts
2 Tablespoons oil
1 1/2 Tablespoon arrowroot powder
1/8 teaspoon celery seed powder

Blend above ingredients together till smooth. Simmer in saucepan till thick. Add 1/4 cup chopped fresh parsley. Serve.

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