

Winter 2014

# THE DEAF MESSENGER

An Inspirational Magazine for the Deaf



**“He lets me lie down in fields of green grass.  
He leads me beside quiet waters.” Psalm 23:2**

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P.O. Box 1946

Greenbelt, MD 20768-1946

VP/Voice: 301-850-0542

Fax: 866-986-2122

E-mail:

3adm@3angelsdeafministries.org

**Editor:** David M. Trexler**Consulting Editors:** George Belser  
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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.

**For Change of Address:**

Monday through Thursday

Voice/VP: 301-850-0542

Fax: 866-986-2122

Email: 3adm@3angelsdeafministries.org

# Getting More Out of Your Bible

By Amanda Colgan



HIGHERCLIP

One of my favorite authors wrote this quote: “Search, O search the precious Bible with hungry hearts. Explore God’s word as the miner explores the earth to find veins of gold.” The Bible is a treasure worth digging for. The more you dig, the more you will find the

richest treasures. Proverbs 2:3-5 says: “Cry out for understanding. Look for it as you would look for silver. Search for it as you would search for hidden treasure. Then you will understand how to have respect for the Lord. You will find out how to know God.”

The Bible does amazing things to people. It can make you a better man or woman. It can give you comfort, peace, and joy. The Bible is filled with promises. Reading and studying God's words has helped me understand the mysteries of life and death. In the Bible, you will find the reason for good and evil. The Bible is filled with stories, blessings people have received and lessons people have learned even the hard way.

Reading God's words will lead you to eternal life. "You study the Scriptures carefully. You study them because you think they will give you eternal life. The Scriptures you study give witness about me" (John 5:39). All throughout the Scriptures it talks about the Messiah or Savior, who is Jesus Christ. In Luke 24:27, it says, "Jesus explained to them what was said about himself in all the Scriptures. He began with Moses and all the Prophets."

I would like to share a few suggestions with you that I have found to be really helpful to make most

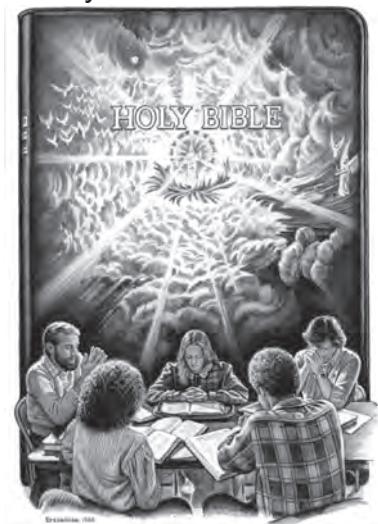
out of my reading the Bible, learning more about God and enjoying reading the Bible. First of all, I encourage you to always pray before you read the Bible for God's guidance and understanding.

My suggestions for getting more out of your Bible:

- 1) I suggest not to read too much in one sitting like reading 10 or 20 chapters of the Bible. Take some time to read a verse carefully. Think about what it means to your everyday life. Ask God to show you what He has in mind for your life in that short passage you're reading. Eventually, you will find that you can handle bigger passages all at once.
- 2) The second suggestion is to make sure you have a plan when you study the Bible. Perhaps start reading the Gospels that are the books of Matthew, Mark, Luke and John. Then read the book of Acts. Genesis is also a good book to read where you will find the beginning of tragedy of sin that caused the death

of Jesus. After reading all of these, choose different stories or subjects. Using Strong's Concordance is a wonderful tool to use during your study.

3) Read about Biblical characters such as Joseph, David, Joshua, Elijah, Elisha, Moses and many more.



4) Share God's words with your friends, family and neighbors. The Bible is filled with encouragement and hope. Also, giving people a Bible study is a wonderful way to dig deeper in the Bible. When people ask you questions, it will encourage you to dig deeper in the Bible. It will also lead you to

your knees in prayer. You will find yourself growing as a Christian. From the book *Steps to Christ* page 80, "If you will go to work as Christ designs that His disciples shall, and win souls for Him, you will feel the need of a deeper experience and a greater knowledge in divine things, and will hunger and thirst after righteousness. You will plead with God, and your faith will be strengthened, and your soul will drink deeper drafts at the well of salvation. Encountering opposition and trials will drive you to the Bible and prayer. You will grow in grace and the knowledge of Christ, and will develop a rich experience."

Much more can be said about how we can read the Bible as the topics is limitless. I close with a verse found in Psalm 119:105 NKJV. "Your word is a lamp to my feet. And a light to my path." May God bless you as you read deeper in His words.

*Amanda Colgan is a Deaf homemaker who lives in Hyannis, MA.*

# God's Love for Man

By Ellen G. White



Nature and the Bible both tell us of God's love. Our Father in heaven gives us life, wisdom, and joy. Look at the wonderful and beautiful things of nature. Think of the many ways the things of nature provide for the needs and happiness of all living things.

The sunshine and rain tell of our Creator's love. We see our Creator's love in the

hills, seas, and plains. God provides for the daily needs of every living thing. David wrote of God in the beautiful Psalms:

"All living things look hopefully to You, and You give them food when they need it [food]. You give them enough and satisfy the needs of all" (Psalm 145:15, 16).

God made Adam and

Eve. Adam and Eve were perfect, holy, and happy. God created the earth beautiful and perfect. Nothing was spoiled or dying. Then Adam and Eve disobeyed God's law—His law of love. Disobedience brought sadness and death. Yet with all the suffering that results from sin, God's love is revealed.

The Bible says that God cursed the ground because of sin. (Read Genesis 3:17.) God permitted thorns and weeds to grow. He let trials and troubles fill people's lives. People now would work and worry. These troubles help lift people out of the corruption sin causes.

But this world is not all sorrow and pain. Nature gives us messages of hope and comfort. Flowers grow on the weeds, and roses cover the thorns.

Every opening flower and blade of grass shows that "God is love." Lovely birds singing their happy songs tell us of God's tender care. Beautiful flowers that sweeten the air and the tall green trees of the forest remind us that God wants to

make His children happy.

The Bible shows us God's character. God Himself has told us about His everlasting love and compassion. Moses prayed, "Shew [show] me Thy glory." The Lord answered, "I will make all My goodness pass before thee" (Exodus 33:18, 19, KJV). God's goodness is His glory.

The Lord passed in front of Moses. God said, "I, the Lord, am a God who is full of compassion and pity, who is not easily angered and who shows great love and faithfulness. I keep My promise for thousands of generations and forgive evil and sin" (Exodus 34:6, 7). God is "always patient, always kind." God shows us His constant love. (Jonah 4:2) Read Micah 7:18.

God draws people to Him through many wonderful things in heaven and earth. God speaks through nature. Nature shows that God has deep and tender love for people. But nature and man's love do not perfectly show God's love.

God has given us all proof of His love. But Satan

is the enemy of good. Satan does not want us to understand God. Satan wants people to look at God with fear, and to think of God as mean and unforgiving. Satan tries to make people think God is a cruel judge without love. Satan says that the Creator [God] is always watching for people to make mistakes so He can punish them. But Jesus came to live with people to show them that God is love. Jesus wanted people to see God's deep, everlasting love.

The Son of God came from heaven to help people to know the Father better. "No one has ever seen God. The only Son, who is the same as God and is at the Father's side, He has made Him known" (John 1:18). "No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal [show] Him" (Matthew 11:27).

One of Jesus' disciples said, "Show us the Father." Jesus answered, "For a long time I have been with you all; yet you do not know Me, Philip? Whoever has seen

Me has seen the Father. Why then do you say, "Show us the Father?" (John 14:8, 9).

Jesus talked about His work on this earth. He said, The Lord "has chosen Me to bring good news to the poor. He has sent Me to proclaim [preach] liberty to the captives and recovery of sight to the blind, to set free the oppressed" (Luke 4:18). This was Jesus' work.

Jesus went about doing good and healing the people Satan made sick. Sometimes Jesus went through villages and healed all the sick people in the villages.

Jesus' work of healing the sick was evidence of His divine anointing. Every act of Jesus' life showed love, mercy, and pity for all people. Jesus' heart had tender love for people.

Jesus became a man so that He could help people. Poor people and humble people were not afraid to come to Jesus. Little children wanted to be near Him. Children loved to climb on Jesus' knees and look into His thoughtful, loving face.

Jesus was not afraid to tell people the truth. But He always spoke with love. He was gentle, kind, and thoughtful to people. He was never rude. Jesus never said unnecessary words that hurt people. He did not scold people for their weaknesses. He told the truth, but always in love.

He spoke against hypocrisy, unbelief, and sin. Jesus' voice was sad when He had to rebuke a person. Jesus had tears in His eyes as He looked at Jerusalem. Jesus loved the city of Jerusalem. The people would not accept Jesus, the Way, the Truth, and the Life. The people had turned against the Saviour. But He looked at them with tender pity.

Jesus did not live to please Himself. He had thoughtful care for other people. Every person was valuable to Jesus. He looked with tender love on every member of God's family. He saw all persons as sinners who needed Him to save them.

The kind of life Jesus lived shows us His character.

Jesus' life also shows us God's character. God's great love comes to the world through His Son, Jesus. Jesus, the tender, loving Saviour, was God, who "appeared in human form [as man]" (1 Timothy 3:16).

Jesus lived and suffered and died to save us. He became a "Man of sorrows" so that we could share His everlasting joy. God let His dear Son leave the glory of heaven and come to a world spoiled by sin. God let Jesus come to this earth, where everything dies.

God let His precious Son [Jesus] leave His [God's] presence and the worship of the angels. God let Jesus suffer shame, hate, and death. But "we are healed by the punishment He [Jesus] suffered, [we are] made whole by the blows [beatings] He received" (Isaiah 53:5).

Think about Jesus in the wilderness, in Gethsemane, and on the cross! Jesus was perfect, but He [Jesus] took our sins on Himself. Jesus had been one with God. But on the cross Jesus felt the terrible separation sin makes

between God and people. The pain of separation caused Jesus to cry, “My God, My God, why did You abandon [leave] Me?” (Matthew 27:46). The weight of sin broke Jesus’ heart.

Jesus did not die to make His Father love us. He did not die to make God willing to save us. No, no! “God loved the world so much that He gave His only Son” (John 3:16).

God loved us so much He gave Jesus to die for us. Through Jesus, God gave His everlasting love to a sinful world. “God was making all mankind [people] His friends through Christ” (2 Corinthians 5:19). God suffered with His Son, Jesus. In the agony of Gethsemane and the death on the cross, God paid the price to save us.

Jesus said, “The Father loves Me because I am willing to give up My life [die], in order that I may receive it [life] back again” (John 10:17). That is, “My Father has loved you so much that He loves Me more for giving My life [dying] to save you. I [Jesus] died instead of you.

I took your sins. I died for you, so now I am closer to My Father than before.” Now God can be fair when He saves sinners who believe in Jesus.

Only the Son of God [Jesus] could pay for our sins and save us. Only Jesus, who was one with God, could tell us about God. Only Jesus knew how high and how deep God’s love was. Only Jesus’ great sacrifice for us could show people how much the Father loves sinners.

“God loved the world so much that He gave His only Son”(John 3:16).

God gave Jesus to live among people, to take their sins, and to die for them. God gave Jesus to the people of this world. Jesus would know how people felt and what they needed.

Jesus was one with God, but Jesus became one of us. Jesus is God, but He will always be a part of the human race. Jesus is not “ashamed to call them [people] His brothers” (Hebrews 2:11).

Jesus is our Sacrifice. He is our Lawyer and our

Brother. He stands in a human body in front of His Father's throne. Jesus will forever be one with the people He has saved. Jesus is the Son of man.

Jesus came to earth and died for us. Now He can lift us from the ruin of sin. Now people can reflect the love of God and share the joy of living a godly life.

Our heavenly Father gave His Son to save us. The Father paid a big price for us. The big price should help us understand what we may become through Christ.

The apostle John knew the greatness of God's love. John wanted to tell the world God's love is wonderful and tender. But John did not know the right words to describe God's love. John said, "See how much the Father has loved us! His [God's] love is so great that we are called God's children" (1 John 3:1). God's love for us makes us very valuable.

We became slaves of Satan when we sinned. But we become God's children through faith in Christ and His death. Christ became a man so that He could help

sinners. First we accept Christ. Then through Christ we become worthy of the name "sons of God."

There is no other love the same as God's love. Children of the heavenly King! Precious promise! How wonderful to think about God's great love for a world that did not love Him.

Thinking of God's love makes us feel very humble. God allowed Jesus to die for us. Now we should want a better relationship with God. We should study often about the character of God and Jesus' death on the cross. Studying will help us understand better God's tenderness, mercy, and forgiveness. Then we will understand that God is fair and just. There is much proof of Jesus' everlasting love and compassion. Jesus' deep love for us is much more than the sympathy of a mother for her disobedient child.

*Ellen G. White was a well-known religious writer and speaker on three continents. This article is from "Steps to Jesus, Easy Reading Edition." "Steps to Jesus" is an adapted version of "Steps to Christ" that is the most popular and widely read.*

# Silent Prayers: Praying Without Stopping

by Margie English



DIDIER STOCCHETTO/PHOTODISC

Search me, O God, and know my heart!

Try me and know my thoughts! Psalms 139:23,  
ERV

A silent prayer, or praying silently, is an important way of communicating with God. We pray without signing in different ways, and in different places. A silent

prayer shows what is in our hearts. We pray silently when we think about God and talk with him about things that happen in our lives. Silent prayers that follow God's plan keep our minds and hearts open to God.

Can we pray when we are doing something at the same time? Yes, we can. In

1 Thessalonians 5:17, Paul writes “Pray without ceasing.” The word “ceasing” means the same as “stopping.” So, Paul is saying, “Pray without stopping.” How can you pray without stopping? Does this mean praying all the time? How do we pray all the time? With silent prayers, we call on God for help with someone or something important in any event.

God knows what we are thinking or feeling about something. A silent prayer is our heart’s voice. In Psalms 139:2, King David sang: “You know my thoughts from far away.” When saying a silent prayer, we are talking in our heads, creating a picture or a feeling in our minds. Sometimes, when we are at a social event, we bow our heads for a minute of silence. We do this to remember someone who has died, or to pray about a sad event. We may be praying silently for someone we are talking with, or doing something with. For example, we may pray silently for the Holy Spirit to join us when we watch someone talk about Jesus

and His love for us, or we may be thinking about selfish things.

With silent prayer, we search our hearts about what we do or see, and then give them to God. We ask for forgiveness, and ask for help in changing our ways. God promises us that when we reach out for God, he is with us. “Come near to God and he will come near to you” (James 4:8). With sin in our hearts, we need God near us to help guide our thoughts and behavior so that we walk in God’s path.

We can pray silently all the time without stopping. With a silent prayer, we call on God to help us, and the people around us, to receive His message. Without saying words out loud, we call on God to help us say the right words, and to lead us away from sin. Praying silently all the time keeps us with God all the time.

*Margie English is a Deaf business woman who lives in Washington, D.C.*

# Positive Attitude for Positive Life

by Francisca Trexler



MAREKULIAZISTOCKPHOTO

How do we have a bright and positive attitude? We all need to have a bright and positive attitude that will affect our behaviors, thoughts, health and spirituality. How do we have bright and positive attitude? Here are the suggestions:

First, we know that our sins have been forgiven from Jesus Christ. We feel good and wonderful, for Jesus

already has forgiven our sins based on 1 John 1:9. And it is wonderful to know Jesus has forgotten all about our past. See Hebrew 10:17, "And their sins and iniquities will I remember no more." The most important is that we believe in Jesus Christ's forgiveness rather than questioning or doubting His forgiveness.

Second, we have good

health by seeing the doctor annually to make sure that our health is in good condition. Many people know that exercise is good for us; but sad to say, not many people exercise. Walking around the block or walking on the treadmill is good, but exercise is better for our body and bones because weight lifting strengthens your bones and muscles. Without exercise the body can become stiff and weak. It is not too late to change the habit of your lifestyle and ask God to change our attitude toward exercise.

Third, we need to change our sleeping habit because it is a common problem in today's society to have a lack of good sleep. Good sleep is very important for our mental and physical health and spirituality. Mental and physical health and spirituality are not separate. We may need to avoid the media as much as possible such as TV, computer, iPad and cell phone that can steal our healthy sleeping time away. People who are hooked to them have a difficult time resisting them

till late at night. Their mental condition is not able to calm down when they are going to bed. That will eventually turn to pharmaceuticals (dependent on drugs). For example, when a person was not able to sleep, he took sleeping pills to make him sleep thoroughly. He could have slept well without using the drugs by avoiding the media that had a great affect on him. Without a good and healthy sleep, our physical and mental health and spirituality will suffer and eventually function poorly. Without the media, spirituality and mental and physical health would be great and we would enjoy the simple life that God gives us. How do we have a better healthy sleep? We need to change our sleeping habits. If we don't want to change our sleeping habits, then we will suffer mental, emotional and physical difficulties. It is best to have a quiet and comfortable place to sleep that means no television, computer and phone in the bedroom.

Fourth, we need to choose a healthy meal,

not junk food or chocolate candies. We all need to pay attention to what we eat and drink. If we eat healthy food properly we will have good mental and physical health and spirituality. How do we do it? We need to learn to control what we put in our mouth, not by feeling or desire. Also, it is important to know that our body is the temple of God. See 2 Corinthians 6:16. Let us take good care of our physical and mental health and spirituality so that we are able to serve God better. We would be able to make right judgments and decisions in our life.

Fifth, God is interested in our mental, physical and spiritual health. See 3 John 3, “For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth.” We need to have more patience and not to expect things to happen overnight. Impatience can hurt our health and our relationship with God and people. Let us look at Jesus’ beautiful character. Let us ask God to help us to

have a better and positive attitude. We will have a more productive life if we follow the Bible.

Sixth, we need to have faith in Jesus Christ. Faith is important for a good long life, stress reduction and disease prevention. Keep that in mind that spiritual, mental and physical health are closely related and inseparable. Personal spiritual devotion also is very important. Prayer and meditation can be very helpful to fight against stress, depression and disease. To have a personal belief in loving God has a positive effect on your health as well as spirituality. God be with you as you follow His simple example.



*Francisca Trexler is a Deaf chaplain at Gallaudet University who lives in Lanham, MD.*

# How to Improve Your Plate

By Sue Radd

Chronic diseases are increasing. Modern diets and lifestyles are the primary cause. But it is easy to eat yourself to health and get immediate benefits if you know how.

## The healthful eating plate

Many studies show that to avoid disease, your plate should be based on unrefined or less processed plant foods.

## What is on the plate?

Fruits and vegetables should fill half of your plate and provide many colors. These give fiber and phytonutrients to fight disease and prevent you carrying too much weight.

You don't have to go carb free! One-fourth of the plate can be whole grains. Whole grains are not the same as refined carbs (white flour, white rice, sugar, etc.) Refined carbs can lead to type 2 diabetes and colon cancer. Low glycemic index whole grains help control your blood glucose and insulin levels, lower bad cholesterol, and help with weight control.

Plant proteins need to take up another quarter of

each plate, so you need not worry about missing out on the protein and minerals found in meat. Think legumes, nuts, seeds, and convenient products made from these.

## Cooking tip

Plan ahead to save time when shopping and cooking. Avoid fast foods. Don't buy groceries when you are hungry because you are more likely to make unhealthy choices.

Stock a flexible pantry. Keep a range of whole foods such as black beans, bulgur wheat, and dried shiitake mushrooms in glass jars to inspire your menu and improve dietary variety.

Invest in time-saving equipment. A pressure cooker, slow cooker, and rice cooker can make cooking whole foods light work.

*Sue Rad is a nutritionist who is the award-winning author of 'The Breakfast Book' and coauthor of 'Eat to Live.'*

# Vegetarian Recipe

## Honey Glazed Acorn Squash



SADDAKO'S COOKBOOK PHOTO

3 medium acorn squash

1/4 cup butter

1/2 teaspoon salt

1/2 teaspoon allspice

1/4 cup honey

1. Preheat 350°. Wash squash, cut in half and remove seeds and stringy fibers with spoon.
2. Place squash, cut side down in a shallow baking pan. Pour in 1/2 inch hot water.
3. Bake for 30 to 35 min or until squash is almost tender.
4. Drain water from pan, turn squash, cut side up, combine butter, salt, allspice and honey. Pour an equal amount into each cavity using all the glaze.
5. Return to oven and bake 15 min longer until squash is glazed and very tender.

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