

Spring 2010

THE DEAF MESSENGER

An Inspirational Magazine for the Deaf



“Look! The winter is past. The rains are over and gone
Flowers are appearing on the earth. The season for
singing has come. The cooing of doves is heard in our
land. The fig trees are producing their early fruit.

The flowers on the vines are giving off their sweet
smell.” Song of Solomon 2:11-13

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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 Special Day for You All

By Paul Kelly



Every morning, we get up to eat our breakfast and go to school/work or do our errands. Around noontime, we get hungry and have our lunch. Later, we have our supper after we are done with the day's activities. By the time we start to yawn, we are ready to go to bed. We do this every day. The sun continues to rise and set. The spring, summer, fall, and winter seasons come and go. The cycles continue day

by day, month by month, and year by year. Genesis 1:14-18 clearly shows that God set up these cycle.

Unfortunately, the sin has caused the cycles not to run perfectly. When we follow our daily life pattern by getting up, going to bed around the same time every day, eating around the same time, our internal biological clock will work well. Our body tells us when to get up, when to eat, and when to go

to bed. When Friday comes, we look forward to a nice weekend break. Why do we need a break? It is because our mind and our body need some rest. Today, I would like to share with you about the 7-day weekly cycle that we live with ever since the world was created and about the special day that God created for us.

We are used to a 7-day weekly cycle, which is from Sunday, the first day of the week, to Saturday, the seventh day of the week. People tried to change the weekly cycle in the past. For example, during the French Revolution in France, the weekly cycle was changed to a 10-day week in 1793. It did not work well with people so Emperor Napoleon abolished it in 1805. In addition, in the former Soviet Union (Russia), it had a 5-day weekly cycle from 1929 to 1930 and then a 6-day week in 1931. These weeks too did not work well so they went back to the 7-day weekly cycle in 1940. God knows what is best for us. It is why He created a 7-day weekly cycle for us all so that

our bodies can work well.

There is an interesting point about God's creation. He created the heavens and the earth in exactly six days (Genesis 1). It made me wonder why we did not have a 6-day weekly cycle. Genesis 2:1-3 shows that God added the seventh day. He did not create anything new on that day. Why did God add the seventh day? He must have a reason for adding a new day. We see that God rested on that day (v. 2). This does not mean that God was tired from His creation work and needed a rest. The Hebrew word "rest" also means "cease" meaning that God stopped His work on creation after six days. He blessed the seventh day and sanctified it (v. 3). The word "sanctify" means "to set apart for holy use." This shows that God intended to have this special seventh day for holy purposes. Only that special day, God clearly gave it a name—Sabbath (Exodus 16:21-30 and 20:8-11). We do not find anywhere in the Bible that God made any day of the week holy or even gave it a name except the

seventh day.

Also, God desires to have a fellowship with us on the seventh day of the week. Look at when God created Adam and Eve. He created them on the sixth day of His creation work (Genesis 1:26-31). What did they do the next day after the sixth day? Obviously, Adam and Eve had their first wonderful experience fellowshiping with God on the new seventh day. It must have been a very special day for them together. God created it not only for them but also for all human beings including you and me. This was why Jesus said that the Sabbath was made for man according to Mark 2:27. The word “man” in the Greek language means “mankind.” This means the Sabbath was made for all people starting with Adam and Eve. Jesus then added that He is the Lord of the Sabbath (v. 28). He was the one who created the Sabbath for us all. Throughout the Bible, the Sabbath was shown as belonging to God. He created the seventh day Sabbath (Genesis 2:1-3)

BEFORE Adam and Eve fell into sin (Genesis 3). God wanted them and us all to have fellowship with Him on His own day that He created. He desires us to see, recognize, and worship Him as their Creator of the heavens and the earth (Revelation 4:7).

Had Adam and Eve not fallen into sin, the Sabbath would have been celebrated with much joy and delight throughout all eternity. Although the heavens and the earth had been spoiled by sin, God promised us new heavens and a new earth, bringing us back to His original creation (Revelation 21:1 and 2 Peter 3:13). He even promised to live with us right here on the new earth (Revelation 21:3, 4). On this new earth, we will worship Him every Sabbath throughout eternity (Isaiah 66:22, 23). This is truly a delight, and I want to invite you to worship and glorify God on His holy Sabbath day that He designated for us all.

Paul Kelly is a lay pastor and a full-time teacher for the Deaf who resides in Rochester, NY.

Daniel's Prophecy on the Four Kingdoms

By Bruce Buzzell



People are curious about the future. And they are worried about their own future. We wonder what will happen to us, to our families, and to the world. We see wars and natural disasters such as earthquakes, tornados, hurricanes. We want to know if things are going to be all right with us.

People are depending on horoscopes, crystal balls and tarot cards, or the tabloids (National Enquirer or Star

magazines) to find out the future. But none of those so-called predictions came true 100% of the time. In 1943, the chairman of IBM predicted there would be a world market for maybe five computers. Look how many computers we have all over the world today. In 1957, Lee DeForest, a radio pioneer, said that man would never reach the moon, no matter how advanced our scientific technology would be able to take him. Twelve years

later we put men on the moon. Is there anyone who is able to predict the future that will guide our paths to safety and security? Yes! The God of the Bible who lives in heaven can explain future mysteries. The book of Daniel 2 gives us a 2,500-year old Bible prophecy about our world's history.

Ancient Babylon was under the rule of King Nebuchadnezzar, who had a strange, disturbing dream. The king could not remember the dream after he woke up (Daniel 2:1). The King called for his magicians, astrologers, and sorcerers to tell him the dream. He told them that he had a dream but could not remember it so he asked them to tell him the dream. The king demanded that the men tell him his dream or face death! If the wise men could tell him the dream, the king would reward them with riches and honors.

The wise men tried to reason with the stubborn king about giving hints in his dream because they were not able to tell him the dream. The king got mad and ordered all of his wise men to be killed because they couldn't tell him a dream. Daniel was one of the wise men but he was not

at the meeting with the other wise men when they faced the King. The guards went to look for all wise men including Daniel and his friends (Daniel 2:2-13).

Daniel was wondering why the soldiers came to kill all wise men until one of the guards told him what happened. Daniel went to meet the king and asked him if he would give him time to tell the king of his dream and meet him the next day. The king gave Daniel permission. Then Daniel went home and told his three friends, Hananiah, Mishael, and Azariah to have a time of prayer for deliverance from the death penalty. They prayed to God for wisdom so they will not be killed along with the other wise men.

That night God showed Daniel the same dream He had shown to King Nebuchadnezzar. Daniel and his friends gave praise and thanked God for showing Daniel the dream. He trusted God who knows from the beginning to the end (Daniel 2:14-23).

The next morning Daniel went to meet, Arioch, one of the guards and told him not to kill the wise men because

he was ready to tell the king his dream. Daniel met the King in a humble way and told him that no person on earth was able to tell the king the dream. Daniel explained that there was a God in heaven who revealed secrets. Daniel also said that God was going to show the dream to the king what the last days would be like. Again, Daniel let the king know that God was in control of human beings' lives and He knew the future from the beginning (Daniel 2:24-30).

Daniel began to describe the dream when he said, "You, O king, were watching; and behold, a great image! This great image, whose splendor (form) was excellent, stood before you; and its form was awesome. This image's head was of fine gold, its chest and arms of silver, its belly and thighs of bronze, its legs of iron, its feet partly of iron and partly of clay. You watched while a stone was cut out without hands, which struck the image on its feet of iron and clay, and broke them in pieces. Then the iron, the clay, the bronze, the silver, and the gold were crushed together, and became like chaff from the summer threshing floors; the wind carried them away

so that no trace of them was found. And the stone that struck the image became a great mountain and filled the whole earth" (Daniel 2:31-35, NKJV).

Then Daniel gave the meaning of the dream in Daniel 2:36-45:

1. The head of gold represents King Nebuchadnezzar's kingdom, Babylon (606 - 538 BC). Babylon was the head of gold. No other nation was as rich in gold as was Babylon because gold was used everywhere in Babylon. Also, Babylon was ruled by a strong leader, and it was the first of what history knows as the Four Great Kingdoms (vs. 36-38).

2. The silver chest and arms was the Medo-Persian Empire (538 – 331 BC). Medo-Persia was not to be as rich as Babylon, but they would destroy Babylon. Medo-Persians used silver a lot, but they valued silver more than gold. They used silver in their ornaments, household items and as money. The two arms mean the two kingdoms of Media and Persia that joined together into one body that defeated powerful Babylon (v. 39).

3. The bronze waist and

thighs was the kingdom of Greece that ruled from 331 BC to 168 BC. The Grecian army wore bronze armors and breastplates that matched the bronze waist and thighs of the image. And the Greeks widely used bronze in the construction of their buildings, temples, and statues as well (v. 39).

4. The iron legs were the kingdom of Rome that ruled from 168 BC – AD 476. This kingdom was to be as strong as iron that destroyed everything. The Romans were skilful in making iron. They used iron to make their swords, shields and other weapons of war. Rome ruled powerfully the same as iron breaking, bruising, and subduing kingdoms for nearly six hundred years. Jesus was born and lived during that time, and He was crucified under Rome's authority. The Roman Empire lasted longer than any of the previous kingdoms, but it ended differently from them. The Roman Empire was not destroyed by one kingdom like the others. It was destroyed into many kingdoms.

5. The feet of iron and clay were the division of the Roman Empire when it totally

collapsed in AD 476. The feet mean the division of Rome into ten nations of Europe that continues from AD 476 to today. Rome was divided into ten separate kingdoms in Europe. Some kingdoms were weak and some were strong, the same as iron and clay. Some of these kingdoms have controlled other kingdoms, but they have never been able to unite them into one strong empire or nation the same as the previous empires did. Human beings have tried to unite the nations of Europe into one nation through marriage and war. They have failed to destroy the Bible's prophecies. The leaders who tried and failed to unite the kingdoms were: Emperor Charlemagne, King Charles V, King Louis XIV, Napoleon, Kaiser Wilhelm, and Hitler. The prophecy says that these countries will never be permanently united: "As you saw the iron mixed with clay, so will they mix with one another in marriage, but they *will not hold together*, just as iron does not mix with clay" (Daniel 2:43, NRSV, with emphasis in italics).

6. The rock in the dream that hit the image was the return of Jesus Christ at His

second coming to set up His kingdom—a kingdom that is eternal and will never fade away. Daniel explained this eternal kingdom in verses 44 & 45: “And in the days of these kings the God of heaven will set up a kingdom which shall never be destroyed; and the kingdom shall not be left to other people; it shall break in pieces and consume all these kingdoms, and it shall stand forever. Inasmuch as you saw that the stone was cut out of the mountain without hands, and that it broke into pieces the iron, the bronze, the clay, the silver, and the gold; the great God has made known to the king what will come to pass after this. The dream is certain, and its interpretation is sure” (NKJV). King Nebuchadnezzar was impressed and fell down to worship Daniel because he gave the king the right information of the dream that no one could figure out what it was. The king gave honors and promotions to Daniel and his three friends. King Nebuchadnezzar declared that Daniel’s God was the true God who revealed secrets. God chose Daniel to tell the dream to the King (Daniel 2:46-49).

Let us dust off our world history textbooks and see if the predictions made in Daniel 2 had come true. According to history, Babylon rose and fell. Medo-Persia rose and fell. Greece rose and fell. Rome rose and fell. Europe has never been united. All of this is done according to prophecy. Now, the only prophecy left is for God to set up His kingdom. With all the other kingdoms following the exact pattern of God’s revelation to us, why do we refuse to believe that God’s kingdom is coming? It is a kingdom of love, peace, and happiness; and He wants us to live in that kingdom forever.

God is inviting you. Why not look up to Him and give your life to Him? Are you ready to say, “Lord, when all kingdoms of this world are gone and You have set up Your kingdom, I want to be there.” Give your heart to God today, and He will prepare your path to heaven.

Bruce Buzzell is a writer who lives in the St. Louis, MO area.

The Walk

By Esther Doss

I decided to take a long walk in the woods to forget my troubles this beautiful spring day. The sun was shining. The birds were singing, flowers blooming, the trees leafing. You could smell spring in the air. So nice and pleasant!

As I walked through the woods, I started to get tired, so I picked out a cool rock to sit on, on the steep part of the hill. The spring was running down waterfalls beside me. Dogwoods were blooming everywhere. While I was sitting on that rock, I heard somebody walking as the leaves rustled. That somebody was Jesus.

We talked as He came near. I invited Him to sit down. So He did.

He told me that I was His child and He would be with me at all times. He told that He would protect me from harm. He also told me stories from the Bible.

How glad I was to see Him!

Then He told me that He had to leave, but His Spirit would be with me always and that I would see Him in heaven.

As we parted, I smiled at the thought of meeting Jesus. As I walked back to where I started, I thought of all the stories He told me, and I decided to follow Him.

I am glad that I went on that walk which changed my life.

Esther Doss is a writer who lives in Mountain View, Arkansas.

Too Poor To Pay

By C. L. Paddock



Jim Padgett/Southern Publishing Association

*“We have been set free because of what Christ has done. Through his blood our sins have been forgiven. We have been set free because God’s grace is so rich.”
(Ephesians 1:7).*

In a village in old Scotland there once lived a doctor who had given his life in unselfish service for the people in his area. Day and night he helped the sick and suffering. He helped the poor

patients who couldn’t pay and he helped the patients who could pay. He treated all the same. Everyone in the village know and loved him. After his death his books were examined to see how much might be owing to him by his patients. There were many accounts still unpaid. Across some of these accounts was written in large red script, “Account canceled, too poor to pay.”

Some of his heirs who were not so bighearted insisted that these bills must all be paid. When brought into court, one of the lawyers asked the wife of the doctor, "Is this your husband's handwriting—these writings in red across the face of these accounts?" She admitted that it was.

The court decided that what the husband, the doctor, had forgiven, was forgiven. In his own handwriting he had declared it so.

We have all made mistakes, we have sinned. We are really too poor to pay. Nothing we can do would ever pay the bill. But God has written, "Forgiven" on our accounts, if we desire it so.

Soon after the Emancipation Proclamation had been signed, one of the slaves came to Lincoln and asked to be permitted to pay for his freedom. Lincoln promised him that no payment was expected or required. It was a gift to all his people. But, the former slave told the President that he didn't want his freedom

given to him for free.

Lincoln took the man by the arm and led him to a window overlooking the city. Lincoln pointed to the residences and mentioned the sacrifices many of the families had made that freedom might come to the slaves.

Then, turning to the poor man, he said, "Sam, how much do you think you really ought to pay for your freedom?"

Looking up into the worried face of the tall, much-loved President, Sam replied, "Master, I can't pay it."

We cannot buy our way into heaven. No one has enough money to pay for his salvation. It is free, a gift of God. The rich man has no advantage over the poorest of us. The poor may have some disadvantages. There are a good many worth-while things which money will not buy.

Salvation is offered to us. We may accept it or reject it.

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Thinnest People Eat a Lot of This Food



A four-nation study of more than 4,000 men and women ages, 40 to 59, has produced a surprising conclusion in our Atkins diet-fueled society: The thinnest people on Earth eat the most carbohydrates. Even more surprising, the people who eat the most protein are actually the heaviest.

“A high-complex-carbohydrate, high-vegetable-protein diet is associated with low body mass,” study leader Linda Van Horn of Northwestern University said in a news conference reported by Reuters. “High-protein diets were associated with higher body weight.”

Before you reach for the nearest doughnut, you need to realize that the carbohydrates that do a body good aren't from French fries and white bread that have lots of sugar. The best carbohydrates are complex

carbohydrates such as whole grains, fruits, and vegetables.

In the Northwestern study, more than 4,000 people from the United States, Great Britain, Japan, and China wrote in a food diary everything they

had eaten during two 24-hour periods. Van Horn explained, “What we did find is that a high complex-carbohydrate, high-fiber, high vegetable-protein diet was associated with low body mass index.” A low body mass index or BMI is a standard measure of healthy weight.

But also notice this finding: The more animal protein that was eaten, the higher the person's weight and the greater risk to his or her health. Randal J. Thomas of the Mayo Clinic said, “I think any diet that recommends increasing the amount of saturated fat increases a risk. There may be good things about the diet . . . but any diet that recommends increases in saturated fat could be increasing the risk in the population.”

God's Three Rx—Bible Prescriptions

By Alberta Blake



SteveColecas/Stockphoto.com

A doctor was being interviewed on a TV program that I was watching. He was sharing with the audience about a book he was planning to write. The topic of the book was about the five Rx—biblical prescriptions. These prescriptions will help a sickly person to become a healthier person by changing the lifestyle. Did you know that God has given some writers in the Bible information that will help us today with our health?

These Rx—prescriptions are really simple instructions. If followed carefully, a person will experience better health and a longer life.

The doctor had a patient named David. One day David came for a doctor's appointment. David was doing all he could to experience better health. He ate a good diet. He exercised 6 days a week. But, David's family had a history of heart attacks. David was working so

hard to get his high blood pressure down to normal, but the pressure would not come down. The medication that the doctor was prescribing was very expensive. He was already down from 5 medications to two with changes he already made in his life style. David asked the doctor if there wasn't something cheaper that he could do to help get his high blood pressure down—without the medication. The doctor said that God, the designer of the Universe, was man's Creator. God had some biblical suggestions that could be used as prescriptions.

So the Doctor gave David three Rx—biblical prescriptions.

Rx—Love

People who own pets have less strokes, heart attacks and infections. The pets help people to relax. The pet owners love their pets. They talk with the pets. The owners take their pets outside for walks. The pets give people unconditional love in return.

Jesus told people to “love the Lord your God

with all your heart . . . and your neighbor as yourself” (Matthew 22:37, 38). Love in the heart improves the chemistry in the body. Love helps to develop endorphins (helpful chemicals in the body). Love also is helpful in reducing disease from stress that produces bad chemicals in the body. People who love have stronger bodies. These people can fight diseases better. If you don't have that love, ask God to give it to you.

Rx—Rest

The doctor told David that another biblical prescription would be to make sure he had good rest. The body is stressed from too much work. A person needs to give the body rest. The creator God, the author who gave instructions to the writers of the Bible, made man to love and to be loving. To be able to love God or other people, a person needs to take time to give that love and attention needed. It takes time to love and to respond to God and our fellow man. Rest helps to renew body tissues. Even our brains need rest. The

fast and busy life that man lives today doesn't allow for the body to get all the rest the body needs. The body suffers and people need to visit the doctors more and live on more medication. Our bodies are designed to get a good night's rest every night. Without that rest the body begins to break down from the stresses each day. The Bible also tells us to work six days and rest one. This advice is given in the heart of the fourth commandment and tells us to "remember the Sabbath day" (Exodus 20:8). Rest on that day from all your daily work. Jesus says to "Come to Me and I will give you rest" (Matthew 11:28). God's plan was to make Himself part of that rest He promised. The doctor told David that he needed to stop and rest.

Rx–Joy

The third prescription the doctor gave to David was from the biblical book of Proverbs: "A cheerful heart is good medicine" (Proverbs 17:22, ASB). When a person is happy the body makes the chemical endorphins (the "happy"

chemicals). These "happy" chemicals help to balance the stress chemicals that are built up in the body. We are to be joyful and share that joy with others. Even a smile on our face will produce happiness in our bodies. The smile can be passed on to other people. Smile lots. Tell good jokes that make people laugh. Have a good belly laugh. Find ways to share joy with friends, family and co-workers.

I hope to get a copy of the book being written by the doctor so I can bring to you the other two simple biblical Rx–prescriptions. Sometime, I can share these with you too.

For now, love with all your heart, take time daily and weekly for plenty of rest. Fill your life with joy and happiness. Together these three Rx–prescriptions - as given from our Creator - will give a longer, healthier and happier life. A life filled with joy is a blessing to yourself and others.

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

Vegetarian Recipe

Eggless Gluten-free Pancakes with Brown Rice Flour



- 1 teaspoon Ener-G egg replacer
- 1 cup buttermilk
- 1 teaspoon baking soda (gluten-free)
- 1 tablespoon orange juice concentrate
- 1 teaspoon baking powder (gluten-free)
- 1/4 cup buttermilk
- 1 1/2 cups (brown rice flour)
- 2 tablespoons oil

Preparation:

Whip the egg replacer, buttermilk, baking soda, orange juice and baking powder together. Mix in oil and brown rice flour. Stir until well blended; batter should be smooth. Fry pancakes in oil or bake in the oven till golden brown. If batter is too wet add a little more brown rice flour.

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