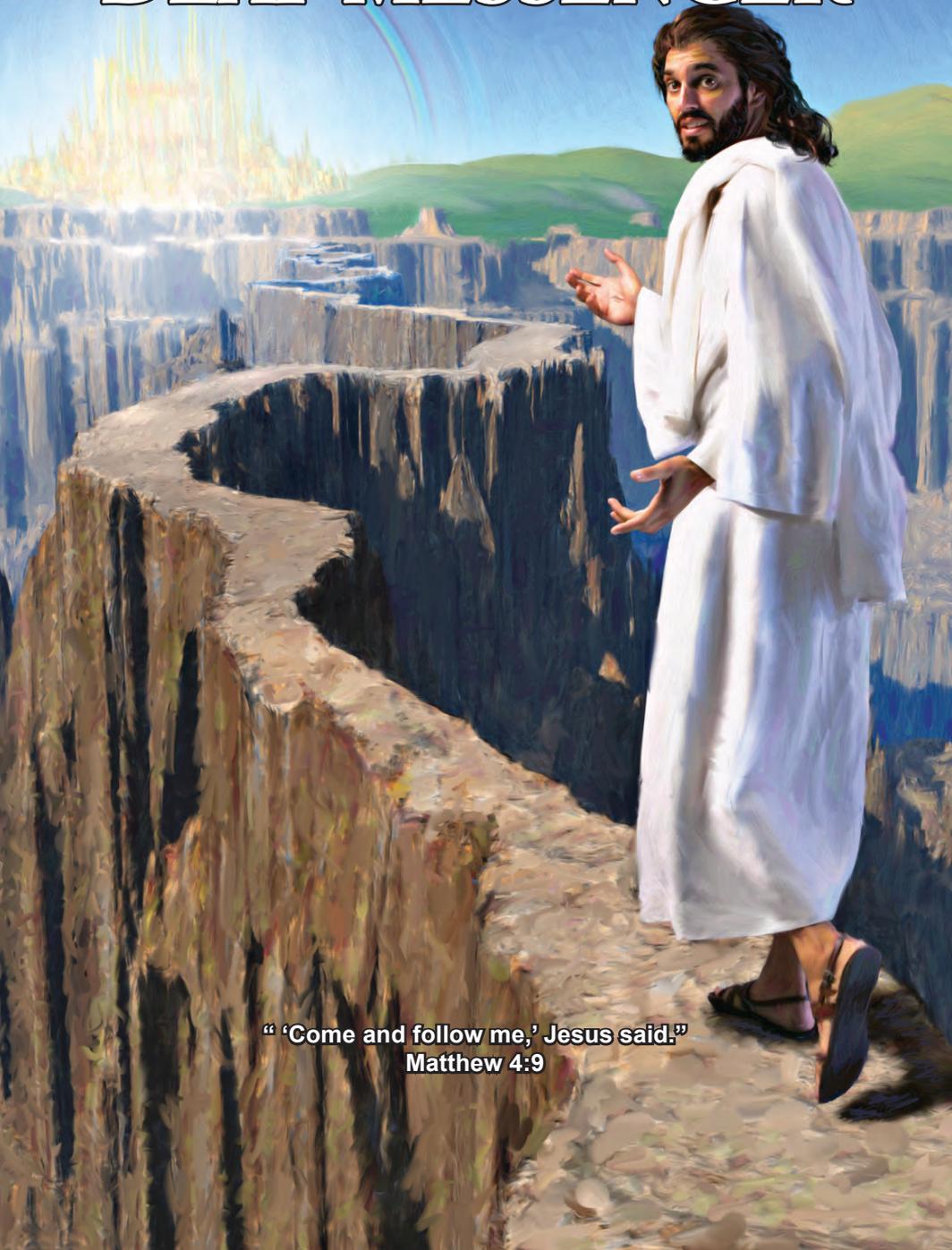


Winter 2015

THE DEAF MESSENGER



“‘Come and follow me,’ Jesus said.”
Matthew 4:9

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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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A New Year's Look at Time

By Margie English



GOODSALT CLIPART

Our experience with time changes as we become older. As children, we felt like one day was a very long time. Then when we become adults, we learn that 24 hours in one day is not enough anymore. For many adults, one year feels like one day. Time goes by very fast when we are busy, spending time with someone we like, or doing things we enjoy. Time slows down when we are bored,

Happy New Year! It is already 2015! Where did 2014 go? Time is going faster each year, right? Do we need to make time slow again? How much time do we have left before our Lord Jesus comes again? Maybe the most important question is: how are we using the time God has given us? Our experience with time depends on what we do with it.

or doing something we do not like. It is funny how we experience time in different ways, right?

Time seems to change with our moods, but God does not change (Numbers 23:19, Malachi 3:6). When we look at time itself, we see that all the measurements stay the same. One year is 52 weeks. One week is 7 days. One day is 24 hours.

One hour is 60 minutes. One minute is 60 seconds. The measurements of time never change because God set those measurements Himself (Job 38:5, 6). If time doesn't change, then why did Jesus say He would come back soon, and it has been almost two thousand years since He rose to heaven?

When we think about how Jesus has not come back for nearly two thousand years, we ask: "Why did He not come back yet?" There are stories in the Bible, both the Old and the New Testaments, about people who have been waiting for Jesus the King to come to Earth, and all of them have been dead a long time (Psalm 90:12, 13). Peter talks about the struggle we have in understanding why God has not come back yet (Please read 2 Peter 3:3-14). We struggle with our temptations every day. Like the Christians in the Bible, we struggle when unbelievers challenge us about following Christ. Sometimes we think it may be easier to give up than to follow Christ. How much

longer do we wait for Jesus to come again?

Wait. Slow down. Think about this. What if this line is eternity with God?



Then what would our life look like? Maybe even 1,000 years? (Psalm 90:4 and 2 Peter 3:8). It would look smaller than this period or dot:

Why do we worry about our lives on Earth when it is a short time before we meet God? Remember, even if God doesn't come back in our lifetime, when we close our eyes and die, the next moment we wake, we will see God. Most of us have about 70-80 years to live in our sinful flesh before we sleep (Psalm 91:10). When we compare 75 years with an eternity [forever] with God, 75 years is a very, very short time. "You don't know what will happen tomorrow. Your life is like a fog. You can see it for a short time, but then it goes away. So you should say, 'if the Lord wants, we will live and do

this or that' ” (James 4:14, 15, ERV). Should we focus on accomplishing things that will give us our pleasure, or honor from other people, or accomplishing things that will give us honor from God?

When we focus on doing God's will, we will hear Him say: “You are my Son, the one I love. I am very pleased with you” (Mark 1:11, ERV). How will we use our time so that God will be pleased with us? The Bible has the answers you are seeking. God says, “I say this because I know the plans I have for you.” This message is from the LORD. “I have good plans for you. I don't plan to hurt you. I

plan to give you hope and a good future” (Jeremiah 29:11, ERV). God is good! Even when we have short lives, God plans to use every moment to bring us to a good future. How are you using your time that God has given you?

Now, after you have finished reading this article, what is your plan for 2015? Time in this world is too quick for us. Let us make time slow again. Instead of going back to our busy daily lives, let us make a resolution (decision) to spend more time with God and grow more as His disciple by spending more time with Him.



GOODSALT CLIPART

Margie English is a Deaf writer who lives in Vienna, VA.

Borrowing Rules

By Francisca Trexler



SASHA_SUZI/ISTOCKPHOTO

Many people borrow money from their parents, their own children, their friends, or their relatives for several reasons. Sometimes they have very good reasons to borrow: to pay off their debts. Sometimes they have poor reasons for their gratification that they really don't need when they are not able to spend with their limited income.

Now, we are talking about the parents and their children who demand to get something from their parents. Children usually want something that they don't really need. Their continual wanting can create financial problems for the family. Some parents are afraid to hurt their children if they refuse to do what they wanted something. In other words, the children are controlling their parents. In this case, the children need to be more disciplined whether they like it or not. So, the parents need to

have the courage to teach their children about how to use the money wisely and be thrifty.

The children need to see the difference between needs and wants. For example, a mother taught her children to pick something they needed to name three things and something they really wanted for Christmas. They did beg their mother to add one more thing for wants. But their mother was firm with them. The children had learned to accept without whining or arguing. The children learned that needs were more important than wants. Necessary things come first. They could see that necessary things should be first in their priority in their later years.

Our children of today's world might think differently about the needs and the wants from the past generations. More and more today's adults and children are taking

advantage of older adults by borrowing their money and failing to pay back properly. They need to realize that if they want to borrow the money, would they be able to pay back the exact amount of dollars? It is so easy for anyone to borrow the money from parents and friends and not pay back on time. Sometimes they fail to pay back in their lifetime. Borrowing can create a lot of tension, resentment, anger and other problems between the borrowers and the lenders. It is not worth to postpone in paying off the debts or you would get into trouble with not only with your friends and family members, but also with the bank!

“Keep your lives free from the love of money and be content [satisfied] with what you have, because God has said, ‘Never will I leave you; never will I forsake you’ (Hebrews 13:5, NCV). God already has given us to live with a simple and happy lifestyle to avoid unnecessary debts, making enemies among families, friends, relatives, and other people. We need to guard against envy that can create a lot of unhappiness. For example, if your neighbor has a new car and you have an old but good running car,

and you cannot afford a new car. You should be content with what you have. But, if you are envious and decided to buy one to make yourself look better through a loan that would put a burden on your limited income, then that would not be wise!

If a person wants to borrow \$10,000 from you, would you lend that much money to him? \$10,000 is a lot of money to pay back and is difficult to pay back the exact amount. But, if you agree to lend him he should be able to pay the money back to you as soon as he could or as agreed on monthly payment. This person should try to pay the money back monthly faithfully or all at once. The borrower should not decide how much he pays the money back monthly. The best way is for two persons (the borrower and the loaner) work together to make the agreement on the paper, not by word. But, it is always risky to loan a lot of money to your friends or children. Never loan to someone whom you don't know at all! The question is: Is it wise to give away \$10,000, or \$5,000, or even \$100 to a person whom you know? Borrowing can be very risky, because the person will always know he owes you. This same

person will be eaten up by guilt when he sees you. The inside of the person will always feel uncomfortable when he sees you because of not paying back what he owes you!

A person who borrows is supposed to be honest and stick with the agreement, instead of dropping the agreement and making any poor excuse to pay back. We need to follow the wise counsel from the Bible about many people who want to borrow money for some reasons. 1 Timothy 6:10, NlrV says, "Love for money causes all kinds of evil. Some people want to get rich. They have wandered away from the faith. They have wounded themselves with many sorrows." 2 Timothy 3:2, NlrV, "People will love themselves. They will love money. They will brag and be proud. They will tear others down. They will not obey their parents. They won't be thankful or holy."

Sometimes it is the best way for the borrower to borrow the money from the bank in order to avoid creating any problems with family or friends. That is the good way to protect friendship and keep the family close instead of being hurt that would separate them. Here is another statement by a good

Christian writer: "They do not learn to adapt themselves to circumstances, and they borrow and borrow again and again and become overwhelmed in debts, and consequently they become discouraged and disheartened." Like this: Money may be a blessing or a curse. Money can be a curse if we focus on ourselves in a greedy way and selfishly. Money can be a blessing to others who are poorer than us.

The Bible clearly shows that we should have a simple and humble lifestyle. This is what we need to follow God's healthy way. This way we won't have any heavy debts or facing bankruptcy. See Hebrews 13:5, NlrV, "Don't be controlled by love for money. Be happy with what you have. God has said, "I will never leave you. I will never desert you." Also, we need to trust God with our whole heart and we should give God's tithes and offerings. Read Malachi 3:8-11. "We need more of God and far less of self. God will work through the weakest human agent who is charged with His Spirit' (Evangelism, p. 557).

Let us be on guard against the love of money. A Christian writer clearly wrote, "From a worldly point of view, money is power. . . . Money was power

among the foolish of earth, money was their god, but their very prosperity [wealth] has destroyed them. They became fools in the eyes of God and His heavenly angels, while men of worldly ambition thought them wise. Now their wisdom is all foolishness, and their prosperity their destruction.”

Let me give you an example. I read an article about the person who wrote of her own experience of being wealthy that did destroy her and her family. She was a pharmacist living in a well-off lifestyle with her family, and she thought she could afford anything she desired. But her wrong friend led her down path with drugs that she could get from her work. Because of her drug habit the government took her children, and her husband divorced her. She actually hit the bottom with nothing. She stayed in jail and had no money. You see she fooled herself thinking that since she had a lot of money she could spend on what she wanted that led her to become poorer than ever before. Not only drugs, but also anything that we want for our selfish reasons. For example, going on a cruise is nothing wrong but if you are in debt and you still want to go and borrow more money

that put you in higher debt that would crush you. We are responsible for how we treat our life.

Often there is no excuse for you being in debts. There are debts that we can afford to pay, but we tend to increase debts that can crush us badly leading to bankruptcy. For example we know of a friend who filed for bankruptcy three times. Why? he was not poor but they didn't use the money wisely. So, your freedom to borrow without a good reason and you think that you will be in a position to repay it, is doing a great wrong to other people, robbing them of their little all, and hurting the work of God. If you realized what you were doing at the time of your action, you would stop. You would see the sinfulness of robbing men, believers or unbelievers, bringing them into difficult places in order to help our present needs.

Ask God to help you to pay back and meet the person you owe and discuss how to pay back based on your ability, then both of you (the borrower and the loaner) will feel appreciated.

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

Is Truth Really Important?

By Amanda Colgan



GOODSALT CLIPART

People have asked these questions: “Is truth really important?” “Does it matter what one believes?” Unfortunately we live in a culture where as long as one believes in something it doesn’t matter what you believe. They may say, “What you believe is good for you, and what I believe is good for me. And let us not judge each other.”

I would like to go through

two main reasons why Biblical truth is important for us to know and follow it in our lives. Now, picture this in your mind. A man loves the Lord with all his heart. He doesn’t know all of the truth but walks in the light he knows. In Acts 17:30 it says “In the past, God didn’t judge people for what they didn’t know. But now he commands all people everywhere to turn away from their sins” (NIV).

And the man dies today, is he going to be saved? He will be in heaven because the Bible tells us that once we accept Jesus, our names are written in the Lamb's Book of Life (Revelation 3:5, John 3:16-21).

Why must I go out there and tell other people about the truth I know when they are already saved with their understanding of God? They don't know about the Bible Sabbath but they are walking in all of the light that they have. Why go in there and rock the boat? Why can't I just leave them alone, and let them stay the same way? They are just as saved walking in the light that they have.

But I can ask the man this question: "Do you love Jesus?" He would say: "You'd better believe I love Jesus." I'll say: "Well, you'll want to know the truth about Him. Because Satan has painted a picture of God that is not correct. Let me deal with one: hell fire. Satan has painted a picture that God burns sinners in hell forever. This is a lie about the character of God." And I can

tell the person: "The God that you are worshiping, there are some misunderstandings about Him and your relationship with God can be improved for the better if you know this truth."

I love God and I want to defend His character. I want people to know that God loves everyone and He wants everyone to be saved. Jesus is important because Jesus is truth. John 14:6: "Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me."

Now onto the second reason why truth is important. Let us go to Matthew 24:3 where the disciples asked Jesus the question which is: "Tell us, when will these things be? And what will be the sign of Your coming, and of the end of the age?" (NKJV).

I want you to notice the first words that come out of the mouth of Jesus in Matthew 24:4: "And Jesus answered and said to them: 'Take heed that no one deceives [fools] you.' " Why is Jesus so concerned about deception (trickery)?

You and I can be deceived right now and not even know it. That is the nature of deception. Deception can have a mixture of truth and error.

Jesus is looking in the last days and says: "Let no man deceive you." I would say that there must be something about the end-of-time deception that is a higher price (risk) than previous generations. Jesus is so concerned about deception that later on in Matthew 24:24 He says the deception will be so great that if possible it will deceive the very elect (God's people).

What is the price of this deception in the last days? Let's look in Revelation 14:9, 10:

"Then a third angel followed them, saying with a loud voice, "If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall

be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb."

The Bible is giving this final warning saying that if anyone worships the beast or receives his mark on his forehead or on his hand they will be lost. The price for deception is so high that your name written in the Lamb's Book of Life will be removed if you receive the mark of the beast. Such strong warning from God that we need to take pay attention to!

In John 8:32, Jesus said: "And you will know the truth and the truth will set you free." There is freedom in knowing the truth. Truth leads you to salvation. It is important to know the truth so we can avoid being deceived. It is so important to study the Bible to find the truth and build a strong foundation in Jesus.

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

Consecration

By Ellen G. White



GOODSALT CLIPART

God's promise is, "You will seek me, and you will find me because you will seek me with all your heart" (Jeremiah 29:13).

We must give all of our heart [life] to God so we can be changed to be like [the same as] Him. Our sinful hearts naturally turn away from God. The Bible says that we are "spiritually dead" (Ephesians 2:1). "Your heart

and mind are sick. ... There is not a healthy spot on your body" (Isaiah 1:5, 6). Satan controls sinners. Sinners are in "the trap of the Devil, who ... caught them and made them obey his [Satan's] will" (2 Timothy 2:26).

God wants to heal us. He wants to free us from Satan's control. But God cannot heal us and change us until we give ourselves completely to

Him. Then God must change us completely so that we have new desires and habits.

The battle against self is the most difficult battle ever fought. Giving ourselves to God and letting God control us is difficult for us to do. But we must surrender to God or He cannot make us new and holy.

Satan wants us to believe that God takes away our power of choice. Satan says God demands that we obey God without giving us reasons for His commands. But Satan is lying. God wants us to think and to make choices. God says to the people, “Come now, let us reason together” (Isaiah 1:18, NIV). God does not force us to obey. God cannot accept the worship of people who do not want to worship Him.

People’s minds and characters would not improve if God forced people to obey Him. People would be as machines. God does not want us to be as machines. We are the crowning work [most important part] of creation. God wants us to become

more and more like [as] Him.

God teaches us about the great blessings He wants to give us through His grace. God invites us to give ourselves to Him. Then He will guide us. We have the right to choose to do either right or wrong. We may choose to be delivered from the power of sin and receive the wonderful freedom that God gives His children.

When we give ourselves to God, we must give up everything that would separate us from God. Jesus said, “ ‘Any of you who does not give up everything he has cannot be My [Jesus’] disciple’ ” (Luke 14:33, NIV). We must give up everything that leads us away from God.

Many people worship riches. The desire for wealth and the love of money keep some people obeying Satan. Some people desire fame and honor more than anything else. They want people to look up to them and praise them. Other people want an easy, selfish life with no responsibilities.

We must remove all things that allow Satan to

have control over us. We cannot belong half to God and half to the world. We are God's children only when we are 100 percent [completely] His.

Some people who say they are God's children trying to obey God's laws without His help. They try to develop a good character and receive salvation without God's help. They do not feel the deep love of Christ. They think their good works will earn them the right to go to heaven. This kind of religion is not worth anything.

When Christ lives in us, we will be filled with His love. The joy of Christ's friendship will make us want to be near Him. We will think so much about Christ that we will forget self. We will do good works because we love Christ.

When people feel the power of God's love, they will (1) not ask how little they can do to obey Him, (2) try to do all they can do for God, (3) give themselves completely to God, (4) show how much they love God. People who say they are Christians but do not have a deep love for

Christ are not true Christians. They do not enjoy being followers of Christ.

Do we feel that we give up too much when we give all to Christ? We must ask ourselves the question, "What has Christ given for me?" Christ gave all to save us. Christ suffered and died for us because He loved us. We are not worth Christ's great love. Can we receive His great love and then not love Him enough to give ourselves to Him completely?

We receive the blessings of God's grace every moment of our lives. We do not realize how ignorant and miserable we would be if Jesus had not suffered for us. Can we look at Jesus, who died for our sins and refuse to accept His love and obey Him? Our Lord of glory [Jesus] humbled Himself to die for us. Should we complain because we must suffer and fight against self to receive salvation?

Many proud people are asking, "Why do I need to humble myself and be sorry for my sins before I can know that God will accept me?" I

want you to look at Jesus. Jesus was the Prince of heaven. Jesus never sinned. Jesus took our place and carried all our sins.

“He [Jesus] willingly gave His life [died] and shared the fate of evil men. He [Jesus] took the place of many sinners and prayed that they might be forgiven” (Isaiah 53:12).

What do we give up when we give everything to Jesus? We give Jesus a sinful heart to make pure and clean by His own blood. We ask Him to save us by His everlasting love. Some people think that giving up all is too difficult. I am ashamed to hear people say they cannot give up all for God. I am ashamed to write that people feel that giving up all for God is too difficult.

God does not ask us to give up anything that is good for us to keep. He wants only what is best for us. I wish that people who have not chosen Christ could understand that God wants only what is best for us. Christ has something much better for people than the things they are looking

for and trying to get. People are hurting themselves when they do not think and act the way God wants them to think and act.

We must obey God if we want real joy. God knows what is best for us. God's plans for us will bring us happiness. Sin brings unhappiness and death.

God does not like to see His children suffer. All heaven is interested in their happiness. Our heavenly Father does not stop us from doing anything that would make us happy. God asks us only to stop doing wrong things that will cause us to suffer. He knows that wrong things will keep us from happiness and heaven.

The world's Redeemer [Jesus] invites people to come to Him as they are. Jesus knows each person's weaknesses and faults. But Jesus will forgive their sins and save them through His blood. Jesus will satisfy the desires of all people who give their hearts to Him and are willing to do His work.

Jesus wants to give peace and rest to all people who come to Him. He asks

people to do only those things that will lead to great happiness. People who do not obey God cannot have this happiness. True joy is to have Jesus live in our lives and control us.

Many people are asking, "How can I give myself to God?" They want to give themselves to God, but they are weak spiritually. Sinful habits control them. They doubt God. Their promises are easily broken, the same as ropes of sand.

They cannot control their thoughts or their desires. They cannot keep their promises, so they lose faith in themselves. They feel that God cannot accept them.

But they should not lose hope. They need to understand the power of choice. The power to decide is the ruling power in each person's life. Everything depends on the right use of this power.

God has given each person the power to choose. Each person should use the power to choose. We cannot change our hearts. We cannot make ourselves love God. But we can choose to

serve God. We can give God our minds. Then God will change our thoughts and the Holy Spirit will control us. We will love God, and our thoughts will agree with His thoughts.

We should want to be good and to be holy. But we must do more than just desire and hope. Desiring and hoping will not save us. Many people will be lost while hoping and desiring to be Christians. They are not willing to give the powers of the mind to God. They do not *choose* to be Christians.

Our lives can be changed completely when we choose to give our lives to God. When we put ourselves on God's side [obey God], He will guide us. Then we will have God's great power to keep us faithful. When we give ourselves daily to God, He will give us power to live a new life, a life of faith.

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

Improving the Sandwich

By Sue Radd

According to the *Wall Street Journal*, sandwiches are very popular in Great Britain.” But are they all healthy?

What is a sandwich?

It is two or more pieces of bread or similar carbohydrates that serve as a wrapper for some other food or ingredients.

Moms and dads worldwide love sandwiches because they are portable and require no silver or plasticware for eating. This makes them ideal for school and work lunches.

But not all sandwiches are healthful. Some may even actively cause disease! For example, processed meats such as ham, corned beef, salami or sausage, and smoked chicken or fish, which are often included in sandwiches, are all linked to chronic diseases such as type 2 diabetes, heart disease, and cancer.

And highly saturated fat spreads such as butter or refined vegetable oil spreads like margarine may clog up your arteries or cause inflammation.

So what are you feeding your family on a daily basis?

How to make it healthier?

Bread. Whether it is sliced bread, a roll, or a wrap, pick something with lots of seeds and grains, sourdough, or sprouted grain for maximum goodness

and less harm to your blood sugar and insulin readings.

Spreads. Use spreads made from whole-food plant ingredients to also give antioxidants and anti-inflammatory phytonutrients, not just fat. For example, fresh avocado, hummus, eggplant, or a nut or seed spread.

Protein. Choose plant-based protein sources such as lentil burger, falafel, baked beans, marinated tofu patty, nut loaf, or vegetarian sausage. Plant proteins actively fight chronic disease. Diets high in animal protein change your digestive system in harmful ways and are linked with multiple diseases.

Vegetables. Fresh or roasted vegetables and salads such as tabbouleh and cabbage are perfect ways to bulk up the filling. Use the common ones, but also try new and different kinds and combinations such as watercress or crunchy radish, which have strong anticancer properties. Sprouts, microgreens, and herbs of all types are also delicious and add medicinal value to keep your family healthy.

Sue Radd is a nutritionist who is the award-winning author of “The Breakfast Book” and coauthor of “Eat to Live.” www.sueradd.com

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