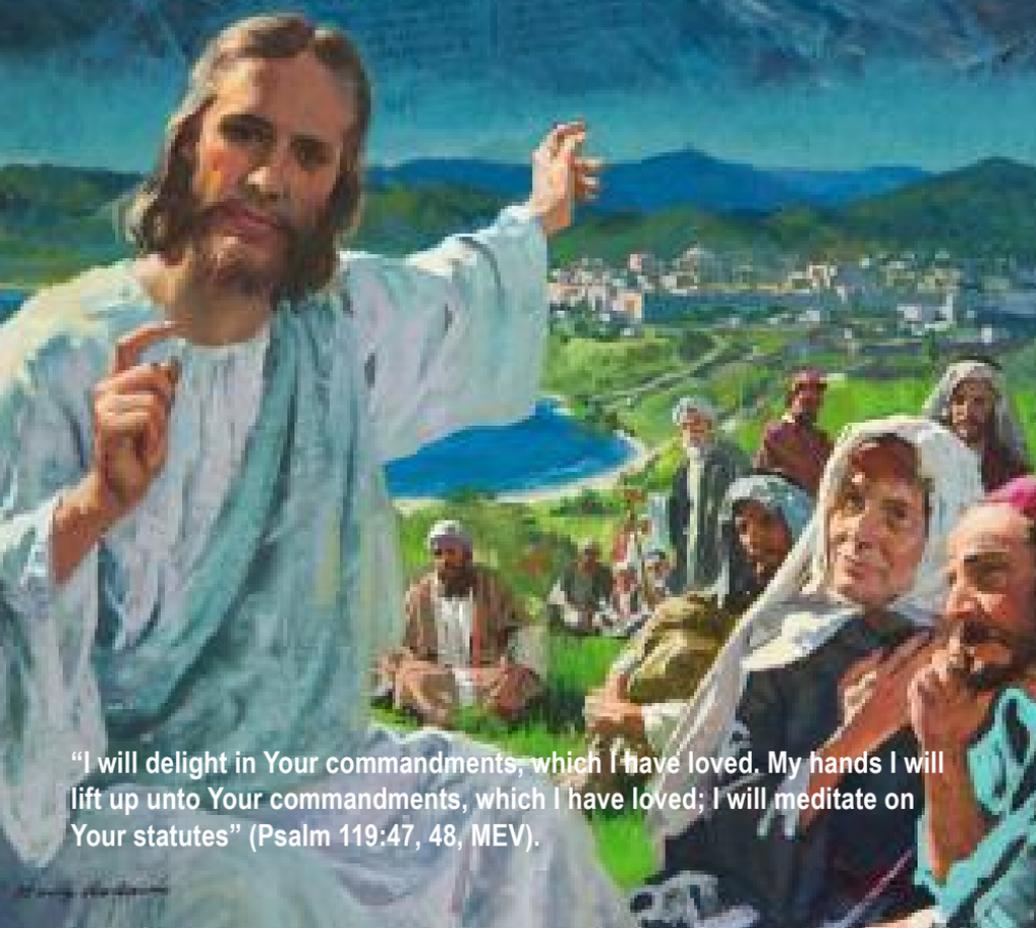


Summer 2018

THE DEAF MESSENGER



"I will delight in Your commandments, which I have loved. My hands I will lift up unto Your commandments, which I have loved; I will meditate on Your statutes" (Psalm 119:47, 48, MEV).

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P.O. Box 1946
Greenbelt, MD 20768-1946
VP/Voice: 301-850-0542
Fax: 866-986-2122
E-mail: 3adm@3adm.org

Editor: David M. Trexler

Consulting Editor: 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.

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Voice/VP: 301-850-0542

Fax: 866-986-2122

Email: 3adm@3adm.org

Web: www.3adm.org

Independence Day and Sacrifices

By Brennan James and Nohelani James



MOONKEY/STOCK

It was a cold day on March 5, 1770, and an angry crowd of four hundred men stood in front of the Customs House in Boston, shouting and throwing rocks at the eight British soldiers standing guard there. Then suddenly someone shouted “Fire!” The frightened soldiers fired their muskets into the crowd. When the smoke cleared, five Bostonians lay dead or dying. This

happening was labeled as “The Boston Massacre.” It had happened after tension over some taxes was made by the British on the American colonies. After the Boston Massacre, the British Parliament got rid of all the taxes except for a tax on tea.

On the night of December 16, 1773, a crowd of men and boys, who were angry about being taxed, got together and dressed up

like Indians and dumped 342 chests of tea into Boston Harbor. The British Parliament was not happy and passed new laws that took away the rights of the American colonists and their sources of income.

The colonies were very angry at how the British were treating their fellow colonists in Boston. In September 1774 representatives were sent to Philadelphia for the First Continental Congress to discuss how to handle the situation. After talking about it for seven weeks, they asked Britain to stop taking away their rights, respect them as equal British citizens, and peacefully remain in a Union with Britain. The King and his ministers in Britain rejected the colonies' plea for equality and a peaceful union and decided to take the ammunition storages in Concord. Paul Revere and William Dawes warned the towns of Lexington and Concord about the approaching British troops.

On April 19, 1775, the Battles of Lexington and Concord took place. The

colonists beat the British back to Boston. Over the course of days and months, several battles took place and there were wins and losses on both sides. While most Americans still wanted to remain in a union with Britain, the British rejected this and tried to punish the colonies. In response, delegates at the Continental Congress asked that a Declaration of Independence be written. On July 4, 1776, the Declaration of Independence, written by Thomas Jefferson, was approved and Americans began the long fight for independence.

Every year on July 4th, we celebrate that act of writing the Declaration of Independence with a holiday of fireworks, food, and wearing the national colors red, white and blue. The colonists in the 1700s fought against Britain for their freedom. Now how much do you appreciate their sacrifices for our freedom in this country?

Jesus Christ came to this earth a long time ago to sacrifice His life for our

sins. The Bible says, “But God showed his great love for us by sending Christ to die for us while we were still sinners” Romans 5:8 (NLT). God loved you and me so much that He sent His only son for us. “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him” (John 3:16, 17, NLT). God planned to rescue us from this evil world: “Jesus gave his life for our sins, just as God our Father planned, in order to rescue us from this evil world in which we live” Galatians 1:4 (NLT). Our God is amazing! Can you imagine giving up your only son for a lot of people who sin and did not care about God? I cannot. How much do you appreciate God’s sacrifice for you?

This year, while you enjoy watching fireworks and

the holiday for Independence Day on July 4th, do not forget about the sacrifice that God made for you. God loved you so much that He was willing to give up His only son so that you can live with Him forever. Will you love God and give your heart to Him?



Sources: “Give Me Liberty” by John Freedman

Nohelani Jarnes is an interpreter and the director of a Deaf ministries. Brennan Jarnes is a son of Nohelani. Both lives in Puyallup, WA.

The Two Great Laws

By Jason Kimbrough



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if water does not follow the law of chemistry that makes it as H_2O or if fire does not follow the law of thermodynamics, cooking could be not possible to happen. There is no such lawlessness because everything in nature is harmony and order. The law of nature and life was created by the Creator God who created the earth and our first parent—Adam

The law is a wonderful thing because it controls everything everywhere. For example, we have the law of gravity that keeps us down or we would be scattered everywhere without control. Air, water, dirt, and fire all obey the law of nature. If not, we would not be able to predict how they will behave. We may drink poisonous water

and Eve. The earth was created perfectly—“And God saw every thing that he had made, and, behold, it was very good” (Genesis 1:31). God created everything because of love, not of duty. He created the law that controls the nature and everything in earth. The law is eternal. Since God created

everything in universe He created the law that controls everything. God is the Designer of the universe and everything in it. (Psalm 111:7, 8).

The Ten Commandments exist as long as God exists because the law is love itself and God is love (1 John 4:8). God has existed long before the creation of the earth. He created angels before the earth was created. So, it is clear that God's law exists before the creation of the universe that includes the stars, planets, etc. The law is forever (Luke 16:17).

People and even children can understand the Ten Commandments as rules to protect our happiness. We all don't like to be killed by someone. The Sixth Commandment forbids murder. Lying, not telling the truth, hurts us. It is breaking the 9th Commandment. People lie for their selfish reasons. Do you want your doctor say that you are going to be fine when he knows that you are going to get cancer. We need to know the truth so we can be prepared in order to make

a right decision on whether or not to fight against cancer or let it go and be ready to die before saying good-bye to the family. Clearly you will see that there is nothing evil about the Ten Commandments. In our society the last six commandments protect us. Our government laws are mostly based on the last six commandments. These commandments are protecting our relationship with other people in the society.

Unfortunately, people are the ones that cause the world's problems because of our natural rebellion against our Creator God. We are sinners who tend to think we are right in our own ways, but that leads us to eternal death (Proverbs 14:12; 28:26). The Bible says that we all are sinners (Roman 3:23; 1 John 3:7-9). So, we are responsible for causing a lot of problems in this world. Our sinful actions are breaking God's commandments. "Whosoever committeth [does] sin transgresseth [breaks] also the law: for

sin is the transgression [breaking] of the law” (1 John 3:4, KJV).

Didn't you know that if you broke one of Ten Commandments you have broken all of them? James 2:10, 11, MEV: “For whoever shall keep the whole law and yet offend in one point is guilty of breaking the whole law. For He who says, ‘Do not commit adultery,’ also says, ‘Do not kill.’ Now if you do not commit adultery, yet you kill, you have become a lawbreaker.” One of my favorite games for myself is to play on how a person who breaks one Commandment also breaks the rest of the Ten Commandments. For example, suppose you did not honor your father and mother (the 5th Commandment), which one would you break next by this? I would say the First Commandment because you did not honor the Father who is in heaven and then we take God's name in vain by making ourselves gods because we worship idols of ourselves as we covet others and totally disregard

the Sabbath because we don't recognize God as our Creator. This is how I see the Ten Commandments being broken just like a pane of glass that is broken.

Then how are we able to keep the wonderful law of God which is the Ten Commandments? We do not want to hurt other people, friends, family members and ourselves. The answer is that we need to have Jesus Christ in our hearts. Jesus is “the way, the truth, and the life” (John 14:6, MEV). Remember, before Jesus came to the earth He was leading the Israelites in the Old Testament. He is the One who wrote the Ten Commandments. Jesus said, “If you love Me, keep My commandments. I will pray the Father, and He will give you another Counselor, that He may be with you forever: the Spirit of truth, whom the world cannot receive, for it does not see Him, neither does it know Him. But you know Him, for He lives with you, and will be in you. I will not leave you fatherless. I will come to you” (John 14:15-18, MEV). In addition,

Jesus made the same promise to the Israelites saying: “But this shall be the covenant that I will make with the house of Israel after those days, says the Lord: I will put My law within them and write it in their hearts; and I will be their God, and they shall be My people. They shall teach no more every man his neighbor and every man his brother, saying, ‘Know the Lord,’ for they all shall know Me, from the least of them to the greatest of them, says the Lord, for I will forgive their iniquity, and I will remember their sin no more” (Jeremiah 31:33, MEV).

There is a good story from “Guide’s Greatest Change of Heart Stories” about the importance of obedience. A boy always asked “Why?” when his parent told him to do something. For example, when he played in the front lawn with a ball, Mom told him to play in the backyard. He immediately asked “Why?” Mom paused and explained to him that playing near the street is dangerous because a ball can fly into

the street and hit someone or hit a car. The boy realized the wisdom of Mom’s words and obeyed her. However, the problem is that he always questioned parents every time in any situation. Father was concerned about his son’s attitude. He told him not to ask questions when his parents warned him or told him to do something. He was explaining to the boy that he needed to obey the parents at once without asking questions. The boy could wait until the right time for the parents to explain. The boy at first did try to follow them; but a few days later, he went back to his old habit. Three weeks later when family went to a state park near Puget Sound at Deception Pass. Father and his son were walking along a trail to a bluff with a view of the ocean. The boy ran ahead of his father but the father noticed the trail curved at one spot within a foot of the edge of the bluff. The boy stepped off the trail for a better look. Father shouted at the boy to watch out and told him not to step too close to the edge. The boy

asked “Why?” Unfortunately, Father’s warning was not quick enough to stop him because the boy already had lost his balance at the edge. He fell over screaming toward raging water near the rocks. The boy thought, “I will never get out of there alive.” But he was stopped by something that grabbed his jacket. A root was holding him. What a lucky boy! Father saved him by telling his son not to move. He used the belt with help of other man who came to pull the boy up before the root broke. The son learned his lesson. After they returned to where his family gathered for picnic, the son told his father that he understood what the father meant when he shouted, telling him not get too close to the edge. From then on he would not ask “Why?” again because there would be no time for an explanation, especially in an emergency.

This is a great moral (lesson) for us as children of God. In the story, Father is loving and caring about his children that he doesn’t want his son to fall to his death. He will do anything to

save his child from dangers. Father knows what is best for the needs of his son and the protection for their children. The children are not grown up yet to understand why their parents have made rules for them to follow. It is better to obey parents than to disobey that can lead to death.

That is what faith is all about by loving your God and believing in Him and doing what He says. The Father who is in the heaven loves us so much that He sent His only beloved Son to save us from sin (John 3:16). We tend to say “Why?” in everything God asks us to do something. And as the time is limited we need to confess our sin and repent. Sin is a mysterious intruder that needs to be removed through our Savior Jesus by faith. Obey God because of love is a way of life (John 14:15).

Here are the quotes from Amazing Facts “Can God’s Law Save A Nation?” The quotes help you understand what the Old Testament and the New Testament have to say about the Ten

Commandments.

The Old Testament:

1. God wrote the Ten Commandments. “And the tables were the work of God, and the writing was the writing of God, graven upon the tables” (Exodus 32:16).

2. They are eternal, meaning they will not change or be erased. “All his commandments are sure. They stand fast forever and ever” (Psalm 111:7, 8).

3. They are perfect. “The law of the LORD is perfect” (Psalm 19). If they are perfect, would their function or purpose needs to change?

#2 and #3 prove that the Ten Commandments are not old-fashioned or only belong to Israel because the law is forever, and the nation of Israel is gone.

4. We will die if we break them. “He poured out his life unto death ... [bearing] the sin of many” (Isaiah 13:9). Satan was first to deceive a human.

5. It is our job to obey them. “Fear God, and keep his commandments: for this is the whole duty of man” (Ecclesiastes 12:13).

The New Testament:

6. Breaking the commandments is still wrong. “Sin is the transgression [breaking] of the law” (1 John 3:4).

7. Humanity still needs them. “But I did not know sin, except through the law. I would not have known coveting if the law had not said, “You shall not covet” (Romans 7:7, MEV).

8. Obeying the commandments is still a sign of loyalty. “If you love me, keep my commandments” (John 14:15, MEV).

9. They are still eternal. “It is easier for heaven and earth to pass away than for one stroke of the law to fail.” (Luke 16:17, MEV). Jesus exalted them! God established the law with His own voice; might it need Jesus’ voice to do away with them? Still He never does, before or after His death!

10. They are still perfect. “Think not that I come to destroy the law ... but to fulfill” (Matthew 5:17, 18).

Jason Kimbrough is a Deaf writer who lives in Fort Meade, MD

Can You Trust the Bible?

By Loren Seibold



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“I believe the Bible was written by human beings,” the man said to me, “like any other book.”

“You are almost right,” I said.

He looked surprised.

“The Bible admits it,” I told him. “It says clearly that it was put together by ‘men of God’ (2 Peter 1:21, NKJV). I am sorry if someone led you to believe that it was dropped from heaven complete. In fact, many of the Bible’s human writers identify themselves. Some even describe the process of writing God’s Word.”

Can you trust this Book?

According to a modern bestseller, the Bible is a long, confusing, and, at some places, not organized work. It doesn’t have a single easy-to-follow plan. It is made up of 66 separate books by dozens of authors. Some of them are many chapters long, others only part of a page.

Also, the Bible has different styles: poetry, history, proverbs, parables, personal letters, prophecy, advanced theological

discussions, genealogy, and even some fantastic, symbolic narrative called apocalyptic [end-time prophecies]. Not all parts of the Bible are easy to read. So it is no wonder that when you talk to people who love this Book they will usually speak of studying the Bible rather than simply reading it as if it is one of the latest novels.

The Bible was written during the time when there were no typewriters, printing presses, or copy machines. Some parts were written, others passed along orally for many generations. It was written in parchment with quill pens in Greek, Hebrews and Aramaic, then copied and recopied hundreds of times. As these original languages stopped to be in common use, it was translated into hundreds of newer language. The question is, Can we trust a Book like this?

Yes, and here’s why: it was written down by human beings but, it was not written, as my friend said, “Like any other book.” The apostle Peter made it clear that holy

men of God spoke and wrote as they were guided by God's Spirit (2 Peter 1:21). They were the writers, but they didn't invent the ideas. Look closer and you will see the acts of Divine work.

The Gettysburg Address is perhaps the most famous speech in American history. It was written down by several people who heard it and then written out several times by Abraham Lincoln himself. There are only five manuscripts of the speech. But each of them is different from the others. That makes it impossible to know exactly what Lincoln really said at Gettysburg, Pennsylvania, on November 19, 1863.

Manuscripts will have errors—the same with a two-minute speech only 150 years old. What is surprising about the Bible is its accuracy when in fact that many authors added to it over a 3,000-year span. How can we test the Bible's accuracy?

The Bible shows harmony

Understanding about God in the earliest chapters remains the same to the

last. God's relationship with people changes over time, but always according to Divine laws that don't change.

A good example is the plan of salvation. Early in the Old Testament, it appears that God is offering salvation to just a few special people, the Jews (Exodus 19:5). But it becomes clear that His plan is to bring all people, everywhere, to Him (Isaiah 2:2, 3; Jeremiah 3:17). Jesus comes to earth among the Jewish people, but by His teachings and His relationship to "outsiders" He makes it clear that the door of salvation is open for every nation, kindred, tongue, and people (Luke 2:14, 30; 3:16; 24:47). The apostle Paul points out that God is saving Israel (Romans 11:26), but he identifies Israel as everyone who accepts the Messiah, Jesus Christ (Galatians 3:29).

To people who do not read the Bible carefully the Bible appears to be a book of contradiction as to whom and how salvation comes. But careful reading shows the harmony of God's plan in the

Old Testament and the New Testament.

Archaeology

The discoveries of the ancient biblical things—archaeology and inscriptions have proved that the Bible is correct and trustworthy. The Hittites are often mentioned as nation-tribe in the Old Testament (Genesis 10:15; 23:3-10). But, there was no non-biblical evidence they had ever existed until in the 1940s when the archaeologist Hugo Winkler, who was digging Boghazkoy in Turkey, found thousands of Hittite historical things. It is the same for many years Sodom and Gomorrah (Genesis 19:1-28) were called not true until archaeological digs near the Dead Sea found a ruin that matches the Bible description. This discovery found a layer of ash that supported the Genesis story of the cities' destruction.

Archaeology has found inscriptions that prove the existence of King David and Pontius Pilate. Also, it proved the evidence of the Jewish captivity in Babylon and the

fall of Jericho's walls. There are as many as 75 persons in the Bible that are written in nonbiblical sources.

The Bible's predictions

In the book of Daniel, there is a symbolic message about an event that would happen in the middle of the seventieth week after the word goes out "to restore and rebuild Jerusalem." At that point, said Daniel, "he will put an end to sacrifice and offering" (Daniel 9:25-27).

Fortunately, we can find the starting date for this prophecy. Artaxerxes gave permission for the Jews to return to Palestine to rebuild their capital city in 457 B.C. If you use the biblical rule that in prophecy a day is a symbol of a year (Ezekiel 4:5, 6), 70 weeks equal 490 years, which added to 457 B.C. (remembering that in this calculation you count years backwards to zero and then back up again), you end up at A.D. 34. Since the predicted event would happen in the middle of the last week, we have to move back about three and

a half years, which brings us to A.D. 31. This is the date of Jesus' death and resurrection.

Daniel's prediction is correct: at the moment that Jesus died, all of the temple offerings became worthless, because Jesus was the "Lamb of God" who died to take away sins of the world (John 1:29; Hebrews 10:14). So continuing sacrifice was not necessary anymore.

Translation and copying through the times

In 1947 a Bedouin boy climbed into a cave near Israel's Dead Sea and discovered hundreds of ancient manuscripts sealed in jars. They were the oldest copies of the Old Testament ever found. Scholars were excited by the discovery but they were concerned. What if these older manuscripts showed that the messages in the Bible weren't accurate?

They need not have worried. The Dead Sea Scrolls turned to be the best proof ever that God had watched over the Bible not only in its writing, but afterwards as well. There

are a few little differences in these older scrolls but none of these differences change a single central biblical teaching. Clearly godly scholars who respected the text were honest and careful when they copied the manuscripts. God has protected the Bible through many generations of handwritten copies.

Reason to believe

But, stubborn doubters won't be convinced by this evidence. And we Christians trust the Bible, not only because of its historical and archaeological evidences. But also because we have found that it has the truth about God that can change our lives. "Your word," wrote David, "is a lamp to my feet and a light for my path" (Psalm 119:105). And to this day, billions of Christians agree.

The Bible tells us how we were created and why (Genesis 1:26). It shows how sin began through our first parents and sin continues to pass on to us (Genesis 3:1-15). In the Bible, God tells us how to live the happiest

possible lives. Today most laws on earth are based on the rules that the Bible gives us. It is called the Ten Commandments, (Exodus 20:3-17).

Jesus is a real human Being who taught and gave the example of the Bible's teachings. "The Word became a human being. He made his home with us," wrote John (John 1:14). The Ten Commandments told us what not to do, but Jesus showed what to do—how to care for one another, how to live in love and peace. The Beatitudes help us to see that happiness comes from self-sacrifice, not self-empowerment.

Jesus offered salvation to everyone—and He proved how He was serious about this by dying a martyr's death (John 3:16). Just as important, He showed that His Father was powerful enough to do what He promised when He raised Jesus from death to full, vigorous life (1 Corinthians 1:22).



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Jesus also told us that the painful history of our earth will end someday (2 Peter 3:12). He also told us that He will return to rescue people who love Him (John 14:1-3). And God left prophecies in the prophetic books of Daniel and Revelation.

No, history, archaeology, prophecy, and textual truth won't prove to you that the Bible is God's Word in the same way that a scientist can prove that you have cells in your body. You will recognize that you can trust the Bible when you see that its words are changing your life.

It is a Book you can only really understand when you get to know the Author.

Adapted and reprinted from Signs of the Times, May 2011.

Omega 3 for Vegetarians

By Sue Radd

Vegetarians may be eating foods with less cholesterol and saturated fat to protect their hearts but can they get enough Omega 3?

What are omega 3s?

Omega 3s are a family of polyunsaturated fatty acids that the body cannot make, so we must get them from our diet. Fish is the most important source of the potent omega 3s called DHA and EPA. The bodies of vegetarians need to make these from the alpha linolenic acid (ALA) that is in plant foods. There is one problem: a family of omega 6 fat also exists in the same plant foods. Omega 6 competes for the same enzyme that makes it possible for the body to use ALA. Worse, vegetarian diets usually give 14-20 times more omega 6 than omega 3.

Why is omega 3 important?

Omega 3s get added into the walls of every cell in our bodies. They give anti-inflammatory effects to prevent or better manage arthritis, asthma, psoriasis, and other inflammatory conditions. They also keep the heart pumping in rhythm and guard against cancer, diabetes, and even

depression. In babies, omega 3s are valuable for better development of the brain and vision.

Four ways to get enough

Include ALA in your diet on a regular basis. The best sources are chia and flaxseeds (or their oils), purslane seeds, walnuts, soybeans and other legumes, wheat germ, and leafy greens. Some omega 3-enriched eggs can also be used, if acceptable.

Avoid fast foods, processed snack foods, fatty meats, and full-fat dairy products. These hide saturated/trans fats, which block the conversion enzyme.

Use extra virgin olive or macadamia oil as your cooking oil instead of omega 6-rich vegetable oils such as sunflower, corn, and margarine. Also, get most of your fats from whole plant foods. Think nuts, seeds, olives, and avocados.

Consider taking a direct source of DHA through a microalgae supplement. Algae are the original source of omega 3, which fish eat in the first place.

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

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