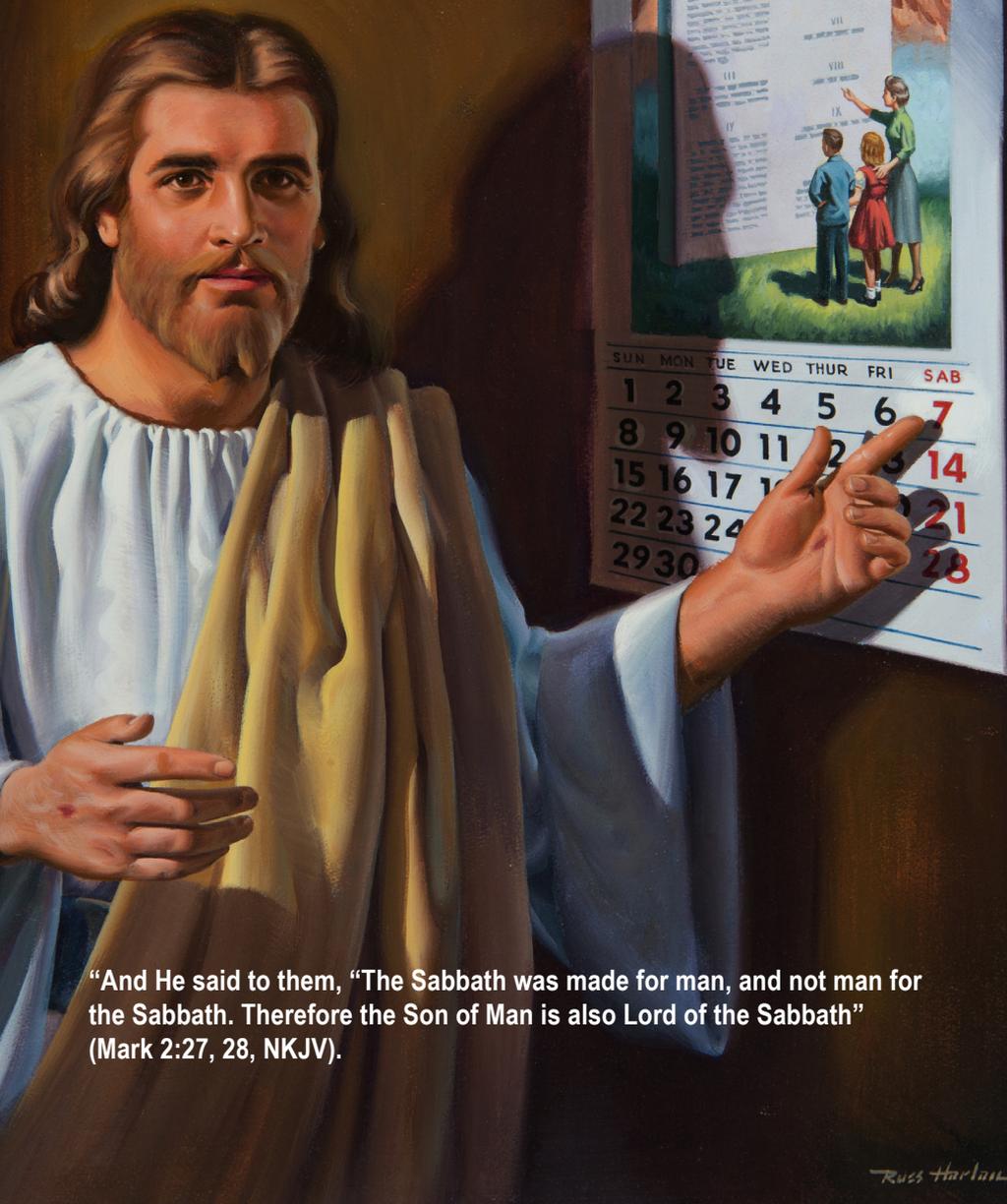


Winter 2019

THE DEAF MESSENGER



“And He said to them, “The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath”
(Mark 2:27, 28, NKJV).

Russ Harlan

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Three Angels Deaf Ministries

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.

For Change of Address:

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Voice/VP: 301-850-0542

Fax: 866-986-2122

Email: 3adm@3adm.org

Web: www.3adm.org

Forgetting Our Parents?

By David M. Trexler



SERMONVIEW

In a nursing home there was a very lonely, aging mother who had not seen her only married son for several years. Let us call her Rose. A nurse was very concerned about Rose's well-being because she had neglected herself as if she were worthless. Her hair had not been combed, and she wore the same old clothes, even though she had nice clothes

in the closet. And, she didn't want to eat. Her son, who had a family in another state far away from this nursing home, didn't visit or write a letter or call her because he was busy with his family and job. That was his excuse. He had really neglected her as if she were completely forgotten. The nurse wished she could rebuke her son for being very thoughtless

of her so long. She thought that her son should visit and call her often for he really owed her for taking care of him when he grew up. His father and mother sacrificed a lot to support him in order to be a successful person. But, he didn't return his love for what they did in the past. He should be proud of his parents. Now, his father had been in the grave for a long time. His mother was lonely, and as a frail lady she desired to have her son come to see her in person. She missed him very much.

Then a miracle came when the nurse had a letter from Rose's son. She gave it to Rose who became a new person after she read that her son and his family would come to visit her soon to spend their time with her for a few days. Soon Rose had her hair fixed and dressed up with nice, clean clothes. She ate well because she was expecting to see her son soon! The nurse was really surprised at the change of her appearance and mood.

But, before the expected visitation the nurse received another letter from Rose's

son. She felt that something was wrong with the letter. She was tempted not to give it to Rose because she was afraid that this letter would bring sad news that could destroy Rose's spirit. But, she couldn't keep it from her. She reluctantly handed the letter to Rose. Sure enough, Rose's spirit was crushed after reading the letter from her son who said that he had canceled the plan. He didn't say when he would come at another time. Nothing! What happened to Rose after this. In a few weeks she died. She didn't feel it was worthy to live any more. She refused to eat because of anguish in her heart. Actually, she died of a broken heart. The nurse was very angry at the way her son mistreated her, and she felt that he was guilty of causing her death.

This story is true, but it is a good example of how we human beings treat our "Parents"—God. We are ignoring God who has created us. According to Genesis God is the Creator who created heavens and earth (Genesis 1:1). Adam and Eve were created in

the image of God by God (Genesis 1:26-28). The Bible says that God created the earth to be inhabited by the people and other living things (Isaiah 45:18). Sadly, the world has forgotten God since sin began. It began when Adam and Eve chose to forget God by believing in Satan's lies about God. So, death and unhappiness have passed on to us through many generations. You notice that after Adam and Eve's sin they were afraid of God and hid from Him when He came to meet them on a regular appointment for fellowship (Genesis 3:8-10). Actually, they failed to know Him!

Now back to the Creation God created the world in six days and it was perfect. Then on the seventh day God rested, blessed and made it holy (Genesis 2:1-3). It is a special day for God and human beings to be together. Now, this day is called what? Let go forward to the time of Moses. God gave the Ten Commandments to remind the people of God (Israelites) to follow the law of liberty and love. Why did God had

to write the law on the tablets of stone? God's people had forgotten about God and His law. Israelites were forced to work every day in Egypt. It was a long time of hard labor that caused many Israelites to forget the Lord and the law. Does the Ten Commandments have the law about the day of rest? Yes, the only commandment that tells about the Creator God who made the heavens and earth is the fourth commandment. It is the heart of the Ten Commandments.

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it [made it holy]”

(Exodus 20:8-11, NKJV).

This commandment has the same words as in Genesis 2:1-3—“rested, blessed and sanctified (to make it holy). Here is Genesis 2:1-3, MEV—”On the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and made it holy, because on it He had rested from all His work which He had created and made.” This commandment begins with the positive and parental word, “Remember” while other commandments start with “You shall not . . .”

Obviously, Adam and Eve kept the seventh day Sabbath right after the creation week. They had a wonderful fellowship with the Lord God who just created them. The Sabbath was established long before sin began and it continues all through generations to today. Now, the word, “Remember” is very important. God understood that His people would forget Him because of the power and influence

of sin. Satan doesn't want us to keep the seventh day Sabbath because he wants us to forget Him who is the Creator. God wants us to stay connected with Him by remembering Him daily, but the Sabbath is a special day when His people stopped working so they have the special day to be with Him (Parent). We need it badly because we need a 24-hour time to focus on Him without any works that can easily distract us to forget Him. It is like having a special time for husband and wife to enjoy of getting together without distractions of the worldly activities. If we do not keep the Sabbath then we do not obey Him. In other words, if we don't keep the Sabbath as the day of remembrance of our Creator God we just forget Him. And we lose our true relationship with Him. It is important for every married couple to have a special day to enrich their relationship so it is for us to worship and praise God on the special day of the week. If we continue to forget Him we are grieving Him just like the son who grieved his mother

who was lonely for years. We did grieve Him many times because of sinning against Him. Jesus was grieved to death on the cross because of the great weight of the world's sins that had rejected Him as the Creator and Redeemer. Here is another excellent reason for us to remember the Sabbath (God).

“Keep the Sabbath day, to keep it holy, just as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. On it you shall not do any work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your livestock, nor the foreigner that is within your gates, so that your male servant and your female servant may rest as well as you. Remember that you were a servant in the land of Egypt, and that the Lord your God brought you out from there with a mighty hand and by an outstretched arm; therefore

your God commanded you to keep the Sabbath day” (Deuteronomy 5:12-15, MEV).

So, we keep the Sabbath to remember God's works of creation and salvation/ redemption. Jesus, who has delivered us from the prison of sin, is the reason for us to keep the seventh day Sabbath. We will live forever on the new earth because of Jesus' victory at the cross. On the new earth we continue to worship God on the Sabbath (no work) to celebrate the Lord's creation and redemption. “For as the new heavens and the new earth which I will make shall remain before Me, says the Lord, so shall your descendants and your name remain. From one New Moon to another, and from one Sabbath to another, all flesh [all people who are saved] shall come to worship before Me, says the Lord” (Isaiah 66:22, 23, MEV). In Revelation 4:11 tells us the reason why we worship God. “You are worthy, O Lord, to receive glory and honor and power; for You have created

all things, and by Your will they exist and were created” (MEV).

You see the connection between the words: worship, creation, seventh day Sabbath, and redemption. We worship God because He is the Creator and Savior. We remember Him when we remember the day of rest on the seventh day of the week. God has the right to be worshiped by all of created beings in the whole universe.

“You should think in the same way Christ Jesus does. In his very nature he was God. But he did not think that being equal with God was something he should hold on to. Instead, he made himself nothing. He took on the very nature of a servant. He was made in human form. He appeared as a man. He came down to the lowest level. He obeyed God completely, even though it led to his death. In fact, he died on a cross. So God lifted him up to the highest place. He gave him the name that is above every name. When the name of Jesus is spoken, everyone’s knee will

bow to worship him. Every knee in heaven and on earth and under the earth will bow to worship him. Everyone’s mouth will say that Jesus Christ is Lord. And God the Father will receive the glory” (Philippians 2:5-11, NIV).

Praise the Lord! God wants us to remember Him on the special day honoring His wonderful work of creation and salvation. Because of salvation we will be restored back to God in person and our earth will be restored back to Eden, but much better. We love Jesus much more because of His love for us. Let us start resting on the seventh day Sabbath as a time memorial to His creatorship. Our spiritual lives will be richer if we follow the Ten Commandments, including the Sabbath commandment.

David M. Trexler is the Speaker/ Director of Three Angels Deaf Ministries. He lives in Lanham, MD.

Let's Remember

By Esther Doss



MACMILLAN/McGraw-Hill

Years ago, two young brothers went outside to play on a vacant lot near their home. They spotted a glass jar with a lid sticking out of the ground. Curious, they dug the jar out and were shocked. There was a lot of money in the jar! They opened the lid and dumped out the money. They could not believe their eyes. They saw a \$1,000 dollar bill and some other large bills. They

decided to count the money and their jaws dropped when they counted \$12,950!

The boys looked at each other. One asked, "How did this jar of money get here?" They began coming up with some ideas. Maybe someone robbed a bank and hid the money here. Maybe someone felt the money was safer in a glass jar instead of a bank and hid his treasure in the ground. Maybe the

owner died suddenly or moved away. Could he have forgotten about the money?

The boys went home and showed the jar to their parents. The parents told the boys they needed to inform the police. The police kept the money in a special fund and waited for someone to claim the money. After five years, a judge ruled that the boys were the rightful owners.

You may wonder how anyone could forget that money. True, but how often do we forget things? Maybe you have put some money in your pocket and forgotten about it. Maybe you left your Bible at church. Maybe you forgot to do something you promised to do. We are very forgetful people!

God knows that people are very forgetful and that is why He has to remind us of some important things. One perfect example is found in the Ten Commandments. God starts the fourth commandment by saying: "Remember the Sabbath Day to keep it holy (Exodus 20:8)." He knew that we might easily forget.

The fourth commandment also tells us, "For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day (verse 11)." The Sabbath reminds us of some very important things. The Sabbath helps us to remember that God created the world and all the people, animals, fish, birds, and plants. These things did not come to life by themselves. Also, the Sabbath reminds us that God IS God, so we do not forget. The Sabbath Day comes each week. God knows that we need to have this special day often, because we do often forget too easily.

We may not be able to imagine any one forgetting \$12,950! But, let us not forget that God created us and that we need to honor Him on His special Sabbath.

Esther Doss is a homemaker who lives in Mountain View, Ark.

Eternal Life

By Francisca Trexler



SERMONVIEW

I would like to talk about the special gift of eternal life that comes from Jesus Christ, our Lord and Savior. We actually do not earn or pay for the special gift of eternal Life. There are several people who do not realize about the special gift of eternal life. There are several people who do not

know when to receive the special gift of eternal Life. Here are some questions such as:

1. What is eternal life?

Eternal life is conditional and based on whether or not we believe and accept Jesus Christ. Eternal life is not permanent. If we abandon God and leave the church,

we think we still have eternal life in our hands and life. Unfortunately, This is not so. Why? Eternal life comes from Jesus Christ when we accept and believe in Jesus Christ as our Lord, and Savior. And we freely have the gift of eternal Life as long as we remain faithful to Jesus. That is how we develop the relationship with Jesus Christ. We must choose to accept or reject His precious offer. If we accept, we have a definite process to follow that Jesus clearly shows in the Bible.

2. When do we actually receive eternal life? After we repent, the next step is water baptism, which is the first principle of Jesus Christ. See the Bible, Hebrews 6:1,2, “So let’s press on to maturity, by moving on from the basics about Christ’s word. Let’s not lay a foundation of turning away from dead works, of faith in God, of teaching about ritual ways to wash with water, laying on of hands, the resurrection from the dead, and eternal judgment — all over again.” (NCV) The next step on

your road to eternal life is to receive God’s marvelous Holy Spirit, which comes through “laying on of hands,” as explained in Hebrews 6 above. After God calls you, repentance is the beginning point of our relationship with Jesus. If there is no repentance, we are cutting the relationship off from God. Nothing is in the process.

1 Corinthians 15:51-53 (MEV) shows, “Listen, I tell you a mystery: We shall not all sleep, but we shall all be changed. In a moment, in the twinkling of an eye, at the last trumpet will sound, the dead will be raised incorruptible [perfect, pure], and we shall be changed. For this corruptible [sinful] will put on incorruption [perfection, purity], and this mortal [a human who can die] will put on immortality [eternal life].” See the Bible, John 17:3, “And this is eternal life: that people can know you, the only true God and that they can know Jesus Christ, the one you sent.” As a result, eternal life is from Jesus Christ.

3. How do we get eternal life?

First, Christians have eternal life (1John 5:13), yet they are not in Heaven or in the immediate presence of God. 1 John 5:13 reads, “I [John] have written these things to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God [Jesus Christ]” (MEV). For that all man is still in his mortal body and he still sins, but, by faith man is saved (Romans 4:5, Ephesians 2:8-9) and possesses [has] eternal life as a free gift from God (Romans 6:23). Second, eternal life will reach its final state at the resurrection of the believers when Jesus Christ makes His second glorious coming to earth to claim His church [people]. It is then that eternal life will begin in its full appearance, especially seen in that man will no longer sin.

Lastly, eternal life is in Jesus Christ. See 1 John 5:11, “And this is the testimony: that God has given us eternal life, and this life is in His Son, [Jesus Christ]” MEV.

And in Colossians 3:3 we find, “For you are dead, and your life is hidden with Christ in God” (MEV). Let us be faithful to Jesus so that we have eternal life, which is a free gift.

May the wonderful Holy Spirit guide us all to Jesus Christ who has the power to make us holy like Him and helps us repent our sinful life. Jesus Christ is ready to forgive our sins no matter how terrible they are. “Let us place ourselves in right relation to Him who has loved us with amazing love. Let us avail ourselves of the means provided for us that we may be transformed [changed] into His likeness, and be restored to fellowship with the ministering angels, to harmony and communion with the Father and the Son” (Steps to Christ, p. 22).



Francisca Trexler is the Deaf Assistant Director of Three Angels Deaf Ministries. She lives in Lanham, MD.

Watch Your Language!

By Amanda Colgan



DRBIMAGES/SHOCK

Does God care how we speak about Him? Are we treating God in a respectful and holy way? What does God say about how we should honor His name? That is what we will study in this article.

Let's go to the Bible. I want to know what God considers proper and not what our culture tends to do. In Exodus 20:7, the third commandment, says, "You must not misuse the name of the Lord your God. The Lord will not let you go

unpunished if you misuse his name" (NLT). What does it mean to misuse His name or "to take His name in vain" (in NKJV translation)? It means using God's name in empty ways by speaking of God without meaning God. It also applies to using God's name in a careless way. Some people swear curse words that insult or show lack of respect for God.

Euphemism is a word or phrase that is used to replace a curse (bad) word. For example, "Jeez" is a

shortened word for Jesus. “Darn” is an euphemism for “damn”. Some would say “Oh, my gosh” to replace the phrase “Oh, my God.” If you look up the word “golly or gosh” in a dictionary, you will find it is a replaced word for God. “Gosh” or “my goodness” are used to show emotion but they have nothing to do with God. Euphemisms for God allow people to dishonor God’s name without feeling bad about it. Sometimes swear words can be abbreviated (shortened) such as BS or SOB. “Holy cow”, “Holy smokes” or “Holy mackerel” are common phrases people use. These phrases make the word holy cheap.

What does the Bible say about how we are to treat God’s name? Ephesians 4:29 says, “Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them” (NLT). Colossians 3:8 also says, “But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.”

Many Christians do not know that they dishonor God in their words. We need to be careful in what we say and know what our phrases mean. Jesus in Matthew 12:36-37 “I say to you that every careless word that men shall speak, they will give account for it in the Day of Judgment. For by your words you will be justified, and by your words you will be condemned” (ESV). Let’s get into the habit of avoiding the use of euphemisms and swear words. Good replacement phrases could be “Ah, I did not know that”, “What, are you serious?” or “Wow!” or “Awesome!” or “Well, okay then” to name some. None of these phrases misuse God’s name.

I close this with a verse, Psalm 141:3, “Set a guard, O Lord, over my mouth; keep watch over the door of my lips” (NIV). May we glorify God in everything we do, think and say.

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

The Pianist

By Kenneth Holland



#RAJNISTOCKPHOTO

A little girl and her mother lived together in a small-town hotel. Each afternoon the child would practice on the piano in the hotel lobby for at least two hours.

The other guests who had gathered there seemed much annoyed by her bad notes.

One day, a guest heard several people complaining about the irritating monotony of the child's simple exercises. Without a word, the visitor—himself an experienced pianist—made his way to the piano and sat down on the bench beside the girl. He began to play the piano with her, weaving

around and through her so-so exercises some great and unusual harmonies. Soon the surprised guests began coming into the lobby to listen to the beautiful music.

The little girl's weak efforts had been made glorious by the great musician.

Some people may criticize our service to God. But, the Master of human life can work around our weak efforts, weaving His purposes in and around them, so that the final effect of our lives is glorious

Adapted and reprinted from These Times.

The Health Risks of Energy Drinks

By Sue Radd

The energy drinks can give you a lift, but recent research has found that they have a bad side.

Toxic reactions and serious hospitalizations have increased a lot among young people who use energy drinks.

Energy drinks are highly caffeinated, sugary beverages with a few additives to make them sound healthy—think taurine, ginseng, vitamins, and amino acids. But common brands have three to four times the level of caffeine found in a can of cola! When you consider that the average number of energy drinks consumed at any one time is five (which means to drinking 7.5 to 10 cups of coffee or 15 cola drinks in a short period of time), you can see why it is easy drink too much with these beverages!

Energy drinks are heavily marketed to teenagers, young adults and professionals, and they have become a popular pick-me-up during the day as well as a party aid. Alarmingly, energy drinks are often consumed with other caffeinated drinks, caffeine tablets, alcohol, and even ecstasy, making their impact all the more dangerous.

Health problems

If your body tends to break down caffeine slowly (and there is a gene test that can determine this), even small amounts of energy drinks can cause problems. Common symptoms reported to poison centers from the regular or high use of energy drinks include heart palpitations, tremors, agitation, gastrointestinal upset, and chest pain. There are also reports of caffeine-related deaths in young people that were caused by energy drinks.

Energy-boosting alternatives

If you regularly feel tired, you should listen to your body and take more rest breaks, catch up on sleep, and reexamine your diet. Energy drinks are a risky short-term fix, which can cause damage to your heart.

Smarter beverages to refresh young and old alike are mineral water with a splash of juice, plain chilled water with lemon, freshly squeezed juices, or smoothies.

*Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat to Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being.*

Vegetarian Recipe

Smoothies



Cashew/Mango Smoothie

- 1/4 cups raw cashew nuts*
- 3 tablespoon frozen orange juice
- 1 cup water (pure water)
- 1/2 cup frozen mango

Methods: Whiz in a blender till everything is smooth.

Enjoy the smoothie for light supper with toast or crackers.

*Be sure you wash the cashew nuts really well, because the cashew nuts are from South America. The people there they washed the nuts with their feet.

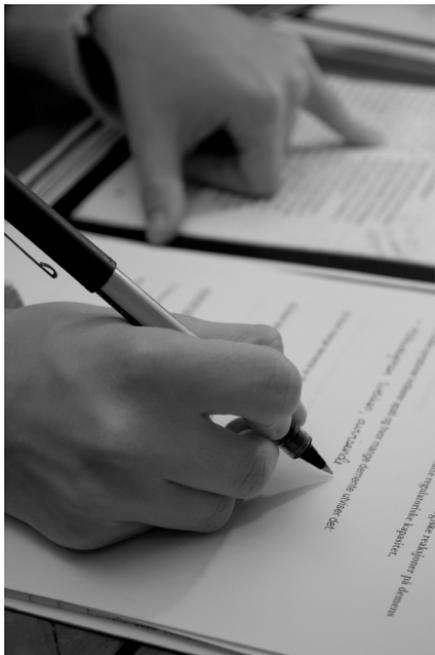
Fruit Smoothie

- 1 cup Almond milk
- 2 halves canned peaches in glass jar
- 7 frozen strawberries
- 4 chunks frozen Mango
- 1 Tablespoon Vanilla Spirutein powder *

Methods: Whiz all in a blender.

*Spirutein makes the smoothie a little thick and delicious. Use it once a while.

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