

Spring 2019

THE DEAF MESSENGER



“Jesus went to Nazareth, where he had been brought up. On the Sabbath day he went into the synagogue as he usually did. He stood up to read. And the scroll of Isaiah the prophet was handed to him. Jesus unrolled it and found the right place” (Luke 4:16, 17).

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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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Seven Main Reasons Why I Believe the Bible Is True

By George L. Belser



SERMONVIEW

A great many people claim to doubt and deny the truthfulness of the Bible as God's Holy Book; but I, for one, do not agree so, accordingly, I would like to make a list of seven main reasons why I believe the Bible teaches complete truth.

Reason Number One: Creation of the Universe and the Earth

Many believe that the universe appeared by accident (e.g., the "Big Bang"

theory) and then through the process of evolution. It could be the same loose bolts, nuts and other parts being thrown into a pail and shaken for the time being, and, presto, a laptop computer would come from the pail. But we know for certain that nothing structural would appear from the pail, even if the effort had been tried billions of times. As we see it, the universe, the earth and nature have existed throughout the world's history as if they had

been so well planned and designed by the Creator. If you study nature closely, you will see that the earth is filled with creatures such as birds, animals, flowers, plants and even human beings so well-planned and designed by a Supreme Mind such as God's, nothing else! This is exactly why God established the seventh-day Sabbath as a perpetual (everlasting) weekly memorial to Him as Creator. See Exodus 31:16-17, NKJV: "Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout the generations as a perpetual [eternal] covenant. It is a sign between Me [God] and the children of Israel for ever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed." Before we move on to the next reason, I would very much like to offer another verse as further proof that God is our Creator: "To me [Paul], the very least of all saints, this grace was given, to preach to the Gentiles the incomprehensible riches of Christ, and to reveal for all

people what is the fellowship of the mystery, which from the beginning of the ages has been hidden in God, who created all things through Jesus Christ (emphasis, mine)" (Ephesians 3:8-9, MEV).

Reason Number Two: The Truthfulness of the Holy Bible

There is too much truth in the Holy Bible for it to be belittled as a myth book. Apostle Paul emphasizes the value of the Bible when he writes, "All Scripture is given by inspiration of God and is profitable for doctrine, for reproof [self-correction], for correction, for instruction in righteousness, that the man of God [Christian] may be complete, thoroughly equipped for every good work" (2 Timothy 3:16-17, NKJV). What is interesting is that when Jesus Himself said, "You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me" (John 5:39, NKJV). Stop to think of it, this verse is fascinating, because at the time Jesus

was speaking this verse, the New Testament was not in existence as it was collected, prepared and published years after Jesus' time. Therefore, it means that Jesus was pointing to the Old Testament and not to the New Testament. Unfortunately, many Christians think of the Old Testament as "old-fashioned" or "out-of-tune" with modern times; but according to Jesus, the Old Testament is important as well as the New.

Before moving on to Reason Number Three, I would like to emphasize one more interesting point about the careful development of the Bible over the years. As the Bible was recognized as God's Sacred Book, Jewish scribes would count and determine the exact number of words recorded at a halfway point in the Bible. Then they would follow the strict rule of pronouncing and entering each word in the Bible until they reached the halfway point. At that point they would start counting the words from the beginning to the halfway point. If the count did not match the determined

number, the monks would then throw away their work and start all over again from the very beginning. This method goes to show that we can trust the Bible as true God's Word, at least about 98% of it is true. Yes, there are several errors built into the Bible. For example, the verse, I John 5:7, NKJV, reads: "For these are three who bear witness in heaven: the Father, the Word, and the Holy Spirit, and these three are one" was added to the Bible by the Papacy during its religious war against the Arian nations back in A.D. 500's. The Arians were the people who accepted the philosophy of a heretic named Arius, a scholar who taught the concept that there was only one God, the Father, instead of the three as generally accepted by most Christians. In other words, error built into the Bible is so slight that it hardly makes any difference in the truthfulness of God's holy book.

Reason Number Three: Prophecy

Prophecy is a valuable

part of the worthiness of the Bible. Let's see what Jesus has to say about prophecy: "Now I tell you before it [prophecy] comes, that when it does come to pass you may believe that I am He" (John 13:19, NKJV). Another example of prophecy would be found in Isaiah 7:14, NKJV saying, "Therefore the Lord Himself will give you a sign: Behold a virgin shall conceive [give birth to] and bear a Son, and shall call His name Immanuel." This prophecy came to fulfillment in Matthew 1:23, NKJV, which reads: " 'Behold, a virgin shall be with child, and bear a Son, and they shall call His name Immanuel,' which is translated as, 'God with us.' "

Still another amazing prophecy covers most of Daniel 2 telling of King Nebuchadnezzar's dream about a statue standing tall with its head of gold, chest of silver with arms folded across it, torso (abdomen or stomach) of brass, two legs of iron, two feet of miry ("muddy") iron and clay. The king also saw in his dream that a stone

was independently hurtling (falling and flying) toward and striking the feet of the statue, causing it to crumble onto the ground. And the stone later became a great mountain that filled the whole earth. Puzzled by the dream the king was worried and was determined to have the dream interpreted. This is how Daniel finally was called to the king's court to interpret the dream to the king. Now, this leads us to the fourth reason, which I will shortly explain how the history of the world is related to the king's dream.

Reason Number Four: The History of the World

History often supports statements of the Bible, as in the case of King Nebuchadnezzar's puzzling dream. Now, Daniel was starting to make an interpretation of what the king saw in his dream; but before this, Daniel made it clear that the credit was to go to God for giving him the ability to interpret the dream and for making it a reality. Then Daniel began explaining the meaning of

the dream by saying that the head of gold represented the king's kingdom, the city of Babylon and the world's first empire, which would eventually fall to Medo-Persia symbolized as the folded chest and arms of silver under Cyrus the Great; the torso (stomach) of brass symbolized Alexander the Great of Greece, who would defeat Medo-Persia, but was later conquered by the growing power of the Roman Empire (the legs of iron), which eventually fell to the barbarian tribes which later became European nations (iron and clay toes). Lastly, the hurtling stone represents Jesus' Second Coming, which will put an end to the world as we know it today. Then Jesus will establish His kingdom that will last forever. There are more examples that support the Bible, but space in this article does not permit it, so let's move on to Reason Number Five.

Reason Number Five: Archeology

Archeology is another valuable tool in proving the truthfulness of the Bible. The

Bible mentions the reality, existence or occurrence of certain events or groups of people, but scholars in the past denied its existence until archaeology and spadework proved it otherwise. For example, relics (things) were discovered by archeologists during recent times, giving proof that many things mentioned in the Bible but unknown to the modern world for a long time had really existed as recorded in the Bible.

Reason Number Six: Jesus' Resurrection to Life and Ascension to Heaven

Another strong reason for my belief in Jesus and the Bible is the fact that Jesus' resurrection to life from the dead and ascension (going up) to heaven were witnessed by a great many people during Jesus' time on earth. Paul made a strong statement: "For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He [Jesus] was buried, and that He rose again the third day according to the Scriptures,

and that He was seen by Cephas [Peter], then by the twelve [the disciples]. After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep [died]. After that He was seen by James, then by all the apostles. Then last of all He was seen by me [Paul] also, as one born out of due time” (1 Corinthians 15:3-8, NKJV). Paul’s statement was supported by Luke when he wrote to his friend named Theophilus saying, “. . . of all that Jesus began both to do and teach, until the day in which He was taken up, after He through the Holy Spirit had given commandments to the apostles whom He had chosen, to whom He also presented Himself alive after His suffering by many infallible [perfect] proofs, being seen by them during forty days and speaking of the things pertaining to the kingdom of God” (Acts 1:2-3, NKJV). If that many people claimed they had witnessed Jesus after His resurrection, they all could not have lied, could they have? Therefore,

this serves as another strong reason why I believe that the Bible is true.

Reason Number Seven: Jesus’ Promise

Before being crucified to His death on the Cross the day after, Jesus made a firm promise to the Twelve during the Last Supper and to all believers from Adam and Eve to those who are still alive during His Second Coming by saying these words: “Let not your hearts be troubled; you believe in God, believe also in Me. In my Father’s house are many mansions [rooms]; if it were not so, I would have told you. And if I go and prepare a place for you, I will come again and receive you to Myself (emphasis, mine); that where I am, there you may be also” (John 14:1-3, NKJV). Paul also supports Jesus’ promise of His Second Coming when he says, “For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and

remain so until the coming of the Lord will by no means precede [come before] those who are asleep. For the Lord Himself will descend [come down] from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord” (I Thessalonians 4:14-17, NKJV).

Conclusion

In closing there are very many reasons for us to believe in the truthfulness of God’s Sacred Book. They are recorded miracles and unexplainable miracles that puzzle modern physicians, scholars and scientists. One of the great miracles is how the lives of the people whom we know or hear of have been greatly changed through the Holy Spirit’s leading in their lives. But as space is limited and does not permit more reasons and explanations for belief

in Jesus as Savior and the Bible as a true and faithful account of Jesus’ life, teachings, principles and work as humans’ Redeemer. John the Beloved makes this very clear in this verse: “In the beginning was the Word [Jesus] and the Word was with God and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men” (John 1:1-4, NKJV). Amen!



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Dealing with Anger

By Francisca Trexler



ALLVISIONISTOCK

The Bible says, “It [Love] keeps no record of wrongs” (1 Corinthians 13:5, NIV). This verse is wonderful because we need to try not to keep the records of what a person did to us wrongfully such as ugly words, physical harm, etc. True love helps us not to remember what the people did to us or badly treated us. Love also leads us to forgive anyone. God wants us to act in Christ-like way rather than react back with anger and wrong words. It is normal for us to be angry with the person saying hurtful words, bad feeling and setting revenge. This is not what the best for us. It is best

for us to forgive and move on forward.

The Bible says in Proverbs 29:11— “A foolish person loses his temper. But a wise person controls his anger” (ICB).

“Keep from being angry. Turn away from anger. Don’t be upset. That only leads to evil” (Psalm 37:8).

So, anger that is not controlled by the Holy Spirit can lead to do bad things against those who hurt us. It is best to leave the anger to God who will take care of us. It is very important to have a free spirit with love from God and live in a peaceful life with forgiveness.

Merriam-Webster Dictionary describes anger as strong feeling of displeasure or unhappiness, irritation (getting impatient) and bad feeling and hostility toward someone. It also related to hot-tempered and quick-tempered. In Proverbs 15:18, NCV—"People with quick tempers cause trouble, but those who control their tempers stop a quarrel [fighting]."

So uncontrolled anger tends to lead to violent behaviors and negative thoughts. Anger itself does not solve any problems, and it usually uses up all the emotional energy. Here is one of good examples of what happened to our great Bible people, Moses. He was angry with the Egyptian who beat up one of his Hebrew brothers. Moses lost his control and killed the Egyptian. Moses committed crime against humanity. He broke one of the Ten Commandments—"You must not murder anyone" (Exodus 20:13, NCV). "One day he [Moses] visited his people and saw that they were forced to work very hard. He

saw an Egyptian beating a Hebrew man, one of Moses' own people. Moses looked all around and saw that no one was watching, so he killed the Egyptian and hid his body in the sand" (Exodus 2:11, 12, NCV).

Here is another sad example of Moses in his later years. "So Moses took the wooden staff from the tent. He did just as the Lord had commanded him. He and Aaron gathered the people together in front of the rock. Moses said to them, "Listen, you who refuse to obey! Do we have to bring water out of this rock for you?" Then Moses raised his arm. He hit the rock twice with his staff. Water poured out. And the people and their livestock drank it" (Numbers 20:9-11).

Moses lost his patience with the stubborn, rebellious Hebrews and hit the rock twice instead of once as he should. As a leader Moses gave them the wrong example by losing his temper. His reaction to the rebellious people was wrong. Because of his temper Moses was not able to enter the Promised Land, Canaan,

with the Hebrew group. Sad for him for losing his bad temper. He actually failed to teach his people that God created the water coming out of the rock, not by his own strength.

In the Old Testament the Hebrew word for anger is “aph” meaning “nose or nostrils” like these nostrils blowing fire with anger. It is like a dragon blowing fire through his nose or nostrils when it gets mad or angry. In New Testament Greek word is “orge” originally means any “natural impulse or desire” that is translated as wrath or powerful anger. Anger is a strong feeling toward people and sometimes toward things like people breaking things and destroying property.

“Then Simeon and Levi took their swords. They were Jacob’s sons and Dinah’s brothers. They attacked the city when the people didn’t expect it. They killed every male. They also killed Hamor and his son Shechem with their swords. Then they took Dinah from Shechem’s house and left” (Genesis 34:25, 26). Why did they kill

them? They were very angry with Shechem who raped their sister, Dinah. Their anger and emotions were out of control. Notice that their anger as part of emotion caused them to have poor judgment.

We get angry for different reasons. Anger is normal for everyone, but God wants us to control our own anger. Pride is the main reason for us to get angry. Pride will not allow us to say I am sorry. Pride seeks revenge because someone has hurt us.

Jesus taught us about the danger of anger. “You have heard what was said to people who lived long ago. They were told, ‘Do not commit murder. (*Exodus 20:13*) Anyone who murders will be judged for it.’ But here is what I tell you. Do not be angry with your brother. Anyone who is angry with his brother will be judged” (Matthew 5:21, 22). An angry person who is having a bad feeling toward another person is a murderer. In other words, anger can lead to murdering someone. That is what happened to Simeon

and Levi who murdered many people in Shechem unnecessarily. Most people were innocent of what had happened to their sister, Dinah. So, uncontrollable anger is dangerous and wicked.

There is a kind of anger that we need to learn. “Scripture says, “When you are angry, do not sin.” (*Psalms 4:4*) Do not let the sun go down while you are still angry. Don’t give the devil a chance” (*Ephesians 4:26, 27*). We do get angry with someone who hurts someone, especially young children. God does get angry, but He is perfect and righteous. His anger is not the same as ours that is controlled by our sinful nature. God hates sin that causes all kinds of evil things in this world, hurting us badly. When we get angry don’t let it become uncontrollable. We should not sin when we get angry. It is normal for us to pay revenge when we get angry so we should control ourselves. Forgive someone who hurt us.

If we are hurt or cheated

by someone let God take care of our problems in the right self-controlled behavior. “My friends, don’t try to get even. Leave room for God to show his anger. It is written, ‘I am the One who judges people. I will pay them back,’ (*Deuteronomy 32:35*) says the Lord. Do just the opposite. Scripture says, ‘If your enemies are hungry, give them food to eat. If they are thirsty, give them something to drink. By doing those things, you will pile up burning coals on their heads.’” (*Proverbs 25:21, 22*) Don’t let evil overcome you. Overcome evil by doing good” (*Romans 12:19-21*).

How do we deal with our uncontrollable anger and revengeful spirit? We need to study the character of Jesus Christ who is the perfect example of our heavenly Father. His character is so beautiful, lovable, holy and pure that we should follow. It is very important for us as weak human beings to surrender ourselves and our anger to Jesus. Here are the Bible promises for victory over our weakness in losing our control over our anger

that can lead to troubles.

“Ask, and it will be given to you” (Matthew 7:7).

“So obey God. Stand up to the devil. He will run away from you. Come near to God, and he will come near to you” (James 4:7, 8).

“So don’t be proud. Put yourselves under God’s mighty hand. Then he will honor you at the right time. Turn all your worries over to him. He cares about you. Control yourselves. Be on your guard” (1 Peter 5:6-8).

“I can do everything by the power of Christ. He gives me strength” (Philippians 4:13).

June Hunt gives good advice on when you get angry: “To better understand your anger, each time you feel angry, stop and ask yourself important questions. Examining your thoughts and actions can help you move from being controlled by your anger to benefiting from your anger. As you practice patience and gain understanding, you will be

able to use your anger for God’s purpose, which, in turn, will prevent foolish displays of anger you later regret [feel sorry].”

We all need to pray to dear God to help us to control anger inside us and even our pride. Let us give good examples to people around us. Here is good advice from the Bible: Matthew 5:16—“In the same way, let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven.” That is the challenge we overcome the anger inside with God’s help. Here is the blessed verse in Psalm 139:23, 24—“God, examine me and know my mind. Test me and know all my worries. Make sure that I am not going the wrong way. Lead me on the path that has always been right” (ERV).

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Doing More Than Expected

By Amanda Colgan

“After she had given him a drink, she said, “I’ll get water for your camels too. I’ll keep doing it until they have had enough to drink.” So she quickly emptied her jar into the stone tub. Then she ran back to the well to get more water. She got enough for all his camels.” Genesis 24:19-20 NIV.

This is the verse we read about Rebekah when she first met Abraham’s servant. She went to the well to get water as she had done every day. The servant was sent by Abraham to find a bride for his son Isaac. He prayed that while he stood by the well, out of many women, the woman would show a servant’s heart. He prayed “May it be that when I say to a young woman, ‘Please let down your jar that I may have a drink,’ and she says, ‘Drink, and I’ll water your camels too’—let her be the one you have chosen for your servant Isaac.” (verse 14, NIV).

That’s exactly what happened when the servant

met Rebekah. Now when we read verse 10, it showed that the servant had 10 camels. Each camel can drink about 25 gallons of water. Imagine having to draw out and carry 250 gallons of water for the camels! If I were Rebekah I would do the least by giving the servant a glass of water as common courtesy. Rebekah, as we see here, as gone the extra mile for the stranger and his camels. Her act of service revealed her character which is generous, kind, friendly and strong.

Because of Rebekah’s work ethic, her life has changed ever since meeting Abraham’s servant. She became the bride of Isaac and mother of Jacob. She become the grandmother of the leaders of 12 tribes of Israel. It all began with an act of service. May we be more like Rebekah with her kindness, strong work ethic and love for others in our homes, workplaces, churches and in public. Whenever you have the opportunity to serve, go

beyond what's expected. You'll never know what that extra would impact you and others.

May God help you to be willing to serve others, doing

more than what is expected to the glory of God.

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

Love Your Enemy

By Roy F. Cottrell

During the American Revolutionary War, Peter Miller heard that a person whom he knew named Widman had been sentenced to die as a traitor. He hurried through a storm to General Washington and asked for saving Widman's life.

Washington said, "I would like to free Widman, because he is your friend, but I dare not, even for that consideration."

"My friend!" exclaimed Miller. "He is my worst enemy!"

Washington was surprised and said, "You walked sixty miles in this weather to save the life of your enemy? I will grant you his pardon."

Miller rushed to the place of execution with the pardon in hand. He arrived just as the man was being led to the scaffold to be hung. Widman saw Miller and he said, "There is old Peter Miller. He has come to have his revenge paid by seeing me hanged."

But Miller put the pardon in the captain's hands, and Widman's life was saved.

Romans 5:10, NCV says, "While we were God's enemies, he made us his friends through the death of his Son. Surely, now that we are his friends, he will save us through his Son's life."

Adapted and reprinted from Signs of the Times, October 9, 1956.

Why Plan Meals?

By Sue Radd

If you are a busy person like me, you cannot afford not to plan your meals. A little cooking plan each week can save you time and money and benefit your health and waistline.

While you may not plan 365 dinners each year, you will be well prepared with your food choices and enjoy more energy. It works for me!

3 reasons to make a meal plan

1. It saves time—You will spend less time thinking about “What to eat?” You will have fewer trips to the supermarket. Your shopping experience will improve.
2. It costs less—You will have less food waste and depend less on frozen dinner meals, which are usually more expensive.
3. It is healthy—You will be less likely to buy foods from fast food restaurants as the carry-on on the way home. This helps to prevent eating less healthy foods. Depending on choice, just one carry-out meal can easily give more than half the

calories a person needs for the entire day!

7 tips to help you plan

1. Buy some good cookbooks or surf the Web for recipe ideas
2. Make a 7-day menu plan to meet your week and personal needs.
3. Choose your cooking nights—be realistic.
4. Go grocery shopping in advance.
5. Prepare more one-pot meals—you can cook in bulk and there is less cleaning up.
6. Use your leftovers wisely—refrigerate for tomorrow’s dinner or immediately freeze in single food containers you can take to work for lunches.
7. Share cooking nights with your family or friends.

Use these seven ideas to improve your home life. They can also improve your physical and emotional health.

*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

Vegan Cabbage Rolls

Remove the core of the cabbage. Put it side up in the boil water. Peel each leaf when it is softened. Wait a bit more for another soft leaf peel out. Put all the leaves on the plate after they are peeled.

- 5 Tbsp of olive oil
- 1 large onion, chopped
- 1 small can of mushrooms, drained and cut.
- 1 cup basatimi brown rice (quick cook)
- 1 cup lentils
- 1 tbsp soy sauce [Braggs]
- 2 Tbsp of onion salt
- 1 tsp of McKay seasoning [beef]
- 1 can of stewed Italian tomatoes



Francisca Teixeira

Put them in the skillet until they are soft. Then add Tempeh tofu (cut in cube) in a low heat, and let them soak in onion and olive oil. Add mushroom and 1 spoonful of tomato sauce. Set aside.

Cook rice until tender and cook lentils until tender. Add rice and lentils to the skillet mix. Mix well, then add soy sauce, onion salt, seasoning. Mix well until things look good.

Take one leaf of the cabbage on the oblong glass pan, scoop the mixture from the skillet and put it on the leaf. Fold the cabbage leaf in the pan until it becomes full. Sprinkle the stewed Italian tomatoes on the top. Cover the foil paper. Put it in the oven, bake it at 370 degrees for 45 min.

Try eat this food along with delicate squash, or salad with the garlic bread.

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