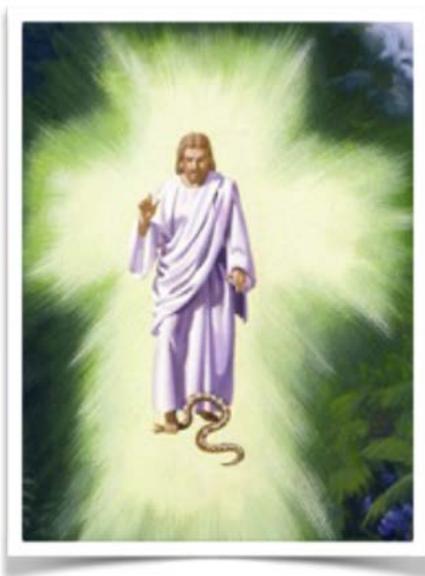


# BEREAN SPIRIT

“... they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.”  
*(Acts 17:10-11)*

## THE EVERLASTING COVENANT

by John C. Bassett



Well how do I begin? I guess before I dig into this I will state, we are all saved by grace through faith.

**Ephesians 2:8** *For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:*

This seems to be an issue when you talk about the covenants. What does this mean exactly? Let's start with what is Grace.

According to Strong's Concordance: **Grace, G5485**—graciousness (as gratifying), of manner or act: - acceptable, benefit, favour, gift, grace (-ious), joy liberality, pleasure, thank (-s, -worthy).

What stands out to me in this definition is gift. Salvation is a gift from God,

you cannot work for it, you cannot purchase it, it can only be received by accepting it.

So now we have established that Grace is a gift. So how does faith fit into the picture? What exactly is it?

Again, from Strong's Concordance: **Faith, G4102**—persuasion, that is, credence; moral conviction, especially reliance upon Christ for salvation; abstractly constancy in such profession; by extension the system of religious (Gospel) truth itself: - assurance, belief, believe, faith, fidelity.

What stands out here for me is belief. We must believe in the gift (grace) that God has given us. This seems pretty simple so why is there so much confusion over the issue of the Everlasting covenant. I hope by the guidance of the Spirit I can help to ease some of the confusion.

The Everlasting Covenant was made between the Father and the Son. Let's take a look at it.

**Zechariah 6:12-13** *And speak unto him, saying, Thus speaketh the LORD of hosts, saying, Behold the man whose name is The BRANCH; and he shall grow up out of his place, and he shall build the temple of the LORD: Even he shall build the temple of the LORD; and*

*he shall bear the glory, and shall sit and rule upon his throne; and he shall be a priest upon his throne: and the counsel of peace shall be between them both.*

So what exactly is this talking about? Maybe we should break it down, to start with who is this branch? Reading Zechariah 3:8, and Isaiah 11, 1-2, we see that this is talking about none other than the Son of God, who shall grow up out of His place (Heaven), come to Earth, be born as a child, live a sinless life, die on a cross, to concur sin, defeat Satan, stand as our high priest, and return again with His kingly robes that each of us may live. Wait a minute; maybe I am getting a bit ahead of myself.

John 3:16 sums it up perfectly and I could almost stop here, but let's get back to the beginning dispensations of the covenant. God let man know more and more about His Covenant as time went along. Let's start with Adam and Eve.

<b>Also in this issue:</b>	
Coconut Oil .....	p. 3
2015 Bible Seminar Report .....	p. 4
Upcoming Events .....	p. 9
Think about These Things .....	p. 11
Keeping the Feasts vs	
Keeping the Faith .....	p. 14
Tasty Vegan Recipes .....	p. 16

## Coming Home Ministry

Wenatchee area, WA, USA

**Berean Spirit** is dedicated to the promotion and restoration of all Bible truths and principles that God has given to His church, especially for the last days of this Earth's history.

Our purpose is to share articles and studies about Bible truths and health to help motivate the readers to be prepared for the coming of the Lord.

*Berean Spirit* is published quarterly, and sent free of cost to all who desire to receive it.

Editors: Stephen and Sarolta Noyes

### Contact Information

by e-mail: [smsnoyes@gmail.com](mailto:smsnoyes@gmail.com)

by phone: (509) 782-2439

by mail: Coming Home Ministry  
PO Box 420  
Dryden WA 98821

## THE COVENANT WITH ADAM AND EVE

**Genesis 3:15** *And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.*

*"To man the first intimation of redemption was communicated in the sentence pronounced upon Satan in the garden. The Lord declared, "I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel." Genesis 3:15. This sentence, uttered in the hearing of our first parents, was to them a promise. While it foretold war between man and Satan, it declared that the power of the great adversary would finally be broken. Adam and Eve stood as criminals before the righteous Judge, awaiting the sentence which transgression had incurred; but before they heard of the life of toil and*

*sorrow which must be their portion, or of the decree that they must return to dust, they listened to words that could not fail to give them hope. Though they must suffer from the power of their mighty foe, they could look forward to final victory."*

Patriarchs and Prophets, p. 65

So here we see God's promise to man that even though man was now pronounced to die for disobedience in the end, by the Seed, victory was to be had. What more can we learn about this Seed and how was victory to be had?

## THE COVENANT WITH ABRAHAM

Now we come to the promise made to Abraham.

**Genesis 12:1-3** *Now the LORD had said unto Abram, Get thee out of thy country, and from thy kindred, and from thy father's house, unto a land that I will shew thee: And I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing: And I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed.*

**Genesis 9:9** *And I, behold, I establish my covenant with you, and with your seed after you;*

From this we learn that when God said that in Abraham all the families of the earth should be blessed, He was preaching the Gospel to him. The blessing that was to come upon the people of the earth through him could be enjoyed only through faith. The preaching of the Gospel is the preaching of the cross of Christ (and there is no salvation by any other means), and God preached the Gospel to Abraham when he said, "In thee shall all the families of the earth be blessed," it is very clear that in that promise the cross of Christ was made known to Abraham, and that the promise thus made was one that could be gained only through the cross.

The Lord said to Abraham, after he had reached the land of Canaan, "Unto thy seed will I give this land." If we but hold to the Scriptures we shall not have a moment's difficulty in ascertaining who the seed is.

**Galatians 3:16** *Now to Abraham and his seed were the promises made. He saith not, And to seeds, as of many; but as of one, And to thy seed, which is Christ.*

This ought for ever to settle the matter, so that there could be no dispute about it. The seed of Abraham, to whom the promise was made is Christ. He is the heir. But we also may be joint-heirs with Christ.

**Galatians 3:27-29** *For as many of you as have been baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus. And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.*

Let it not be forgotten that although there are many thousands included in the seed, there is only one seed, for they are all one in Christ, who is the Seed. Those who have been baptized into Christ have put on Christ, and are therefore one in Him. So when it is said that Christ is the seed of Abraham, to whom the promises were made, all who are in Christ are included. But nothing outside of Christ is included in the promise. Therefore since the promise of the land was to Abraham and His seed (which is Christ) and those who have put Him on by baptism, and who are therefore new creatures, it follows that the promise of the land was only to those who were new creatures in Christ—children of God through faith in Christ Jesus. This again is additional evidence that all the promises of God are in Christ, and that the promises to Abraham can be shared only through the cross of Christ.

*Continued on page 8*

# COCONUT OIL—USES AND CURES

by Dr. Josh Axe



Coconut oil might just be the most versatile health food on the planet. Not only is it my favorite cooking oil, but coconut oil uses are numerous and can extend to being a form of natural medicine, be used for natural beauty treatments and so much more.

The coconut tree is considered the “tree of life” in much of Southeast Asia, India, the Philippines, and other tropical locations. And today, there are over 1,500 studies proving the health benefits of coconut oil.

Some of the top coconut oil benefits include:

- Balances Hormones
- Kills Candida
- Improves Digestion
- Moisturizes Skin
- Reduces Cellulite
- Decreases Wrinkles and Age Spots
- Balances Blood Sugar and Improve Energy
- Improves Alzheimer’s
- Increases HDL and Lower LDL Cholesterol
- Burns Fat

If you’re ready to take your health to the next level, try these coconut oil uses and cures!

## MANY CREATIVE COCONUT OIL USES

These coconut oil uses are broken into 4 categories: Food Uses, Body and Skin Care, Household, and Natural Medicine.

### COCONUT OIL FOOD USES

1. **Cooking at High Heat**—Coconut oil is great for cooking at a high heat because of its high smoke point. Many other oils like olive oil can oxidize when heated but because coconut oil is made up of healthy saturated fats it remains stable under high temperatures.

2. **“Buttering Your Toast”**—For breakfast in the morning, try spreading coconut oil on your sprouted grain bread, instead of conventional butter. The slight coconut flavor, more pronounced in the unrefined coconut oils, lends a lovely aroma and taste to your toast.

3. **Natural Energy Booster**—The medium chain triglycerides in coconut oil, when partnered with chia seeds, will give you an energy boost when you need a mid-afternoon pickup, or after a strenuous workout. Chia seeds are known to boost performance, and endurance while the coconut oil aids in digestion and metabolizing of the chia seeds. Mix 1 tablespoon coconut oil with ½ tablespoon of chia seeds, and enjoy from the spoon, or spread on sprouted grain bread.

4. **Boost Nutrients in Smoothies** — Add 1 to 2 tablespoons of coconut oil to

any fruit smoothie for a boost of cholesterol fighting compounds. Side benefit? It improves the texture and mouth feel of smoothies, while adding healthy fats to your diet.

5. **Healthy Popcorn topping**—Pop organic corn kernels in coconut oil and then drizzle with just a touch more melted coconut oil and some sea salt.

6. **Topping For Baked Potatoes**—Put coconut oil on baked sweet potatoes in place of conventional butter and then sprinkle on cinnamon.

7. **Replace Unhealthy Fats When Baking**—Yes, you can bake with coconut oil. Use the same amount as butter or vegetable oil that is called for in the recipe. For biscuits, piecrusts, and other preparations where the fat is to be cold, freeze the coconut oil prior to using. Use coconut oil to grease baking sheets and cake pans, and your baked goods will simply slide right out.

8. **Make Homemade Healthy Granola**—Homemade crunchy granola made using heart-healthy nuts is a great treat for breakfast, or as the star in a fresh fruit parfait in the evenings. Combine 3 cups of old-fashioned oats, 1 cup chopped almonds, 2 teaspoons cinnamon, ½ teaspoon salt, 1/3 cup honey or maple syrup, and 1/3 cup coconut palm sugar together in a large bowl. Melt 1/3 cup coconut oil and drizzle over, and then mix to combine. Bake on a cookie sheet at 350 degrees for 5-7 minutes, and then rotate in the oven, and continue baking for another 5-7 minutes. Turn off oven, and allow to sit for 30 minutes. Remove from oven, and break into clusters.

*Continued on page 5*

## 2015 BIBLE SEMINAR REPORT



**From Revelation 14:12:**

“What a tremendous and powerful camp we had last week (2-7 June) at Wenatchee. We were truly blessed with a good gathering of believers and a number of new visitors and first-timers. The theme of the camp was “Into His Image” and the messages at the camp focused on some of the practical aspects of this theme. We truly felt that the camp was a powerful and inspiring gathering of believers. We were glad to catch up with familiar brethren as well as meet some of the new people to attend the camp. The other speakers at the camp were

ters but also current issues. Some messages dealt with the Covenants, the feast days, as well as the truth about God. The Lord truly blessed that holy convocation as He promised. There was a lovely spirit of brotherly love and fellowship throughout the camp.



David Clayton and Howard Williams (From Jamaica). Some of the messages dealt with not only practical mat-

On Friday we had a testimony time where many shared how the Lord has led and blessed them. On Sabbath we all joined in a sweet communion as we partook of the Lord’s supper together. It truly drew us all closer to the Lord and to each other as we partook of the symbols of the Lord’s body and life. The reality of this symbol is the key element of the New Covenant – the living Christ dwelling in the heart of the believer. This is eternal life!

The camp concluded with a baptism of 12 souls into Jesus Christ followed by a powerful season of prayer for the blessing of the Spirit upon them. We were truly blessed in more ways than we expected, and were very refreshed by the sweet fellowship with believers. God has indeed fulfilled His word to bless us as we gather in the name of His son. Praise the Lord!”



## Coconut Oil

*Continued from page 3*

**9. Sports Drink Replacement**—Coconut oil gives the body quick energy in the form of its quick acting MCFA fats. Instead of relying on sugary processed drinks, try adding coconut oil and chia seeds to water with fresh fruit.

**10. Natural Throat Lozenge**—Use coconut oil in place of store-bought lozengers that are usually made using artificial flavors and colors. Try swallowing ½-1 teaspoon of coconut oil up to 3 times daily to ease the pain of a sore throat or cough, and combine licorice root tea with coconut oil for a natural throat soother. Try adding licorice root (fennel root), honey, and lemon too for an extra immunity boost against viruses and colds.



### COCONUT OIL BEAUTY & SKIN USES

**11. Natural Skin Moisturizer**—Using Coconut oil for skin health works well as a moisturizer for your face. It absorbs quickly, and is non-greasy. At room temperature, coconut is a solid, but it quickly melts when it comes into contact with hands. Before bed, wash your face, and pat dry. Warm a dollop the size of a pea in your hands and rub in a circular motion into your face. Let sit for 5 minutes, and then wipe off what is still on the surface.

**12. Wrinkle Reducer**—For areas of concern around eyes, dab just a touch around the eyes to help fight pre-maturing aging. Leave the oil on overnight to

soak in, and wake up looking refreshed. Combine with frankincense oil for additional anti-aging benefits.

**13. Lock in Moisture After Showers**—After your shower, apply coconut oil liberally all over your body. Coconut oil will hydrate dry skin, and helps to soothe skin after shaving. As a bonus, coconut oil has a natural SPF and is great to protect your skin from sun damage. If you are applying to the bottom of your feet, do so outside of the tub, so as not to slip.

**14. Healing Bath with Epsom Salt**—Regardless of the season, our skin takes a beating. Add ¼ cup Epsom salts and ¼ cup coconut oil to a warm bath, and relax. Add a drop or two of your favorite essential oils to add aromatherapy benefits. The Epsom salts will help to draw out toxins while the coconut oil will help to soothe dry skin.

**15. Homemade Toothpaste**—Mix equal parts of coconut oil with baking soda then add a few drops of peppermint essential oil for homemade toothpaste. Try my recipe for homemade probiotic toothpaste with coconut oil, Bentonite Clay, probiotics and peppermint essential oil.

**16. Lip Balm**—Dry chapped lips can happen during any season. Commercial lip balms are packed with unhealthy (and potentially toxic) ingredients, which is particularly concerning since we put them on our lips. The healing properties of coconut oil helps to nourish the lips, provides a touch of sun protection, and most importantly, is safe to consume. Combine 2 tablespoons of coconut oil with 2 tablespoons of beeswax, and 1 tablespoon of shea butter in a nonstick saucepan. Warm slowly until melted. Use a small funnel to refill used lip balm containers. Allow to set up for 6 hours.

**17. Natural Mouthwash**—Mix equal parts of coconut oil and bak-

ing soda, and then add a few drops of peppermint essential oils. Use daily to help whiten teeth, improve gum health, and freshen your breath. According to researchers at the Athlone Institute of Technology, the antibiotic properties of coconut oil destroy the bacteria that causes tooth decay.

**18. Coconut Oil Pulling**—To improve the health of your teeth and gums, oil pulling with coconut oil, is the way to go. In Ayurvedic medicine practice, oil pulling is used to detoxify the mouth, killing bad breath, fighting bacteria, cures tooth decay, and helps to boost the immune system. Swish 1 tablespoon of coconut oil immediately after rising in the morning. Spend 10-20 minutes swishing; do not swallow the oil. Spit the oil into the trashcan (not into the sink!) and rinse with sea salt water.

**19. Natural Deodorant**—Coconut oil's natural antibacterial properties help to keep body odor at bay. It is an excellent deodorant on its own, or when combined into a paste with baking soda and essential oils.

**20. As a Gentle Face Wash**—Coconut oil can be used in natural face wash recipe to cleanse and moisturize. Mix with lavender oil, tea tree oil and raw honey for best results.

**21. Wound Salve**—Coconut oil has been used for thousands of years to speed healing of rashes, burns, and open wounds. You can use it just like you would neosporin. To make a homemade neosporin mix coconut oil, frankincense, lavender and melaleuca oil. The antibacterial and antifungal properties of coconut oil help to keep the area free of infection, and the lauric acid in coconut oil helps to speed healing.

**22. Cellulite Solution**—To fight stubborn and unsightly cellulite, mix 1 tablespoon of coconut oil with 10 drops of grapefruit essential oil and massage

in a firm circular motion into affected areas. Follow with dry brushing to help stimulate circulation and encourage cellular detox and my cellulite slim down juice recipe for best results.

**23. Soothing Shaving Cream**—If razor burn, ingrown hairs, or other skin irritation is a problem after shaving, start using pure coconut oil as your shaving “cream”. Warm a dab in the palm of your hands and rub on your face and other areas. Rinse well, and pat dry.

**24. Sunscreen/Sunburn Remedy**—Coconut oil is an all natural sunscreen and sunburn remedy, all in one. In fact, it is SPF 4, just enough to protect against sun damage, and the best of the non-volatile herbal oils. Re-apply as necessary, throughout the day. If you get too much sun, gently rub coconut oil into affected areas and it will promote healing, and soothe the pain.

**25. Massage Oil**—Coconut oil is a soothing and conditioning massage oil. Add a couple of drops of lavender oil and peppermint oil to help heal sore muscles, and stimulate mindful relaxation.

**26. Insect repellent**—Mix a tablespoon of coconut oil with a couple of drops of peppermint, rosemary, and tea tree oil to repel flies, mosquitos, gnats, and bees. This is a safe alternative to DEET and can be applied safely on all areas of the body.

**27. Anti-Fungal Cream**—Due to its antibiotic capabilities, coconut oil can be used topically to treat athletes foot and skin fungus. Apply some to the affected area and either leave it on or wipe off with a paper towel after it has time to set in.

**28. Cold Sore Treatment**—If you experience cold sores in or around your mouth, trying dabbing them with coconut oil several times per day to reduce healing time and pain. Coconut oil contains lauric acid which is effective at entering the virus that lives within cold sores and shutting off their ability to reproduce. This means you experience relief faster and are less likely to have scars or discoloration left in the area of the sore too.

**29. Nail Cuticle Oil**—Apply coconut oil to your finger beds to reduce the risk of developing fungal infections



and to make it easier to push back cuticles so your nails can naturally grow more quickly.

**30. Soothing Foot Rub for Cracked Heels**—Find relief for your dry, cracked heels naturally by rubbing them with coconut oil and allowing the oil to penetrate your skin. Try using 2 tablespoons of oil for both heels, and feel free to add other essential oils—like lavender oil—which can help to further reduce dryness and bacteria, plus give your feet a nice, relaxing scent.

**31. In-grown Hair Treatment and Preventer**—Rub areas where you frequently shave or are prone to bumps and infection with coconut oil. The oil helps to soften skin so hair can easily

grow through the follicle properly without becoming ingrown, plus it kills bacteria at the same time.

**32. Sulfate-Free Shampoo**—Coconut can cleanse hair if used with apple cider vinegar, and because it doesn't have any harsh chemicals in it. This method leaves your color intact for longer, prevents dullness and orange or yellow discoloration, and makes your hair soft and shiny.

**33. Natural Hair Conditioner**—Using Coconut oil for hair conditioning has been used for thousands of years to strengthen and style hair. As a moisturizer, coconut oil can help strengthen hair while helping hair to retain moisture. Depending on the length and texture of your hair, you may need anywhere from 1 teaspoon to 2 tablespoons of coconut oil as a conditioner. Warm in the palms of your hands, and starting at the ends, work the oil into the hair.

**34. Prevent and Treat Dandruff**—This can help to encourage new hair growth, and will discourage dandruff. Rinse well (and then rinse again), and then style as usual. Your hair should be healthy, shiny, and full of body. If the coconut oil weighs your hair down, use less the next time, and rinse well.

**35. Hair De-tangler for Children**—Use a small amount of coconut oil on your children's hair when it's extra nutty and needs a natural, smooth solution for getting it brushed easily. Rub oil between your palms and then onto wet hair before combing through.

**36. Homemade Exfoliator**—Combine oil with organic coconut sugar to create a homemade facial or body scrub

that will help remove dry skin. Do this twice weekly for smooth skin that is less likely to develop ingrown hairs, acne, blackheads, or other unwanted dullness.

37. **Hairbrush Cleaner**—Rub coconut oil on your brush and leave it for 1-2 hours in order to disinfect it. Then wash thoroughly. The oil even works well on delicate bore bristle brushes and helps the hair to easily slide on. Any oil that remains on your brush will only condition the brush bristles and your hair more afterwards.

38. **Baby Ointment and Diaper Rash Guard**—When your baby experiences painful diaper rash, rub some coconut oil around the affected area to soothe swelling, redness, itch, and burn. Try using 1 tablespoon to start and allow it to seep into the skin.

39. **Hair Texturizer and Gel Replacement**—Many commercial brands of hair gel and mouse contain alcohol which dries out your hair, not to mention many other toxic chemicals and fragrances. Try using a bit of coconut oil rubbed into the ends of your hair to hold its style and condition it at the same time. The oil prevents fly aways and adds extra shine too.

40. **Natural Vapor Rub and Cold Remedy**—Combine coconut oil with eucalyptus oil and rub the mixture on your chest or the chest of your children to open up your airways and facilitate breathing. Together these two work to increase circulation and clear congestion to help you get a good night sleep when you're sick.

41. **Stretch Mark Reducer**—Try rubbing coconut oil all over the stomach during and after pregnancy to reduce unsightly stretch marks that occur when skin's elasticity is compromised. The oil helps to fade dark marks, discoloration, and redness plus it hydrates the skin and allows it heal more quickly.

## COCONUT OIL HOUSEHOLD USES

42. **Carrier Oil for Homemade Candle**—Instead of buying expensive candles that contain artificial scents and chemicals, burn clean oil in your home using coconut oil and essential oils in an oil diffuser. These can be purchased online or at major home stores and give

like wood, plastic, or cement that tend to gather dust. Rub a small amount of oil over the area and then allow it to dry, no need to wash it off or worry about it staining and attracting any bacteria.

46. **Shoe Shiner**—Instead of buying a leather repair kit or bringing used shoes to a repair shop, try subbing some coconut oil on your leather boots or pat-



you endless ways to fill your home with healthy, inviting scents.

43. **Help Unzip a Caught Zipper or Stuck Bike Chain**—Apply coconut oil to chains or zippers that are jammed. The oil acts as a natural lubricant, allowing you to effectively break up a tough situation. Restore an old bike or a favorite pair of jeans by finally getting the chain or zipper to give!

44. **Remove Gum From Hair or Furniture**—If you've ever had gum stuck in your hair or on your couch, you know how frustrating this can be. Apply coconut oil to help the gum let up and easily get removed, without leaving any colors or stains.

45. **Dust Preventer**—Trying using a small amount of coconut oil on surfaces

ent heels to give them shine, disguise blemishes, and make them look fresh and new again.

47. **Laundry Detergent**—Combine coconut oil with lye, water, and essential oils of your choice to create a non-toxic soapy liquid that is perfect for cleaning clothes. The formula will not irritate your skin or have a negative affect on fabric, like many store-bought detergents can. This is a great solution for sensitive skin and those prone to allergies.

48. **Furniture Polish**—Use coconut oil on wood, granite counter tops, and metal surfaces to give your furniture and updates and clean, shiny look. At the same time this will help reduce dusk, cover up scratches, and clean your furniture and home surfaces too.

*Continued on page 10*

## The Everlasting Covenant

*Continued from page 2*

Let this principle, therefore, never for a moment be forgotten in reading about Abraham and the promise to him and his seed—that the seed is Christ and those who are in Him. The promises, no matter how many they are, all come through Christ.

**Genesis 17:7-8** *And I will establish my covenant between me and thee and thy seed after thee in their generations for an everlasting covenant, to be a God unto thee, and to thy seed after thee. And I will give unto thee, and to thy seed after thee, the land wherein thou art a stranger, all the land of Canaan, for an everlasting possession; and I will be their God.*

Though this covenant was made with Adam and renewed to Abraham, it could not be ratified until the death of Christ. It had existed by the promise of God since the first intimation of redemption had been given; it had been accepted by faith; yet when ratified by Christ, it is called a new covenant.

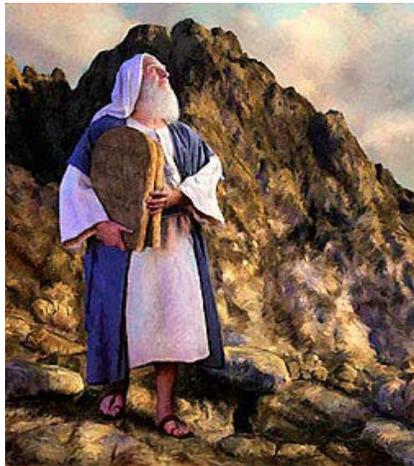
### THE COVENANT WITH THE JEWS— THE OLD COVENANT

There is much more that could be said about the Gospel plan and Abraham but without writing a book I suppose we had better move on to the covenant made with Moses and the children of Israel at Mt Saini.

**Exodus 24:7-8** *And he took the book of the covenant, and read in the audience of the people: and they said, All that the LORD hath said will we do, and be obedient. And Moses took the blood, and sprinkled it on the people, and said, Behold the blood of the covenant, which the LORD hath made with you concerning all these words.*

*“Another compact—called in Scrip-*

*ture the “Old” Covenant—was formed between God and Israel at Sinai, and was then ratified by the blood of a sacrifice. The Abrahamic covenant was ratified by the blood of Christ, and it is called the “second,” or “New” Covenant, because the blood by which it was sealed was shed after the blood of the first covenant. That the New Covenant was valid in the days of Abraham is evident from the fact that it was then confirmed both by the promise and by the oath of God—the “two immutable things, in which it was impossible for God to lie.” Hebrews 6:18. But if the*



*Abrahamic covenant contained the promise of redemption, why was another covenant formed at Sinai? In their bondage, the people had to a great extent lost the knowledge of God and of the principles of the Abrahamic covenant. In delivering them from Egypt, God sought to reveal to them His power and His mercy, that they might be led to love and trust Him. He brought them down to the Red Sea—where, pursued by the Egyptians, escape seemed impossible—that they might realize their utter helplessness, their need of divine aid; and then He wrought deliverance for them. Thus they were filled with love and gratitude to God and with confidence in His power to help them. He had bound them to Himself as their*

*deliverer from temporal bondage. But there was a still greater truth to be impressed upon their minds. Living in the midst of idolatry and corruption, they had no true conception of the holiness of God, of the exceeding sinfulness of their own hearts, their utter inability, in themselves, to render obedience to God’s law, and their need of a Saviour. All this they must be taught.” Patriarchs and Prophets, p. 370*

*“The giving of the law upon Sinai did not make any difference whatever in the relation that already existed between men and God. Nothing new was introduced. The very same law existed before that time, having the same effect, namely, to show men that they were sinners; and all the righteousness which the law demands, and all that it is possible for any man to have, had been possessed by men of faith, of whom Enoch and Abraham are notable instances. The only reason, therefore, for the giving of the law upon Sinai, was to give men a more vivid sense of its awful importance, and of the terrible nature of sin which it forbids, and to lead them to trust in God, instead of in themselves. The children of Israel fell under the power of the enemy by cherishing an evil heart of unbelief in departing from the living God, and when once they were found on the enemy’s side, he pressed his advantage, and made them his allies to the utmost extent. The sin of unbelief, by which their confidence in the Son of God was destroyed, led Israel far astray. At the very time when they should have been praising God and magnifying the name of the Lord, talking of his goodness, telling of his power, they were found in unbelief, and full of murmuring and complaint. The deceiver was seeking through every means possible to sow discord among them, to create envy and hatred in their hearts against Moses, and to stir up rebellion against God, and by listening to the voice of the*

great deceiver they were led into affliction, trial, and destruction.” The Signs of the Times, April 25, 1895

**Galatians 3:15-17** *Brethren, I speak after the manner of men; Though it be but a man's covenant, yet if it be confirmed, no man disannulleth, or addeth thereto. Now to Abraham and his seed were the promises made. He saith not, And to seeds, as of many; but as of one, And to thy seed, which is Christ. And thus I say, that the covenant, that was confirmed before of God in Christ, the law, which was four hundred and thirty years after; cannot disannul, that it should make the promise of none effect.*

The first statement is very simple: No man can disannul, take from, or add to, even a man's covenant, if it be once confirmed. The conclusion is equally simple. God made a covenant with Abraham, and confirmed it with a oath. “Men verily swear by the greater; and an oath for confirmation is to them an end of all strife.

**Hebrews 6:16-18** *For men verily swear by the greater: and an oath for confirmation is to them an end of all strife. Wherein God, willing more abundantly to shew unto the heirs of promise the immutability of his counsel, confirmed it by an oath: That by two immutable things, in which it was im-*

*possible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us:*

Therefore that covenant, which was confirmed in Christ by God's oath pledging His own existence to its fulfillment, could never afterwards be changed one iota. Not one jot or tittle could pass from it or be added to it while God lives. Note the statement that “to Abraham and his seed were the promises made.” And the seed is Christ. All the promises to Abraham were confirmed in Christ. “Promises,” remember, and not simply a promise.

*Continued on page 12*

## Upcoming Events in the USA

### Come and join us!

#### TENNESSEE

##### ROAN MOUNTAIN CAMPMEETING

**When:**

September 20-26, 2015

**Where:**

Roan Mountain State Park,  
Conference Center  
1015 Highway 143  
Roan Mountain, TN 37687

**Theme:** Grace and Faith at the End Time

**Speakers:**

David Clayton, Howard Williams, Imad Awde, Nader Mansour, Ken Corklin, Lynnford Beachy, Eric Wilson, and William Van Grit

**Contact:**

Malcolm & Sandy McCrillis —  
*Berean Ministries*  
(423) 772-3161

#### CALIFORNIA

##### MEETING AND BAPTISM

**When:**

September 19, 2015 (starts at 9:30 AM)

**Where:**

1330 Rimrock Dr., Perris, CA 92570

**Speakers:**

Imad Awde and Nader Mansour  
*(For more information, contact them through [www.revelation1412.org](http://www.revelation1412.org))*

##### CAMPMEETING

**When:**

October 1-4, 2015

**Where:**

1680 Ashby Ln., Newcastle, CA 95658

**Speakers:**

David Clayton and Howard Williams

**Contact:** Emil and Elena Maghiar —  
(916) 412-5853

#### WASHINGTON

##### COMMUNION

**When:**

Sabbath, September 19, 2015

**Where:**

Wenatchee Community Center  
504 S Chelan Ave., Wenatchee WA

**Contact:**

Coming Home Ministry —Stephen and Saci [Shotzie] Noyes  
(509) 782-2439



## Coconut Oil

*Continued from page 7*

49. **Rust Reducer**—Rub some oil on your silver wear, outdoor metal furniture, car parts, or anything else that is metal and prone to rusting. Coconut oil helps to combat rust when you spread a thin layer of pure oil over the metal and let it sit for 1-2 hours. You can either wipe the oil off or wash it afterwards and should notice a difference right away.

50. **Homemade Hand Soap**—Use coconut oil to make homemade hand soap, and enjoy the flexibility to add any fragrance you want using essential oil. Try combining coconut oil with the substance Lye, or lard, which you can purchase online. The lye gives the soap natural texture and holds it together.

**COCONUT OIL MEDICINAL USES**

1. FIGHTS INFLAMMATION
2. BOOSTS IMMUNITY
3. PROTECTOR
4. SLEEP AID
5. FIGHTS ACNE
6. HELPS SICK PETS
7. KILLS CANDIDA
8. BALANCES HORMONES
9. SUPPORTS DIGESTION
10. CONSTIPATION RELIEF
11. FAT BURNING SUPPLEMENT
12. CANCER PROTECTION & DEFENSE
13. PREVENTS BONE LOSS & OSTEOPOROSIS RISK
14. ALZHEIMER'S TREATMENT & BRAIN HEALTH
15. BLOOD SUGAR STABILIZER & DIABETES PREVENTER
16. ECZEMA & PSORIASIS CURE TREATMENT
17. BALANCES CHOLESTEROL LEVELS
18. CONSTIPATION RELIEF

Dr. Axe  
FRESH MEDICINE

### COCONUT OIL MEDICINAL USES

51. **Fight Inflammation**—Coconut oil supports both a healthy liver, and kidneys. According to researchers, virgin coconut oil, prepared without chemical

or high-heat treatment exhibits an inhibitory effect on chronic inflammation. As inflammation is one of the leading causes of many chronic diseases, this study supports regular consumption of virgin coconut oil to help fight inflammation.

52. **Boost Immunity**—Coconut oil's unique nutrition profile that is rich with lauric acid, capric acid and caprylic acid provides for strong antiviral, anti-fungal, antimicrobial, and antibacterial properties that have an immune boosting effect. By fighting these elements present in the body, the immune system is better equipped to respond properly when attacked.

53. **Prevent Bone Loss and Osteoporosis Risk**—Free radicals and oxidative stress are linked to the development of osteoporosis, a metabolic disorder. According to a recent study, virgin coconut oil is effective in maintaining bone structure, and preventing bone loss in estrogen-deficient rats. The report specified virgin coconut oil due to its high polyphenols and exerts antioxidant properties and you should take 3 tsp daily for best results.

54. **Alzheimer's Treatment and Brain Health Protector**—There are several reports that coconut oil may be an effective natural treatment for Alzheimer's disease. A current double blind study recommends taking 1 tsp 3x daily.

55. **Sleep Aid**—Coconut oil is a perfect carrier oil when making soothing and relaxing home remedies using essential oils, like lavender or roman chamomile oil, that can help reduce anxiety and aid in getting a good night sleep.

56. **Acne Fighter**—Acne is a serious issue for adults in addition to teens and is commonly caused by bacteria overgrowth or an imbalance in oil on the skin. Coconut oil acts as a natural antibiotic, killing harmful bacteria that leads to serious breakouts. Try mixing the oil with tea tree oil and raw honey for added benefits and effectiveness.

57. **Cancer Protection and Defense**—Coconut oil and medium-chain triglycerides have been shown to provide a "potent antitumor effect and maintenance of a normal immune system" supporting the belief that coconut oil can help protect from certain types of cancers.

58. **Candida Killer**—Coconut oil contains caprylic acid which has anti-microbial properties that can kill yeast and candida. In a recent study, researchers found that coconut oil was active against species of Candida at 100% concentration, greater than the drug fluconazole. Add 1 tablespoon of coconut oil to your diet, and apply pure coconut oil directly to affected areas twice per day, until symptoms resolve. Follow my candida treatment protocol to help beat Candida.

59. **Fat Burning Supplement**—The MCT's found in coconut oil have been proven to support weight loss and help your body burn fat for energy. Sounds odd right? Adding fat to your diet to burn fat? But the truth is not all fats are created equal. Add a tablespoon a day to reap the benefits of these fatty acids that may help to reduce abdominal fat. According to a study published in the American Journal of Clinical Nutrition, consumption of MCT oil leads to a greater rate of weight and fat mass loss than olive oil.

60. **Hormone Balancer**—The healthy fats in coconut oil support the thyroid and adrenal glands which can lower cortisol to naturally balance hormones. Coconut oils helps to suppress inflammation, while supporting healthy metabolism, two things that are essential for balanced hormones. The lauric acid, and other compounds support the thyroid and adrenal glands. This helps to lower cortisol, and naturally balance the hormones.

61. **Digestive Support**—Coconut oil is easy to digest and contains compounds that destroy bad bacteria, promote growth of probiotics and

helps heal leaky gut. Coconut oil promotes the growth of healthy probiotics in the digestive tract. The antibacterial, antifungal, and antimicrobial properties help to control parasites, and fungi, while aiding in the efficient absorption of essential nutrients.

**62. Blood Sugar Stabilizer and Diabetes Preventer**—Coconut oil can help balance blood sugar levels and has been medically proven to improve diabetes. Coconut oil can help balance blood sugar levels by encouraging efficient secretion of insulin from the pancreas. In a 2009 study, researchers found that medium-chain fatty acids “may therefore be beneficial for preventing obesity and insulin resistance.”

**63. Eczema and Psoriasis Cure Treatment**—Coconut oil can be used as cream to naturally heal dry and flaking skin for those with Eczema and Psoriasis. Mix coconut oil, shea butter and geranium oil for the best benefits.

**64. Balance Cholesterol Levels**—The healthy fats in coconut oil have been proven to increase HDL cholesterol and lower LDL cholesterol supporting heart health. According to a study reviewed by Harvard Medical School, coconut oil consumption increases HDL cholesterol, and improves the cholesterol ratio.

**65. Constipation Relief**—Many people swear by coconut to cure chronic constipation and relieve bloating. Try taking one tablespoon of coconut oil in the morning or before bed in order stay regular. The oil penetrates the digestive track and keeps things running smoothly by killing off harmful bacteria and allowing your gutflora to re-balance.

**66. Fight Heart Disease**—After decades of coconut oil being vilified due to its saturated fat content, new research is now proving that medium-chain fatty acids and coconut oil are beneficial to heart health and help lower high blood pressure.

**67. Help Sick Pets**—Just like their human caretakers, dogs and cats can benefit from the addition of coconut oil to their diet. Pets with digestive upset can benefit from a teaspoon or two of coconut oil mixed into their food. Skin allergies, irritations, and wounds can be soothed, and healing accelerated with a topical application. Unlike other salves, since it is edible coconut oil, there is no health risk if they lick it off their coats.

### COCONUT OIL NUTRITION PROFILE

Coconut oil, like other plant-based oils, does not contain cholesterol. The vast majority (more than 85%) of the

fats in coconut oil are medium-chain triglycerides. These medium chain fatty acids (MCFAs) found in coconuts has tremendous health benefits; they are easy to for the body to burn as fuel for energy and have anti-microbial properties, in addition to other important traits.

Coconut oil contains three unique fatty acids that are responsible for its various health benefits:

- Lauric acid
- Capric acid
- Caprylic acid

These are some of the rarest substances found in nature and the reason why this oil is so beneficial.

Lauric acid has a particular structure that allows the body to absorb it easily. Once absorbed, it morphs into monolaurin, found in human breast milk, and coconut milk and oil. Monolaurin is known for its antiviral, anti-microbial, and antibacterial properties.

In addition, coconut oil contains linoleic acid, oleic acid, phenolic acid, myristic acid, Vitamin E, Vitamin K, and iron.

#### Source Material:

*This article is taken from Dr. Josh Axe's study; the entire study can be found at <http://draxe.com/coconut-oil-uses/>.*

## Think about These Things ...

I was shown the necessity of those who believe that we are having the last message of mercy, being separate from those who are daily imbibing new errors. I saw that neither young nor old should attend their meetings; for it is wrong to thus encourage them while they teach error that is a deadly poison to the soul and teach for doctrines the

commandments of men. The influence of such gatherings is not good. If God has delivered us from such darkness and error, we should stand fast in the liberty wherewith He has set us free and rejoice in the truth. God is displeased with us when we go to listen to error, without being obliged to go; for unless He sends us to those meetings where error is forced home to the people by the

power of the will, He will not keep us. The angels cease their watchful care over us, and we are left to the buffetings of the enemy, to be darkened and weakened by him and the power of his evil angels; and the light around us becomes contaminated with the darkness.

#### Source Material:

*Ellen White: Early Writings, p. 124-125*

## The Everlasting Covenant

*Continued from page 9*

**2 Corinthians 1:20** *For all the promises of God in him are yea, and in him Amen, unto the glory of God by us*

Note also again that the covenant made with Abraham, and confirmed in Christ by God's oath, is that which gives us our hope in Christ. It was confirmed by the oath, in order that we might have strong consolation in fleeing for refuge to lay hold on the hope set before us. The sum of the covenant was righteousness by faith in Jesus crucified, as shown by the words of Peter:

**Act 3:25-26** *Ye are the children of the prophets, and of the covenant which God made with our fathers, saying unto Abraham, And in thy seed shall all the kindreds of the earth be blessed. Unto you first God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities.*

Therefore the entering of the law at Sinai could not contribute any new feature to the covenant made with Abraham and confirmed in Christ, nor could it in any way whatever interfere with the promise. The covenant, that was confirmed beforehand by God in Christ, cannot by any means be disannulled, or its promises made of none effect, by the law spoken four hundred and thirty years afterward.

**Galatians 3:17** *And this I say, that the covenant, that was confirmed before of God in Christ, the law, which was four hundred and thirty years after, cannot disannul, that it should make the promise of none effect.*

The oath of God to Abraham pledged the putting of the righteousness of God, which is fully outlined in the ten commandments, into and upon every believer. The covenant being confirmed in Christ, and the law being

in the covenant, it most surely follows that God's requirements for Christians in these days are not a particle different from what they were in the days of Abraham. The giving of the law introduced no new element.

The inheritance could be obtained only through righteousness, although it was wholly by promise; for righteousness is the "gift of grace." But in order that men may appreciate the promises of God, they must be made to feel their need of them. The law was for the purpose of letting Israel know how impossible it was for them to get its righteousness by their own strength, and thus to let them know what God was anxious to supply them with Christ, our Mediator.



**Galatians 3:20** *Now a mediator is not a mediator of one, but God is one.*

**1 Timothy 2:5** *For there is one God, and one mediator between God and men, the man Christ Jesus;*

Jesus Christ was therefore the One who gave the law upon Sinai; and He gave it in His capacity of Mediator between God and men. And so, although it was impossible that there could be a law given which could give life, the law which was death to unbelieving sinners was in the hands of a Mediator who gives His own life, which is the law in its living perfection. In Him death is swallowed up, and life takes its place; He bears the curse of the law, and the blessing of it comes to us. This brings us to the fact that at Sinai we find Calvary.

Now we come to the ratification of the promise: the gift of the Cross.

## THE NEW COVENANT

**Jeremiah 31:31-34** *Behold, the days come, saith the LORD, that I will make a new covenant with the house of Israel, and with the house of Judah: Not according to the covenant that I made with their fathers in the day that I took them by the hand to bring them out of the land of Egypt; which my covenant they brake, although I was an husband unto them, saith the LORD: But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people. And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more.*

What is this new covenant and how will it be written in my inward parts?

From what has preceded, it will be evident that there are two laws just as there are two covenants, occupying the same relation to each other that the two covenants do to each other. One is the shadow of the other, the result of placing the veil of unbelief before the light of life.

**Proverbs 6:23** *For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life:*

But Christ is the only Light of the world, the Light of life; so that the true and living law is found only in Him. It is His life, because it is in His heart, and out of the heart are the issues of life. He is the Living Stone, where we find the law in Person, full of grace as well as of

truth. Of this, the law on tables was but the shadow, albeit an exact and perfect shadow. It tells us exactly what we shall find in Christ.

Although the law on tables of stone describes the perfect righteousness of God, it has no power to make itself manifest in us, no matter how greatly we may desire it. It is “weak through the flesh.” It is a faithful signpost, pointing out the way, but not carrying us in it. But Christ has “power over all flesh,” and in Him we find the law so full of life that, if we but consent to the law that is good, and confess that Christ is come in the flesh, it will manifest itself in the thoughts and words and acts of our lives, in spite of the weakness of the flesh. To those who know the law only as it stands in a book, and who consequently think that it rests wholly on them to do it, it is a law of works, and as such it does nothing but pronounce a curse upon them. But to those who know the law in Christ, it is a law of faith, which proclaims the blessing of pardon and peace. As “written and engraven in stones,” it can never be anything else than “the ministration of death.” He who preaches simply the written law, telling people of their duty to keep it, and inciting them to do the best they can to keep it, is but ministering condemnation. But the same law is to be written in fleshy tablets of the heart.

**2 Corinthians 3:3** *Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.*

**1 John 4:2** *Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God:*

He who preaches that Christ “is come in the flesh,” and that when He dwells in a man today—He is as obedient to the law as He was eighteen

hundred years ago—is a minister of righteousness. Another point that it is necessary to notice particularly, although it has already been fully covered, is that nobody ever received salvation or the pardon of any sin by virtue of the law of works or the sacrifices connected with it. Moreover, God never caused the people to expect that the law could save, and nobody who truly believed Him ever thought that it could.

**Acts 1:4** *And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith he, ye have heard of me.*

**Acts 1:5** *For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence.*

Now we come to where the promise is received. Until this point the promise of the Seed to Adam and again to Abraham had not been ratified or available. Jesus was excited to give His victory to His disciples and to every person who would die to self and be born again. Baptized into Him, and become a part of His body. Calvary is where the Seed became a reality to each who accept the free gift by faith.

**1 John 3:9** *Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.*

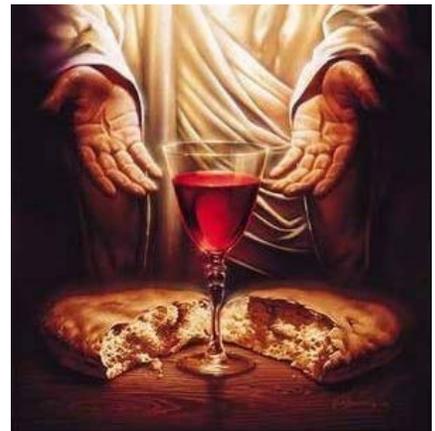
**John 3:3** *Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.*

“Jesus continued: “That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.” By nature the heart is evil, and “who can bring a clean thing out of an unclean? not one.” *Job 14:4. No human invention can find a remedy for the sinning soul. “The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.” “Out of the heart proceed evil thoughts, murders, adulter-*

*ies, fornications, thefts, false witness, blasphemies.” Romans 8:7; Matthew 15:19. The fountain of the heart must be purified before the streams can become pure. He who is trying to reach heaven by his own works in keeping the law is attempting an impossibility. There is no safety for one who has merely a legal religion, a form of godliness. The Christian’s life is not a modification or improvement of the old, but a transformation of nature. There is a death to self and sin, and a new life altogether. This change can be brought about only by the effectual working of the Holy Spirit.” The Desire of Ages, p. 172*

**John 8:36** *If the Son therefore shall make you free, ye shall be free indeed.*

**Romans 6:22** *But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.*



Only by the His abiding presence, The Seed living within can one be changed and have Gods Law written within. In the old covenant given at Sinai, the law of God worked from the outside in, but in the New covenant the law of God works from the inside out, by the Seed’s, Jesus Christ’s very abiding presence.

We as humans have always been saved by Grace through Faith, but God revealed His gift through different dispensations as man could understand His Everlasting Covenant.



## Keeping the Feasts vs Keeping the Faith



What about keeping the feasts today? Is it alright to keep the feasts if we do not depend on them for salvation?

This is the position of some Christians today. From my personal experience with feast keepers, I have come to understand that usually feast-keeping is reached by three methods of thinking,

1. There are those who believe the feasts are still a requirement of God that must be obeyed. This reasoning is reached by first believing that all the statutes are still as valid and binding today as they were under the Mosaic Dispensation. And since the feasts are a part of the statutes, it logically follows that we must keep them. Neglecting to do so is considered a sin. This belief is due to misunderstanding the subject in chapter 4 “The Four dispensations”, and in chapter 5 “The Mosaic Covenant” (of the book *The Law and the Everlasting Gospel* by Imad Awde).

As I mentioned earlier, the feasts were introduced at the time of the Exodus unlike the Sabbath, which was introduced at creation. The feasts did not exist prior to the Exodus. Their purpose was to teach the Israelites about the Messiah who was to come. Once the Messiah came and fulfilled them, there

is no longer a need to observe the shadows that only served as a teaching tool about the Messiah’s work. Believing that feast-keeping is a requirement, places the believer in a very dangerous position where one shifts his focus from Christ to the law of do’s and don’ts.

2. The other reason used for keeping the feasts is that there is a blessing in them. This belief teaches that we do not keep the feasts as a means of salvation. We simply keep them because there is a blessing in doing so, and we need all the blessings we can get. Why not spend more time with God?

Again, this belief is reached by a misunderstanding of the information in chapter 2, “*The everlasting Gospel*”. As I mentioned earlier, we are complete in Christ, all the blessings we can receive are found in Him. Keeping the feasts in order to receive a blessing suggests that the believer is not complete in Christ.

Moreover, as far as the Bible reveals, God did not put a special blessing upon the feast days *as He did upon the Sabbath* (Genesis 2:3). Therefore, to claim that there is a special blessing in keeping the feasts on a specific day is neither Biblical nor logical. The blessing comes from the fellowship and time spent with God, which could be done on any other season other than on the “feasts”.

3. The third belief is that we keep the feasts for an educational reason. The writer by no means claims to know what is in the believers’ hearts, so no judgment will be passed upon this reason. However, the writer is left wondering why keep them every year if it is *only* for an educational

reason? Why not learn the lessons from one or two cycles and then move on?

As far as I can gather from Paul’s argument in Galatians 4, he regarded keeping the feasts as an evidence of their departure from the Gospel. Are feast-keepers in our day following in the Galatian’s footsteps? Would Paul say the same thing to the feast-keeper today, as he said to those at his day?

I believe Christians have no reason to be involved with feast-keeping, tassel-wearing, and beard-growing. At best, they are to be held in the same light as circumcision. As a requirement it has been done away with. It bears no spiritual meaning whatsoever. However, no one can condemn a person who circumcises his newborn son for some reason other than a spiritual one.

Having said this, there is a difference between circumcision and feast-keeping. Feast-keeping requires determining the exact day the feasts begin; on the new moon, or on the harvest and so on. This position must be accompanied with the belief that it is a requirement, and it must be kept on a specific day because the blessing is on that specific day and not another. If we miss the right day, we miss the blessing. If that is not the case, then why try to determine the exact time? And if there is no need to determine the exact time, then what is the difference between this specific gathering and another one on any other random time?

Camp meetings, during which the believer can gather with other believers and enjoy the fellowship, can be held at any random time

throughout the year. If the blessing is truly found only in the gathering, fellowship and time spent with God, then the feasts issue becomes totally irrelevant.

As far as I can conclude, it is groundless to keep the feasts without first internally believing that it is a requirement or that there is a blessing on those specific days, both of which are wrong positions. Holding to any of these two beliefs places the believer in the same position as the Galatians after they departed from the gospel. It places the believer under the schoolmaster, or under the law.

That is why I do not keep the feasts for I believe that feast-keeping can be a dangerous sign of a deep misunderstanding of the gospel. I advise all feast-keeping readers to re-examine their position and ask themselves the question, ‘why do I keep the feasts?’ If your answer is ‘because it is a requirement, or because there is a blessing in it’, then you have committed the same mistake as the Galatians, and “*Christ shall profit you nothing*” (Galatians 5:2).



.....  
 “For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Not of works, lest any man should boast.” *Ephesians 2:8, 9*

Salvation is by faith alone. This has been Paul’s focus and theme throughout all his letters, especially his letter to the Galatian church. He wrote, preached, travelled and agonized to bring this truth of the Gospel to light.

His greatest opposers were the Judaizers of his day who insisted that Gentile converts were to enter the plan of salvation in the same way the Jews were taught to enter it. “*Except ye be circumcised after the manner of Moses, ye cannot be saved.*” *Acts 15:1*

Paul’s way of undoing their influence was to show that the Old Covenant ended at the cross, and hence the role of the law has changed. It is no longer to be the “*schoolmaster*” of the people as it was before the cross. God’s people are no longer to be “*kept under the law*” they are to be “*kept by the power of God through faith ...*” *1 Peter 1:5*

According to the Scriptures, “*the power of God*” is Christ and His Gospel (Romans 1:16, 1 Corinthians 1:24). In other words, Peter wrote that we are ‘*kept*’ (protected, guarded and controlled) by Christ through faith’. This harmonizes perfectly with what Paul said in Galatians 3:27. The reason we are no longer under a schoolmaster is because we “*have put on Christ*”.

Christ and Christ alone is to be our Ruler. He is to be the motive and source of our actions and service. In the days of Paul, the law, which God gave to bless the people, became the obstacle between them and God. Israel did not attain to the law of righteousness because they sought it not by faith, but by the works of the law. (Romans 9: 30-32).

This has been and still is a problem plaguing God’s people. Though no one today says we must be circumcised to be saved, the same mindset that lead the Judaizers back then to this conclusion is leading many Christians today to similar conclusions. Laws and rules are still taking the place of Christ in many a heart.

Today, this mindset is being manifested in various ways. Some still insist, we are to enter the plan of salvation in the same way Israel did before the cross. Those things which were but a shadow of the reality fulfilled in Christ, are brought to light as a requirement of salvation. Feast-keeping, tassel and beard-wearing is an example of those shadows which have been brought by some as a *requirement of salvation*.

Another way the Old Covenant mindset is being manifested is in the way Christians relate to laws and rules. For many, the rules and laws have hindered their growth in Christ. I can testify to that from a personal experience.

.....

Salvation is by grace through Faith. Christianity is not a works-based religion, it is a *Life*-based religion. It is based on the Life of Christ. The only requirement we must meet, the only thing one ought to deem essential for salvation is obtaining the Life of the Author of life. It is believing on the One whom the Father has sent (John 6:29).

**Source Material:**  
*Imad Awde: The Law and the Everlasting Gospel, Chapters 6 and 7*

# Tasty Vegan Recipes



## NUT AND SEED SAVORY VEGETABLE LOAF

### **Ingredients:**

- ¼ cup pecans
- ½ cup sunflower seeds
- 1 large onion, minced
- 1 cup grated potato
- ½ cup grated zucchini
- 1 cup breadcrumbs

- 1 ½ tablespoon Bragg Liquid Aminos
- 2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dry basil
- 1/2 teaspoon salt
- 1/4 - 1/2 cup soy milk

### **Directions:**

1. Lightly grease a standard size loaf pan. (Line the bottom with baking paper.)
2. Put nuts and seeds on a tray and place in the oven. Bake 15 minutes at 350 F until golden brown. Set aside to cool. When cooled, place in a food processor, process until finely chopped. Put aside.
3. Peel and grate potato. Squeeze out juice from potato by using your hands. Place potato in a large mixing bowl.
4. Add processed nuts and seeds along with the rest of ingredients, except milk. Mix to combine thoroughly. If mixture seems dry slowly add milk a little at a time until mixture is just moist.
5. Place in prepared loaf pan. Cover and bake in oven at 350 F for 45 minutes. Remove cover and bake another 15 minutes.
6. Remove loaf from oven, allow to stand in pan 15 minutes. Turn upside down on board or plate and peel off baking paper. Transfer to a serving plate.
7. Slice and assemble. Serve warm or cold with your favorite gravy or sauce.

*Enjoy!*

**Source Material:**

<http://livingonpulse.blogspot.com>