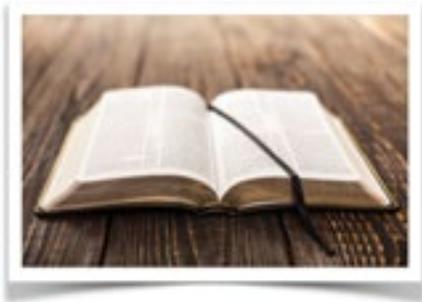


BEREAN SPIRIT

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

THE PROMISED LIFE

by Imad Awde



In one of His discourses with His much loved disciples, Jesus, pointing to a future day, said *“I will not leave you comfortless: I will come to you. Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also. At that day ye shall know that I am in my Father, and ye in me, and I in you.”* John 14:18-20

Even though the disciples were alive while Jesus spoke to them, His words were *“because I live, ye shall live also.”*

In these words Jesus was not referring to a mere physical or probationary life which everyone possesses. Neither was He referring to a life that only begins after our resurrection. He was referring to their obtaining a special kind of life, or a state of being, that is dependent on His resurrection and coming to them. According to Jesus’ words in that dialogue (John 14:12-20), this state of

being, or life, was to be available on the day when He comes to them and lives in them. He was referring to a life that begins on this earth in our mortal flesh.

It is equally important to understand that this Spirit/life Jesus referred to would not be received by everyone. Only those who *“see him”*, *“know him”* and have a relationship with Him will receive it. Notice the words in verse 17, *“the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him”*. Those in the world do not have and cannot receive this Comforter.

This tells us that the Spirit of truth, Comforter, or new life the followers of Jesus were promised to receive, is not the same as the “breath of life” every living thing has. Caiaphas, for example, was alive at Pentecost when the apostles received the promise from the Father. He had the breath of life (physical) in him, but did not receive the Spirit of God as the Comforter.

All living things, whether it be man, animal, trees or even Satan himself, are upheld by the power of God or by the same creative word of God (Hebrews 1:3, 2 Peter 3:5-7). They have the breath of life in them, but it is not the same as the indwelling spirit of God or

the Comforter Jesus promised to send. The spirit of God or the Comforter is not in Satan. The upholding power of God is keeping Satan alive, but it is not the same as the Comforter or presence of God. It is important to differentiate between the power of God in nature and the presence of God.

Think about it this way, when Adam was created, he was imbued with the spirit of God and he was alive. When he sinned, he lost the spirit of God yet he remained alive. In both cases, Adam possessed the breath of life, yet he did not have the spirit in both cases. Notice the following verses:

Ephesians 2:12 *“That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world.”*

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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.

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Ephesians 4:18 *"Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart."*

"Alienated from the life of God" = *"Now if any man have not the Spirit of Christ, he is none of his"* Romans 8:9

We can clearly see that some do not have Christ, do not have God, and do not have the life of God. Physical life is not evidence that the spirit of God or the life of God is in the person. It is evidence that the power of God is upholding that person but as we saw earlier, the upholding power of God is not the same as the spirit of God.

WAS NOT YET

From what Jesus said in John 14:12-20 it is obvious that even the apostles at the time Jesus spoke those words did not

have the Comforter dwelling IN them as of yet. Jesus said *"for he dwelleth with you, and shall be in you"*, *"I will come to you"*, *"I will send Him unto you"*.

As a matter of fact, John tells us in a few chapters earlier:

John 7:38, 39 *"He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)"*

Jesus was talking about something that was not yet given because He was not yet glorified. Yes, the word "given" is added, but the meaning is very clearly implied in the text. *"The spirit was not yet because Jesus was not yet glorified."* Therefore, the spirit will not come until Jesus is glorified. In John 16 Jesus says the same thing in different words:

John 16:7 *"Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, **the Comforter will not come unto you;** but if I depart, I will send him unto you."*

According to Jesus, the Comforter is "the Spirit of truth" or "the Holy Spirit" (John 14:17, 26), about which John said *"was not yet given because Jesus was not yet glorified."* Both Jesus and John said the same thing.

Therefore, this new quality/state of life promised to the believer is intrinsically linked with the impartation of the Comforter or Spirit of truth. In addition, the impartation of the Holy Spirit is dependent on Jesus' glorification (John 7:38, 39). Keep in mind that Spirit means life (Luke 8:55, 23:46, Acts 7:59).

AN ETERNAL LIFE

What quality of life was Jesus referring to when He said *"ye shall live also?"* (John 14:19) The Bible says *"He*

that believeth on the Son hath everlasting life ..." John 3:36 [See also John 5:24, 6:40, 47, 10:27, 28]

When Jesus said *"because I live ye shall live also"*, He was referring to possessing eternal life, which on this side of the cross is a quality of life or a state of being that was made available in Christ after the glorification. (More on this later). That is why John could write later and admonish the followers of Christ to *"know that ye have eternal life."* 1 John 5:13

Having said the above, in order to understand this reality better, I want us to look at the following questions:

1. Do we literally receive something from outside of us called the Comforter/spirit/life or is it just a metaphor? Is it something we simply produce or form in our lives?
2. What or who is this life or spirit?
3. How is all this related to Christ's resurrection, glorification and His coming to us? And is it a Divine-Human Spirit?
4. Do we literally have Jesus Christ dwelling in the believer? Moreover, is there a difference between literal and physical?

1. Do we literally receive something from outside of us called the Comforter/spirit/life or is it just a metaphor?

Let us consider a couple of examples. The first is Pentecost:

Prior to the outpouring of the Spirit, Jesus told the disciples to *"wait for the promise of the Father ... For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence."* Acts 1:4, 5

Up till that time, they had not been baptized with the Holy Spirit yet.

Continued on page 4

BENEFITS OF LEMON WATER



LEMON WATER NUTRITION FACTS

Lemons are loaded with healthy benefits, and particularly, they're a great vitamin C food source. One cup of fresh lemon juice provides 187 percent of your daily recommended serving of vitamin C.

Lemon juice also offers up a healthy serving of potassium, magnesium and copper.

Check out what other benefits one cup of fresh lemon juice adds to a plain glass of water. Here are some lemon water nutrition facts:

- 61 calories
- 3 grams **protein**
- 6 grams sugar
- 0 grams fat
- 112 milligrams **vitamin C** (187 percent DV)
- 303 milligrams **potassium** (9 percent DV)
- 31.7 micrograms **folate** (8 percent DV)
- 0.1 milligrams **vitamin B6** (6 percent DV)
- 0.1 milligrams **thiamin** (5 percent DV)
- 0.1 milligrams **copper**

- (4 percent DV)
- 1 gram **fiber** (4 percent DV)
- 14.6 milligrams **magnesium** (4 percent DV)
- 0.4 milligrams **vitamin E** (2 percent DV)
- traces of **iron** and **vitamin A**
- it also has medicinal values and antibacterial properties

QUICK VIEW— 16 HEALTH BENEFITS OF DRINKING WARM LEMON WATER

1. Lemon is an excellent and rich source of **vitamin C**, an essential nutrient that protects the body against immune system deficiencies.
2. Lemons contain pectin **fiber** which is very beneficial for colon health and also serves as a powerful antibacterial.
3. It balances to maintain the **pH** levels in the body.
4. Having warm lemon juice early in the morning helps **flush out toxins**.
5. It aids **digestion** and encourages the production of bile.
6. It is also a great source of **citric acid, potassium, calcium, phosphorus, and magnesium**.
7. It helps **prevent** the growth and multiplication of pathogenic bacteria that cause infections and diseases.
8. It helps **reducing** pain and inflammation in joints and knees as it dissolves uric acid.
9. It helps **cure** the common cold.

10. The potassium content in lemon helps **nourish brain and nerve cells**.
11. It **strengthens the liver** by providing energy to the liver enzymes when they are too dilute.
12. It helps **balance** the calcium and oxygen levels in the liver.
13. It is of immense **benefit to the skin** and it helps prevent the formation of wrinkles and acne.
14. It helps **maintain the health of the eyes** and helps fight against eye problems.
15. Aids in the production of **digestive juices**.
16. Lemon juice helps **replenish body salts** especially after a strenuous workout session.

MORE DETAILS— MAIN BENEFITS OF LEMON WATER

1. Aids in digestion and detoxification

Because lemon juice's atomic structure is similar to the digestive juices found in the stomach, it tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly. Lemon water also helps relieve indigestion or ease an upset stomach.

The acids found in lemon juice also encourage your body to process the good stuff in foods more slowly. This drawn-out absorption means insulin levels remain steady and you get more nutrients out of the foods you consume.

Continued on page 9

The Promised Life

Continued from page 2

Few days later, on the day of Pentecost, we read:

“And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.” Acts 2:2-4



It is important not to miss the point being portrayed. Jesus told them to “wait” for the promise, and that they “shall” be baptized. Jesus was referring to something they did not have as of yet. That is why He told them to wait for it.

On Pentecost, God demonstrated the baptism of the Holy Spirit in a physical and visible way for few reasons; one of which is for us today to understand that these people received something they did not have before. They received something from outside of them.

Some would like to say that the Holy Spirit is formed or produced within the heart by reading the word of God because it contains the Spirit in it. In other words, the word of God is the seed that is in us, and when we believe it, we activate this seed and manifest or produce the life of Christ/Holy Spirit within. Many verses are shared to prove that the Spirit is in the word. Although I am not negating the fact that the Word of God is an avenue to receive the Spirit, I would like to highlight that all the apostles

had the word of God before Pentecost. They all believed the word and studied the word, but Jesus told them “wait for the promise of the Father; ... ye shall be baptized with the Holy Ghost not many days hence.”

The point is, if the spirit is produced or formed in our hearts by reading and believing the word of God, then how come the disciples needed to wait until Pentecost to receive it? How come Jesus said that if He does not go away the Comforter will not come, and why did John say that the spirit was not yet given because Jesus was not yet glorified?

It is rather obvious that this spirit or Comforter Jesus spoke about was dependent on Him being glorified more than on the apostles reading and believing. Yes, of course unless a person believes, he will not receive; but simply reading and believing before the glorification did not result in them receiving the Comforter until after the glorification.

Another story is in **Acts 19**.

Acts 19:2-6 *“He said unto them, Have ye received the Holy Ghost since ye believed? And they said unto him, We have not so much as heard whether there be any Holy Ghost.When they heard this, they were baptized in the name of the Lord Jesus. And when Paul had laid his hands upon them, the Holy Ghost came on them; and they spake with tongues, and prophesied.”*

Here we see these 12 disciples receiving something they did not have before. Again, these were “disciples” or believers. They have read the word of God and by faith believed it, yet they “have not so much as heard whether there be any Holy Ghost”. Why wasn’t the Holy Spirit formed or produced within them? It is rather clear that they received the spirit from outside in. It was not something formed from within; rather it was something imparted from outside when Paul laid his hands upon them.

Now why am I emphasizing this point? It is because I want us to understand that when Jesus said the Comforter will be in you, He meant that we will literally receive something we did not have before. Something or someone will come from the outside in. This was clearly demonstrated on Pentecost and in Acts 19.

Whoever the Comforter is, according to Jesus, He was dwelling WITH them at that time, and was promised to be IN them (John 14:17). Regarding the Comforter, Jesus said, he will “come unto you”, “I will send him unto you”, “when he is come” (John 16:7, 8).

This is not the language used of something produced in the heart, rather of a Person who dwells with and in the people. It describes something sent to you and will come to you from outside in.

In other words, before He is sent, regardless how much faith and belief and knowledge of the scripture the disciples had, they could not receive the Comforter because he had not been sent yet.

So the answer to our question is: yes, we do literally receive something we did not have before. We do receive “the Holy Spirit” from the outside in. The Bible says we “are the temple of God, and that the Spirit of God dwelleth in you.” 1 Corinthians 3:16. This is not a metaphor. It is a reality. We literally receive the spirit of God into our hearts. Our bodies are the temple of God where He will dwell through His Spirit.

Having established the above, the next question we need to address is:

2. What or who is this Spirit?

Again, I believe the Bible is very clear on the identity of the Spirit. On the opposite page is a table of comparison taken from John 14. Notice the similarity between what Jesus said about Himself and about the Comforter:

Jesus	Another comforter
“the world seeth me no more” vs 19	The world “seeth him not” vs 17
“but ye see me” vs 19	“but ye know him” vs 17
Jesus was with them at that time	“he dwelleth with you” vs 17
“I in you” vs 20	“shall be in you” vs 17
“I will come to you” vs 18	“give you another comforter” vs 16
“Lo, I am with you always even unto the end of the world” Matt 28:19	“he may abide with you forever” vs 16

It is clear that Jesus was talking about Himself in the third person.

In John 14:26 Jesus said, “*But the Comforter, which is the Holy Ghost, whom the Father will send in my name ...*” and in Galatians 4:6 Paul says, “*And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.*” The Comforter whom the Father will send is none other than the Spirit of Jesus Christ.

Is the spirit of Jesus a different person than Jesus Himself? Absolutely not! The spirit of Jesus is Jesus Himself (Mark 2:8, 8:12, Luke 23:46). It is His own life; it is the nonphysical, non-tangible aspect of Him. Just like your spirit is who you are on the inside, in the same way Christ’s spirit is who He is (1 Corinthians 2:11).

Therefore, when the Bible says that God will send us the spirit of His Son into our hearts, it means that Jesus Himself will come into our hearts. That is exactly what Jesus said in John 14, “*I in you.*”

Moreover, according to Paul, there is one God, the Father, and one Lord, Jesus Christ, and then he said that the Lord, or Jesus Christ, is that Spirit. He also told us that Jesus, the second Adam, was made a life giving spirit (1 Corinthians 8:6, 2 Corinthians 3:17, 1 Corinthians 15:45). Paul’s writings clearly teach us that the Holy Spirit or the Comforter is Jesus Himself in a spirit form.

Paul also tells us that “*your body is the temple of the Holy spirit which is in you*”. And then He says: “*Know ye not your own selves, how that Jesus Christ is in you*” (1 Corinthians 6:19, 2 Corinthians 13:5).

These verses are very clear. The indwelling of the Holy Spirit is the indwelling of Christ Himself. When we receive Christ we—in actual fact—receive His own life. The only reason we receive His life is because we receive Him (1 John 3:11-13).

When Jesus told the disciples “*Because I live, you shall live also,*” He was telling them the time will come very soon when I will dwell in you and I will live in you; you will live my life. Notice these verses:

- “*Christ in you, the hope of glory*” (Colossians 1:26, 27)
- “*Greater is he that is in you, than he that is in the world*” (1 John 4:4)
- “*I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me ...*” (Galatians 2:20) [see also Ephesians 3:17, 2 Corinthians 13:5, Romans 8:10]

This brings us to the third question.

3. How is all this related to Christ’s resurrection, glorification and His coming to us?

Why couldn’t the Spirit be given or why could the Comforter not come un-

til Jesus was glorified? In 1 Peter 1:10, 11 we are told that “*the spirit of Christ*” was in the prophets of old, yet John said, the spirit was not yet given. Are these verses contradictory?

In order to solve this problem, some have interpreted John’s words to mean that the spirit was not yet given in this measure before. But this is not what John said. He said, it was not yet because Jesus was not yet glorified. Jesus Himself said “*if I go not away, the Comforter will not come unto you ...*”

In other words, before the glorification, the Spirit could not be given. Yet the Bible says the spirit of Christ was in the prophets of old!

In order to harmonize these verses, we must understand what spirit or life John was talking about. This particular spirit is intrinsically linked to the glorification; and the glorification is linked to the incarnation. Notice Jesus’ prayer in John 17. This was not long before the crucifixion:

“*I have glorified thee on the earth: I have finished the work which thou gavest me to do. And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was.*” John 17:4, 5

Where did Jesus glorify the Father? “*On the earth.*” He also said “*I have finished the work you gave me to do.*” Because Jesus glorified the Father on earth, and finished His work on earth, He is asking the Father to glorify Him with “*thine own self.*”

As one of us (a human being), He finished the work God gave Him to do on earth. Hence, as one of us, as a human being, He is asking the Father to glorify Him with His own self. Yes, He was 100% divine, but He was 100% human at the same time. As a Divine-human being, He is asking the Father to glorify Him.

IT NEVER EXISTED BEFORE

It is important to understand that the life Jesus lived on earth, the life He is asking the Father to glorify, never existed prior to the incarnation. The humanity of Christ and the experience He went through as a human being never existed before. Many miss the point that in the incarnation Jesus took upon Himself a nature and an experience He never had before (Hebrews 2:10, 14-18, 5:7-10). It was the Divine-human Jesus, with His Divine-human life/spirit, who was asking the Father to glorify Him. In this sense John said, *“the spirit was not yet”*.

The life Jesus lived in humanity, the Divine-human life, was not given yet because He was not yet glorified. That is why Jesus said, unless I go to the Father, the Comforter will not come.

The humanity of Christ is the key in the impartation of the Comforter. This Comforter has been where I am, He knows what it means to be human, He knows what it means to be tempted and tried. The Bible says *“For in that he himself hath suffered being tempted, he is able to succour them that are tempted.”* Hebrews 2:18

This is one of the reasons why Jesus had to go through humanity before He can impart the Comforter. Without the humanity of Christ there would be no Comforter as the One promised by Jesus and sent by the Father.

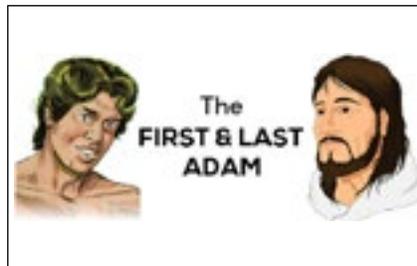
Upon reading the above, some will object saying, “The Spirit is completely divine with no humanity whatsoever in it”. In doing so, they try to maintain their belief that “nothing new was given on Pentecost and that the Cross brought nothing new.” In denning the human experience or element of the spirit, they maintain that “Christ gained nothing new, and could impart to us on this side of the cross nothing new. Hence the Spirit the apostles received on Pentecost is the same as the one they had be-

fore, the only difference is the quantity, not the quality.”

But this reasoning makes the words of Jesus in John 16:7 and the words of John in John 7:38, 39 meaningless. It also contradicts what we saw in the words of Jesus to the disciples in Acts 1, and in the example of the 12 disciples which Paul laid hands on. It also diminishes the importance of the incarnation and destroys the work Jesus accomplished through it.

If all this is not enough to convince the reader of the Divine-human spirit, then consider these words:

“And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit. Howbeit that was not first which is spiritual, but that which is natural; and afterward that which is spiritual. The first man is of the earth, earthy: the second man is the Lord from heaven. As is the earthy, such are they also that are earthy: and as is the heavenly, such are they also that are heavenly.” (1 Corinthians 15:45-48)



Why did Paul use the term *“last Adam”*? As we all know, names have meaning behind them. Sometimes the authors in the Bible use the terms “Lamb of God” (God’s sacrifice), “Christ” (the anointed One), “Jesus” (Saviour), or “Michael: (One like God) etc. Each time there is something being highlighted in the name used (or at least in many cases). Why is Paul using the title *“last Adam”* here?

One of the reasons, I believe, is that He is highlighting the humanity of

Christ. In verse 47 Paul calls Christ *“the second man.”*

The reason I am bringing this point is because of Paul’s words: *“the last Adam was made a quickening spirit.”* The *last Adam*, or the *second Man* was made a life giving spirit. In other words, Paul was saying the human or the man Christ Jesus, who was 100% divine at the same time, was made a spirit! Jesus, the Divine-human Person, became a life-giving spirit.

If the Comforter that comes to us does not encompass the humanity of Christ, then the above verse becomes meaningless. For Christ to comfort me, He had to go through what I have been through. He had to become human, one with me. It is His victorious experience and life as a Man, that comforts the sinner (Hebrews 2:17, 18).

CHRIST’S GLORIFICATION

With the correct understanding of who was asking for glorification we can appreciate more of what happened on Pentecost. After His resurrection, ascension to heaven, and return (John 20:17-19), Jesus breathed on the disciples saying *“Receive ye the Holy Ghost.”* John 20:22

This was just a sample of what was soon to follow. The full glorification of Christ had not taken place yet, although the life and sacrifice of Christ was accepted by the Father. This was not the complete outpouring Christ referred to, that was still to follow later (Luke 24:49).

On the day of Pentecost, Jesus, the Divine-human Person, was glorified, He was anointed with the oil of gladness as the High priest of His people (Hebrews 1:8, 9). As a Divine-human Being, Jesus was anointed with the Spirit of God. Not that He did not have the spirit before, but this simply refers to the glorification of this Divine-human life through which Jesus accom-

plished the work of God on earth. This was the glorification John referred to (John 7:39).

Notice how Peter relates this account in his first sermon:

Acts 2:32-33 *“This Jesus hath God raised up, whereof we all are witnesses. Therefore being by the right hand of God exalted, and having received of the Father the promise of the Holy Ghost, he hath shed forth this, which ye now see and hear.”*

Acts 3:13 *“The God of Abraham, and of Isaac, and of Jacob, the God of our fathers, hath glorified his Son Jesus; whom ye delivered up, and denied him in the presence of Pilate, when he was determined to let him go.”*

Notice also how Paul brings it all together in the following text:

“Though he were a Son, yet learned he obedience by the things which he suffered; [during His humanity or incarnation] And being made perfect, [or having qualified because of what He accomplished], he became the author of eternal salvation unto all them that obey him; [He became the author, or source of eternal salvation/life] Called of God an high priest after the order of Melchisedec.” Hebrews 5:8-10 (inserted notes are added)

Christ’s glorification, priesthood and the impartation of the Comforter were dependent on His incarnation and resurrection. Because of His humanity, He qualified to become our High Priest which took place at His anointing or glorification (Hebrews 2:17, 5:1, 8:3). Now, as our High Priest, He ministers His own Divine-human eternal life, which never existed before, to those who obey Him or believe on His name. This Divine-human eternal life is known as the Comforter. It is none other than the Spirit of Christ.

That is why Jesus said *“if I go not away, the Comforter will not come unto*

you; but if I depart, I will send him unto you.” John 16:7. This explains why John said *“the Holy Ghost was not yet given; because that Jesus was not yet glorified.”* John 7: 39

The Divine-human life of Jesus is the key to understand these passages. It is this life, which was tempted and gained the victory, that is being imparted to the believer on this side of the cross (2 Corinthians 4:10, 11).

This very life, that is available to us today, is our eternal life. Remember that Jesus Christ Himself is our life (Colossians 3:4, John 14:6); hence when we receive Him, we receive His life, which is our eternal life.

Eternal life is inseparable from Jesus, the Author of this life. It is not something we receive outside of Christ. He is our life and our Righteousness. (1 Corinthians 1:30, Jeremiah 23:5, 6). Eternal life and righteousness is found in a Person, Jesus Christ (John 1:4). By receiving Him you receive life and Righteousness. We are *“complete in Him.”* (Colossians 2:10) Notice what John said:

“And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life.” (1 John 5:11, 12)

With this verse we reach our final question:

4. Does Jesus Christ literally dwell in the believer? Is there a difference between literal and physical?

The Word of God says that life is in the Son, it also says that he that hath the Son has life (1 John 5:11, 12). The focus is on having Jesus. The Scriptures as we saw earlier clearly present to us that Jesus Christ Himself is in us. Of course, He is not in us on a physical level; He is in us on a spiritual level. The Bible says that Jesus was made a Spirit (1 Corin-

thians 15:45). It also says that God sent the spirit of His Son into our hearts (Galatians 4:6). The Bible also equates the spirit of Jesus/Comforter with Jesus Himself (Romans 8:9, 10; 2 Corinthians 3: 17). Therefore, we cannot deny what the Scriptures say that Christ is in us (Colossians 1:26, 27, 1 John 4:4, **Galatians 2:20**, Ephesians 3:17, 2 Corinthians 13:5, Romans 8:10)

If Christ Himself is not in me, then I cannot be one life with Him, I am not joined unto Him, and I have no gospel or a plan of salvation (1 Corinthians 6:17).

If He is not in me, then I have no righteousness or life because righteousness and eternal life is not found in words, thoughts, minds, actions, works, ideas, impressions, powers, influences, or anything one can add to the list. Neither is it found in a spirit or life that is not Jesus Himself. Eternal life and righteousness is found only in Jesus Christ, our Lord (1 John 5:11). You receive life and righteousness by receiving the Person Jesus Christ.

This is very important to understand. It was so serious that the apostle John equated denying the indwelling of Christ in the believer with the spirit of Antichrist. As far as he was concerned, every spirit that denies the truth that Jesus Christ is come today to dwell in our mortal flesh is not of God (1 John 3:24 – 4:4, 2 John 7, 2 Corinthians 4:10,11)

In closing, I want to clarify one matter. By saying “Christ literally dwells in us,” I do not mean “Christ physically dwells in us.” In my understanding, there is a difference between literal and physical. For example, when people in the days of Jesus were possessed by a demon, there was literally a demon inside of them that needed to be cast out. Jesus cast many demons out of a lot of people. A spirit came out of the possessed man and went into the pigs. It was a literal spirit but not a physical spirit.

Jesus said *“a spirit hath not flesh*

and bones” Luke 24:39.

In the same way, I believe that Jesus literally, not physically, dwells in the believer. He—Jesus—was made a life-giving Spirit, which—according to Him—“*hath not flesh and bones.*” In this way, Jesus can literally dwell in the believer. He is with us and in us always but without His physical or bodily form (Matthew 28:20, John 14:17,18).

So, let us put all this together.

- Jesus said when He is glorified, He will come unto His people.
- They will receive something or someone they did not have before.
- They will receive the Divine-human eternal life that never existed before.
- This Divine-human life will be eternal life unto those who receive it.
- This eternal life is in a Person Jesus Christ Himself.
- We receive this eternal life and righteousness by receiving a Person who is eternal life and righteousness.
- Hence Jesus Christ Himself literally, not physically, dwells in the believer.
- Because of the glorification, He that dwelt WITH them could be IN them.
- When we have Him, we have all things for we are complete in Him.



Upcoming Events in the USA

Come and join us!

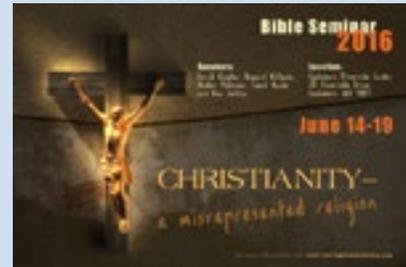
WENATCHEE BIBLE SEMINAR WASHINGTON STATE

When:
June 14-19, 2016 (Tuesday afternoon - Sunday)

Where:
Cashmere Riverside Center
201 Riverside Drive
Cashmere, WA 98815

Theme:
CHRISTIANITY—
a misrepresented religion

Speakers:
David Clayton, Howard Williams, Nader Mansour, Imad Awde, and Ken Corklin (*we also invited Alex Ortega and though he could not promise to be able to come, he said if God makes it possible, he will join us*)



The meetings will start at 3 PM in the afternoon on Tuesday and finish Sunday afternoon. (We will have 2 sermons on Sunday morning but planning to have social time for the afternoon if interest arises.)

For more information, please visit www.cominghomeministry.org.

OTHER MEETINGS

TENNESSEE

When:
June 9-12, 2016

Where:
Lobelville, Tennessee

For more information, contact:
David Clayton through
www.restorationministry.com

When:
September 12-17, 2016

Where:
Roan Mountain, Tennessee

For more information, contact:
Malcolm & Sandy McCrillis at
(423) 772-3161

WISCONSIN

When:
June 25-26, 2016

Where:
Mukwonago Town Hall
W320 S8315 Beulah Rd.
Mukwonago, WI 53149

Speakers:
Imad Awde & Nader Mansour

For more information, contact:
Bud at (414) 793-7181 or Judy at
(414) 350-5613



Lemon Water

Continued from page 3

Better nutrient absorption means less bloating. Lemon water benefits the enzyme functions in your body, stimulating the liver and flushing out toxins. Because it's a mild diuretic, you might find yourself using the bathroom more often, helping the urinary tract get rid of any unwanted elements. All of this helps detox body & skin.

2. Bumps up the vitamin C quotient

Since your body doesn't make vitamin C on its own, it's important to get enough of it from the foods and drinks you ingest. Luckily, lemons are chock-full of the vitamin.

What are the benefits of getting enough vitamin C? It stimulates white blood cell production, vital for your immune system to function properly. As an antioxidant, vitamin C also protects cells from oxidative damage. Plus, getting enough vitamin C helps the immune system keep colds and flu at bay.

Drinking lemon water daily ensures your body gets a sizable amount of vitamin C daily.

3. Rejuvenates skin and heals the body

The antioxidants found in vitamin C do double duty in lemon water. They fight damage caused by free radicals, keeping your skin looking fresh. Getting enough vitamin C from your lemon water also keeps the body producing collagen, essential in smoothing out lines in the face. And, in one recent study published in the American Journal of Clinical Nutrition, regularly consuming vitamin C led to younger-looking skin and less wrinkles.

4. Helps shed pounds

Regularly sipping on lemon water can help you lose those last pounds. That's because lemons contain pectin, a type of fiber commonly found in fruits. Pectin helps you feel full longer; that satiated feeling means you'll chow down less throughout the day. Plus, did you know that when you're even mildly dehydrated, you're more prone to things

like headaches, fatigue and an overall bad mood? Chugging down lemon water helps your body stay hydrated and feeling happy.

5. Boosts energy and mood

Our bodies get energy from the atoms and molecules in foods. When negative-charged ions, like those found in lemons, enter your digestive tract, the result is an increase in energy levels.

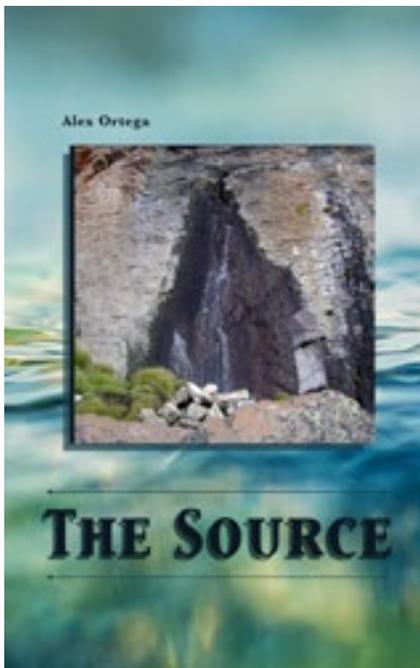
Additionally, just the scent of a lemon has been found to reduce stress levels and improve moods. Don't forget to offer a glass to grumpy co-workers or family members.

HOW TO BUY AND USE LEMONS

Here are a few things to keep in mind at the store:

- There are three main types of lemons available in the U.S.—

Continued on page 11



New Literature and Formats from Our Website

There is a new book available on our website—*The Source* by Alex Ortega.

This book gives a deep study of the truth about God and His Son, Jesus while leading the reader through church history, Ellen White quotes and the Bible. It is an excellent book to share with Adventist people to show the falsehood and dangers of the Trintiy doctrine.

(The book is available in a PDF and e-PUB format as well as in a printed book form. Please contact us if you wish to receive a hard copy.)

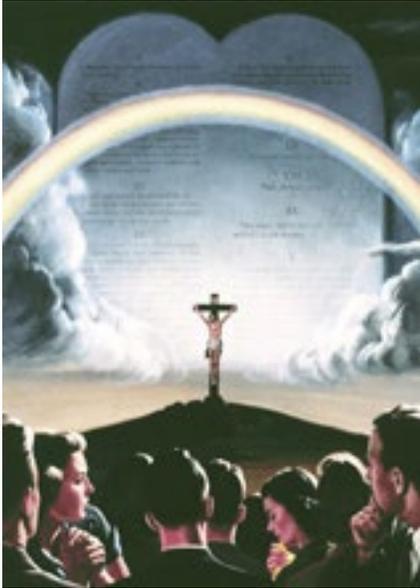
If you have visited our website lately, you have probably noticed that all our literature and newsletters are available in an **E-PUB format** as well as in a PDF.

E-PUB stands for e-publications. It is an e-book file format which can be downloaded and read on devices like smart phones, tablets, computers, or e-readers.

(We will continually work on converting our materials to e-formats and hoping to improve this source in the future. —Editor)

THE COVENANTS CONFUSION

by David Clayton



There is something very wrong with the way many Seventh-day Adventists understand the two covenants. There is one basic misconception which lies at the root of all the errors and it is this:

Most are locked into the idea that the law is at the heart of the covenants and that it is the focus of the covenants. This is very far from the truth as revealed in the word of God. The truth is that JESUS is at the heart of the covenants and in fact, He Himself is the focus and meaning of the covenants.

The false concept goes something like this: God wanted man to keep His laws, therefore He commanded man to keep them with the promise that if they kept them, He would bless them and give them eternal life. However, man did not keep his part of the bargain, so God promised that He would give them a new covenant which is the same covenant, a requirement to keep the laws with the promise of eternal life if man obeys. The only difference is that now God has changed the nature of His peo-

ple by showing them His love in the sacrifice of Jesus, so those who respond to that love will now keep the laws and will thus, be partakers of the covenant. You see, it is all focused on the law, the law is the goal, the law is the purpose of the covenants. The law is the thing which is of supreme importance. This is false in many ways. Can any honest and unbiased person read the New Testament and really come to such a conclusion?

Notice also that in this teaching, the only difference with the coming of Jesus is what He taught (the information He brought) and what He demonstrated by His death (He revealed how much God loves us). Jesus did not bring more power, Jesus did not bring new life, Jesus did not bring the new birth, Jesus did not bring the kingdom of God, Jesus did not bring a new covenant, because (according to this teaching), all these things were **ALREADY AVAILABLE** during the time of the Old Testament before Jesus came! This is not the truth.

The truth goes like this: The covenant is God's condition under which He establishes a relationship with His people. This was always the issue between God and man – the broken relationship. It is true that under the Old Covenant, the way presented for repairing that broken relationship was for man to obey God by keeping the commandments. This was an impossible way which could never work, but God established it because He wanted to teach humanity the great lesson that it is not possible for men to relate to God on the basis of his behavior. He wanted men to understand that there is only **ONE** way to be reconciled to God and it is through the gift, through the way which God would provide. The law, or the Old

Covenant was given so that men could know their own helplessness and their need of God's own life. It was intended to point men, to lead men to Christ.

In this understanding, the Old Covenant was not reality, it was not the truth. It was an illustration of the true covenant which was to be established with the coming of Christ. It was a teaching tool to point to a much, much greater reality. That reality was **NOT THE LAW!** That reality was **JESUS CHRIST!** It was never about the law, the law was only the tool used to make the point, it was always about Christ! This is what Isaiah expressed very clearly:

“I the LORD have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light of the Gentiles;” (Isa 42:6)

Jesus is God's covenant. Jesus is the way of restoring the broken relationship between God and His people. When we have received Christ, the relationship is repaired, it does not depend on keeping the law, it depends on our receiving Christ. It is not about **LEGALISM**, it is about **RIGHTEOUSNESS BY FAITH**. The aim is not that the law should be kept, the aim is that the relationship with God should be restored. This is what it is all about.

When we are in Christ we do walk in harmony with the law, but this is not what it was all about. We walk in harmony with the law because the law is good and God is good and the life of Christ in us is good. Keeping the law is only a by-product of the life which we possess, it is not the goal of that life. Now that we have Christ we have found the goal, we have found the purpose, we have found

the meaning. It is Jesus who is the way, the truth and the life, not the law.

“For the law was given by Moses, but grace and truth came by Jesus Christ.” (John 1:17)

I hope those who read will see that I am not saying the law is not good, I am not saying the law is abolished. But I am saying emphatically that the law is not the issue. The issue is man’s relationship with God and Jesus is the solution to that, not the law. This is my point. The law does not belong where we have put it, only Christ belongs there.

So in summary:

The error teaches that both covenants are the same covenant and the only difference was in the way people respond to both. Under both, the goal and purpose is THE LAW. The goal is the establishment and the keeping of the law and Christ is the means to that end.

The truth teaches that the old covenant was an ILLUSTRATION to point to the new. One covenant was typical and illustrative, the other is the reality. They are not the same! The goal was restoration to union and fellowship with God and this was to be accomplished by the introduction of the life of God into the life-stream of humanity by the gift of God’s Son. The law was the means to that end, but that end is Christ.

Lemon Water

Continued from page 9

Eureka and Lisbon lemons are both sour and tart. Eureka lemons have textured skins and few seeds. Lisbon lemons tend to have a smoother skin and no seeds. Meyer lemons, a sweeter variety, are becoming more common. These lemons have Mandarin oranges in their family tree, giving these fruits a deeper color than traditional lemons.

- When buying lemons, opt for ones that are fully yellow and, if possible, organic. If the fruit is still green, it isn’t fully ripe. Thinner-skinned lemons are juicier. Keep away from lemons that look dull, wrinkled or excessively hard.
- Storing lemons in a sealed plastic bag keeps lemons fresh much longer than leaving them at room temperature.
- To make preparing lemon water even easier, juice several lemons into an ice cube tray and freeze. Pop a few cubes in a glass of water to have fresh lemon juice at the ready anytime.

- When preparing lemon water, it’s best to add the lemon juice to room temperature or warm water — start with half a lemon’s worth of juice. Drinking cold lemon water can be a shock to your system.
- You get the benefits of lemon water whenever you drink it, but sipping on it in the morning will kick-start your day. Try a glass about a half hour before breakfast; the lemon juice in your belly will help your body absorb your breakfast nutrients better.

Packed with all the goodness, make it a point to begin your day with a glass of warm lemon water. Its cleansing and healing effects will have positive effects on your health in the long run. However, it is very important to note that when lemon juice comes directly in contact with the teeth, can ruin the enamel on the teeth. Hence, it is advised to consume it diluted and also rinse your mouth thoroughly after drinking lemon juice.

Source Material:

<http://draxe.com/benefits-of-lemon-water/>

<http://foodmatters.tv/articles-1/cheers-to-drinking-warm-lemon-water>

Think about These Things ...

The heart must be renewed by divine grace, or it will be in vain to seek for purity of life. He who attempts to build up a noble, virtuous character independent of the grace of Christ, is building his house upon the shifting sand. In the fierce storms of temptation it will surely be overthrown. David’s prayer should be the petition of every soul: “Create in me a clean heart, O God; and renew a right spirit

within me.” And having become partakers of the heavenly gift, we are to go on unto perfection, being “kept by the power of God, through faith.”

Yet we have a work to do to resist temptation. Those who would not fall a prey to Satan’s devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind should not be left to wander at random

upon every subject that the adversary of souls may suggest. ... This will require earnest prayer and unceasing watchfulness. We must be aided by the abiding influence of the Holy Spirit, which will attract the mind upward, and habituate it to dwell on pure and holy things. And we must give diligent study to the word of God.

Source Material:

Ellen White: Patriarchs and Prophets, p. 460

Tasty Vegan Recipes



**CREAMY FRENCH
SALAD DRESSING**

Ingredients:

- 2 cups Vegenaise mayonnaise
 - 1 TBSP water (or more if needed)
 - 4 TBSP ketchup
 - 1-2 TBSP apple cider vinegar
 - 1 TBSP mustard
 - 15 drops Stevia
 - 1/2 tsp salt
-

Directions:

Whisk all ingredients together in a bowl. Pour it in your salad dressing jar and refrigerate until you are ready to use it.

Enjoy!

Thank you, Leann, for sharing this recipe!

