

# Eastside Baptist Church



*Equipping the Saints for Ministry by First Seeking the Kingdom of God*

(Ephesians 4:12/Matthew 6:33)

Volume XI Issue II **Every day is a priceless gift of God** FEBRUARY 2016

## BLACK HISTORY MONTH



Why are there chains on the foot of the Statue of Liberty?

*See the church Mouse article inside for the answer . . .*

# Negro National Anthem

Lift every voice and sing till Earth and Heaven ring  
Ring with the harmonies of liberty  
Let our rejoicing rise high as the listening skies  
Let it resound loud as the rolling sea

Sing a song full of the faith that the dark past has taught us  
Sing a song full of the hope that the present has brought us  
Facing the rising sun of our new day begun  
Let us march on till victory is won

Stony the road we trod, bitter the chastening rod  
Felt in the days when hope unborn had died  
Yet with a steady beat have not our weary feet  
Come to the place for which our father's sighed

We have come over a way that with tears have been watered  
We have come treading our path through the blood of the slaughtered  
Out from the gloomy past, till now we stand at last  
Where the white gleam of our bright star is cast

God of our weary years, God of our silent tears  
Though who hast brought us thus far on the way  
Though who hast by Thy might led us into the light  
Keep us forever in the path we pray

Lest our feet stray from the places our God where we met Thee  
Lest our hearts, drunk with the wine of the world we forget Thee  
Shadowed beneath Thy hand, may we forever stand

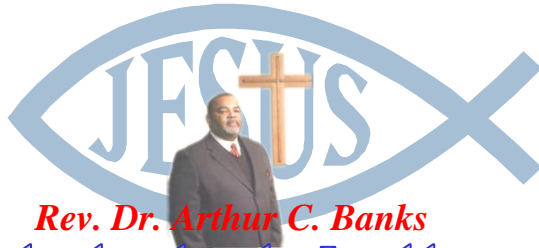
## **MEDITATE ON THE MESSAGE**

***“So then faith cometh by hearing and hearing by the word of God”***

**(Romans 10:17)**

Did you enjoy the Sunday Service? *Have you ever wanted to hear just the message, prayers, praise & worship or choir selections over again?* Do you want a witnessing tool for a family member or friend. AUDIO CD's MP3's & DVD's are available: Sunday Morning Service... \$5.00 ea...Eastside 2015 50<sup>th</sup> ANNIVERSARY...( DVD Disc set \$30.00) or \$10.00 for individual day. Custom build your own MP3/CD selections \$10.00 each disc made from our digital downloadable library selections.

**EBC MEDIA MINISTRY**



*Rev. Dr. Arthur C. Banks*

*"This is the day that the Lord has made;  
we will rejoice and be glad in it"  
(Psalm 118:24)*

From the Editor  
*Eric Grimes*

*This year marks **11 continuous years** of publication for the Messenger! If you would like to contribute information, pictures or articles, please submit them to: [erg58@aol.com](mailto:erg58@aol.com). If you would like to receive an **electronic copy**, the current and past year issues of the Messenger are now available on our church web site @*

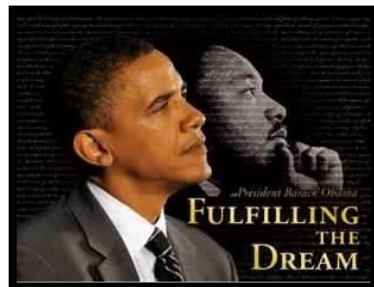
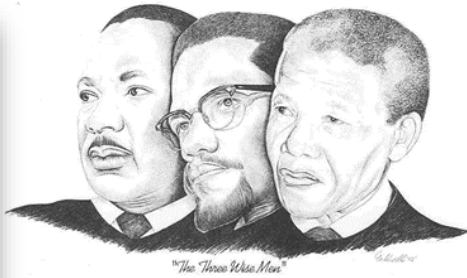
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*Church Motto:*

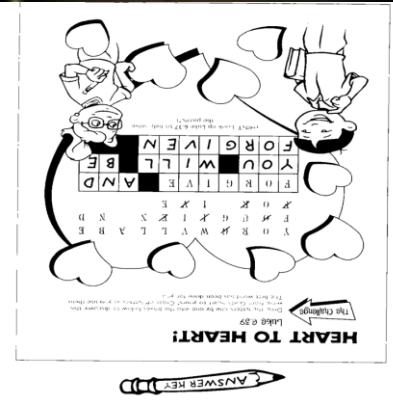
*Where God is praised and Disciples Are Made*

*Listen to, or View EBC sermons on our website!*



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Monday-Friday  
9:00 a.m. – 2:00 p.m.





# HEALTHY LIVING

**Jehovah-Rophe**  
**"Jehovah heals"**

**"I WILL PRAISE THEE; FOR I AM FEARFULLY AND  
WONDERFULLY MADE: MARVELLOUS ARE THY WORKS; AND  
THAT MY SOUL KNOWETH RIGHT WELL." (Psalm 139:14)**

## **30 REASONS WHY SUGAR IS BAD FOR US**

- 1. Sugar crowds out nutritious foods** – it used to be said that sugar is nothing but empty calories but this doesn't actually explain the real menace. By eating high sugar and high carb junk food, we crowd out nutrition. There is zero nutrition in sugar and high carbs foods such as hot chips, fried food, burgers, cakes, and pizza. Junk food has negligible nutrition and that is the problem. We are the most overfed and undernourished generation in history.
- 2. Sugar causes insulin resistance** – a diet high in sugar and carbs leads to a constant release of insulin. This high level of circulating insulin eventually leads to insulin resistance which often leads to pre diabetes and Type 2 diabetes.
- 3. Sugar is the biggest cause of obesity** – sugar drives insulin which is our fat storing hormone. Fructose (half of sugar) does not affect our satiety and so we do not get that full signal so continue to eat/drink beyond which is required. Sugar can be addictive in many people so will continue to eat and stimulate their own appetite with ever increasing sugar loads. WebMD Fructose especially is sweeter and cheaper than sugar and doesn't regulate hunger so we eat more – a recipe for weight gain.
- 4. Sugar, not fat, causes heart disease** – Too much sugar is linked to fatal heart disease, even in those who are not obese. Sugar is not only making us fat, it's making us sick – regardless if you are thin or obese.
- 5. Sugar, not fat, changes the type of cholesterol we have** – There is no significant evidence that saturated fat increases your risk of heart disease. AJCN. A diet high in sugar and carbs will lower your HDL (the good guys) and make your LDL dangerous by becoming smaller, oxidized and dense. Eating a high sugar and high carb diet will raise your triglycerides which is a better predictor of heart disease than total cholesterol. Read more on the cholesterol myth.
- 6. Sugar gives you tooth decay** – everyone knows bacteria in the mouth loves sugar, sweets, candy and soda, but did you know any starch can start this off? Bread, potatoes, rice. And what about the acid in the soda and juice which break down the enamel? Dental decay and tooth removal is the number one reason for hospital admissions amongst children. Watch this video to see more.
- 7. Fructose in sugar causes nonalcoholic fatty liver disease (NAFLD)** – fructose found in sugar, fruit, agave and high fructose corn syrup is primarily metabolized in the liver where it is turned directly to fat. It can be stored as glycogen but if your glycogen stores are already full (which many are on a high carb diet), fatty liver is the result. Eating a piece of whole fruit is not a problem as it is self-limiting because the fiber in whole fruit fills you up and it is difficult to overeat. Fruit juice however has all the fiber removed, so a glass of orange juice for example is not the same as eating 6 oranges, it is the same as the sugar from 6 oranges. "There is no biological needs for fructose" American Journal of Clinical Nutrition. Get rid of that dangerous visceral fat (belly fat) and do your liver a favor. NAFLD is the most common liver disorder in "developed" countries.

- 8. Sugar is the biggest cause of Type 2 diabetes** – insulin resistance is the precursor to developing pre diabetes and then Type 2 diabetes (not to be confused with Type 1). If anyone you know has been diagnosed as a pre diabetic or Type 2, get them to seriously reassess their sugar and carb intake.
  - 9. Sugar is linked to cancer** – multiple studies have shown and sugar and high insulin levels are associated with insulin like growth factor (IGF-1) which can "enhance tumor cell proliferation" and "may interfere with cancer therapy". PubMed.
  - 10. Sugar is linked to Alzheimer's disease** – many are calling Alzheimer Type 3 diabetes. "We conclude that the term "type 3 diabetes" accurately reflects the fact that AD represents a form of diabetes that selectively involves the brain"
  - 11. Sugar makes us hungry** – sugar cause insulin release and insulin blocks leptin in the brain which is your hunger hormone. If your brain cannot recognize a rise in leptin, and so you remain hungry. This eventually leads to leptin resistance.
  - 12. Sugar can suppress your immune system** – not only does sugar reduce your body's ability to fight infections, it also depletes your body of essential nutrients required for a healthy immune system.
  - 13. Sugar can cause depression** – there is a direct link between blood sugar and mood, especially blood sugar spikes and lows. The more uneven your blood sugars, the more uneven your mood. And by living on a high sugar, low nutrient diet, you won't have the essential amino acids and vitamins required for assisting your mood.
  - 14. Sugar affects your gut flora** – and your gut flora impacts on your immunity, serotonin (happiness hormone), allergies, bowel function and metabolic function to name a few. Taking care of your gut flora cannot be emphasized enough. Our gut flora impacts on so many areas of our health and wellbeing.
  - 15. Sugar can lead to mineral deficiencies** – chromium, copper, zinc and magnesium are all depleted through the metabolism of sugar.
  - 16. Sugar can cause macular degeneration** – not only does sugar decrease the health of the small blood vessels, a diet high in sugar is low in natural antioxidants and vitamins required for a healthy retina.
  - 17. Sugar cause wrinkles** – hello, this alone should put you off sugar for life! Sugar in the blood attaches to proteins and causes AGE advanced glycation end products. These attack the fibers in elastin and collagen which makes your skin supple.
  - 18. Sugar causes inflammation** – low grade inflammation is involved in arthritis, cardiovascular disease, macular degeneration, atherosclerosis, and vascular dementia.
  - 19. Sugar can affect children's IQ** – There is evidence that a poor diet associated with processed food in early childhood may be associated with reductions in IQ in later childhood, while a healthy diet, associated with high intakes of nutrient rich foods may be associated with small increases in IQ.
- JECH
- 20. Sugar causes metabolic syndrome** – Metabolic syndrome (hypertension, obesity, dyslipidemia and insulin resistance) results in an inflammatory state which increase your risk of cardiovascular disease and T2 diabetes. Metabolic syndrome is also associated with PCOS, gallstones, fatty liver, protein in the urine, sleep apnea
  - 21. Sugar can cause osteoporosis** – Drinking carbonated sugary drinks causes increased calcium excretion and calcium loss from the body which can weaken bones in those who are at risk of osteoporosis.
  - 22. Sugar can cause cataracts** – Poor blood sugar control weakens the cell membranes and causes oxidative damage in the lens. Good blood

sugar control, interestingly, strengthens antioxidant defenses and protects cell membranes from leakage.

**23. Sugar can cause oxidative stress and free radical production** – oxidative stress is known to be the precursor of over 200 age related diseases so it's imperative to reduce it. Oxidation is likened to rusting of our insides, or when an apple goes brown. Age spots, liver spots or macular degeneration are often signs of oxidative stress. Cut back on sugars and eat a diet full of nutrients and anti-oxidants. Oxidative stress can induce hypertension, and peripheral vascular disease.

**24. Sugar can cause estrogen production in men** – MOOBS (man boobs) are on the rise! Especially in young boys like it has never been seen before.

**25. Sugar causes kidney disease** – high blood sugar is a major risk factor for kidney disease. Sugar damages the microvascular vessels in the kidney which affect the ability for the kidneys to regulate excretion of harmful waste, blood pressure, salt, mineral, protein and fluid balance.

**26. Sugar causes high blood pressure** – salt for too long has been blamed for high blood pressure but in fact the wrong white crystals were blamed, "sugar is more strongly associated with hypertension and cardiometabolic risk". OpenHeart.BMJ.

**27. Sugar promotes acne** – sugar promotes sebum (oil) on the face, sugar promotes inflammation, sugar reduces our immunity, sugar aggravates hormonal acne. Your skin will pay the price of a high sugar diet.

**28. Sugar can aggravate eczema** – a poor diet can cause reduced immunity, bacterial overgrowth in the gut and inflammation, all which can aggravate eczema and other skin conditions. Often a low sugar and candida free diet are prescribed.

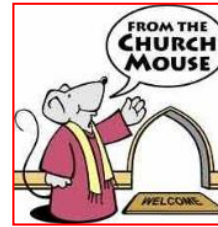
**29. Sugar can affect fertility** – problems with ovulation can be related to PCOS (polycystic ovarian syndrome). Women with PCOS often have issues with sugar and insulin regulation which may be improved on a low sugar diet. PCOS is closely linked with insulin resistance and hormone imbalances.

**30. Sugar can cause men to lose their mojo** – sorry but true. Poor blood sugar control causes microvascular damage. Sugar affects the ability for blood flow, nerve and hormone damage. These are all common causes of ED (erectile dysfunction). What is even more important, that if a male is experiencing ED this may be the very first sign that something more serious is occurring. It's time to go for a thorough examination by your doctor. So by giving up sugar are we guaranteed to prevent all of the above? Maybe not, but look at what we might prevent. If there are a hundred problems associated with sugar, I for one want to eliminate as many as I can. There are no downsides to giving up sugar; no complications so why wouldn't you? It is all about choice. if you chose to eat sugar, you will be at higher risks of the above. Our health is determined by our personal responsibility.

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Historians tell us the Statue of Liberty was gifted to the United States to serve as a reminder of the importance of liberty, with special focus given to slavery.

In other words, the Statue of Liberty was intended to celebrate the correction of the biggest mistake the United States had made – the enslavement of millions of its own people. France wanted to acknowledge the end of slavery a monumental mistake made by the United States.

The Statue of Liberty was the brainchild of noted Frenchmen Edouard de Laboulaye. It is well documented that Frederic Bartholdi, the French sculptor who designed the Statue, came up with the idea of creating the statue in 1865 after having a conversation with friend Edouard de Laboulaye.

Edouard de Laboulaye was an abolitionist and ardent supporter of the Union in the American Civil War. In her book, "Enlightening the World: The Creation of the Statue of Liberty", author and historian Yasmin Sabina Khan writes that Laboulaye was the president of the French Emancipation Committee, an organization that sought to aid newly freed, impoverished slaves in the United States.

Laboulaye and his wife Micheline worked to raise funds and provide necessities to freed slaves. And Laboulaye was an ardent antislavery speaker. Speaking at an international antislavery conference in Paris in 1867, Khan writes, "Laboulaye's opening speech transformed the meeting into 'one of those feasts of liberty which move the souls of men to their deepest depths, and gives one new hopes of humanity,' recounted the New York Times Paris correspondent."

Although Laboulaye came upon the idea and communicated it to Bartholdi in 1865, the political climate in France at the time and a lack of funding made it impossible to raise enough funds to get the project off the ground for several years. Bartholdi's original rendering had Lady Liberty holding broken chains in her left hand, with more broken chains at her feet. Both of these were symbolic of the end of slavery in the United States.

Edouard de Laboulaye, the French political thinker, U.S. Constitution expert, and abolitionist, who first proposed the idea of a great monument as a gift from France to the United States was a firm supporter of President Abraham Lincoln and his fight for abolition. Laboulaye saw abolition not only as a way to eliminate immorality, but also as a way to protest repressive tendencies in France.

As an abolitionist, Laboulaye was an honorary member of the Philadelphia branch (founded in 1862) of the Union League Club. The Union League Club was a group of people who were dedicated to the new Republican Party, the Union's cause in the Civil War, and the abolition of slavery. Additionally, Laboulaye was a cofounder and president of the French Anti-Slavery Society. This society was founded in 1865. In essence, it called upon all nations to abolish slavery.

# END TIMES TIMELINE



## Not Left Behind

Additionally, the members also raised money that was then given to newly freed slaves in the United States.

### The Statue's shackles and feet.



With the abolition of slavery and the Union's victory in the Civil War in 1865, Laboulaye's wishes of freedom and democracy were turning into a reality in the United States. In order to honor these achievements, Laboulaye proposed that a gift be built for the United States on behalf of France. Laboulaye hoped that by calling attention to the recent achievements of the United States,

the French people would be inspired to call for their own democracy in the face of a repressive monarchy.

When Laboulaye's Statue of "Liberty Enlightening the World" was completed, it not only represented democracy but also symbolized American independence and the end of all types of servitude and oppression. A broken shackle and chain lie at the Statue's right foot. The chain disappears beneath the draperies, only to reappear in front of her left foot, its end link broken. However, although the broken shackle is a powerful image, the meaning behind it was not yet a reality for African Americans in 1886.

After the Statue's dedication in 1886, the Black Press began to debunk romantic notions of the Statue of Liberty and American History. Racism and discrimination towards African Americans did not end after the Civil War or with the dedication of the Statue - it continued on for more than a century. As a result, the Statue was not a symbol of democratic government or Enlightenment ideals for African Americans but rather a source of pain.

Instead of representing freedom and justice for all, the Statue emphasized the bitter ironies of America's professed identity as a just and free society for all people regardless of race. From the time of the Statue's dedication, attitudes towards the Statue in the African American community were ambivalent and uncertain.

As W.E.B. Du Bois wrote in his autobiography, *The Autobiography of W.E.B. Du Bois: A Soliloquy on Viewing My Life From the Last Decade of Its First Century*, he was unable to imagine the same sense of hope he assumed some immigrant arrivals had felt when he sailed past the Statue on a return trip from Europe. This hope did not pertain to his race. The fight for equality, liberty, and justice for all at this point in time had not been achieved, but rather disregarded after the Statue's completion and dedication.

Therefore, African Americans rarely used the Statue as a relevant symbol for their struggle - they were reluctant to embrace the symbol of a nation which would not fully include them as citizens. The Statue of Liberty did not help them to gain equality and justice in the truest sense - it was only the beginning.

### Not Left Behind

Another common misconception contained in the secret rapture theory is that people will continue to live here on earth for several years after Christ's return. However, the Bible clearly teaches that when Jesus comes next, there will be no one left alive on this planet.

For example, in his prophecy about the end of the age, Jeremiah wrote: "I beheld the earth, and, lo, it was without form, and void; and the heavens, and they had no light. I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and lo, there was no man, and all the birds of the heavens were fled. I beheld, and lo, the fruitful place was a wilderness, and all the cities thereof were broken down at the presence of the Lord, and by his fierce anger" (Jeremiah 4:23-26, emphasis added).

In another place he declared, "And the slain of the Lord shall be at that day from one end of the earth even unto the other end of the earth: they shall not be lamented, neither gathered, nor buried; they shall be dung upon the ground" (Jeremiah 25:33).

The prophet Isaiah describes the same dismal conditions in his prophecy of the state of the earth following the second coming. "Behold, the Lord maketh the earth empty, and maketh it waste, and turneth it upside down, and scattereth abroad the inhabitants thereof." "The land shall be utterly emptied, and utterly spoiled: for the Lord hath spoken this word" (Isaiah 24:1, 3 emphasis added).

Last but not least, consider the following passage of Scripture: "And as it was in the days of Noe [Greek for 'Noah'], so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all. Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed" (Luke 17:26-30 emphasis added).

Notice that the wicked were destroyed on the same day that the Flood came to Noah and on the same day that the fire came to Sodom. Jesus emphasizes at both the beginning and the end of this passage that these earlier judgments, which destroyed all of the wicked, were examples of what would happen at His second coming. The Bible is crystal clear that life on earth does not continue for either man or beast after Jesus comes.

### Through the Tribulation with Christ

The idea that the righteous will all be raptured out of the world just before the time of trouble and that only the wicked will be left behind to endure seven years of tribulation can be very appealing. Perhaps that is why this doctrine has gained such widespread acceptance. But the Bible clearly teaches otherwise.

The phrase "seven years of tribulation" does not appear anywhere in Scripture. However, Jesus did say that a terrible time of trouble would come upon the world just before His return and that it would be more intense than any other in the history of this world. In His great prophetic discourse on the

Mount of Olives, Jesus made the following statement: "For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened" (Matthew 24:21, 22).

If the elect were not in the world during the great tribulation, they would not need the days to be shortened!

All throughout Scripture we see examples of the Lord saving His people through tribulation, not from it.

Noah was not saved from the Flood, but through it.

Daniel was not saved from the lions' den, but through it.

Shadrach, Meshach, and Abednego were not saved from the fiery furnace, but through it. In fact, Jesus went through it with them, and He will go through the great tribulation with us, as well!

The children of Israel were not saved from Egypt before the plagues fell, but afterward. God demonstrated His love and power by preserving them in Egypt through the 10 plagues. In the same way, the righteous will be in the world when the seven last plagues fall (Revelation chapter 16), but God will preserve them.

God never promises that our lives will always be easy. Christ prayed to His Father for His disciples, "I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil [one]." (John 17:15) Likewise, in 2 Timothy 3:12 Paul declares, "All that will live godly in Christ Jesus shall suffer persecution." Paul also told a group of disciples that "we must through much tribulation enter into the kingdom of God." (Acts 14:22).

In His parable of the two home builders, Jesus taught that the storm comes to the wise man who builds on the rock just as surely as it comes to the fool who builds upon the sand (Matthew 7:24-27). The storm comes to all.

The good news is that God's children will survive the coming tribulation. They will endure by practicing some of the same survival skills used by the Great Basin bristlecone pine. Believed to be one of the oldest living trees on the planet, it can live more than 4,000 years. Found on lonely mountaintops, some of these ancient evergreens have weathered thousands of years of intense freezing wind, pounding rain, scorching sun, and violent electrical storms.

How do they manage to survive such harsh, adverse conditions? They send their roots deep, wrap them tenaciously around a solid rock, and hang on.

In the same way, the saints will have to sink their roots of faith deep into the Word of God and cling tenaciously to the mighty Rock of Ages. Remember that even though God does not always provide an escape from tribulation, He does promise to give us the power and strength to get through it. "I can do all things through Christ which strengtheneth me" (Philippians 4:13).

### Times of Trouble

As we discuss the great tribulation to take place just before Jesus returns, keep in mind that there have been several other "times of trouble" for God's people in the past.

For example, the children of Israel endured 400 years of tribulation just before the Exodus (Acts 7:6). The early Christians also passed through a time of trouble immediately after the stoning of Stephen (Acts 8:1). From A.D. 303-313, during the era represented by the Smyrna church (Revelation 2:10), God's people suffered a 10-year period of tribulation. But perhaps the most notable time of trouble was the 1,260 years of intense persecution waged against true Christians during the Dark Ages. "And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred and threescore days."

"And when the dragon saw that he was cast unto the earth, he persecuted the woman which brought forth the man child" (Revelation 12:6, 13). As dark as each of these times was for God's people, none will compare with the final, great tribulation that is yet to take place. The great tribulation corresponds with the time during which the seven last plagues of Revelation chapter 16 will fall. "And I saw another sign in heaven, great and marvellous, seven angels having the seven last plagues; for in them is filled up the wrath of God" (Revelation 15:1).

God's wrath will be directed against the ones who disobey His law, distort His truth, and oppress His people. "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness" (Romans 1:18).

The great tribulation also coincides with the Battle of Armageddon. Both take place immediately before Christ's second coming. "And he gathered them together into a place called in the Hebrew tongue Armageddon. And the seventh angel poured out his vial into the air; and there came a great voice out of the temple of heaven, from the throne, saying, It is done" (Revelation 16:16, 17).

It is my belief that the great time of trouble will last only a month or two. Here are a few Scriptures that indicate it will be a short period of time.

Revelation 18:8 tells us, "Therefore shall her plagues come in one day." A "day" in Bible prophecy represents one literal year (Ezekiel 4:6; Numbers 14:34; Luke 13:32). So when Revelation says that "her plagues come in one day," it means within, or less than, one year's time.

Furthermore, the very nature of the seven last plagues - the rivers and seas turning to blood and the planet being scorched with great heat - would render it impossible for the human race to survive more than a month or two. This is why Jesus said, "And unless those days were shortened, no flesh would be saved; but for the elect's sake those days will be shortened" (Matthew 24:22 NKJV).

### Just Before the Plagues

Since the experience of the children of Israel just before the plagues fell on Egypt is a type, or symbol, of what will happen to God's people before the seven last plagues described in Revelation chapter 16, let's examine that story more closely.

After 400 years of slavery, the Israelites had become influenced by the religion of Egypt and had lost sight of God's law. So before Moses and Aaron met with the Pharaoh, they first met with the leaders of Israel to encourage a revival of commitment to God's law - including the Sabbath of creation (Exodus 4:29-31). The people responded wholeheartedly, which is why the Pharaoh got angry and said to Moses and Aaron, "You make them rest from their labor!" (Exodus 5:5, NKJV). Remember that the children of Israel knew the Sabbath was part of God's law before they ever came to Mount Sinai (Exodus 16:22-28).

Likewise, before the onset of the great tribulation, special attention will once again be called to the subject of worship and the Sabbath commandment. In Revelation 14:7, an angel calls God's people to "worship him that made heaven, and earth, and the sea, and the fountains of waters." The angel is clearly quoting from the Sabbath commandment, which says, "For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day" (Exodus 20:11).

A widespread rediscovery of the law of God, including the Sabbath truth, will be the alarm that wakes the dragon to fury. The devil hates the Sabbath because he knows that all love relationships are built upon time. If he can destroy the day that was set apart for God's people to spend quality time with their Creator, he can destroy the relationship. We see this happen over and over again between husbands and wives or between fathers and sons. If two people stop spending quality time together, soon the relationship will fall apart.

When the children of Israel responded to God's call to keep the seventh-day Sabbath holy, the Pharaoh became furious. He knew that as long as the people focused only on work, work, work, they would have no time to think about freedom. The devil is using the very same strategy today. His goal is to keep people so busy with work and so preoccupied with the cares of this life that they have no time to worship their Creator. He knows that if he can cause people to neglect the Sabbath rest, they will never have time to think seriously of salvation.

Looking down through history to the end of time, the Lord knew that His faithful people would keep the Sabbath of the fourth commandment. That is why, in connection with the tribulation, Jesus advises His followers to "pray ye that your flight be not in the winter, neither on the Sabbath day" (Matthew 24:20).

Another way in which this small time of trouble will resemble the period of time just before the plagues fell on Egypt is that God's people will be called upon to endure a period of bitter hardship. In Moses' day, the angry Pharaoh tried to turn the hearts of his Israelite slaves against their God by forcing them to produce the usual quota of bricks without providing the necessary straw.

In the same way, before the tribulation the government will use political and economic sanctions to pressure God's end-time people into receiving the mark of the beast. During this time the saints will be called upon to share their faith in the face of stiff social, political and religious opposition. "And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name" (Revelation 13:17).

When this fails to deter the people of God from obedience, there will be a final death decree. The Bible says, "And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed" (Revelation 13:15). At this time, the great tribulation begins and the seven last plagues start to fall.

The time of trouble begins with the wrath of the devil against God's obedient children (Revelation 12:17) and ends with the wrath of God against the ones who obey the beast (Revelation 14:9, 10).

(To be continued next Issue: **No Second Chance**).

## THE SEVEN TRUMPETS

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
Green grass and 1/3 of the trees are burned up. <i>Rev. 8:7</i>	1/3 of sea becomes blood; 1/3 of ships and sea life destroyed. <i>Rev. 8:8-9</i>	1/3 of waters turn bitter. <i>Rev. 8:1-11</i>	1/3 of sun, moon, and stars do not shine. <i>Rev. 8:12</i>	"Locusts" wield the Beast's military power. <i>Rev. 9:1-12</i>	200-million-man army; a third of mankind killed. <i>Rev. 9:13-21</i>	The Kingdom of God is declared. <i>Rev. 11:15-19</i>

## Seven Bowls of God's Wrath

*Revelation 16*

### Judgment

- #### 1 Earth

666

Those with the mark of the beast who worship its image break out in sores
- #### 2 Sea

Sea turns to blood that kills all life in it
- #### 3 Rivers/Springs

Waters turn to blood
- #### 4 Sun

Sun scorches people with fire
- #### 5 Beast's throne

Darkness covers beast's kingdom; people gnaw their tongues and curse God
- #### 6 Euphrates River

River dries up to allow kings to cross for battle at Armageddon
- #### 7 Air

Earthquake collapses cities and splits the great city; 100-pound hailstones fall on people

## THE SEVEN SEALS

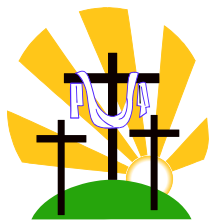
1 <sup>st</sup> Seal	2 <sup>nd</sup> Seal	3 <sup>rd</sup> Seal	4 <sup>th</sup> Seal	5 <sup>th</sup> Seal	6 <sup>th</sup> Seal
White Horse: Deception <i>Rev. 6:1-2</i>	Red Horse: War <i>Rev. 6:3-4</i>	Black Horse: Famine <i>Rev. 6:5-6</i>	Pale Horse: Pestilence & 1/4 of mankind dies <i>Rev. 6:7-8</i>	Martyrdom & Great Tribulation <i>Rev. 6:9-11</i>	Heavenly Signs <i>Rev. 6:12-17</i>

➔
SILENCE IN HEAVEN...
➔
7<sup>th</sup> Seal
➔

➔
Seven Trumpet Bowls
➔

*Rev. 8:1-6*      *Rev. 6:12-17*

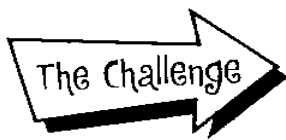




# The Kings Kids



## HEART TO HEART!



Luke 6:37

Drop the letters one by one into the boxes below to discover this verse from God's heart to yours! Cross off letters as you use them. The first word has been done for you.

Y O R ~~X~~ W V L L A B E  
 F ~~X~~ U G ~~X~~ I ~~E~~ N N D  
~~X~~ O ~~X~~ I ~~X~~ E

F	O	R	G	I	V	E				

(HINT: Look up Luke 6:37 to help solve the puzzle!)

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