

THE SABBATH SCOOP

VOLUME 29

SEPTEMBER 2016

NUMBER 6



Photo by Victor Kubik

This life-sized replica of Noah's ark has been built in Williamstown, Ky., at a cost of \$100 million.

THE DAYS OF NOAH

The end time, before Christ returns, will be as the days of Noah. What does that mean for us?

By Gregory Dullum

There is a Bible hero whose story we may read to our children and grandchildren—but we may not have *seriously* studied him for ourselves. His name was Noah. He and his family were the only survivors of a worldwide flood.

The Ark Replicated

A life-sized replica of Noah's ark has been built in Williamstown, Ky. At a cost of \$100 million, it's the largest wooden structure in the world. It opened to the public July 7.

Mr. Victor Kubik, president of the United Church of God, toured this replica and wrote:

"At first you are struck by the immense size of a cruise ship on land. You can imagine how Noah and his family must have been mocked as the original massive ship was being built miles from any body of water.

"But that's only the start. I felt the real immensity of the Ark by walking

through its three decks and seeing the life-size recreation of animal quarters, food and water stores. The way natural light was introduced through multiple decks, and facilities to deal with human and animal waste were fascinating. Climbing and walking through the three decks was tiring. We commented about how much bigger the Ark seemed inside than out!" ("Update from the President," Aug. 4, 2016, p. 3).

Most of the biblical account of Noah in Genesis 6-9 describes Noah building the ark, the gathering of the animals into the ark, the flood, and the aftermath.

Frank S. Meade, in his book, *Who's Who in the Bible*, concludes his discussion of Noah with these words: "Forget the ark and the animals. Remember that righteousness delivers men and nations, that God is One, that sin pays off in death" (1980, p. 12).

End Time As Noah's Day

Let's take Meade's advice and focus our attention, NOT upon the ark or the animals,

but upon Noah and the society around him. By doing so, we may gain a better understanding of our place in the world today—for Christ said these last days would be as the days of Noah:

"But as the days of Noah were, so also will the coming of the Son of Man be. For as in the days before the flood, they were eating and drinking, marrying and giving in marriage, until the day that Noah entered the ark, and did not know until the flood came and took them all away, so also will the coming of the Son of Man be" (Mat. 24:37-39).

There are three things we can take away from Jesus' statement.

1. The end time will be as the days of Noah. In what way?

At face value, we may conclude that Christ's return will come unexpectedly (as did the flood). In Noah's day, all but Noah and his family *went about*

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Days of Noah

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their daily lives, until the door to the ark was shut and the rain started to fall. When Christ returns, most people will go about their daily lives until disaster comes upon them unexpectedly.

We don't know when the end of this world will come (Mat. 24:42). We are told, "Therefore you also be ready, for the Son of man is coming at an hour you do not expect" (Luke 12:40). That day "will come as a snare on all those who dwell on the face of the whole earth" (Luke 21:34).

2. There was a lot of eating, drinking and marrying going on. There is nothing wrong with these activities at face value, unless there was something different about them in Noah's day—something that will be repeated before Christ returns.

3. We are very quick to put ourselves on the ark with Noah. We don't think of ourselves as being among those who are eating, drinking and marrying. Christ warned us to WATCH, or we would be among those who are caught unaware!

Noah's Day

What was society like in Noah's day?

Notice this colorful translation of Genesis 6 by David Rosenberg in his book, *The Book of J*. Let's carefully read each word and let pictures form in our minds, for Hebrew was meant to be pictured in the mind.

"Yahweh looked upon the human, saw him growing monstrous in the land—desire created only bad thoughts, spreading into all his acts. Now Yahweh's pain was hard, having watched the man spread in the land; it saddened his heart. 'I will erase the earthlings I created across the face of the earth,' said Yahweh, 'from human creature to wild beast, crawling creature to bird in the air—it chills me to have made them.' But innocent Noah warmed Yahweh's heart" (1990, pp. 68-69).

Society had become so evil in Noah's day that God SHUDDERED at the thought of having made Adam in the first place! Our society today is *spiraling down* into that SAME CONDITION!

Sons of God

Let's go back to the beginning of the account of Noah, using the more familiar words of the *New King James Version*. "Now it came to pass, when men began to multiply on the face of the earth, and daughters were born to them, that the sons of God saw the daughters of men, that they were beautiful; and they took wives for themselves of all whom they chose" (Gen. 6:1-2).

Who were these "sons of God"? Some think they were angels. In Job 1:6, 2:1 and 38:7, angels are called "sons of God." Because the offspring of these marriages were "giants," some have concluded that these "sons of God" were actually fallen angels (demons) who married physical women and produced giant human offspring.

"Many Bible teachers hold that they include the fallen angels that cohabited with mortal women (Gen. 6:1-2)" ("Angels, Fallen," *The New Unger's Bible Dictionary* by Merrill F. Unger, 1988, p. 62).

Stop to consider this for a moment. Would God, who inspired Moses to write the book of Genesis, use the phrase "sons of God" when referring to DEMONS? Throughout the Bible, this phrase is used ONLY for *righteous* ANGELS (in Job) and *righteous* PEOPLE, i.e., true Christians (everywhere else).

The apostle Paul defines "sons of God" in Rom. 8:14: "As many as are led by the Spirit of God, these are the sons of God." That eliminates the possibility of these "sons of God" in Genesis 6 being demons. Demons are not led by the Spirit of God.

Could they have been *righteous* angels? Jesus Christ tells us plainly that angels do not marry (Mat. 22:30). So the "sons of God" must have been HUMAN men *who were led by the Spirit of God!*

Daughters of Men

Who were the "daughters of men"? Since they were not called "daughters of God," we may assume these women were NOT *led by the Spirit of God*. They were *worldly* women—*wicked* women.

When God led Israel to Canaan, He commanded his people not to marry the pagan women living there. He said, "Nor shall you make marriages with them. You shall not give your daughter to their son, no take their daughter for your son, For they will turn your sons away from following Me, to serve other gods; so the anger of the LORD will be aroused against you and destroy you suddenly" (Deut. 7:3-4). If Israelite sons married the wicked women of the land, they would be led away from God, and visited by sudden destruction! What God warned the Israelites about, is *exactly* what occurred in Noah's day!

A footnote in *The Jerusalem Bible* supports this: "Later Judaism and almost all the earliest Ecclesiastical writers identify the 'sons of God' with fallen angels; but from the 4th century onwards as the idea of angelic natures becomes less material, the Fathers commonly take the 'sons of God' to be Seth's descendants and the 'daughters of men' those of Cain" (1966, p. 21).

The Jewish historian Josephus, in his

Antiquities of the Jews, writes, "Now this posterity of Seth continued to esteem God as the Lord of the Universe, and to have an entire regard to virtue, for seven generations; but in process of time they were perverted, and forsook the practices of their forefathers, and did neither pay those honors to God which were appointed them, nor had they any concern to do justice towards men. But for what degree of zeal they had formerly shewn for virtue, they now shewed by their actions a double degree of wickedness" (1967, Book 1, Chapter 3, pp. 27-28).

Jamieson, Faussett & Brown's *Commentary on the Whole Bible* states, "**the sons of God saw the daughters of men**—by the former is meant the family of Seth, who were professedly religious; by the latter, the descendants of apostate Cain. Mixed marriages between parties of opposite principles and practice were necessarily sources of extensive corruption. The women, irreligious themselves, would as wives and mothers exert an influence fatal to the existence of religion in their household, and consequently the people of that later age sank to the lowest depravity" (1964, p. 22).

End-Time Marrying

Could the "marrying and giving in marriage" which Christ mentioned in Mat. 24 be *this kind of marriage*? Instead of describing *worldly* people marrying each other, this may speak of church members, *who have God's spirit*, marrying worldly people, and *being led astray* by them!

And perhaps this addresses MORE than *marriages* between two PEOPLE—but marriages between two WAYS OF LIFE! Could Jesus' end-time prophecy about "marriages and giving in marriage" as in the days of Noah be a warning that true fol-

The SABBATH SCOOP

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PRINT CIRCULATION: 77 • COST PER ISSUE: FREE
<http://sabbathcoop.myfreesites.net>

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lowers of God will give up God's way of life and become *married to worldly ways*?

Have we not seen many examples of people who left the bride of Christ (the true Church of God) to be married to other churches in the world? Consider how many left us in the 1990s to attend Sunday-keeping churches! Paul wrote of Christ's return, "for that Day will not come unless the falling away comes first" (2 Thes. 2:3).

God's Spirit Striving With Man

Continuing with the account of Noah, we read, "And the LORD said: 'My spirit will not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years.'" (Gen. 6:3).

Smith's Bible Dictionary explains this phrase: "The meaning of which seems to be, that whilst God has put His Spirit in man, i.e. not only the breath of life, but a spiritual part capable of recognizing, loving and worshiping Him, man had so much sunk down into the lowest and most debasing of fleshly pleasures, as to have almost extinguished the higher light within him. Then follows, 'But his days shall be a hundred and twenty years,' which has been interpreted by some to mean that still a time of grace shall be given for repentance, viz. 120 years before the flood shall come" ("Noah," 1967, p. 456).

Noah is called a "preacher of righteousness" (2 Pet. 2:5). For 120 years, Noah preached to those around him that their world was coming to an end and they should repent of their wicked ways, join him on the ark, and be saved.

Is there an end-time parallel to Noah's preaching? God tells us, "Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD" (Mal. 4:5). Has this happened in these last days?

Nearly 100 years ago, God called Herbert W. Armstrong to repentance (1926). Through him, God began a great end-



Photo by Victor Kubik

The bow of the ark replica stands tall against the clouds.

time work of warning the world that the end was coming, that there was a need to repent, and that a wonderful world tomorrow awaits those who survive the Great Tribulation and great and dreadful Day of the Lord.

Although Mr. Armstrong died in 1986, the Church of God continues to preach a warning message and a call to repentance! Must this end-time message be preached for 120 years as was Noah's message? Mr. Armstrong was called to repentance in 1926 and preached his first sermon in 1928. Add 120 years, and we come to 2046 and 2048. Considering how bad world conditions are, I would be surprised to see this society lasting another 30 years.

We can expect the end-time preaching to be cut short. Jesus Christ prophesied, "And unless those days were shortened, no flesh would be saved; but for the elect's sake those days will be shortened" (Mat. 24:22).

Scoffers Reject Preaching

Noah was probably mocked for building such a large ship on dry land. *Not one person* repented and joined Noah and his family on the ark.

In our day, there will be scoffers as well: "knowing this first: that scoffers will come in the last days, walking according to their own lusts, and saying, 'Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation'" (2 Pet. 3:3-4).

Who Were the Giants?

The account of Noah continues, "There were giants on the earth in those days, and also afterward, when the sons of God came into the daughters of men and they bore children to them. Those were the mighty men who were of old, men of renown" (Gen. 6:4).

What were these giants? Were they people of huge stature, such as Goliath of Gath, who stood more than 9 feet tall until

David cut him down to size by removing his head (1 Sam. 17:4, 49-51)? Were these giants so tall that men appeared to be like grasshoppers (Num. 13:33)? Not at all. Let's not be confused by the English word "giants." The Hebrew word is "nephilim" and means "fallen or mighty ones" (NKJV marginal note).

The New Unger's Bible Dictionary gives one definition of "nephilim" as: "they were particularly violent (the name is from the root 'to fall,' i.e. on other people), strong ('mighty'), and infamous ('men of renown'" (p. 916).

Jamieson, Faussett & Brown's *Commentary* adds, "The term in Hebrew implies not so much the idea of great stature as of reckless ferocity, impious and daring characters, who spread devastation and carnage far and wide" (p. 22).

Do we see any parallels between the violence in Noah's day, and violence today? Our news is filled with terrorists killing innocent men, women and children; police shootings (both as shooters and as victims); high school students killing each other; children killing their parents and parents killing their children; nannies killing babies; an ongoing slaughter between rival gangs in this country and between rival groups, drug cartels, militias, tribes and religions in other countries; and mass murders committed by brutal dictators all around the world.

Wickedness Abounds

"Then the LORD saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually" (Gen. 6:5).

What fills the thoughts of most people today? Have we watched any TV or movies lately? It's hard to find a show that doesn't involve murder, promiscuous sex, foul language, and downplaying of traditional family values. Judge Robert Bork, in his book, *Slouching Towards Gomorrah*, writes, "Popular entertainment sells sex, pornography, violence, vulgarity, attacks on traditional forms of authority, and outright perversion more copiously and more insistently than ever before in our history. It is no answer to point out that much of popular culture is harmless or even benign. The culture has changed, is changing, and the change is for the worse" (1996, p. 126).

On page 132, he adds, "The entertainment industry is not forcing depravity on an unwilling American public. The demand for decadence is there. ... we must be reminded that the fault is in ourselves,

Know Your Bible

By Charles Nenner

1. Who was the first king of Israel?
2. What is a person's physical body called in the Bible?
3. Who built God's temple in Jerusalem instead of David?
4. Which son of Saul was David's friend?
5. Who was the father of Shem, Ham and Japheth?

(Answers on page 5)

DAYS OF NOAH

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How to Battle ANXIETY

Have we ever suffered from anxiety, excessive worry or panic attacks? What can we do to battle these feelings?

By Gregory Dullum

Every spring since I graduated from Ambassador College, I have been bothered by allergies. The itchy eyes, sneezing and runny nose lasts about eight weeks.

Over-the-counter allergy medicine usually relieves the symptoms for a few hours at a time and makes life bearable.

In 2013, my allergies didn't go away and the medicine quit working. A sinus congestion grew worse with each passing day. Finally I couldn't breathe through my nose—only through my mouth. I tried taking a decongestant but it didn't help.

A new sensation surged through me. It was a sickly, panicky feeling. I began to worry about taking my next breath and hoped I wouldn't suffocate. A cloud of doom came over me. Prayers for healing went unanswered. Breath by breath, minute by minute, hour by hour, I suffered.

I finally went to a doctor's office. A nurse practitioner said my springtime allergies had turned into an acute sinus infection. She prescribed a nasal spray that quickly shrank my swollen nasal passages, making it easier to breathe, and antibiotics to fight the infection.

The sinus problems went away but I faced a new problem. That feeling of doom and gloom kept coming back. The thought of dying settled onto the back burner of my mind. I felt uneasy. I could no longer enjoy watching action/thriller movies. Instead of escaping into the film, I would worry about the characters and suffer with the victims. In one episode of "Columbo" on TV, a murder victim was locked in a vault and I felt myself suffocating with him.

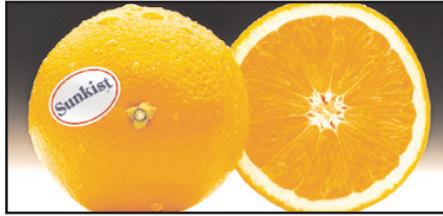
Every time I had a little bit of nasal congestion, I worried that the sinus infection was returning, although it never has.

I also began to suffer from claustrophobia. With six people living in our small house, we were crowded and had little privacy. If we shut our bedroom door, tiny hands came knocking and tiny voices called out for Grandma and Grandpa.

Panic attacks started hitting me at unexpected times. Out of the blue I worried about getting sick and dying. The thought of being in crowded places, such as the window seat of an airliner, scared me.

The logical part of my brain understood that these fears were unfounded. I knew the Bible told me not to worry.

Jesus tells us, "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more



NAPSA photo

The aroma of oranges is known to reduce anxiety.

than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not more valuable than they? Which of you by worrying can add one cubit to his stature? ... Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble" (Mat. 6:25-27, 34).

These panic attacks I was having were not logical, so it didn't help to tell myself to stop worrying. The attacks just came over me unexpectedly.

Many mornings I awoke with a general sense of dread. I knew my body was getting older and things would only get worse (Eccles. 12:1-7). My wife and I had no idea when we would get our house (and lives) back to ourselves.

(When it finally happened in August of that year, the panic attacks and feelings of claustrophobia came less often until I seldom get them anymore.)

Here are some tips that helped me through those difficult times.

1. Keep praying, studying and going to church. It is important to keep the lines of communication open between God and us, even when we don't feel like doing these things. "Pray without ceasing" we are told in 1 Thes. 5:17. We should follow the example of the Bereans, who "searched the Scriptures daily" (Acts 17:11). And we should be "not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching" (Heb. 10:25).

At first it *may seem* that God is not listening to our prayers, but He is! "The righteous cry out, and the LORD hears, and delivers them out of all their troubles" (Ps. 34:17). He *truly* cares for us (1 Pet. 5:7)! He wants to help us through our trials (1 Cor. 10:13), but how can He if we stop reading his Word and listening to his inspired messages? Perhaps it is

through God's written words in the Bible or through his inspired spoken words at church that we may receive an answer to our problems, and our faith will be restored. "So then faith comes from hearing, and hearing by the word of God" (Rom. 10:17).

Keep the lines of communication open and God will break through the barriers that anxiety and worry have erected between Him and us (2 Chron. 7:14). Things *will get better* if we keep doing what is right and *don't give up* (Gal. 6:9).

2. Pray specifically for relief. If we know what is causing our anxiety, pray for relief. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philipp. 4:6-7).

3. Be thankful. This previous verse mentions "with thanksgiving." We are told, "in everything give thanks" (1 Thes. 5:18). Instead of dreading what's wrong in our lives, focus on what's positive, and be thankful. "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things" (Philipp. 4:8).

4. Repeat a verse aloud. When dreading the day ahead, repeat aloud this verse from the Psalms: "This is the day which the LORD has made; we will rejoice and be glad in it" (Ps. 118:24). I repeated this aloud to myself on mornings when I awoke dreading the day ahead. It put me in a proper state of mind to face the day.

5. Listen to uplifting music. When King Saul was troubled by a distressing spirit, David came and played music that made him feel better. "And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him" (1 Sam. 16:23).

When I suffered from bouts of anxiety, I found listening to recorded music of Mozart to be soothing.

6. Deep breathing. Taking deep, slow breaths is helpful in interrupting irra-

ANXIETY

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Days of Noah

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in human nature not constrained by external forces.”

Evil, Not Just Wrong-Doing

In Noah's day, people were evil (Gen. 6:5). They were *completely* self-centered, following the desires of their own evil heart (Jer. 17:9). They demanded their rights to do whatever they wanted, no matter whom was hurt. There were no high standards of conduct; no set of morals by which to live.

We're not to that point yet, today, but we're *heading in that direction*.

There is a big difference between doing WRONG and doing EVIL. Dr. Laura Schlessenger, in her book, *How Could You Do That?*, tells us: "There is a world of difference in doing wrong ... and doing evil. Those who do wrong ... actually know and care about wrong-doing, even if they clearly drag their feet about doing anything about it" (1996, p. 59). In other words, when we do wrong, our conscience bothers us; we examine our actions and we feel guilty.

Dr. Schlessenger continues, "Evil has no such desire for self-examination, change or growth. ... Evil is never self-critical, only other-critical, and does not have to admit any guilt" (p. 59).

She warns us, "Evil human beings are more commonplace than you would imagine, and more dangerous than you would like to believe. They are usually recognized when they cold-bloodedly murder, as in a drive-by shooting or a robbery. They are less-usually recognized, yet suffered all the same, as they work to diminish, punish, humiliate, abuse, and finally destroy the spirit of another" (pp. 58-59).

Noah Didn't Grow Numb

In his book, Judge Bork warns that as society around us grows worse, we become numb to it. We tend to not see the evil.

This is another lesson we can learn from Noah. Noah, in the 120 years from his calling until the flood, did NOT grow numb. *He did not let his own morals and ethics slip*. How do we know? In Ezek. 14:14, Noah is called righteous. Heb. 11:7 tells us he did not lose sight of God; he stayed faithful.

Noah remained pure and faithful in spite of the corrupt world around him. *We must be like Noah!*

Noah Did a Work

Noah did a work! A preacher of righteous-

ness, he preached by WORD and DEED.

The New Unger's Bible Dictionary says of Noah: "Thus Noah was 'a preacher of righteousness,' exercising faith in the testimony of God and condemning the world by the contrasted excellence of his conduct" (p. 925). We, too, *as individuals* like Noah, condemn the world of its sins by OUR *righteous deeds* and by exercising our faith in God.

We are told in Ezek. 9:4 to sigh and cry for the abominations which men do on the earth.

Josephus tells us Noah did too. "But Noah was very uneasy at what they did; and being displeased at their conduct, persuaded them to change their dispositions and their acts for the better;—but seeing that they did not yield to him, but were slaves to their wicked pleasures, he was afraid they would kill him, together with his wife and children, and those they had married; so he departed out of the land" (*Antiquities of the Jews*, Book 1, Chap. 3, p. 28).

Noah did a ONE-MAN work, preaching *repentance* to the world. It was a very small work!

We, in the Church of God, are like Noah, doing a *very small work*. Compared to other churches, we are small. Christ called his true church the "little flock" (Luke 12:32). The true Church of God consists of *a few* righteous people. We combine our individual efforts into organizations which have a responsibility to preach a warning message (with its call to repentance), and the good news of the coming Kingdom of God (the gospel) to the world (Mat. 4:17, 24:14, 28:19-20).

Protection Is Promised

God will protect us from the terrible days of tribulation and the destruction to come upon this world, just as He protected Noah from the destruction of his world (Rev. 3:10, 12:13-16).

We must keep our eyes open to the world around us. Jesus told us to "watch"!

Let us not "eat and drink" (partake) of the evils in society around us. Let us not "become (spiritually) drunk" so our minds become numb to the evil surrounding us. Let us not "marry" into this world's ways.

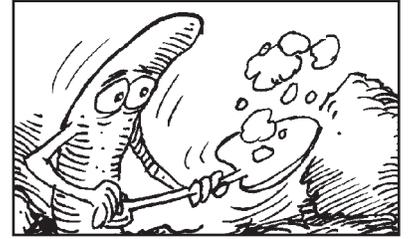
Like Noah, let us remain separate and sober. Christ tells us in Luke 21:36 "Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man."

Know Your Bible Answers

1) Saul. 2) Soul. 3) Solomon. 4) Jonathan. 5) Noah.

Fun Fact

of creation, history, holidays & the Bible



Drawing and Fun Fact are courtesy of NAPS

The earthworm can clear and aerate half a pound of soil a day.

Witerature

Wit and wisdom to complement the truths of the Holy Bible can be found in secular writings.

A Wrinkle in Time by Madeleine L'Engle, Farrar, Straus and Company, 1962, p. 87.

Darkness on the Earth

"The outlines of the planet were not clean and clear. It seemed to be covered with a smoky haze. ...

" 'Is it because of the atmosphere that we can't see properly?' she [Meg] asked anxiously.

" 'No, Mmegg, yyou knoww thatt itt iss nnoott tthee attmosph- pheeere,' Mrs. Which said. ...

" 'It's the Thing!' Charles Wallace cried. 'It's the Dark Thing ...'

" 'Did it just come?' Meg asked in agony, unable to take her eyes from the sickness of the shadow which darkened the beauty of the earth. 'Did it just come while we've been gone?' ...

" Mrs. Whatsit sighed. 'No, Meg. It hasn't just come. It has been here for a great many years. That is why your planet is such a troubled one.' "

Gen. 1:2; Eph. 6:12; Rev. 12:4, 7-12

Quotable Quotes

"Always behave like a duck — keep calm and unruffled on the surface but paddle like the devil underneath."

—Jacob Braude

Memory Scripture

"Therefore you shall be perfect, just as your Father in heaven is perfect."

—Mat. 5:48

Anxiety

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tional thoughts and in calming the nerves.

Here are more natural remedies to help alleviate anxiety. I didn't try these myself, so I don't know how well they work.

7. Almond mixture. Soak 10 raw almonds overnight in water to soften and peel off the skins. Blend them in a blender with one cup of warm milk, a pinch of ginger and a pinch of nutmeg. Drink this to help relax before going to bed.

8. Baking soda bath. Add 1/3 cup baking soda and 1/3 cup ginger to a warm bath and soak in the tub for 15 minutes to relieve tension and anxiety.

9. Celery and onions. Eat two cups of celery, onions, or a mixture of them, raw or cooked, with your meals for a week or two. Both vegetables contain large amounts of potassium and folic acid; deficiencies in these can cause nervousness.

10. Oranges. The aroma of an orange is known to reduce anxiety. Peel and inhale. You can put the peel into a small pan or potpourri burner, cover with water and simmer. When heated, the peel will release its fragrant, calming oil.

For a racing heart associated with anxiety, stir one teaspoon of honey and a pinch of nutmeg into one cup of orange juice and drink.

11. Rosemary. Used in the Middle Ages to "ward off evil spirits," rosemary has a calming effect on the nerves. Make a tea using one or two teaspoons of the dried herb to one cup of boiling water, steep for 10 minutes, and drink.

12. Kava. Islanders from Hawaii and the South Pacific drink kava, made from kava roots. It is reported to banish anxiety and induce feelings of bliss. Kava may be hard to find in the continental U.S. and Europe, but capsules filled with powdered kava root are available. Kava has sedative, tonic, stimulant, diuretic, diaphoretic and possibly aphrodisiac properties with no known side effects.

13. Lemon balm. Lemon balm has been used since the Middle Ages as a calming herb. Take 400 mgs twice daily to prevent your stomach from reacting to worried thoughts.

14. Lemon juice elixir. Make an anti-anxiety elixir of one teaspoon lemon juice, one teaspoon ground ginger, and a half teaspoon of honey, taken three times a day. Lemon juice lowers blood pressure, ginger calms the stomach and honey controls blood sugar instability that accompanies worrying.

The Bible tells us not to worry, but panic attacks can happen unexpectedly and defy logic. If they happen to you, I hope these tips will be helpful.



Violence Erupts in Dallas and Nice

"The heavily armed sniper who gunned down police officers in downtown Dallas, leaving five of them dead, specifically set out to kill as many white officers as he could, officials said Friday [July 8]. ...

"The shooting was the kind of retaliatory violence that people have feared through two years of protests around the country against deaths in police custody ...

"In addition to the five officers who died, seven officers and two civilians were wounded" ("Five Dallas Officers Were Killed as Payback, Police Chief Says" by Manny Fernandez, Richard Pérez-Peña and Jonah Engel Bromwich, *The New York Times*, nytimes.com, July 8, 2016, pp. 1-2).

"Authorities investigating the truck driver who killed 84 people in a Bastille Day [July 14] attack painted a complex picture ... of a man who did not seem devout but recently had become interested in jihadi violence and researched past attacks in France and the United States" ("French authorities painting a complex picture of Nice attacker" by Maria Sanminiattelli and Frank Jordans, Associated Press, *South-east Missourian*, July 19, 2016, p. 10A).

These violent attacks indicate we are living in the last days (Mat. 24:12, 2 Tim. 3:1-3, Mat. 24:27, Gen. 6:5, 13).

German Mood Shaken by Attacks from ISIS

"After a week bookended by terrorist attacks, Germans are now clear that they, too, are targets of the Islamic State, leaving them longing for the sense of order that is their pride and bedrock of success.

"The attacks started with an ax-wielding teenager on a train on July 18 and ended with a backpack bomber on the terrace of a wine bar on Sunday. In between ... an Iranian-German carried out a mass shooting in a Munich shopping mall, and a recently arrived 21-year-old Syrian refugee killed his girlfriend outside a kebob shop" ("German Mood Is

Shaken as Attacks Show Vulnerability to ISIS" by Melissa Eddy, *The New York Times*, nytimes.com, July 26, 2016, p. 1).

Bible prophecy indicates that there will be a German-led union of "10 kings" when Christ returns. Adolph Hitler used the crises of his day to rise to power. Another strong leader called "the beast" may soon arise in Europe with his solution to putting an end to current immigration problems such as ISIS-inspired violence. His solution, however, will create problems for the rest of the world as he revives the Holy Roman Empire one last time before Christ returns (Rev. 17:10-14).

Four Cases of Zika Virus Found in Florida

"Four cases of Zika infection in Florida are very likely to have been caused by mosquitoes there, the State Department of Health said Friday [July 29]—the first documented instances of local transmission in the continental United States.

"Zika is now here," Dr. Thomas R. Frieden, the director for the Centers for Disease Control and Prevention, said at a news briefing. ...

"The Florida cases signal a new stage in an epidemic that has left a trail of birth defects in Brazil and strained health care resources throughout Latin America. The epidemic is raging in Puerto Rico, the C.D.C. reported last week: Two percent of blood donors there have been recently infected, and hundreds of pregnant women have tested positive. ...

"There are now more than 1,600 confirmed Zika cases in the continental United States. Until the announcement on Friday, all of them had been a result of travel abroad: The virus was contracted either by a mosquito bite elsewhere or by intercourse with someone who had been to a Zika-affected area" ("4 Zika Cases in Florida Were Likely Spread by Local Mosquitoes, C.D.C. Says" by Pam Beluck, Lizette Alvarez and Donald G. McNeil Jr., *The New York Times*, nytimes.com, July 29, 2016, pp. 1-2).

The spread of disease (pestilence) is a sign we are living in the end time (Mat. 24:3,7).