

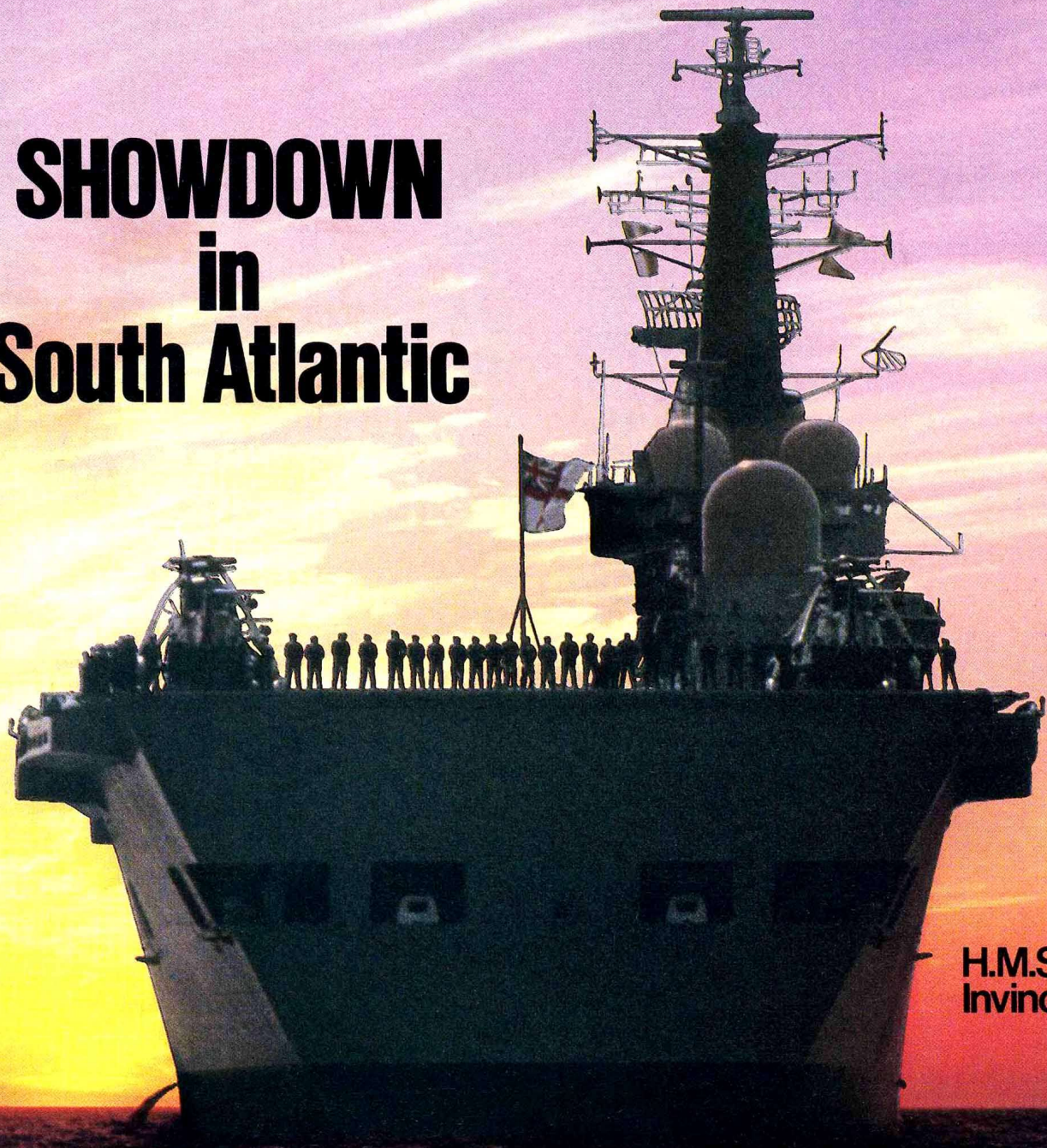
JUNE-JULY 1982

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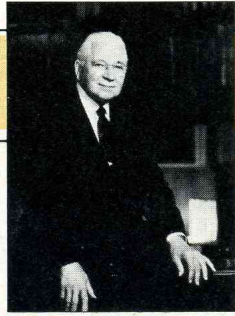
PLAIN TRUTH

a magazine of understanding

SHOWDOWN in South Atlantic



H.M.S.
Invincible



Personal from...

Which Is the True Church?

WHY SO MANY churches? Why *any* church at all? Are all really GOD'S churches?

"There must be one *TRUE* Church," I said 55 years ago, "but where is it?" I had just been shocked, dumbfounded, disillusioned, to see with my own eyes in the Bible that the respected Christian church in which I had been reared taught the very opposite in most respects from the plain teachings of Christ and the Holy Bible.

I had supposed the churches of the Christian religion had received their beliefs from the Bible. Haven't you? Then I asked myself, candidly, WHY so many different churches, teaching different doctrines? And why ANY church at all?

I read in the Bible where Jesus Christ said, "I will build my church." But for what PURPOSE? Like I did until then, most people simply take the existence of churches for granted, never wondering whether there is any need or PURPOSE for them.

It was early 1927, before World War II, that these thoughts challenged me. It was during that war that Winston Churchill said before the United States Congress, as I have so often quoted, "There is a PURPOSE being worked out here below." Most people never think about that, or have any realization of the real PURPOSE for humanity's presence on the earth, or of the AWESOME, incredible human potential.

I was to learn that the Church is, indeed, God's instrumentality for working out that supreme PURPOSE! Yet humanity has been lulled to sleep, deceived, blinded to this great PURPOSE! "The god of this world [Satan the devil] hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ . . . should shine unto them" (II Cor. 4:4).

But WHY did Jesus Christ start the Church? Look at the world into which he was born, and in which he lived. It was the same world in which you and I live today, except for two changes: 1) This same world has made AWESOME progress, especially during this 20th century—in terms of technology, science and industry; and 2) it has undergone APPALLING retrogression in troubles and evils. All the fantastic progress has been in the materialistic area—working with matter from the ground. All the retrogression has occurred in the SPIRITUAL area—man dealing with man.

WHY did Jesus found the Church? To become God's instrument for working out his grand PURPOSE here below—ultimately to make SPIRITUAL progress and glorious benefits far more awesome than materialistic progress has been! To correct and eradicate the troubles, evils, discontents, sufferings of this world's humanity—to replace them with contentment, happiness and joy, constant eager anticipation of further glorious accomplishments, both spiritually and materially—and to give a then happy and glorified humanity ETERNAL LIFE in vigorous and joyful accomplishment!

What was wrong with the world in which Christ started the Church? What's even far more wrong today? We need to understand how civilization started. It started with the creation of MAN!

God had created vertebrate animals, each after its own kind—"cattle after their kind" (Gen. 1:25), dogs after the dog kind, elephants after the elephant kind. Then God said (verse 26), "Let us make MAN in OUR image, after OUR likeness"—after the GOD kind. But man at that physical creation was not given God-LIFE—immortal, inherent, self-containing life. He was given only temporary physiochemical existence, the same as animals (Gen. 2:7).

However, God offered him eternal GOD-LIFE! But

the man was required to make a choice. It was God's purpose that the divine GOD-CHARACTER must first be developed within MAN. He was made in the form and shape of God, unlike animals. But man was first created with only an animal (temporary) existence. His existence is sustained by breath of air, like animals. His temporary life is supplied by a heart circulating blood throughout his body, like animals.

But, being made in the image of GOD, man was given the power of MIND! His mind, like God's, must direct his motions and actions, whereas animals were equipped with automatic INSTINCT.

Man's mind was supplied by a spirit within man—a human spirit that imparts the power of psychic intellect to the physical brain.

Yet this spirit imparts only the mental ability to acquire materialistic knowledge—knowledge to work with matter from the ground. But God created man to NEED another Spirit—the Holy Spirit of God—that can impart to the mind power to comprehend SPIRITUAL knowledge—knowledge to have a relationship with the spiritual GOD, and to have a right relationship with other PEOPLE.

In many places of the Bible this human spirit within every human is mentioned. In Job 32:8, "there is a spirit in man." In verse 18, "the spirit within me constraineth me"—and in I Corinthians 2:11, no human could know, or have the knowledge possessed by MAN, except by the spirit of man which is IN the man.

Likewise, no man can comprehend spiritual knowledge but by the Holy Spirit of God—which may be given to him as God's gift upon genuine repentance and belief. It is needed to comprehend spiritual knowledge and character. In verse 9, same chapter, spiritual knowledge cannot enter the carnal mind through the eye, ear or five senses, but, in verse 10, God reveals spiritual knowledge by and through his Holy Spirit.

This Holy Spirit is the very impregnating Spirit of eternal life—GOD-life—self-containing, inherent life. This was offered to the

first, created man and woman—Adam and Eve, in the incident of the tree of LIFE, and the forbidden tree of the "knowledge of good and evil."

When Adam rejected the tree of LIFE, and took to himself the acquisition of spiritual knowledge (good and evil), God CLOSED OFF THE TREE OF LIFE from mankind—WITHHELD THE GIFT OF HIS HOLY SPIRIT (Gen. 3:22-24)—until the second Adam, Jesus Christ, should come and pay the penalty of human sin in man's stead!

So, starting with the human Adam, man built the man-made CIVILIZATION, swayed, influenced, impelled by the invisible Satan the devil!

Beginning with Adam, equipped with acquirable materialistic knowledge ONLY—lacking knowledge for a right relationship with human neighbor or with God, man built his own system of teaching or educating his children. Thus as the system of education developed, it remained limited to materialistic knowledge. After trial and error man learned how to produce AWE-SOME progress in materialistic and mechanical fields. But he retrogressed in his ability to get along with fellow humans—and he had no close relationship with his Maker.

Man simply was NOT developing the divine GOD-character within him!

Man developed his own RELIGIONS, swayed by Satan, who appeared as an angel of light, but deceived the whole world (Rev. 12:9). Man formed his own gods out of wood, stone, other materials. This world's religions were developed.

Man organized his own ideas of GOVERNMENT—to regulate the lives of his fellows. Yet man was impelled by self-centeredness, the spirit of "GET"—of vanity, covetousness, jealousy and envy, competition, strife, violence and WAR—of REBELLION against the way of God, or God's way of life. God's way is LOVE—the way of "GIVE" instead of "GET"—the way of cooperation, serving, sharing. And so human governments seek selfish advantage over other governments and end up

in controversy, WAR and DESTRUCTION!

Man built his own economic system—all contrary to God's way. And the whole world's economy is sick today. Half the world is illiterate, destitute, poverty stricken, living in filth and squalor—many starving to death.

Man's social system is based on "GET"—vanity, greed, self-interest and self-gain at the expense of fellowman.

Into such a world came JESUS CHRIST, the only begotten son of GOD—actually God in human flesh, yet capable of death.

Jesus said, "I WILL BUILD MY CHURCH."

WHY?

MAN's unhappy civilization of discontent, unhappiness, frustration, human suffering, started with the physical ADAM, influenced by Satan.

The CHURCH is God's instrument through which he is building the NEW civilization of the KINGDOM OF GOD—the WORLD TOMORROW—a world of humans changed through God's power into GOD BEINGS! A world of dynamic happiness and PEACE!

But how did Jesus START God's Church? In a sense, he had started it long before, through the prophets of ancient Israel. They, with the apostles, became the very FOUNDATION of the Church, Jesus Christ being the chief cornerstone (Eph. 2:20). The writings of the prophets were already written and being preserved.

But Jesus now called DISCIPLES. They were not apostles—ones "sent forth in power and authority." A disciple is a student—a learner being taught. And Jesus called 12 of them. Actually he called 14—but only 12 were to become official. The other two were alternates, to be chosen later if one of the official 12 dropped out.

Jesus did not start the Church through these students. He taught them the doctrines of GOD's world to come, so that they, upon "graduating" from his teaching after three and a half years, could, with the writings of the prophets,

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What Howard Hughes DID Take With Him When He Died

by Herbert W. Armstrong

Howard Hughes took none of his material wealth with him,
but he did take something. So will you.

HOWARD HUGHES will live again. So shall all who have died from Adam until now. And, like Howard Hughes, all took something with them when they died. By the same token, you are building something in your life that will survive this present life.

It's important that every human being know what this something is.

What about this riddle of life after death? Different religions have different ideas. Some believe in the transmigration of souls. Another religion says you go to a place called purgatory for a transitory life, later to be sent to a blissful heaven to abide forever in "glorious" idleness and ease.

Many Protestants believe all "unsaved dead" have gone to the ever-burning hell, being continually tortured by the most excruciating unendurable pain, while those who "accepted Christ" went at the instant of death to the blissful heaven with nothing to do but look continually in enraptured bliss on the glorious face of Jesus Christ. Other millions have no idea whatsoever. Many of them

just don't want to think about it.

Notwithstanding, this question has everything to do with YOUR LIFE NOW—with its very PURPOSE—with the reason why you were born. And you'll rue the day you ignored or rejected the true answer.

A certain man wondered about these things. He said to himself: "Come to think about it, I have never seen proof of the existence of God. What if the evolutionists are right and there is no Creator—no intelligent and supreme mind who designed, planned and created all that exists—and it all just *happened*?"

He delved vigorously into an in-depth study of evolution, and of the Bible as a textbook on creation. He determined to know—to be sure—to find PROOF!

I was that man. Suffice it to say I found that proof and share it with those who are concerned. And I PROVED that the Holy Bible, in its original writings, is indeed *God speaking*—revealing TRUTH to those concerned. I give you here God's revealed TRUTH.

Multimillionaire Howard Hughes died. Adam and Eve and all their children, except those still living, all died. And they all took something with them when they died.

They shall all live again. God our Maker reveals to us that in Adam, the first man, all die. He says, "... it is appointed unto men once to die, but after this the judgment" (Heb. 9:27). Then again, "as in Adam all die, even so in Christ shall all be made alive" by a resurrection from the dead (I Cor. 15:22).

God reveals plainly that all who die shall be resurrected. Our Maker holds out the sure HOPE for life after death by a resurrection from the dead—those who are Christ's at his now soon coming back to earth, others in a later resurrection to judgment (I Cor. 15:23-24; Rev. 20:11-12).

One whole chapter in the Bible is devoted to the resurrection—I Corinthians 15. And it answers in verse 35 the question, "With what body do they come?" God answers that they shall be resurrected NOT in the same body in which they died, but that God shall give them a new body. Those in whom dwelt the Holy Spirit of God—who were LED by his Spirit—shall come in a SPIRIT BODY (Phil. 3:21; John 3:6), and others a thousand years later in bodies of flesh and blood—material, as they were in this life (Ezek. 37). However all shall look as they did in this life—as shown by the transfiguration before Jesus' disciples. But, if the dead shall not be

resurrected in the same body that died, how can they be resurrected either to immortal GOD-life, or to mortal, to the great final judgment?

How shall they all be judged, if they shall not then KNOW, as they knew, and *what* they knew, in this life? How judged unless the very CHARACTER built into them during this life also appears intact in the resurrection?

To understand that "mystery" we need to know what God reveals—but what professional psychologists do not know—about *the human mind*.

Howard Hughes did build a certain character in his lifetime. So did Adam and Eve. So did everyone who ever lived. So are YOU building a definite character—either good or evil or a mixture of both—in your life NOW. AND THAT IS WHAT YOU SHALL TAKE WITH YOU WHEN YOU DIE!

CHARACTER DEVELOPMENT is the very PURPOSE of this present mortal temporary physical existence.

Day by day, hour by hour, year by year, you are developing a definite character. If you're not concerned about it now, YOU WILL BE—IN THE FINAL JUDGMENT, which NONE shall escape. And there shall be "weeping and gnashing of teeth" (Luke 13:28).

But what of that final judgment? And if the body that dies is not the body that comes in the resurrection, how can the precise image, appearance, memory and character be preserved and translated into the body that shall come?

To these vital questions science cannot give you the answer. The educational system cannot teach you—it doesn't know! Psychologists do not know! But God our Maker REVEALS the answers!

First, we need to UNDERSTAND the human mind. The brain of animal vertebrates is like the human brain. Animal brains, like human, vary in size. But the design, composition and entire structure is similar. They are qualitatively similar. The brain of an elephant, dolphin or whale is larger, but in design and structure very similar to human brain. Yet animals cannot think, reason, plan, design, make deci-

sions. They do not exercise the same power of will, motivation, attitude as man. How, then, does human MIND differ from animal brain?

Science can find no physical basis for the vast difference. For science can know only what is seen, heard, tasted, felt or smelt. And the difference, which imparts the psyche or intelligence and thought processes to human brain, is not physical but spiritual. Spirit cannot be seen, tasted, heard, smelt or felt. The scientist knows nothing about spirit. Therefore science ignores the existence of spirit.

Science is confined to the physical and material. God is NOT physical or material, but spirit—invisible! Spiritual TRUTHS are not physical or material, but spiritual—entirely outside the realm of material science!

Science knows nothing of the things of GOD—NO COMPREHENSION—OF SPIRITUAL KNOWLEDGE. INDEED, SUCH TRUTHS ARE FOOLISHNESS TO THE WISE OF THIS WORLD (I COR. 2:14). YET THEY ARE TRUE! They are simply outside the materialist's field. He is IGNORANT of them! Actually the highly educated scientist's mind is only "half there." He may possess much of the materialistic, but is in IGNORANCE of spiritual KNOWLEDGE! So says the Maker of the worldly wise!

God reveals that the human brain was created incomplete. The first man, Adam, was created incomplete in two ways. A PURPOSE of his creation and being was to reproduce his kind. But the man alone could not reproduce himself. He was incomplete. He alone was of the male gender. He needed a female to be joined with him for reproduction. So God created a wife for him, named Eve.

Adam also was incomplete in mind. Within him was a spirit. Such a spirit does not exist in animals. Rather, the animal brain comes equipped with an automatic instinct not present in man. The spirit in humans empowers the human brain with intellect—the psyche aspect. Such a spirit exists in every human from birth. I call it a human spirit.

You read of it in many places in the Bible. In Job 32:8, "there is a

spirit in man." In verse 18, same chapter, "the spirit within me constraineth me." That is, leads, impels, suggests.

The human spirit cannot see, think, hear. The brain sees through the eye, hears through the ear, feels through the nervous system. The physical brain thinks, not the spirit. Yet the animal brain cannot think as man does, or have human knowledge. The human spirit imparts to the brain the psychic power to think, know, reason, make decisions.

In I Corinthians 2:9, "Eye hath not seen, nor ear heard, neither have entered into the heart [mind] of man, the things which God hath prepared for them that love him" (that is, spiritual knowledge). How, then, may spiritual knowledge be comprehended? Next verse: "But God hath revealed them unto us by his Spirit"—the Holy Spirit of God.

However, mortal man does comprehend materialistic knowledge. How? Only by the senses of sight, hearing, feeling, smelling, tasting? NO! The cow, the elephant, the dog hears, sees, and has all five physical senses—yet the dumb animal does not comprehend materialistic knowledge, such as physics and chemistry, mathematics, the physical sciences. WHY? They see, hear, taste, smell, feel, yet do not comprehend. How, then, does a human comprehend these things?

For the answer, continue the above scriptural passage, verse 11, "For what man knoweth the things of a man, save the spirit of man which is in him? . . ." The dumb animal has the same five senses and a brain of equal quality and design, yet the animal cannot have the knowledge possessed by the human mind. Nor could a human, EXCEPT BY THE SPIRIT OF MAN, WHICH IS IN HIM and not in the animal.

Now read the latter half of the same 11th verse, "even so the things of God [spiritual knowledge] knoweth no man, but [by] the Spirit of God."

The human spirit imparts power of intellect to comprehend MATERIALISTIC knowledge that an animal cannot know, even though it can see, hear, taste, smell and feel like a man and also has a brain similar to

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The Plain Truth About FASTING

by Herbert W. Armstrong

Is it starvation? Is it nature's way of healing sickness and disease? Is it dangerous or beneficial?

IT SEEMS almost no one knows the real TRUTH about fasting. One doctor called it the "Fast Way to Health." Another called it "starvation diet."

One person asked, "If I missed two meals in a row, would I die?" Apparently many people seem to feel that if they missed more than one meal a day they would at least be in serious danger.

Some people believe in fasting from the very moment they feel the first warning signs and pains of a cold or an approaching fever. Many people say: "You should always feed a cold, but starve a fever." But is this true?

Is fasting dangerous? Is it beneficial? Is it nature's way of healing?

Time to Know Truth

You think you already know the answer? *Don't be too sure!*

I know of hundreds, if not thousands of our readers who think they know the truth about fasting—but who *do not*—and EVERYBODY needs, seriously, to read this article!

On the one hand sensible fasting is *not* a starvation diet, and those who have the starvation fear are at one erroneous extreme—whether ignorant layman or professional physician. Most doctors, incidentally, have studied *medicine*, not fasting, as an aid toward elimination of

disease. One doctor said to me: "We doctors have been kept so busy treating sick patients with drugs and medicines, we have had little time to study the *causes* of sickness and disease, or much about diet and nutrition."

In the "healing arts" (an unfortunate and incorrect term) professional men have tended to specialize each in his one field *only*. The medical physician seeks the cure almost exclusively by drugs or surgery. The chiropractor seeks to cure by manipulating the spine—perhaps with the aid of prescribed diet. The naturopath by "natural" means. Medical doctors generally ridicule fasting in the case of sickness or disease, just as they would avoid recommending chiropractic treatments, or any other method outside their one field of *medicine*. Fasting is simply outside their field. A few medical doctors have advocated fasting, but certainly they are in the minority.

But to look on sensible fasting as starvation is an untrue extreme, based on plain ignorance.

On the other hand, some go to the opposite extreme of regarding fasting as a CURE-ALL.

NEITHER EXTREME IS THE TRUTH!

Wise fasting, under proper conditions, *is beneficial, not dangerous!*

On the other hand, just as I say, truthfully, "there is not a *cure* in a carload of medicine," so I say FASTING NEVER HEALS!

Those two statements, in the

paragraph above, will come as a shock to many. Millions firmly believe that medicines cure diseases. I have never heard a physician make such a claim. Many doctors have admitted candidly that medicines DO NOT CURE. "We only use medicines," these doctors have said, "to aid nature."

But, the few who do believe in *fasting* when ill will surely be shocked to see the statement under my by-line that FASTING NEVER HEALS! Yet that statement is absolutely true—and it's about time we come to UNDERSTAND what fasting *is*—and what it is NOT!

Fasting Never Heals

Fasting does not HEAL!

Healing is a divine miracle. Healing is the *forgiveness of SIN*—and none can forgive sin but GOD. Fasting is self-inflicted—a *human* effort, not divine miracle—and fasting cannot forgive sin.

Jesus Christ healed the sick. It was always HIS WILL. He healed the sick in ancient Israel, long before his human appearance, born human of the virgin Mary. One of his names is Yahweh-Ropheka—which, translated into English, means OUR GOD-HEALER.

To the griping, complaining Israelites in the arid lands approaching Mt. Sinai, he said, "I am the LORD that healeth thee." And in the original Hebrew language, in which Moses wrote this, his name was given as "Yahweh-Ropheka."

David *knew* God heals, as surely as he forgives sin: "Who forgiveth

all thine iniquities; who healeth all thy diseases" (Ps. 103:3). Isaiah explained how. When Jesus was spending a whole night healing *all* that were sick, we read, in Matthew 8:16-17: "... and healed all that were sick: that it might be fulfilled which was spoken by Esaias the prophet [Isa. 53:4], saying, Himself took our infirmities, and bare our sicknesses."

How, then, did Jesus "take them"—that is, bear them—or pay the penalty in our stead? Peter explains it: "by whose stripes ye were healed" (I Pet. 2:24).

Sickness Is a Penalty

What is sickness—disease—debility—pain and suffering? It is the *penalty* being paid for the violation of the *physical* laws of the human body.

It is *not natural* to be sick, it is UNNATURAL! God so designed the mechanism of the human body that, given *proper food* (and few indeed know what that is!); drinking the *right amount of pure water*; breathing properly of *pure air*; getting *sufficient exercise*—and that is not necessarily a great amount; obtaining *sufficient rest, recreation and sleep*; maintaining normal *regularity of elimination*, which includes more *frequent bathing and rubdowns* than many realize; and *keeping the mind in a positive, cheerful, active and peaceful state, the body would never be sick!*

Very few understand this. I have just named the *seven laws* of health, which God has given each of us, as a human individual, the RESPONSIBILITY of regulating.

Of course, it is true that even many if not most doctors know *so little* about *proper food* and diet that they are unable themselves to observe the *dietary* law of health. That law is the one *most* frequently broken.

Most people think they can put anything that pleases the palate into the mouth and call it food. That is not true. Potassium cyanide might *taste* good—I really don't know, for I never experimented, and never intend to!—but *every* doctor will agree that it is not FOOD! It will kill you—QUICKLY! The only difference

is that *excess of starchy "foods," sugars and greases*, kills you—slowly, gradually, over a duration of perhaps 10, perhaps 60 years—and sets up colds, fevers, rheumatisms, tuberculosis, heart diseases, diabetes, kidney disorders and dozens of other ailments along the way in the meantime!

Very few know that they ought to *breathe more deeply and be sure to obtain fresh air during sleep—even by leaving a window partly open*. And so millions upon millions of people violate this simple health rule. And *all* cigarette smokers!

Almost *no one* knows the value, to health and long life, of *regular daily RUBDOWNS—good, brisk,*

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vigorous (not necessarily over-vigorous or violent) *rubdowns, with a bath towel, brush or other means.*

The food we eat passes through the alimentary canal, with needed elements being absorbed into the bloodstream on the way, and the waste then expelled. God has given every normal human a very plain signal to *know* when elimination time arrives—and this can be regulated into an established HABIT at regular *convenient* times of day. Yet probably many women, and a large portion if not half of men, are suffering from constipation—due to *pure neglect*, and, probably, faulty diet and in some cases lack of exercise!

Your Responsibility

The point is this: Obeying THESE

seven laws is the responsibility of each individual. This knowledge is AVAILABLE! There is no excuse for human ignorance. Such knowledge always has been accessible. These laws we, ourselves, either observe and obey—or else we violate them and bring on lowered vitality, depleted energy, befogged and dulled minds, a feeling of "dopey" laziness, and almost countless diseases.

Now Jesus Christ *never broke a single one of these laws!* And Jesus Christ WAS NEVER SICK—not for a *minute!*

Yet his body was just like our bodies! He set us the example. He demonstrated that, if WE obey the laws God has given as our responsibility to obey, the BODY ITSELF will function regularly, in perfect health, strong vigor, vitality, energy and strength—and NEVER get sick!

It is a far more precision-designed-and-made mechanism than a Rolls-Royce automobile. It *just won't break down* or get sick—OF ITSELF! It functions automatically. But, like your automobile, it needs "being taken care of," as one conscientious chauffeur put it. Your automobile needs the right kind of fuel, oils and greases. It needs watching to see that there is proper amount of water in the radiator. Yes, it needs attention.

The trouble is, most of you *give* careful attention to your automobiles, but give almost NO ATTENTION to the care of *your own bodies!*

Now what is the BIBLE definition of SIN? Sin is the TRANSGRESSION OF LAW (I John 3:4). Of course it means law of GOD—but it includes these *physical* laws. These physical laws, too, were set in inexorable living motion by GOD.

Sin, *spiritually*, is the transgression of THE *spiritual* law of LOVE—divided into the TWO great commandments, love toward God and love toward neighbor—enlarged into the Ten Commandments, and magnified by Jesus, and all through the Bible—especially the New Testament.

This law is a *SPIRITUAL LAW!* It can only be fulfilled—or kept—

by *spiritual* love, which is the LOVE OF GOD, which one can have only by God's GRACE, through his Holy Spirit—which *IS* that spiritual LOVE! The penalty for violation of that law is THE SECOND, and ETERNAL, *DEATH!*

When you are sick, the *physical laws that regulate the human mechanism have been violated!* Of course, there can be injury from accident or violence. You, yourself, may or may not be responsible for that. Accidents nearly always result from carelessness—but of course it *could* be the other fellow's carelessness! Perhaps you drank a germ in drinking water—supposing it was pure water. Yes it is possible—and sometimes happens—that the sick or injured one did not, himself, violate the physical law. But, regardless, NATURE'S LAWS WERE VIOLATED.

SO, SICKNESS, DISEASE, INJURIES ARE THE PENALTY of physical SIN! Jesus Christ himself said so! *Healing is forgiveness of the sin and miraculous removal of the PENALTY.*

Healing Is Forgiving Sin

Once Jesus Christ was in a house in Capernaum. Crowds flocked in. The house became jam packed, many unable to enter. Then came four men carrying on a pallet a man sick with palsy. Unable to get through the crowd, they climbed on the housetop, tore off several tiles and let the man on the pallet down through the roof in front of Jesus.

"When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee."

Immediately the Pharisees and doctors of the law among the crowd began to accuse Jesus of blasphemy—claiming to FORGIVE SIN! He said to them:

"Whether is it easier to say to the sick of the palsy, Thy sins be forgiven thee; or to say, Arise, and take up thy bed, and walk? But that ye may know that the Son of man hath power on earth to forgive sins, (he saith to the sick of the palsy,) I say unto thee, Arise, and take up thy bed, and go thy way into thine house" (Mark 2:1-11).

Jesus Christ performed this HEALING in order to show that healing is THE FORGIVENESS OF PHYSICAL SIN—and, by divine MIRACLE, the REMOVAL of the penalty being suffered.

How is this penalty removed? By the POWER of the Holy Spirit, *because* Jesus Christ was flogged—beaten with stripes—scourged—beaten so that he was disfigured, or marred, more than any man (Isa. 52:14). He, who never broke nature's physical health laws—who never was sick or diseased—PAID THE PENALTY of our physical transgressions IN OUR STEAD. Thus, if we accept his sacrifice (of being so scourged before being nailed to the cross), God, by

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divine miracle, has promised to remove from us the PENALTY we are paying in the form of sickness or disease.

All humans have SINNED—spiritually. Sin is the transgression of God's LAW. All have broken the spiritual LAW. The PENALTY is the second DEATH—and it is ETERNAL punishment. But we can have this penalty removed. How? By the fact that Christ paid the DEATH penalty for us—he *bled to death*—his blood was his physical human LIFE. The LAW took *his* life instead of ours. IF WE REPENT, and BELIEVE, then by *divine miracle* God's Holy Spirit REMOVES the death penalty from us. Our sins are forgiven by the BLOOD of Christ, and we are SAVED from the second death!

God HEALS by *precisely the same principle!* Not by Christ's BLOOD—but by his STRIPES we are healed (I Pet. 2:24). He paid the PENALTY in our stead. He did the suffering *for us*, so God can remove it from us!

God revealed this dual truth about spiritual forgiveness and physical forgiveness through David: "Who forgiveth ALL thine iniquities; who healeth all thy diseases" (Ps. 103:3). It is as much GOD'S WILL to heal as it is to SAVE!

What, Then, Is Use of Fasting?

Now it ought to become crystal clear that FASTING is *not* healing. Fasting *does not forgive sin*. Fasting is *not a miracle*.

Yet, I myself have recommended that people go on fasts who were afflicted with rheumatism, ulcers of the stomach, constipation, high blood pressure, fevers—and after the fast they were *rid of* the sickness or disease.

Well then, didn't the fasting HEAL them? *NO*—emphatically *NO!*

Let me explain what happened. Fasting is good for certain things—indeed many things—when intelligently and properly used. But what happened is this: the sickness in these instances was brought on by faulty diet. It was *the penalty* of putting improper things (usually excess starch, sugar and grease) into the stomach. Now the first thing that happened was, that on beginning the fast, these people *stopped sinning*. They stopped, by fasting, putting more of these toxin-producing elements (really poisons, not foods) into their stomachs.

Second, fasting tends to *speed up* the elimination of toxins and poisons. Fasting is not pleasant. The Bible refers to it as "afflicting the soul"—that is, the body. So, they suffered the PENALTY of having eaten that POISON, supposing it to be FOOD. In fact, the fasting *intensified* the penalty by speeding up the elimination.

In summary, what happened in fasting was this: 1) they stopped the sinning that *caused* the penalty

they were suffering; 2) they PAID THE PENALTY IN FULL themselves, in a speeded-up intensified form; and 3) when it was paid, they simply didn't have the sickness or disease any longer.

But THAT IS NOT HEALING!

Now we come to the question: If fasting is *not* healing, and we *do* believe, and intend to RELY ON JESUS CHRIST as our Healer, should we ever fast, when ill?

Should We Fast, Then?

The answer is, YES, *always PROVIDED* you understand it is *not* a means of healing—it is *not* a substitute for healing—it actually has nothing to do with *healing!* And provided you are not currently taking prescription drugs and are not afflicted with a chronic illness, in which case you should seek a physician's advice before undertaking a fast. But *fasting does* have a lot to do with STOPPING THE SIN of eating wrong things!

When Jesus healed, he said to go and "sin no more" (John 5:14). One of the CONDITIONS to being healed is that we STOP SINNING—stop breaking nature's laws. We need to learn what we can about God's dietary laws, and about proper nutrition and diet.

In fasting, we do stop the physical sinning of eating wrong things. We let our stomachs *rest* from the effects of improper food. And, in the case of a cold or fever, *any* kind of food is merely pouring more kerosene on the fire!

To prevent sinning, always STOP EATING the very moment you feel the first warning signs of a cold or fever—those little pains around the back of the neck, or down the spine. In fasting, you pay the penalty you have incurred in intensified and speeded-up manner. But, to have the penalty REMOVED, obey God's command of James 5:14-15, and *rely on CHRIST*, not on the fasting!

The Rational Diet

Nearly everyone, today, is eating an excess of starches, sugars and fats. The Bible FORBIDS the eating of animal fat. Starch is a modern invention—millers take wheat, corn

and rice apart, take out the 12 alkaline mineral elements, leave the four acid-reacting elements. The sugar refiners do the same to natural sugar.

An authority on nutrition said: "Eat *only* such foods as will spoil, and eat them before they do."

WHY do flour millers give us white flour; sugar refiners white sugar? Because freshly ground natural whole wheat will spoil. By removing the real FOOD value—the 12 mineral elements—and in addition perhaps adding an artificial preservative or bleach, they prevent spoilage. Even most so-called whole-wheat flour you buy today contains artificial additives and preservatives.

The few who do believe in fasting when ill will surely be shocked to see the statement under my by-line that fasting never heals!

What SHOULD we do? If possible (too often it is not), we should procure whole grains, grown in proper soil without synthetic fertilizers, and then, with a home stone-grinder, grind our own grain—using it up before it spoils.

Also, squeeze out a glass of orange or other juice and drink it *immediately*. FOODS OUGHT TO BE EATEN WHILE *FRESH!*

More About Fasting

But finally, back to fasting. Jesus never put sick people on fasts for healing. In every case he healed them by divine miracle—and in most cases the healing was *immediate*. The apostles *healed* through the miraculous POWER of God's Spirit in the name of Jesus Christ—but they did not use fast-

ing as a means of healing. Healing is a MIRACLE.

Then WHY do I recommend fasting from the very moment of the first signs of sickness, disease or even a cold or fever? NOT FOR HEALING, but merely to immediately *stop sinning*. Then DISCONTINUE FASTING as soon as you *feel and see* that you are healed. RELY ON GOD for the healing.

But let us get this straight. Seeing and feeling is not FAITH—and God heals according to your FAITH. Faith must *precede* the healing—and remain firm *until* you are healed. FAITH is your evidence that God is healing you. *After* the healing has taken place, then you will *see* and/or *FEEL* that you are healed, and *then* stop fasting.

I simply know that so many, today, do not have the faith for immediate healing. You *should* have—and this FAITH is actually CHRIST's faith, imparted to you—*given* to you through God's Spirit as his GIFT—but if you are so far from contact with God, and so close to the material interests of this world, that you do not have this faith, then I know that it would be better that you PREVENT further violation of nature's law by continuing the fast—until there is the physical evidence of healing.

HOWEVER, even then, fasting must not be continued too long!

Unwise over-lengthy fasts CAN prove FATAL!

It is true that both Moses and Jesus Christ fasted 40 days. But they were physically in far better and stronger condition basically than any of us today, and besides, they were fasting *only* for spiritual reasons, to draw closer to God in prayer—not to cleanse the body of toxic excesses. SUCH A FAST WOULD BE MOST UNWISE FOR MOST PEOPLE, TODAY!

Unless one is under the daily observation and supervision of a *competent physician* who is fully experienced in fasting, I would advise, with strongest emphasis, definitely to *limit any fast to SEVEN DAYS*—and if over 65, to *THREE DAYS*. NEVER GO TO EXTREMES! If necessary, take a series of shorter fasts! □

Howard Hughes

(Continued from page 6)

a man's. It is the human spirit IN man—something that is NOT the man, but IN the man—which empowers the human brain to comprehend the materialistic knowledge known by man. It also empowers the human brain to think, reason, evaluate, formulate decisions. Being spirit, it empowers the human mind to manifest attitudes, good or evil. A person can have an attitude of friendship or of hostility toward another.

But comprehension of spiritual knowledge—the things of the spiritual GOD—is in another realm altogether. The natural, carnal human mind CANNOT COMPREHEND SPIRITUAL KNOWLEDGE. The most highly educated human, regardless of the PhDs or other letters after his name, simply cannot come to understanding of spiritual knowledge—even when taught or revealed to him—without having received the Holy Spirit from God, joined with his human spirit!

The Holy Spirit of God does not teach or impart spiritual knowledge—such spiritual knowledge must be revealed or taught by GOD, his Word, or ministry. In like manner, the human spirit does not reveal or teach material knowledge. Such knowledge enters the brain through the eye, ear or other of the physical senses. Such knowledge may enter the brain of a cow or a chicken, but it won't have any comprehension of it. Spiritual knowledge may be taught to a highly educated PhD, but without the Spirit of God dwelling in him he will have no more understanding or comprehension of it than a chicken will have of philosophy when taught by a PhD. As the human spirit gives comprehension of materialistic knowledge when taught, so only the Holy Spirit within a human gives comprehension of spiritual knowledge *if and when* such knowledge is *taught, read or heard*.

How Taken Into Next Life

But how, and by what means, did Howard Hughes take his character and memory with him when he

died? By what means is such memory and character, as well as form, shape and appearance, transmitted after death into the body that shall come in the resurrection?

Remember, we are told in I Corinthians 15:35-38, the resurrected body shall not be the same body that died. God will provide a new body. Yet it will look the same, fingerprints and all. The resurrected person will know everything he knew before death. He will have the same character he developed in his mortal lifetime.

Yet in death humans know nothing—total unconsciousness (Eccl. 9:5). When Cain and Abel, sons of Adam, awake in the resurrection, it will seem to them to be the very

“
You are building
something in
your life that will
survive this present
life. It's important
that every human
being know what this
something is.
”

next second after losing consciousness in death. At death the body returns to the earth from whence it came, but the spirit returns to God who gave it (Eccl. 12:7). The body, including the physical brain, decays—decomposes—and cannot retain memory, knowledge, character. How, then, is the same consciousness, memory, character, knowledge, present in the resurrected body?

There can be only one answer. The spirit acts as a mold. To illustrate: a sculptor makes a model out of clay. A mold is made around the clay, retaining the identical form and shape inversely. Molten bronze may be poured into the mold, and when the mold is removed, the solidified bronze comes out the iden-

tical form and shape as the original model.

The spirit is like a mold, retaining the identical form and shape, even to fingerprints, and also the knowledge, memory, character, attitudes, personality, of the person who died. The resurrected body, formed around that spiritual mold, will be identical to the original human body, brain and mind. The physical matter of the original brain and entire body rots and decomposes. But spirit does not decompose—nor change. What a wonderful means God has created!

What You Make Yourself Now and What You Shall Be

You are developing now, hour by hour—day by day—year by year—what you shall be in the NEXT LIFE. THINK ON THIS!

Some people think: O well, God wouldn't be fair if he didn't send me to heaven when I die. I'll just live for fun and enjoyment and pleasure, and not worry about the future. Another becomes discouraged, frustrated, in a hopeless condition of despair. He thinks: I'll just end it all. I can't endure it any more. I'll commit suicide. But suicide won't end ANYTHING. The next split second of consciousness he is instantly (in his mind) in the resurrected life. He has the same mind—everything—except that now he is resurrected into the final JUDGMENT, where there shall be “weeping and gnashing of teeth.” He will also then be held accountable for his self-murder! He didn't end it all—he plunged himself into the judgment!

However, the true Christian, who has been called, has received the Holy Spirit of God, has started on his judgment now. The true Christian is BEING JUDGED, NOW!

But the true Christian must realize he is building, now, hour by hour, the character, either good or bad, that shall decide his ETERNITY! Salvation is by grace, not works. BUT, those saved by God's grace shall be rewarded BY THEIR WORKS IN THIS LIFE!

You, like Howard Hughes, are developing hourly in your life something you shall have with you in the life after this life! □

Personal from...

(Continued from page 2)

become the FOUNDATION upon which to build God's Church.

But the Church was not founded until Jesus had been crucified in payment of human sins, resurrected and ascended to God's throne in heaven as head of the Church, and its High Priest. Christ has been serving in that capacity ever since.

Adam had rejected eternal LIFE through God's Spirit, through which God would reveal his SPIRITUAL WAY OF LIFE—the way of LOVE! And remember, God had CLOSED OFF human access to God's Holy Spirit. The nations that developed on earth had no access to God's Spirit or eternal salvation.

Such nations as Egypt, Babylonia, Greece or ancient Israel had no access to "salvation" or eternal life—no access to comprehension of revealed SPIRITUAL KNOWLEDGE.

Let me emphasize here, by repetition, humanity did not know—have the knowledge of—how to live with man or with God. Largely, man had lost knowledge of God. God revealed himself to ancient Israel—revealed to that nation HIS WAY OF LIFE—but, because that way was spiritual, it was never comprehended nor lived by Israel.

Generations of humans came and died—"unsaved"! But, "it is appointed unto men once to die, but after this [by resurrection] the judgment" (Heb. 9:27). Again, "as in Adam all die, even so in Christ shall all [the same "all"] be made alive [by a resurrection]" (I Cor. 15:22).

In that judgment, humans shall be called to account for what they did—all their sins. But they shall learn that Christ paid their penalty in their stead, and, on repentance, faith, receiving God's Spirit at last, growing in grace and spiritual knowledge, they, then at last, may receive immortality in God's Kingdom, just as called Christians may now.

One of God's prophets—a pre-founder of the Church—foretold, "...it shall come to pass after-

ward, that I [God] will pour out my spirit upon all flesh" (Joel 2:28).

But it was not in God's master plan to pour out his Spirit upon ALL flesh at the founding of the Church. Jesus Christ was and is the ONLY door through which we may be reconciled to GOD and receive eternal life through his Spirit (find salvation).

But Jesus said plainly, "No man can come to me, except the Father which hath sent me draw him" (John 6:44). NO MAN CAN! Unless chosen and drawn by God through his Spirit, none can come to Jesus and receive God's Holy Spirit.

God's Church started on the day of Pentecost with only the 12 APOSTLES and about 108 other believers—although another 3,000 were baptized the same day.

But WHY start the Church so small?

Remember this principle: Whatever God does in his own supreme supernatural power he does in a stupendous way. But whatever God does through humans always starts the very smallest and grows.

Jesus trained 12—taught them as students—so that they could teach the larger number in the Church GOD'S WAY OF LIFE.

Likewise God's Kingdom—to become tremendously big—started and today IS small. WHY?

Just as Jesus called 12 students to be taught, so that they could teach the Church, so the Church—the TRUE Church of God—has remained comparatively small, because they are called as DISCIPLES or STUDENTS, to LEARN God's way of life, so that the Church, to become God's KINGDOM, shall be able to teach multiple thousands of millions in the coming millennium and final judgment.

The Church is the affianced Bride of Christ, to be changed to God beings and married to him at his Second Coming. Jesus spoke of it as the grain of mustard seed, starting the smallest, becoming the greatest. The world today is SATAN'S world. The WORLD TOMORROW—the Kingdom of God—shall ultimately become much larger than Satan's world.

The smaller number of the Church are all DISCIPLES—stu-

dents—learners, GROWING in grace and spiritual KNOWLEDGE (II Pet. 3:18), being now educated spiritually and trained in spiritual LIVING to teach and rule over the WHOLE WORLD after Christ's coming!

To the Church, Christ himself says: "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne" (Rev. 3:21). And, "he that overcometh, and keepeth my works unto the end, to him will I give power over the nations: and he shall rule them with a rod of iron..." (Rev. 2:26-27). We shall be kings and also priests, and shall reign ON THE EARTH (Rev. 5:10).

This world—civilization—started actually by Satan through Adam. God's Kingdom (his divine FAMILY) was started by CHRIST, through the Church. As Adam and his children were the material Satan used to build this world, so the Church is the spiritually begotten material CHRIST is using to build (create) the KINGDOM OF GOD—the happy, peaceful WORLD TOMORROW!

What is the Church? The Church is simply that spiritual ORGANISM of those CALLED OUT of Satan's world—out of Satan's WAY OF LIFE, into GOD'S WAY OF LIFE! "Wherefore COME OUT FROM AMONG THEM [of this world and its ways], and be ye separate, saith the Lord" (II Cor. 6:17). "And be not conformed to this world: but be ye transformed by the *renewing of your mind*..." (Rom. 12:2). "GROW in grace, and in the KNOWLEDGE of our Lord and Saviour Jesus Christ" (II Pet. 3:18).

Yes, 55 years ago I searched for the ONE TRUE CHURCH. It did still exist, but had lost much of the original TRUTH taught by the original apostles. They learned the TRUTH from Christ and the writings of the prophets. Jesus IN PERSON was the personal Word of God. The Bible is the SAME Word of God in writing.

God taught me through that Word of God—the writings of the apostles and the prophets. Because I GAVE myself to him in complete surrender to his will, he used me to build back up that one TRUE CHURCH! □