

# "LET THERE BE LIGHT" MINISTRIES

(A Ministry dedicated since 1986 to the preaching of the WHOLE gospel message of present truth – 6T 291)  
**APRIL - JUNE, 2015**

**"There are many precious truths contained in the Word of God, but it is 'PRESENT TRUTH' that the flock needs now."** Early Writings, p 63.

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## Basic Principles of Health, part 2

In part 1 we discovered that God is concerned with how we treat our bodies. This is because Christ died to redeem and save us from sin and death. Therefore we are not really free to do as we want with our bodies. Even though we have been given the freedom of choice, yet we are still not our own property because we have been purchased by Christ and become His possession, and thus we are to be a holy temple for the indwelling of the Holy Spirit.

Since our bodies are the possession of Christ, and are to be the dwelling place of the Holy Spirit, then if we should choose to disobey God's will and misuse our bodies, we alone must suffer the consequences. But dear ones, God does not desire that we should suffer from sickness and from other problems caused by bad health, but instead God desires us to prosper in health! And it is for this very cause – that we prosper in health, that God has mercifully revealed to us all what the laws or principles are upon which our body functions.

"Pure air, sunlight, abstemiousness [temperance], rest, exercise, proper diet, the use of water, trust in divine power." Ministry of Healing, p 127.

So there are 8 different principles or laws of Health – Pure Air, Sunlight, Temperance, Rest, Exercise, Diet, Water, Trust. These principles of health can also be viewed as simple remedies which we can use to overcome sickness and disease and regain our health.

We then examined the health principles of Air, Exercise and Nutrition.

We discovered about Air that every cell in our body requires oxygen in order to properly function, so if the air we breath is not fresh and pure, then we are forcing our body cells to function on this impure oxygen. But filling our lungs instead with fresh air helps to purify our blood, and then this purified oxygen-enriched blood is sent to every part of the body. Fresh air also soothes our nerves; stimulates our appetite, allows our digestion to be more perfect, and induces a sound, refreshing sleep.

Now with the health law and principle of Exercise we learned that regular exercise can slow down the aging process, as well as helps the body expel poisons through our skin, lungs and blood, thus helping to prevent various diseases, such as cancer, high blood pressure, and high cholesterol. Exercise also beneficially increases the circulating of Lymph fluid in our system, which aids us in fighting off infections, and exercise also helps us in digesting our food better, although we should avoid eating about 30 minutes before or after physical exercise.

With the health law of Nutrition we understood that our bodies are built up from the food we eat. Since there is a constant breaking down of the tissues of the body, this damaged tissue is repaired from the food we eat, and thus if the food we eat is not the best, then our body suffers. We then learned that the best foods to eat in order to have a healthy body is the diet God originally chose for mankind: which was composed of only fruits, nuts, grains and vegetables, and without any animal flesh.

We then learned that nuts and nut foods can easily take the place of flesh meats. That nuts and soy beans can easily take the place of milk, and olives and its oil can take the place of butter. We also discovered that cows milk mixed with sugar ferments in the stomach and then produces alcohol. We then amazingly learned that some who had died from cirrhosis of the liver, which is caused by alcohol abuse, had never drunk liquor in their life, but they did have a diet made up of ice cream and other milk and sugar combined desserts. And we finally understood that we need to have regular times in which we eat, and generally no more than three meals a day, and all snacking in-between these regular meals is to stop.

So that is briefly what we learned about these first 3 laws and principles of health. Now we will continue examining more of these health principles.

### **The Health Law and Principle of REST**

Those who labor hard to accomplish just so much work in a given time, and who then continue to work when their judgment tells them they should rest, are never really gainers. Each human being has what is referred to as a constitution. This constitution is like a storage house of energy which the body taps into in order to handle emergencies, deal with stress, overcome sickness, etc. So if we overwork, then we are actually borrowing energy from our constitutional reserves. And when this reserve energy that we have recklessly used up today is demanded at some future emergency, our constitution will not be able to provide it and then our health begins to break down. So those who continue to overtax their bodies will find that they lose much more than they really gain, and even though they may not realize any immediate injury, yet they are undermining and ruining their constitution and thus lessening their life span.

Jesus clearly understood this law and principle of Rest, and even though His work was the most important and vital to our salvation, yet He took time out for Him as well as all His disciples to rest.

“And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught. And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. And they departed into a desert place by ship privately.” Mark 6:30-32.

And dear ones, we need to do the same. But physical rest is more than just ceasing being busy in various activities. It also includes sleep.

In order to help our body repair and rejuvenate itself, as well as to help replenish any constitutional reserve energy we have already used, we need to sleep. After a hard day at work, what can be sweeter than to rest your head on a soft pillow and sleep? When we sleep, the activity of our body changes gears. Certain areas of our brain switch off, while other areas turn on. Instead of providing energy for work, these nighttime body systems focus on repairing any damage done during the day, re-organizing the daily information gathered, as well as replenishing the energy used up and rejuvenating the whole system. Nature will restore our vigor and strength while we sleep, if we do not continuously violate her physical laws. This means that we cannot cheat on rest for very long without sacrificing our health.

In order to get the most benefit out of sleeping it would be best to go to bed between 9 - 10 pm. This is because every hour of sleep we gain before midnight actually benefits our body the same as two hours of sleep after midnight. So if you went to sleep at 9:00 pm and then woke up at midnight, in just these 3 hours you would have replenished the same amount of energy as if you had gone to sleep from midnight to 6:00 am. So if you want to not only have enough energy for tomorrow, but to be able to help put energy back into your constitutional reserves that you have previously borrowed from and used, then make it a habit of going to bed before midnight each day.

Now just as physical rest is necessary for health, and without it we would soon wear out and die, so spiritual rest is just as essential for our well-being, and without it we will just as surely die – but an eternal death. But only Jesus Christ alone can provide us this spiritual rest.

"Come unto me, all ye that labor and are heavy laden, and I will give you rest." Matthew 11:28.

These words of our Lord God and Saviour are a prescription for the healing of physical, mental, and spiritual ills. Though we have brought suffering upon ourselves by our own wrongdoing, yet Christ looks upon us with tender compassion and pity. If we come to Him we will indeed find help, and He will never turn us away.

"...him that cometh to me I will in no wise cast out." John 6:37.

True spiritual rest, is a rest from the guilt pressed upon us by our sins. And it is through Jesus Christ alone that you can be set free from this pressing guilt and escape the bondage of sin.

"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?...For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord." Romans 6:16, 23.

"Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved." Acts 4:12.

Also, as God rested the seventh day after creating this world (see Genesis 2:2-3), so the same seventh day Sabbath is a weekly reminder that Jesus is our Creator, as well as our Redeemer and Saviour from sin. Especially on the holy Sabbath hours, Jesus personally invites you to separate yourself from all earthly activities and cares so that you might enter into this special day of rest with Him.

"For he (God) spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works....There remaineth therefore a rest (Sabbath) to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief." Hebrews 4:4, 9-11.

## **The Health Law and Principle of SUNLIGHT**

Sunlight is one of nature's most healing agents. It is a very simple remedy to go outside and enjoy the rays of God's sunlight, or to open the curtains and beautify our homes with its presence.

The sun is huge, and is estimated that 1.3 million planets the size of our earth could fit inside of it. The sun is 93 million miles away, yet it only takes about 8 minutes for sunlight to reach us. But if the intensity of our sun's light and heat were to be increased or decreased in any significant amount, life on this earth would be in grave danger. Yet the rays of the sun should not be feared in moderation.

Sunlight destroys bacteria, and thus can help prevent infections. Sunlight has shown to have a positive effect on the cardiovascular fitness and muscular endurance of college aged men when tested. Sunlight also showed a 30 - 40% decreased risk for breast cancer occurrence among women who were tested and who got at least 10-15 minutes of daily exposure. Sunlight also has been shown to reduce blood pressure; decreases excess cholesterol; increases red blood and white blood cells; improves circulation, and even aids in weight loss. And best of all, when unfiltered sunlight hits our skin, vitamin D is produced which is essential for calcium to be utilized by our bones and system! So direct sunlight exposure in moderation, and without sun screen or tanning oils, is indeed essential for good health.

In nature, the blades of grass that have struggled up out of the cold earth in early spring looks pale and sickly, but after enjoying the health-and-life-giving rays of the sun it then puts out healthy deep green foliage. So in turn those people who are pale and sickly, if they would go out into the light and warmth of the glorious sun, would also be able to enjoy its life-giving, health-dealing power.

Now just as sunlight is essential to our health and we should not hide ourselves away from its warming rays, so we should not hide ourselves away from Jesus – the “Sun of righteousness” because He desires to come to us “with healing in his wings” (Malachi 4:2). Jesus promises healing for every sin-sick soul. Many who are dwelling in the dark shadow of sin and death need to realize that they have a hope for salvation – if they would only turn their faces toward the Light of the world, for “in Him [is] life, and the life [is] the light of men” (John 1:4). Yes, Jesus Christ is “the true Light, which lighteth every man that cometh into the world” (John 1:9), and if you will choose to open your heart each day to receive the healing beams of His love and righteousness, you will indeed find the healing balm needed to change your life.

As God has given you the sun – whose rays of light bring healing in their warmth, so He has given you His Son Jesus – whose light of truth brings healing warmth to your souls. God gave you the sun and Jesus to enjoy and receive as a great blessing, as well as for health and long life – and for those who accept Jesus as their Saviour – an everlasting life!

## **The Health Law and Principle of TEMPERANCE**

The best condition of health largely depends on temperance. Temperance means moderation and abstinence, and abstinence means refusing or giving something up. Moderation is to be in all things affecting our daily lives – whether in work, eating, drinking, thinking, etc., and abstinence is to be towards all things which are harmful to our health.

Temperance in diet is rewarded with mental and moral vigor; it also aids in the control of our passions. Overeating is especially harmful to those who are sluggish in temperament. If you have problems overeating, then you should eat less and take plenty

of physical exercise. There are men and women of excellent natural ability who do not accomplish half of what they might if they would only exercise self-control in the denial of appetite. But irregardless of whether our daily work is physical or mental, if we would eat only two or three different kinds of simple food at each meal then our health would be greatly benefitted.

Now some wish that an exact rule could be prescribed for their diet. But one person cannot lay down an exact rule for another to abide by. This means that each of us must examine ourselves and understand what is the best food for the health of our particular body system. Everyone needs to exercise reason and self-control and then act from principle. And remember, the less the attention is called to the stomach, the better. If you are in constant fear that your food will hurt you, it most assuredly will. So when you eat, forget your troubles and think of something that is cheerful.

Also in regards to temperance, we should be careful not to take upon ourselves burdens that others can and should bear. We should encourage a cheerful, hopeful, peaceful frame of mind because our health depends upon it. The work that God requires us to do does not prevent us from caring for our health. The more perfect our health, the more perfect will be our labor. But when we overtax our strength and become exhausted, we are liable to take cold, and at such times there is danger of a greater disease afflicting us. So we must avoid being presumptuous in believing that God will overrule the negative effects of our intemperance – even if it is in His work. This is because God has placed the responsibility of being temperate in all things upon you and me! And did you realize, that since God is all powerful, then He could have created this entire world in just one day, but yet He took 6 days to do it! Why? In order to plainly teach us this law and principle of temperance by His own example!

Now the apostle Paul uses the example of exercise to teach us all a very important spiritual lesson: "Know ye not that they which run in a race run all, but one receiveth the prize. So run, that ye may obtain." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. But the practice of these health principles in our life is too often looked upon as unimportant or trivial, especially in the youth and young adults. But in view of the eternal issues at stake, nothing which involves our health is small. Every act casts its weight into the scale that determines life's victory or defeat.

With Adam and Eve, intemperance cost them Eden. So temperance has so much more to do with our restoration to Eden than many realize. Anything that lessens our physical health enfeebles our mind, and thus makes us less capable of discriminating between right and wrong. We then become less capable of choosing the good, and we also have less strength of will to do that which we know to be right.

Paul continues on this subject, and refers to the example of the self-denial practiced by the contestants in the ancient Greek games in order to win, and then states:

"Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Corinthians 9:25-27.

So if we desire to obtain an incorruptible crown of eternal life, and not to be cast away from salvation, then we must be temperate in all things lawful. And God will indeed give us all the grace and divine power we need to deny inclination, appetite, over working, excess and temptation so that we may come off "more than conquerors though Him that loved us" (Romans 8:37).

Now next time we will examine the last 2 laws and principles of health, which is Trust and Water.

## MINISTRY NEWS

### TRUE CHURCH WEBSITE

The Lord is continuing to bless our [TrueChurchofGod.info](http://TrueChurchofGod.info) website. In the month of January we had 13,434 hits, which were generated by 2,375 visitors. In these Visitor Sessions, 5,465 documents of Present Truth were viewed, and over 1 billion bytes of information were downloaded.

In the month of February we had 11,923 hits, which were generated by 2,346 visitors. In these Visitor Sessions, 5,889 documents of Present Truth were viewed, and over 1.54 billion bytes of information were downloaded.

In the month of March we had 13,236 hits, which were generated by 2,110 visitors. In these Visitor Sessions, 5,999 documents of Present Truth were viewed, and over 1.86 billion bytes of information were downloaded.

So for these past 3 months over 4.4 billion bytes of information were downloaded from this Gospel Truth website by over 6,800 visitors!

### LTBL MINISTRIES WEBSITE

The Lord is also abundantly blessing our [LightMinistries.com](http://LightMinistries.com) website! In the month of January we had 135,164 hits, which were generated by 22,518 visitors. In these Visitor Sessions, 42,709 documents of Present Truth were viewed, and over 33.36 billion bytes of information were downloaded!

In the month of February we had 142,256 hits, which were generated by 20,326 visitors. In these Visitor Sessions, 55,405 documents of Present Truth were viewed, and over 38 billion bytes of information were downloaded.

In the month of March we had 149,548 hits, which were generated by 23,804 visitors. In these Visitor Sessions, 60,517 documents of Present Truth were viewed, and over 29.4 billion bytes of information were downloaded.

So for these past 3 months over 100 billion bytes of information were downloaded from this Gospel Truth website by over 66,600 visitors! **MAY GOD BE PRAISED!!**

### LTBL HOME CHURCH

Our Let There Be Light Ministries Online Home Church is continuing to be richly blessed by God. Precious souls are being led to understand and embrace the full present truth, prayers are being heard and answered by our Lord God, and sweet fellowship in brotherly and sisterly love and unity is continuing to be experienced! Come join with us and experience this for yourself. Church services are held every Monday, Wednesday and Friday evenings, and every Sabbath morning.

If you are able to join with us, please click this link for easy steps on how to do so: <http://www.lightministries.com/id947.htm>. These steps are simple, and most will be quickly connected. For those who have no or limited internet capabilities, you can also join with our live Church Services over your telephone. Simply dial **1-559-726-1200**, and then after being prompted enter the **access code 740570**. You will then be automatically connected to listen to our live Church Service.

We deeply thank you for your prayers and support, and may God richly bless you with His Spirit and truth.

## MINISTRY NEEDS

"Let There Be Light" Ministries is committed to the spreading of the full present truth gospel message worldwide, and has been doing so since 1986. This Ministry has operating expenses covering the areas of: printing, publishing, and writing of present truth books, booklets, tracts, and other literature; DVD, video and audio taping, production, and distribution; supporting several ministers and workers in foreign Countries; mail order – both domestic and foreign; traveling to hold meetings – both locally, nationally, and internationally; answering correspondence and questions regarding the message of truth; offering National and International Bible studies; sending free present truth literature to contacts in many poor Countries; etc.

Your gracious prayers and support is greatly appreciated and needed. Without the Lord's guidance, blessings, and your support, this Ministry could not continue to reach out worldwide with the precious message of Revelation 14:6-12 & 18:1-5.

May our God and Saviour continue to lead and guide all those who have helped us reach souls who sit in darkness with the precious light of gospel truth. May our supporters remember that they share in each and every soul who has been reached by this Ministry and converted to the Lord and His present truth!

## GENERAL FOREIGN MISSION WORK NEEDS

We are currently supporting several workers in many different Countries on a monthly basis. We check into the economy of each area and supply a base support which is adequate depending on their situation, but not extravagant. This base support is to ensure that the monthly needs of each worker and family is met for that month so that the worker may devote full time to the ministry work. In addition to this, we are sending extra materials for evangelism, and money for printing, publishing, holding meetings, traveling, and other necessary areas in spreading the Present Truth in their Country. And as the work extends, especially will the expenses for evangelism expand. Whatever you can send to help in this necessary and vital area is greatly appreciated.

The work of spreading God's present truth is not to be limited, but must extend worldwide to every nation, kindred, tongue, and people before our Saviour can come (Matthew 24:14). What better way of spreading the Present Truth Gospel than by having workers who speak the native language, who reside in that particular Country, who can live and preach the truth, visit the interests in their homes, and spread the printed truth translated into their native language!

"Our publications should be printed in other languages, that foreign nations may be reached. Much can be done through the medium of the press, but still more can be accomplished if the influence of the living preacher goes with our publications....The Lord has moved upon men of other tongues and has brought them under the influence of the truth, that they might be qualified to labor in His cause." Testimonies, vol 3, p 204-205.

**Please financially help us to continue supporting our current ministers and workers on a consistent basis, so that the spreading of the truth will not be interrupted but can quickly lighten this dark world with the glory of God.**

"Every opportunity should be improved to extend the truth to other nations. This will be attended with considerable expense, but expense should in no case hinder the performance of this work. Means are of value only as they are used to advance the interest of the kingdom of God. The Lord has lent men means for this very purpose, to use in sending the truth to their fellow men." Testimonies, vol 3, p 208.

## **SPECIFIC MONTHLY FOREIGN MISSION WORK NEEDS**

### **KENYA, East Africa:**

- Printing and mailing expenses for booklets and tracts to Kenya.
- Printing of booklets and tracts in Kenya.
- Projector, screen, and evangelistic film for non-SDA outreach.
- Mailing cartons of KJV Bibles and Spirit of Prophecy books.
- Purchase of printing machine to aid in publication of present truth--\$3,500.

### **PAPUA NEW GUINEA:**

- Printing and mailing expenses for booklets and tracts to PNG.
- Printing of booklets and tracts in PNG.
- Mailing cartons of KJV Bibles and Spirit of Prophecy books.
- Used SOP books.
- Clothes to pass out to naked villagers.

### **PHILIPPINE Islands:**

- Mailing cartons of KJV Bibles and Spirit of Prophecy books.
- Printing of booklets and tracts in Philippines.
- Printing and mailing expenses for booklets and tracts to Philippines.
- Printing 100,000 tracts in Philippines--\$1,450.

### **UGANDA, East Africa:**

- Monthly operating expenses for publication work already established there.
- Mailing cartons of KJV Bibles and Spirit of Prophecy books.

### **ZAMBIA, Central Africa:**

- Monthly operating expenses for publication work already established there.
- Start up costs to open a Health Center and Herbal Store--\$6,000.
- Donations to help with construction of a home--\$12,000 total cost.
- Mailing cartons of KJV Bibles and Spirit of Prophecy books.
- Donations of any amount to help purchase a vehicle--\$6,000 total cost.

### **ZIMBABWE, Africa:**

- Printing and mailing expenses for booklets and tracts to Zimbabwe.
- Printing of booklets and tracts in Zimbabwe.
- Donations to help with construction of a home--\$12,000 total cost.
- Mailing cartons of KJV Bibles and Spirit of Prophecy books.
- Donations of any amount to help purchase a vehicle--\$6,000 total cost.

Please be sure to mark all donated monies for any of the above Ministry or Foreign Mission needs. 100% of all donated monies will go where specified. Unspecified donations will go where needed. Thank you very much for making this evangelistic work possible, and may God's richest blessings attend you and yours.



## LETTERS to "LET THERE BE LIGHT" Ministries

Dear Robert Sessler,

Many Christian greetings from Tanzania.

I take this opportunity to send this short e-mail. Although I have been too busy for almost two years now; I felt better to communicate today. Ever since I stopped e-mailing you I have been working in different places of Tanzania and Zambia; a nearby country.

Dear Robert Sessler, thank you so much for your materials and other encouragements from your website. I am a diligent student of truth and wherever it is found I go for it. Just last year I conducted more than 6 evangelistic meetings and distributed a lot of tracts and booklets... (more than 8,000). The work has been too slow since the devil is so jealousy of this project. 2 brethren who were working with me decided to embezzle the source of income – Sanitarium Clinic by taking almost all the money. This hampered the printing process for almost 6 months. However, as of now we are going on.

Dear Robert Sessler, last year (2014) - October, I was called in the country of Zambia. I had to travel for three days as I was limited by income. Upon reaching there, I found more than 600 brethren in attendance who had come from different parts of Zambia. They had a big camp meeting in a remote area - \_\_\_\_\_. I was assigned to preach from 10-20/10/2014. When I inquired as to what topics I should dwell on; all the members with one voice said: "Preach as far as the Holy Spirit will lead you. However, put much emphasis on the Omega of Apostasies in the SDA Church..."

I was assigned to speak for more than three hours daily, and I felt tired. Since I was disfellowshipped in the SDA Church, I had never spoken before a big crowd like that. I felt tired. Even before making a call, 73 individuals had listed their names ready for baptism.

Dear Robert Sessler, by Friday an advise was sought that we should postpone baptism and study more...before we meet at the Bible Conference scheduled to take place from 28/12/2014-3/1/2015. Before going to Zambia again, I went to Malawi, a nearby country and spent 5 days. I managed to meet with people from South Africa....

Dear Robert Sessler, at the Bible Conference, in December-January, 2014/2015, I made a series of presentations....10 souls were baptized on 3/1/2015. Two days later, another 11 were baptized and this brought a total of 21 souls who were determined and even ready for death. Just last Sabbath I had gone all the long way to \_\_\_\_\_ city (Zambia) and I baptized another 5 souls...

Pray for the work in East and Central Africa...

Yours in the Lord's vineyard.

B.K., Tanzania.

Greetings Elder Robert.

Happy to read about teachings as one Pakistani Pastor shared about your website some time ago - now I have internet to visit it. I am also sharing and teaching truth here about Sabbath and others, pray so we can grow more and teach others here who never heard truth before as well about Jesus in hard land.

Can I use your teachings and share it as it touched my heart? Do you have any church or group in Pakistan? Let me know, How can I be part of your blessed ministry work in Pakistan and start services of Let There Be Light Ministries in Pakistan. You are most welcome to visit us and teach here to our many home church groups in Pakistan. We need your prayers.

With love of Jesus.

P.G., Pakistan.

I just wanted to say thank you for having the 12 reasons for Sunday. I am a 7th day, and I could not find the reason for keeping the Sabbath written in the manner you did.

Most websites give reasons not to keep the Sabbath, but not more than one reason. You had all 12 that I wanted.

Take Care.

B.S., Internet.

Dear brother Robert,

I want first to appreciate you and your website for good materials we are getting in it. May God add you more strength to continue ministering.

Brother \_\_\_\_\_ downloaded a lots of your sermons on memory cards [and] everybody who visited him or want he gave one and if you want more, you simply buy memory of your choice and load it freely. We really appreciate you and brother \_\_\_\_\_ for that good job. This spirit brother \_\_\_\_\_ have, if all could who have access can do this, truly many will be able to get these precious truth. With memory you will here with your ears and will reach many. This is a good initiative ambition. As he gave me one, all who heard had requested for more and will force me to go and get them.

In Christ love, S.B., Kenya.

Dearest brother Bob Sessler:

"The fruit of the righteous is a tree of life; and he that winneth souls is wise." Prob. 11:30.

Thanks God Almighty for the great work that He does through of men such as you.

Thanks for to send me your newsletter Oct.-Dec. 2014 and Jan. -March 2015. I received it yesterday. Your themes are good news and I'm delighted and filled my soul of faith and hope in the great God's love for this world in rebellion. Thank you for all and so much.

God bless you and your family and your ministry every day.

Lovingly in Jesus, J. G., Colombia.

Greetings in Christ Bro. Bob Sessler,

My name is Ms. \_\_\_\_\_. I am a SDA reformers for about 10 years from Thailand. I heard about u from Bro. \_\_\_\_\_ in Australia by a group discussion in \_\_\_\_\_. We in Thailand about 200-300 people were disfellowshipped by SDA Thailand Mission about 4-5 years ago, but we still keep faithful to our pure beliefs of the whole Bible and SOP. We are so much lack of SOP quotes in our language and most of it we just study about everything by God's direct teaching thru the HS. Thailand Mission produced so very few books of EGW and in our reformer group there are just few people who can speak and read English fluently.

We are working on fire now, since we made a strong and straight proclamation about the Mark of the Beast against Pope and Sunday Law and also a microchip implantation which is soon coming to Thailand....Obama made a declaration to Thai government that individual Thai people will receive the "privilege" to be chipped so soon as a second country after USA. Our ex-PM, Taksin Chinnawatra is actually a very good friend of Obama....We were told that Sunday Law is coming together with ASEAN community. And now as u may know Thailand is under a martial government. They changed many laws already and did not ask the people if they agreed or not. Anyway, soldiers with armors are around Thailand and people love them because they toppled Taksin's government. We

don't take part in Politics, but it is concerned with the prophesy, so we just need to know only.

At the moment we sent so many letters warning about New World Order and the prophesy to the government agencies and important government ministers in Thailand, including our Ex-prime ministers as well as in Laos, so that's why we got so much attack from this. We just wanted to work so quickly together with God to end the history of this world. We realized that we are not waiting for Jesus coming, but he is waiting for us to finish our works. And in Laos, our brethren there are in troubles....Their government caught some brothers and threatened them not to worship God on Sabbath anymore, but they said they are not afraid of dying and ready for being a sacrifice for Jesus.

Meanwhile, just last night I received a email from pastor Pablo Hunger, the Vice President of GC Health Reform Movement in California. He is coming to BKK this Sunday and he wants to see me personally. I did not know him before, and I think he was told by my Ex-church pastor about me and my reformers group here and just wanted to teach us what errors we have. Mostly he heard that we are fanatics because we stop eating meat and we preached that eating meat effects to our salvation. We stop eating eggs and drinking milk, but our leaders in Thailand said that we are too far by that. We preached that SDA became Babylon; we must come out of her according to Rev 18:4-5, and they were just furious. We knelt down while praying and they just said that's wrong. We stopped sending tithes to them, and they finally disfellowshipped us, etc. So, I'm writing to u to ask for your kind support of materials of SOP about health reform. Of course, this will be my first and last time for me to talk with a higher leader of SDA....

Also, I have got your website: LightMinistries.com already. This week I'm free and I will spend most of my time studying the materials u have there, too. As a personal experience with discussion with various SDA...made my eyes open to see that there are not only in Thailand the true reformers, but also around the world. Very small, but we work in the same Spirit and God is collecting His people around the world to be a little flock. Very nice and feeling warm welcome to know u guys.

Hope to hear from u soon.

With love and respect, M.P., Thailand.

Dear Elder Robert,

Thank you for your loving answer - very unusual!

We will listen to your sermon on Sabbath. We love your book "One World". It lines up perfectly with what we have learned already and is put in a wonderful simple way.

Christian Love and greetings.

God Bless you all.

S.G., New Zealand.

I write this mail to express my gratitude.

I have received a parcel you sent to me. In it, they are 9 booklets and at least 15 tracts. Brethren, I really appreciate this precious gift. To me, I feel favored to be given such kind of gift as I am seeking to know the truth. These will greatly help me to move with advanced light.

It's my wish that if you will have that chance of sending more of your booklets to me, you may do that through the same address.

Blessings from the Holy of Holies of the sanctuary above be upon the entire LTBL MINISTRIES.

B.U., Internet.

# **CORRESPONDENCE FROM FOREIGN WORKERS**

## **FROM KENYA, EAST AFRICA**

Dear Brother Bob,

1 Jn.3:1.

To God be glory for ever for all His goodness to us.

Quite a long time since I ever wrote. Not of design though. We are doing fine. The last year ended well with a camp meeting at \_\_\_\_\_, in Western province. We started the programs of the year with an effort in \_\_\_\_\_ county at brother \_\_\_\_\_'s home.

After that we moved to Western again for another effort meeting at brother \_\_\_\_\_'s, from 1st to 8th March. Here we had a very interesting scenario whereby some believers of the Anglican church attempted to hinder our evangelism claiming the region is controlled by their church, and we had no right to bring any different message there. But as always God has men of opportunity in every place, there came one of their own to our rescue, and offered ground for our meetings till the end. Another of their own still gave us accommodation for that one week allowing us access to his well for water. Who said miracles ended long ago!

Barely one week after leaving Western, I lost a brother who we buried on Thursday 26th. He left behind a widow and two sons. This bereaved family needs much prayers because, even before the demise of the brother, his eldest son was diagnosed with a malignant tumor on one of his testes....

Thank you and may God bless.

B.I., Kenya.

## **FROM PAPUA NEW GUINEA**

Dearest elder Bob,

1 John 3:1.

May we pray all is well with u and family. Am sorry for not been in touch with u for long regarding news report.

This time I prepared my ministry update so you can see from the attachment....

Baptisms conducted in varies places and the new churches erected around the country is a physical evidences assuring us that the church of God is growing and moving in despite of being lacking in finance and in man power of the field workers. Church building projects continues & it's a great result from this tireless efforts put together in outreach & in-reach program by simple missionaries....

As times passing by gradually God's work here in PNG is moving and reaching out in some new areas. Our youths, young gospel & medical missionaries & full time workers were really active and occupied themselves in God's vineyards in this final moment. Public evangelism or street preaching is one of the easiest ways of presenting the truth to the general public. Sharing the 3 angel's message in public area is our main targets to share the word of God to those who can't attend the church fellowship. God is now calling His folks out from the street through His simple instruments. (Isa 59:14)...Souls are converted from the outreach programs. Most of our tracts and pamphlets are distributed during street preaching....

Our lay preachers are keeping themselves busy traveling & faithful sharing the love of Jesus Christ in town streets & market places & warning them for the crisis ahead and the coming of Christ Jesus. Even they can travel by bare foot 200-500 miles or event it can took us a week or two just to reach the targeted people living out into the far remote mountain villages....

Finally, the High Calling Ministry wishes to thank the Let There be Light Ministries for your sincere support in finance within the last 15 years....

All the best n God bless u richly.

B.K., PNG

## FROM THE PHILIPPINES

(Combination of 2 letters) Dear Bro Bob,  
3 John 2.

Hi! Bro Bob how are you? I hope and pray that you are still fine through the help of our loving Saviour. I'm very sorry for my delayed report for I was so busy with our work here for the Lord these past months and I'm not able to write to you. I really thank the Lord for all the blessings, guidance, help and protection especially for the past 2014. God is really so great and good for us that year. And I pray that he will continue to be with us this 2015. May He continue to guide and bless all of us and use us for the closing of His work.

Bro Bob last Dec 16, we went to \_\_\_\_\_ to visit and see our brethren there and be with them during the camp meeting there that was held Dec 21-27. I was very happy and blessed to see them again especially those brethren that I haven't seen for a long time. Also we were able to have a council meeting there to tackle about the issue that arises about tithing system, but still not able to settle it that time. That's why we will go back there this coming March 20-31. We hope and pray that the Holy Spirit will humble and touch everyone's heart and bring us again into the unity of faith and brotherly love.

Bro Bob, for the past months that we'd been sharing to two families that are interested to hear our messages, they now regularly attending Sabbaths with us. We are so happy that the Lord is working with this families. We hope that they will be firm and established in the truth. Also bro Bob, I have given the privilege to speak every last Sabbath of the month in the church of Bro \_\_\_\_\_. I pray that we will be united in the truth and please include this also in your prayers and for all the work that we are doing here. As of now, we have several schedules of Bible studies with the born again group, and they are so interested to hear the truth. We are praying that they will understand and accept the truth as it is in Jesus. May all this so little contribution in God's work bring glory to His name, for He is the only one worthy to be praise.

I have so many things to say to you bro Bob but its hard for me to express all I want to say. I just want to praise God for His unfathomable love and countless blessings, for He never forget and failed us. Thank you so much also bro Bob for all your prayers, love and support. May God continue to bless all of us and help us prepare for Christ near appearing....

We just arrived at home from our missionary travel. I was invited to be a speaker at \_\_\_\_\_ Home church last Sabbath. I was very happy that I met brethren there in \_\_\_\_\_....Also last Jan 31, we had our fellowship with our brethren here in \_\_\_\_\_ and \_\_\_\_\_ area. Last second week of Feb, we stayed in \_\_\_\_\_ and there spend our Sabbath. And on the third Sabbath of Feb, we were invited to fellowship with our brethren in \_\_\_\_\_. I bring 20 other brethren there, most are youth, and I was given an opportunity to speak, and I tackled about true unity. Through our travel going there, the Lord worked miracle, for He protected us especially our small car, for He did not allowed accident to happened while on our travel. But when we already arrived in \_\_\_\_\_, the front wheel detached from the body. God is really so good, He is alive, for He keeps us safe. As of now, we are trying to be united with the other group of home churches who have the same belief on the fundamental doctrine, and hoping and praying that we will be thoroughly united in all the truths, until we reach the prayer of Christ having the same mind and judgment.

Bro bob, please help us pray that God will bless us and provide us all our needs especially now that our works and burdens in God's cause our greater and our field of labor are widening and added with these are some youths who stayed with us too, because they want to help us in our work and they had already dedicated themselves to the Lord. Sometimes bro bob, I am thinking to leave the work that I am doing now for the Lord for a while and to look for a job that will sustain and support the work of the Lord, but I know that it is not His will to do that. I know that the Lord has a thousand ways to provide and which we know nothing. As of now, we just do what we can through the things that He provided though hard but we are happy doing it. As of now, me and the youths that are with me are doing some livelihood, we make soy milk, tofu, soy coffee and others and sell it while doing house to house and tracts distributions. I am praying that God will bless this that it will help even in little way and support us in our needs and work. I am praying that God will help and keep us strong through hardships and trials and I praise Him that we are in part partakers of Christ suffering here....

Till here for now bro Bob. May God bless each one of us and help us ready for Christ soon return.

In Christ, s.b., Philippines.

## **FROM UGANDA, EAST AFRICA**

Dear Elder Sessler.

Christian greeting from Uganda.

Our loving Father has been good to us in that, day after day we find new strength to do His work. I move from home to home and [from] trading centre's to towns, the ones that have questions we share the word of God. Most [of] those we find are like Ethiopian eunuch, they read the Scriptures but cannot figure out what the Holy One [of] Israel may have wanted them to understand. Jesus says, "Because it is given to you to know the mysteries of the kingdom of heaven, but to them it is not given." Mt 13:11. Somewhere it is written In Isaiah 60:2. "For behold, the darkness shall cover the earth, and gross darkness the people." "Behold, the days come, says the Lord God, that I will send a famine in the land, not a famine of bread, thirst for water, but hearing the words of the L ord" Amos 8:11....

God willing next month we will be visiting Kenya. We need your prayers for to in us the purposes of Christ Jesus [may be accomplished]. We have had several meetings, we our Brothers and Sisters, to see how we get ahead - we [with] the work of [our] loving Saviour....

I apologize for the delay in writing that side. Elder if possible buy me a used notebook computer. I have tried repair the one I have it has failed. I really need one for research and data saving.

Wishing a blessed service for the Master.

I remain yours in Jesus Christ, B.K., Uganda.

## **FROM ZIMBABWE, AFRICA**

I feel once again obliged to begin reviewing what transpired in 2014. 2014 was a very busy year for me. In fact, of all the years that have passed by, 2014 outshines them all in terms of how the proceedings of the work of God have gone here in Zimbabwe.

Most of you remember that soon after the baptism of those 11 souls in the month of June, the church had expected to receive a visitor from Namibia, with the intent of augmenting my labors and to set the church in order. But this did not come to pass due to some commitments. We turned our efforts more in planning to hold the Lord's Supper. In so doing, some unpleasant elements came in too in our discussions, which later proved a cause for a separation later.

One major issue which the newly baptized members urged was that why little children should not participate in the Lord's Supper. The reason was furnished to them that they were not baptized. They forged ahead still another question of why they should not get baptized? It was argued that they were not old enough to believe to warrant them baptism. With this, manifestations of disregarding counsels and light were soon realized and a certain brother began to show his strong passion for leadership.

This is the condition I left home when I went to Zambia for the camp meeting. While at the camp I received a message from the church back home asking me when I intended to leave Zambia after the meeting. With this message there were strong appeals to be quick as there were souls in need of baptism. I was indeed shocked to know that the church intended me to baptize souls who had not been prepared enough for baptism....On my arrival I learnt through another brother that brother \_\_\_\_\_ had baptized three souls. The brother had not been ordained to do this type of work but had just connived with few brethren to do so. After all, he had not been chosen for any office in the church. At once, I realized that there were issues regarding gospel order which needed to be addressed.

The Sabbath that followed, I managed to meet with the church. I protested strongly to the church that what they allowed to take place among them was wrong. The brethren who had done this refused to confess of their wrong and to repent. They insisted that they were right in the eyes of the Lord. Then I separated the brethren from this rebellious group. Of the 11 who had lately been baptized, we remained with only 4 on our side....

At the moment the church is faring well in the Lord. Please remember us in your prayers.

Your brother in the Lord, B.N., Zimbabwe.