

# "LET THERE BE LIGHT" MINISTRIES

(A Ministry dedicated since 1986 to the preaching of the WHOLE gospel message of present truth – 6T 291)

**OCTOBER - DECEMBER, 2014 & JANUARY - MARCH, 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 1

In the Bible we find that God is concerned with how we treat our body.

"I beseech you therefore brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God." Romans 12:1-2.

This concern about our body 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 body. Even though we have been given the freedom of choice, we are still not our own property, because we have been purchased by Christ and have become His possession.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are Gods." 1 Corinthians 6:19-20.

Since our body is the possession of Christ, and is to be the dwelling place of the Holy Spirit, if we then should choose to disobey God's will and misuse or abuse our body, then we alone must suffer the consequences.

"Every misuse of any part of our organism is a violation of the law which God designs shall govern us in these matters; and by violating this law, human beings corrupt themselves. Sickness, disease of every kind, ruined constitutions, premature decay, untimely deaths,--these are a result of a violation of nature's laws." Healthful Living, p 24.

In fact, if we disregard any of these physical laws or principles of health which God has designed to govern our body, then we actually commit sin because we failed to keep these laws or commands of God!

"It is a terrible sin to abuse the health that God has given us; for every abuse of health enfeebles us for life and makes us losers, even if we gain any amount of education." Counsels on Health, p 186.

"...the laws of nature, as truly as the precepts of the Decalogue, are divine, and that only in obedience to them can health be recovered or preserved....every practice which destroys the physical, mental, or spiritual energies is sin, and that health is to be secured through obedience to the laws that God has established for the good of all mankind." Ministry of Health, p 113.

“It is just as much sin to violate the laws of our being as to break one of the ten commandments, for we cannot do either without breaking God's law.” Counsels on Diet and Foods, p 45.

But if we instead choose to live up to and obey these God-given principles and laws of health, then we can expect the favor and blessings of God and health.

“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Exodus 15:26.

“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes: keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.” Proverbs 4:20-22.

Dear ones, God does not desire that we should suffer from sickness and from other problems caused by bad health, but instead He desires us to be in the best of health!

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2.

And it is for this very cause – that we prosper in health, that God mercifully reveals to all exactly what these laws or principles of health are.

“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 actually 8 different principles and 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. Let us briefly examine each of these principles and laws.

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

Fresh pure air is an essential part of life. We can live for weeks without food, days without water, but only minutes without air. Every cell in our body requires oxygen in order to function, so you can understand that if the air we breath is not pure, then we force our body cells to function on this impure oxygen. In fact, The American Lung Association has declared that up to ½ of all illnesses are either caused or made worse by polluted air!

In combination with pure air, we must have good blood; for the blood is the current of life. It is the channel though which waste is removed, repairs are made, and the body nourished. When the blood is supplied with pure air, it carries life to every part of the system, and the more perfect the circulation, the better will this work be accomplished.

In order to have good blood, we must breathe well. Fresh air is the free blessing of Heaven, calculated to electrify the whole system. Full, deep inspirations of pure air, not smog of smoke filled air, will fill the lungs with oxygen, and help to purify the blood. Air imparts to the blood a bright color, and then this life-giving current is sent to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep.

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. So if we stoop or slouch in allowing our backs to hunch over, then our lungs are cramped. In this position it is impossible to breathe deeply, and thus we are forced to take smaller breaths. This superficial breathing soon becomes a habit, and the lungs then lose their power to expand. This means that with each breath an insufficient amount of oxygen is received. The blood then moves sluggishly. The waste and poisonous matter – including carbon dioxide (CO<sub>2</sub>), which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and susceptible to disease.

As the lungs are constantly throwing off impurities, then they need to be constantly supplied with fresh air. Impure air does not bring in the necessary amount of oxygen, and the blood passes to the brain and other organs without being enriched. So then what kind of air are we breathing? And since we spend so much time indoors, then what is the air like in our homes? To live in close, ill-ventilated rooms, where the air is dead from lack of ventilation, weakens the entire system. Our bodies become susceptible to the cold, and a slight exposure then induces disease. It is close confinement indoors that makes many become pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood. This is a condition which will weaken the system and allow sickness and disease to gain a foothold in us.

So, if we want to be healthy, we must breathe freely of fresh pure air.

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

Daily exercise has been shown to be an excellent way to slow down the effect of aging on the body, and to enhance the quality of life – especially as we grow older.

Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use. There is no exercise that can take the place of it. Walking one or more miles each day greatly improves the circulation of the blood. The action of the heart becomes more perfect, and with regular exercise the heart is strengthened to pump more volume of blood per beat, thus allowing it to rest longer between beats – thus increasing life. All the organs of the body are benefited by regular exercise of 10 to 15 minutes each day, and this activity also lessens the time it takes for the poisons and toxins to be eliminated from our system.

Nearly 1/3 of the all impurities in our system are eliminated through the skin, and exercise allows the pores to open and discharge the impurities in the sweat. Another 1/3 is eliminated by the lungs, and exercise allows them to expand and strengthen, and thus throw off more poisonous gasses with each breath. The remaining 1/3 of impurities are eliminated through the blood, and exercise allows the heart to beat more regularly and thus rid impurities through the liver and the kidneys more easily and quickly. Therefore through exercise the whole body system gains new vitality and becomes invigorated to overcome bad health.

Exercise is also important to digestion. It aids the dyspeptic by giving the digestive organs a healthy tone. But to engage in deep study or violent exercise immediately after eating is to be avoided because it hinders the digestive process; the supply of blood necessary to carry on the work of digestion, is instead diverted to other body parts. But a

short walk after a meal, with the head erect and the shoulders back, exercising moderately, would be a great benefit. The mind would also be diverted from self and other cares to the beauties of nature, and thus a calming effect would be experienced.

Exercise can help in preventing disease, such as cancer, high blood pressure, and high cholesterol. Also our immune system is strengthened and enhanced by daily exercise. The lymphatic system is aided in the circulation of the lymph fluid from 5 to 15 times during vigorous exercise.

Dear ones, exercise is free. So as we exercise, let us remember to give glory and praise to our Creator for the gift of life He has given to each one. Those who do not take time to exercise will have to take time for illness! So let us, by all means, establish a regular time for walking and exercising, and thus aid our body in regaining or maintaining health. That way we can not only live longer, but we will also be free from sickness, pain and immobility which will greatly increase our happiness.

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

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from the food we eat. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the various parts of the body, and this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

So it is in our best interest to choose to eat those foods that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite becomes perverted. Often it demands food that impairs health and causes weakness instead of strength. Neither is it safe to be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for mankind's diet. He who created mankind clearly understands our body's needs, and therefore the best food for us to eat.

"Behold, I have given you every herb bearing seed...and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 1:29.

"...and thou shalt eat the herb of the field." Genesis 3:18.

The kinds of foods obtained from herbs, seeds, trees and the soil of fields would include grains, fruits, nuts and vegetables.

So you can see that God has given permission for all of us to eat freely of grains, fruits, nuts, and vegetables. These constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that cannot be obtained by eating a more complex and stimulating diet.

But not all foods are equally suited to our individual needs under all circumstances. Care should then be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. There are different foods best suited for persons in some occupations, but not in other kinds of work. Often food that

can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from these the things that experience and sound judgment prove to them to be best suited to their own physical necessities.

The diet appointed mankind in the beginning did not include animal food. Not till after the Flood, when every green thing on the earth had been temporarily destroyed, did mankind receive permission to eat flesh.

In choosing our food, the Lord showed what was the best physical diet for humanity; in the choice made for Israel He taught the same lesson. God brought the Israelites out of Egypt and undertook their training, that they might be a people for His own possession. Through them He desired to bless and teach the world with correct principles and laws. He provided them with the food best adapted for this purpose, not flesh, but manna, "the bread of heaven." It was only because of their discontent and mumuring for the fleshpots of Egypt that animal food was granted them, and this only for a short time. Its use brought disease and death to thousands. Yet this wise restriction to a non-flesh diet was never heartily accepted by the Israelites. It continued to be the cause of discontent and murmuring, open or secret, and it was not made permanent.

Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions which tended to lessen the evil results. The use of swine's or pig's flesh was prohibited, as also of other animals, birds and fish whose flesh was pronounced unclean. Of the clean meats that were permitted, the eating of the fat and the blood was strictly forbidden. Also only those clean animals which were in a good healthful condition could be used for food. No creature that was torn, had died of itself, or from which the blood had not been carefully drained, could be used as food.

But by departing from this divine plan appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results.

"And he gave them their request; but sent leanness into their soul." Psalm 106:15.

The Israelites did not reach God's ideal of character or fulfill His purpose. They valued the earthly above the spiritual, and the sacred pre-eminence which was God's purpose for them they did not attain. The same will occur today to all who choose to go beyond God's chosen diet and who eat flesh meats.

Flesh was never the best food – even in Noah's time; but its use now is 10,000 fold more worse since disease in animals is so rapidly increasing. Those who use flesh foods know little of what they are actually eating. Often if they could see the animals, fowls, fish, etc., when living and know the quality of the meat they are buying, preparing and then eating, they would quickly turn from it with loathing. People are continually eating flesh that is filled with disease, parasites, and cancerous germs, and thus cancer and other fatal diseases are introduced into the body. This is one reason why many in the meat processing industry are vegetarians!

It is also a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood and thus produce good health. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed mankind in the beginning at the garden of Eden. Besides, in eating meat, you are actually eating grains and vegetables second-hand; for the animal receives and uses firsthand the greatest nutrition from these live foods. The life that was in the grains and vegetables has already been used up by them. So you can see that it would be much to our advantage to get these life-giving benefits directly from the natural food that God provided, and not second-hand from flesh foods!

Now those who stop eating meat will often experience a sense of weakness or a lack of vigor. Many believe that this is evidence that flesh food is essential. But meats are stimulating to the body and excite the nerves, and so when meat is given up, this unnatural excitement dies down and that is why you then feel sluggish. But if you continue on without meat and eat a good diet, you will regain vitality and no longer feel sluggish. And some will find it very difficult to leave off flesh eating, just as the drunkard finds it very hard to give up his liquor; but you will be the better for the change.

When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits that will be both nourishing and appetizing. In some countries where poverty abounds, flesh is the cheapest food. Under these circumstances the change will be made with greater difficulty; but it can still be done. But consideration needs to be given to those in such a situation, as well as how long they have been in the habit of eating meat, and we should be careful not to urge a quick change overnight. The place of meat should be supplied with wholesome foods that are inexpensive.

Nuts and nut foods can easily take the place of flesh meats. With nuts may be combined grains, fruits, and some vegetables, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

When properly prepared, nuts and soy beans can easily take the place of milk, and thus you avoid altogether the risk of contracting disease from milk. Also olives, like nuts, can take the place of butter. Of all oils, Olive is by far the best oil to use. It serves as a gentle laxative. Its use will be found beneficial to most all people, and it has a healing effect on an inflamed, irritated stomach.

Besides meat and other animal products being harmful to our health, far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are an active cause of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar mixed together should be avoided, because it ferments in the stomach and thus produces alcohol. There have been cases where individuals have died of cirrhosis of the liver, a diseased condition caused by alcohol abuse, yet they had never drunk liquor in their life! It was found that their diet consisted of a lot of ice-cream and other milk-and-sugar combined deserts.

It is also vital to health that we have regularity in eating. There should be a specified time for each meal, generally no more than three meals a day. At each meal let everyone eat what their system requires, and then eat nothing more until the next meal. There are many who eat at irregular intervals, or snack in-between meals, not because their bodies need food, but because they have not sufficient strength of will to resist inclination. If we would eat at regular times and only of food that is simple and nutritious, we would not feel so great weariness or suffer so much from sickness.

Of course, the key to changing our diet from one that is bad, to one that is healthful, is in food preparation. It is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cooking, but many will be saved as a result of taking thoughtful care in preparing good meals.

Dear ones, on this subject of proper nutrition, the Bible simply states:  
"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31.

If we would only live by following this simple rule, many of our health problems due to poor nutrition would quickly vanish, and we would then be better able to glorify God!

In our next Newsletter we'll continue exploring the remaining principles of health.

## **MINISTRY NEWS**

Due to our involvement in many different areas we were not able to get our October - December 2014 Newsletter completed on time. So we decided to combine our October - December 2014 and January - March 2015 Newsletters together. We apologize for any inconvenience this may cause our readers. We appreciate your prayers for the continued success of the spreading of present truth throughout all the world as souls are at stake in this late hour.

### **TRUE CHURCH WEBSITE**

The Lord is continuing to bless our **TrueChurchofGod.info** website. In the month of July we had 15,959 hits, which were generated by 2,804 visitors. In these Visitor Sessions, 6,321 documents of Present Truth were viewed, and over 2.38 billion bytes of information were downloaded.

In the month of August we had 15,423 hits, which were generated by 2,354 visitors. In these Visitor Sessions, 5,423 documents of Present Truth were viewed, and over 1.91 billion bytes of information were downloaded.

In the month of September we had 15,010 hits, which were generated by 3,194 visitors. In these Visitor Sessions, 6,011 documents of Present Truth were viewed, and over 1.77 billion bytes of information were downloaded.

In the month of October we had 16,012 hits, which were generated by 2,579 visitors. In these Visitor Sessions, 5,699 documents of Present Truth were viewed, and over 1.41 billion bytes of information were downloaded.

In the month of November we had 11,644 hits, which were generated by 2,216 visitors. In these Visitor Sessions, 4,872 documents of Present Truth were viewed, and over .91 billion bytes of information were downloaded.

In the month of December we had 11,268 hits, which were generated by 2,069 visitors. In these Visitor Sessions, 4,470 documents of Present Truth were viewed, and over .89 billion bytes of information were downloaded.

So for these past 6 months, over 9.2 billion bytes of information were downloaded from this Gospel Truth website by over 15,200 visitors!

### **LTBL MINISTRIES WEBSITE**

The Lord is also abundantly blessing our **LightMinistries.com** website! In the month of July we had 144,627 hits, which were generated by 23,606 visitors. In these Visitor Sessions, 47,140 documents of Present Truth were viewed, and over 54.35 billion bytes of information were downloaded!

In the month of August we had 158,295 hits, which were generated by 23,608 visitors. In these Visitor Sessions, 35,709 documents of Present Truth were viewed, and over 45.56 billion bytes of information were downloaded.

In the month of September we had 143,072 hits, which were generated by 24,295 visitors. In these Visitor Sessions, 42,302 documents of Present Truth were viewed, and over 41.47 billion bytes of information were downloaded.

In the month of October we lost about 2 weeks of data. But for the 2 weeks of data we have, we had 61,944 hits, which were generated by 10,446 visitors. In these Visitor Sessions, 22,860 documents of Present Truth were viewed, and over 23.42 billion bytes of information were downloaded!

In the month of November we had 115,925 hits, which were generated by 20,940 visitors. In these Visitor Sessions, 35,814 documents of Present Truth were viewed, and over 29.34 billion bytes of information were downloaded.

In the month of December we had 118,537 hits, which were generated by 19,988 visitors. In these Visitor Sessions, 35,374 documents of Present Truth were viewed, and over 33.48 billion bytes of information were downloaded.

So for these past 6 months, over 227 billion bytes of information were downloaded from this Gospel Truth website by over 122,800 visitors! **MAY GOD BE PRAISED!!**

## **WLMR INTERNET RADIO STATION**

Let There Be Light Ministries is broadcasting our recorded messages over the Internet Radio 24 hours a day, 7 days a week and 365 days a year! Our Internet Radio Station is WLMR, which stands for Worldwide Light Ministries Radio. Please click on the following link to listen: <http://www.shoutcast.com/Internet-Radio/wlmr>.

As our Internet Radio Station is available to most anyone who has access to the internet, then this means that the Biblical Gospel message is being made available to millions of potential listeners from all around the world!

Please pray with us that God will bless this avenue of outreach evangelism with an abundance of listeners so that they may come to learn more of the Gospel Truth centered in Jesus Christ, and thus find true and lasting salvation.

## **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.

For those who would like to listen to past church services, please visit <http://www.lightministries.com/id14.htm>.

Our Home Church Music section currently contains over 300 Scripture songs, as well as over 320 Gospel songs. These are all recorded in mp3 format for your free listening and downloading pleasure at <http://www.lightministries.com/id1873.htm>.

We thank you for your prayers and support, and we look forward to being able to fellowship and worship with you in Spirit and in truth in the near future.

**TO OUR SUPPORTERS:** Please know that "Let There Be Light" Ministries is not using your support to build itself up into a kingdom, nor are we trying to acquire expensive video, TV or shortwave facilities. But we are trying to spread the truth as quickly and economically as possible. Please also know that you have played an important part in helping spread the Present Truth into various parts of this world, including through the printed page, through the living full-time workers and ministers we sponsor, and also through our Web Sites on the internet. This is how the Loud Cry of the third angel will be spread, and is now being spread! If the Lord impresses you to help in these endeavors, your donations and prayers will be greatly appreciated, and not just by this Ministry. **MAY GOD RICHLY BLESS YOU!**



## 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 Elder Robert,

I meant to write this long ago, but as I said to Sr Michelle in a recent e-mail, I often find I'm running backwards just trying to catch up with myself. (What a silly saying! Is it particularly "Aussie" or do you use it too? - Either way, I guess you get the message!)..

ANYWAY - What I am writing about is to share with you some amazing revelations that have been shown to me in our "on-line" sessions with you each Fri. night (your time). I was very humbled, after the evening that I gave the opening prayer, to receive a number of messages from sisters saying how much they had appreciated it, how much it had helped them, with one even saying she had wept! I could NEVER have believed that I, \_\_\_\_\_, could be of spiritual help to any-one. - Of course, I fully realize it was the Lord giving me the words to say,- but it is so often me asking the questions, and seeking guidance (poor Bro. \_\_\_\_\_,- but he is very patient,- and knowledgeable!). A special "thank-you" to you also, Elder Rob, for having faith in me to invite me to lead the opening prayer. That was a "mind-blower", too.

In addition to that, I have also received kind words from other brothers and sisters re my testimonies, at different times, - how they had found them helpful, and even up-lifting, also!!! What an eye-opener to me to see how the Lord can use EVEN ME to bring comfort and help to others. It is truly mind-boggling (do Americans use that one?), and I am enormously humbled by that.

I am sure that it is all because of something which I have "absorbed" from the chat-room. Although I am not usually short of a word to say (ask James!), when it comes to things spiritual, I always feel so ignorant and so "behind the eight-ball" (I'm sure you know that one!), especially as I am such a late-comer to the Present Truth.

I have often felt a great deal of warmth, understanding and sympathy from other brothers and sisters, when I have been sharing my experiences, or asking for help,- especially from you, Sr \_\_\_\_\_ and Sr \_\_\_\_\_, and I appreciate that so very much....

I have "rabbited on", haven't I? (Is that an Aussie expression?) But there's no need to answer this e-mail, especially as I have some idea how inundated you get with serious e-mails which do need an answer. I just wanted to share with you my enormous blessings received from being part of the chat-room family.

Yours in Christ, S.L., Australia (Ps.119, v.92).

Thank you dear brother for the good work you are doing there. Here in Kenya we are doing well despite some challenges in mission work. We are just praying that may The Almighty Father gives us ways of distributing booklets to His people. Am always doing door to door evangelism and am seeing how big the people of God need the present truth.

Thanks to those who are supporting, and still praying that may the Almighty gives ways to reach many.

B.I., Kenya, Africa.

Dear Elder,

I hope you are doing fine man of God. Two weeks ago I received tracts package – really was very wonderful [and] people has blessed with. Tanzania is the Swahili speaking nation, so people asked to help them translate tracts from English to Swahili language so that [they will] be able to understand clearly the message. Because tracts was few I tried to print copies such as 150, and already supply [is low] but demand is big....

P.B., Tanzania, Africa.

Dear bro Bob,

I met in the group I made in my facebook account a lady whom we have doctrines in common with them. They are in Thailand near the border of Hmong people in Laos. Apparently they believe in Revelation 18:1-5 and proclaim that the SDA church is Babylon fallen. She said to me they are made up of about 300-500 people in their home church group though internet radio online conference and telephone conference every Sabbath day. They speak Thai and Hmong. But this lady is good in English. Her name is \_\_\_\_\_. She told me they need help with study materials especially with the Spirit of Prophecy since they are not quite exposed to the writings of Sis White. They are being tossed to and fro due to the weak foundation of their materials, lack of knowledge about the SOP and they have difficulties identifying the true movement. So I explained to her our doctrines and she believes that the Holy Spirit is the one that made this providence for us to meet. Apparently she quit work 6 years ago and started doing missionary works.

Bro Bob I told her to contact you through email. Please help her to know more about the truth and these other beloved people of God's remnant who are waiting for the pure message of truth that they may free themselves from the thralldom of the enemy. They are actually, according to her, persecuted by the SDA church and were told that they are fanatics because they are uneducated people, and are insignificant.

This is her name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

God bless. B.S., Internet.

Dear Brothers and Sisters;

"...There was rejoicing in heaven, and the proclamation was carried to all worlds that the ruined race was redeemed...The great Head of the church left His work with His delegated servants to carry forward in His name...Christ's followers are not left to carry on this conflict against Satan in their own finite strength; the Captain of our salvation stands at the head, unseen by human vision. The eye of faith discerns their Captain and obeys His orders." Christ Triumphant, page 292.

Praise be to the beloved Jesus who stood and stands by each of us, in this passed year; with His Angels of kindness guarding us and with His Holy Spirit sustaining us, helping us to faithfully fulfill the work of joyfully supporting every effort that heaven tries to carry out in this world, through the strength of the power of unity, the gifts, the talents and resources that the Holy Spirit lavishes on those who believe that the message of the three angels is the last warning and opportunity for humanity.

It is our selfless Captain who thanks us and rewards us by His good will. Thank Him for everything. "For yet a little while, and he that shall come will come, and will not tarry." Heb. 10:37. "Thou crownest the year with thy goodness; and thy paths drop fatness." Psalm 65:11.

In Jesus, lovingly B.G., Colombia.

God bless, and thank you for your Ministry.

In His love, K.B., NM.

Brother, thank you so much for your kind support in sending me some materials. I know that will surely help enriching our truth-seeking souls here in Thailand....

Brother \_\_\_\_\_ and sister \_\_\_\_\_ are in touch with me everyday actually. We have exchanged opinions and Bible knowledge together and I feel just like we are in the same spirit. Hope to hear from your side how u came to the faith....

Ok, please drop me some lines if u have time. And stay strong and faithful in the faith. All the prophecies are fulfilled now and the end started already. In a little while we will reach home! Keep looking up to Jesus :D

God bless you, S., Thailand.

# **CORRESPONDENCE FROM FOREIGN WORKERS**

## **FROM THE PHILIPPINES**

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

Hi! bro Bob, how are you? I hope and pray that you are in good health always. We too are fine through the mercy of God. Our work here too are doing fine through the leadings of our Lord.

We, including one of our sister who consecrated herself to the Lord, are working with us together for God's cause. This sister stays with us for a few months already. We are doing house-to-house labor, knocking on the door, inviting people to hear Bible studies and if they did not allow us to come in, we hand out to them some tracts or books. Some allow us to come in and we gave them short Bible studies, but some didn't. Every time we go out for missionary work we tried to just walk so that we can reach all classes of people. As of now, we've been giving Bible studies to several families. Some are Catholics, Born Again [Evangelicals], and SDA's. Every Sabbath afternoon we went to their houses with all of the members of church here and we serenade them. And we are happy that our youth become a part of the work in this simple way.

One of them that we are visiting told us that he wants to observe our worship and visit us during Sabbath. Also last Sabbath one of the SDA's that we've been sharing attended in our worship and we were able to give and share the truth with her especially the SDA's old landmark. And on the afternoon we went to their home and visited her husband who is also an Adventist but didn't go to church anymore. We had a short Bible study with him and gave him some encouragement.

Sometimes we spend Sabbath with other home churches who needs us and gave them strength and encouragement to go on walking in the narrow way. Our church in \_\_\_\_\_ and in \_\_\_\_\_ are also requesting for our visitation also, but because of our busy schedule here we still can't visit them, but I hope that this coming days we can visit them in God's providence.

Please bro Bob include us in your prayers because we are in need of materials that we needed in our missionary work, especially of tracts or leaflets that we are distributing every time we go out. Also we are in need of some Bibles, because some of the people that we are giving Bible studies are requesting for it....

As of now, there are two new families who attended our Sabbath service, they are the one that we've been visiting and giving Bible studies. One family was from Catholic and the other family was from SDA. We are also visiting new prospects and interests now. Last Sept 27, we had a visitor who is an Adventist teacher, who joins and spends Sabbath with us and we were able to share with him our reasons why we separated from the SDA church. And from time to time we communicated with him and been sharing with him, helping him in simple way and giving him encouragement. We hope that someday he will also understand and accept the truth through the conviction of the Holy Spirit. Also last Sabbath our family and some of the youth that stays with us here went to \_\_\_\_\_ and spend Sabbath with our brethren there. We wanted to encourage and strengthen them also.

We too are communicating with our brethren whom we lost our communication for a long time, hoping and praying that God will bring us into the unity of the faith. We do believe that Christ is coming very soon, and we need to strive to answer Christ's prayer in John 17, showing to the world a united front that they may know that we are God's children. That is what we're doing right now...trying by God's grace to labor for the unity without sacrificing any truth. "The oneness and unity of God's truth-believing remnant people carries powerful conviction to the world that they have the truth, and are peculiar, chosen people of God. This oneness and unity disconcerts the enemy, and he is determined that it shall not exist. The present truth, believed in the heart and exemplified, makes God's people one, and gives them a powerful influence." 1T 327.

Last week, we met with our brethren in \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ with bro \_\_\_\_\_ and we were very happy, and bring back to God the glory and honor for the positive result with theirs and also our efforts to unite again in the truth. We pray that this will be just the beginning of our unity as brethren until finally we come up to the perfect unity of the faith. May this will help us to thwart the enemy's purposes through God's grace and leadings. Please continue to pray for us especially for the success of His work and His cause.

Till here for now bro Bob. May God continue to bless each one of us and may He continue to use us as His effective instruments in His cause as we are preparing and looking forward for Christ's near return. God bless!

humbly in Christ, s.b., Philippines.

## **FROM UGANDA, EAST AFRICA**

Dear Elder Sessler.

Christian greetings from this way once again. "Grace to you, and peace, from God our Father and the Lord Jesus Christ." Philemon verse 3.

From the 7th to 14th Dec 2014 we once again had the honor of visiting \_\_\_\_ Kenya (\_\_\_\_). Brother \_\_\_\_ and Church that side had organized end of year Camp meeting. This time round it was more lively. The population of youths had greatly increased in a society that is given to booze and smoking opium and many other abuses; e.g. witchcraft, cursing, prostitution, etc. We able to see the labors of \_\_\_\_ in community where his tribe is outlandish and hated [to] bring men and women to Christ, we felt a new warmth and praised God for this wonderful work. This time round we had brothers from Tanzania [join with us and] it was a blessing and encouraging moment. For years we labor and hardly realize, or see the fruits of our humble efforts, however little it seemed in relation to our input, it was worthy while.

We baptized 7 souls in all, four young men and two young ladies. We also had the Lord's Supper. It was renewed joy that the old man \_\_\_\_ was in more better shape than before. The areas [Bible topics] covered in the Camp Meeting were Sanctuary, Church History, Prophecy, Gospel and Health. We were also blessed with humble choirs.

Back home we have seen some changes to attendance in our home church. Some visitors have been coming to fellowship with us, [and] this may be due to an endless giving of tracts to the people in and around us. We earnestly pray that this ministry gains more support than the one we are receiving, and if possible get car/van to transport the truth faster and in far regions of our country.

Thanks for the support and prayers that make us efficient in ministry of our blessed Saviour. Wish the whole/entire world wide Church great success come 2015.

Yours in the blessed Lord, B.K., Uganda.

## **FROM ZIMBABWE, AFRICA**

Greetings Elder Bob.

I have been undergoing some difficulties since my return from Zambia where I had gone to attend the Camp Meeting. Even before I went, there were some indications of a looming division among our brethren which was caused by some of the members who are aspiring for leadership. So my main task before I left was to pray for the church and that the Lord should not allow divisions to take place among us. We had wanted to partake in the Lord's Supper and this was put on hold as these unscrupulous members advocated for child participation in baptism as well as the Holy Communion.

So during the Camp Meeting I received messages from the church back home indicating to me that I should be quick to return home after the close of the meeting as there were some members who were supposed to get baptized. This was shocking news to me as I had left home without any members who were ready for the ordinance. Since there was a major task to accomplish in Zambia to try and help the leadership in the Zambian church pertaining to what had taken place at the camp, I delayed the trip back home. After we finished our mission with the brother \_\_\_\_, I was requested to pass through Namibia by the brother. The resultant delay saw me reaching home after the lapse of a week.

When I had an opportunity to visit the church, news came to me that there were four members who got baptized by the brother who is troubling the church. After all, the same brother had not been chosen as an elder or deacon, and had too not received ordination. This was really a terrible situation in the church for such a thing to happen. Gospel Order was rooted to the ground and action was to be taken with lightning speed to turn away from the church the frown of God. The church had to revoke the baptism and put the brother to discipline. The church came close to part in two had it not been the power of God. I am just beginning to experience the peace, at least in the church, although I have been facing challenges of the death of one of the family member and the sicknesses of children in the family.

Hopefully you are doing well my brother. Remember me in your prayers.

B.N., Zimbabwe.