

Eastside Baptist Church

He is Risen!

He Lives!



Eastside Messenger

Equipping the Saints for Ministry by First Seeking the Kingdom of God
(Ephesians 4:12/Matthew 6:33)

Volume XII Issue IV

Every day is a priceless gift of God

APRIL 2017



The Surprising Sayings of Jesus Christ

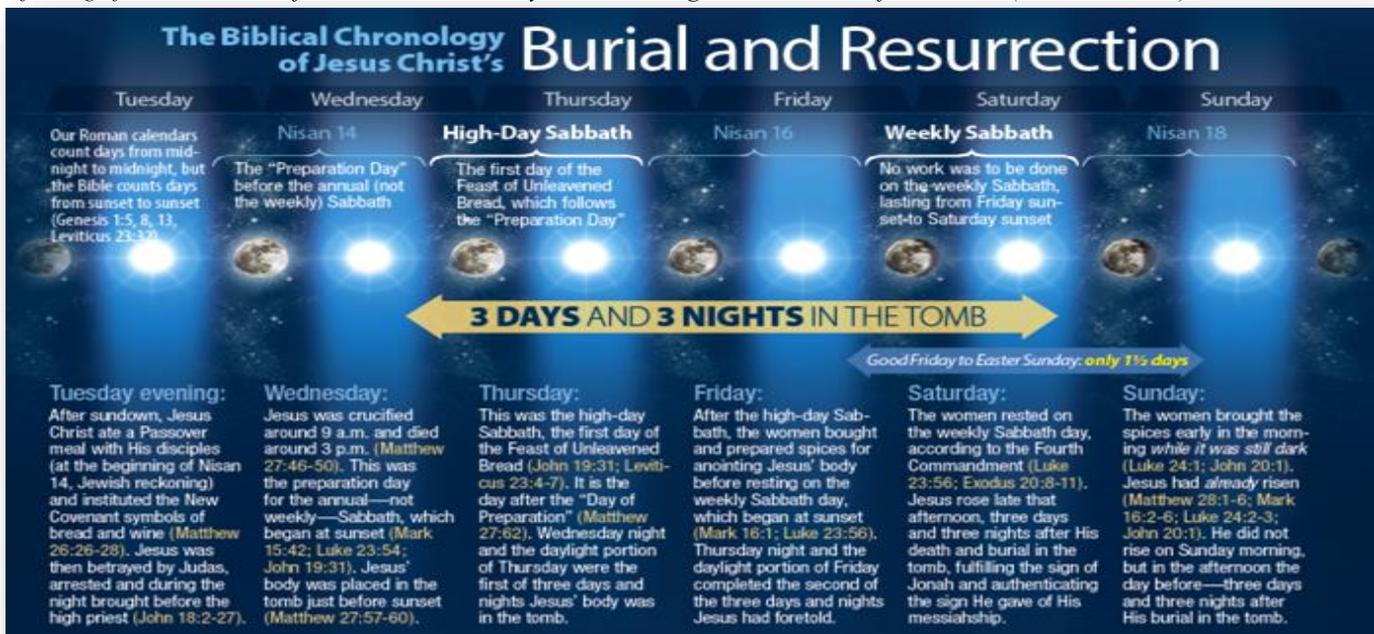
'The Son of Man Will Be Three Days and Three Nights in the Heart of the Earth'

Jesus Christ plainly said He would be entombed for three days and three nights. Can this be reconciled with a "Good Friday" crucifixion and burial and an "Easter Sunday" resurrection, which allows for barely a day and a half in the tomb? Or do the Gospels spell out a surprising, simpler solution that fits perfectly with what Jesus foretold?

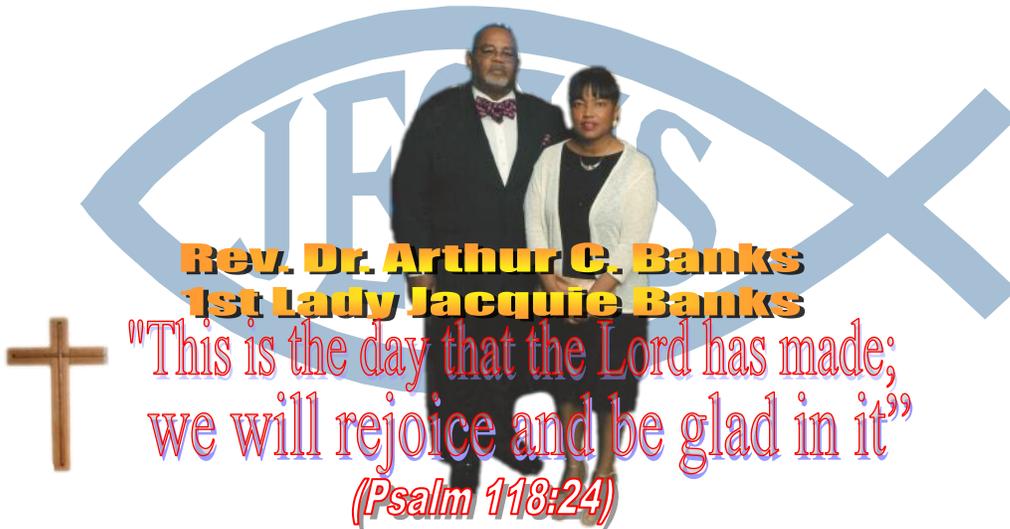
We can be assured that the entombment period Jesus gave as proof He was the Messiah was exactly the duration He foretold.

In Matthew 12:38, some of the scribes and Pharisees asked Jesus for a sign to prove He was the Messiah. "Teacher, we want to see a miraculous sign from you," they told Him (New International Version).

But Jesus responded that the only sign He would give was that of the prophet Jonah: "For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth" (Matthew 12:40).



(Cont on pg 4 with Traditional view doesn't fit)



Rev. Dr. Arthur C. Banks
1st Lady Jacquie Banks

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

From the Editor
Eric Grimes

*This year marks **12 continuous years** of publication for the Messenger! If you would like to contribute information, pictures or articles, please submit them to: erg58@aol.com. The Media Ministry is going digital; you can now download Sunday services to your portable devices. See details below . . .*

Articles and views expressed in this publication are presented for the information and benefit of the members of Eastside Baptist Church, and may not necessarily reflect the position of the Church.

*Church Motto:
 Where God is praised and Disciples Are Made*

What's Inside

- From The Editor
- Sayings of Christ
- Healthy Living.
- The Church Mouse.
- **EBC MEDIA AVAILABLE FOR DOWN LOAD.**
- The Coming Deception
- Kings Kids.
- Business Cards.

www.eastsidebaptistchurch65.org



3575 Portland Avenue
 Tacoma, Washington 98404
 (253) 472-6222

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 Monday-Friday
 9:00 a.m. – 2:00 p.m.



Praise Him!

HE>i

MEDITATE ON THE MESSAGE

*"So then faith cometh by hearing and hearing by the word of God"
 (Romans 10:17)*

Were you blessed by the Sunday Service? Have you ever wanted to hear OR see "just" the message, prayers, devotion, praise & worship, choir selections, revivals & anniversaries again? Now you can! Digital WMV (video) &/ or MP3 (audio) files are available for download to your devices!

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FULL SERVICE SET: \$5.00 EA





HEALTHY LIVING

Jehovah-Rophe
"Jehovah heals"

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



Tips to Avoid Sugar-Induced Aging

Think your diet doesn't affect your skin? Think again. (Especially if you have a sweet tooth.) You're all too aware that if you indulge too often in those cakes, pies, and other sweets, you can expect some extra pounds to show up on the scale. Turns out you may also expect a few more wrinkles to show up on your skin. Seriously?

It's true! Researchers have found over the years that excess sugar in the bloodstream can encourage a process called "glycation," which in turn, ages the skin. We have the scoop on glycation, and what you can do to keep your skin looking young without always having to deprive yourself.

What is Glycation?

Usually, when you eat food, the body breaks down carbohydrates into sugars like glucose and fructose. It then uses these sugars to fuel everything you do.

Sometimes, however—particularly as we age, and when we consume too many sugary or high-glycemic foods—these sugars react with proteins and fats in an abnormal way, producing harmful molecules called "advanced glycation endproducts (conveniently acronymmed: AGEs)." This process is called "glycation."

The more AGEs we have in our bodies, the more we age. Scientists have discovered this through study of diabetics. The key here is blood sugar—the higher the level of glucose in the blood, the more AGEs. Diabetics have the most difficult time of anyone controlling their blood sugar. Scientists have found that as a result, they tend to age faster than those without high blood sugar.

A 2001 study, for example, noted that AGEs cause "the complications of diabetes and aging," with the AGEs particularly affecting things like collagen (which gives skin its firmness) and elastin (which helps skin bounce back after being stretched). A 2003 study also noted that AGEs formed "crosslinks" between proteins, changing their structure and function so much that they caused things like retinopathy, nerve pain, atherosclerosis, and more.

Others Can See the Effects of Glycation

In 2001, while some researchers were looking into how AGEs cause disease, others were looking into how they affect human skin. The British Journal of Dermatology reported that after the age of 35, glycation in the skin increases and continues to do so as we get older. Worse—when we're exposed to UV rays, it accelerates glycation, further aging the skin.

Scientists exposed glycated skin cells to UV rays, and found that the formation of AGEs increased. "These results confirmed a marked increase of AGEs during intrinsic ageing in normal human skin," the researchers wrote, "and also suggest that glycation is enhanced in photoaged skin."

A later 2011 study found similar results, with researchers reporting that exposure to UV rays "drastically intensifies AGE accumulation." They added that AGEs "modify skin collagen by reducing skin elasticity, and one result is wrinkle formation."

Other effects of AGE formation include:

- Age spots, Fine lines and wrinkles, Hyperpigmentation, Hardness of skin, Dull skin, Uneven skin tone, Sagging and bagging, Degradation of collagen, Inflammation, Tumors.

It was a 2013 study that really brought it home. Researchers tested the blood sugar levels in about 600 participants—men and women aged between 50 and 70. Then they showed pictures of the participants to another group of people who had never seen them before. They asked this new group to guess the age of the people in the photographs.

The results: those with higher blood sugar levels were rated as older than those with lower levels. For every 1 mm/liter increase in blood sugar, the perceived age was increased by five months! The researchers noted that even among non-diabetic participants, "higher glucose levels are associated with a higher perceived age."

How to Reduce AGEs & Delay the Aging Process

Now we know that the more glucose we have in our bloodstream, the more likely we are to be producing AGEs and aging our skin. What can we do about it?

Fortunately, there's a lot that we can do! Here are ten tips to help you keep your skin looking smooth and glowing even as you get older.

1. **Control blood sugar levels:** If you're diabetic, you already know this is key to your overall health, but now you know it can also be an anti-aging technique. Even if you're not diabetic, though, blood sugar spikes can affect the condition of your skin. Try to maintain a steady level. How can you tell? By the energy you feel. Fuel your body with low-glycemic foods and eat every three to four hours.
2. **Cut back on sugary items:** Next time you feel a craving for that powdered donut, look in the mirror. Is it worth new wrinkles? This may help you choose a piece of fruit or cup of unsweetened yogurt instead!
3. **Choose low-glycemic foods:** It's not just sweets that increase blood sugar. Remember that many foods, like white bread, white rice, white potatoes, and similar items break down quickly in the body, spiking blood sugar levels. These are foods that rate high on the glycemic index. Choose foods on the lower end—they take more time to break down, helping to stabilize blood sugar levels and keep you satisfied. Look for nuts and seeds; lean meats; eggs; tofu; most vegetables; healthy grains like barley, quinoa and rolled oats; yogurt; and low-glycemic fruits like berries, plums, peaches and cantaloupe. For more low-glycemic foods, see this [handy chart](#).
4. **Watch the barbeque:** Barbequing, searing, and broiling food can actually create AGEs in the food—before you even eat it! Whenever you see that blackened meat look, you're looking at AGEs. If you eat them, you're adding to what's already in your body. Consider enjoying food not so well done, and cook meats low and slow.
5. **Protect your skin:** UV exposure increases the formation of AGEs. Protect your skin from the sun, always! Try zinc oxide. Remember that glycation affects all of your skin, not just your face, so protect hands, neck, arms, and legs, too, whenever they're exposed.
6. **Maintain a healthy weight:** Research has found that excessive weight or waist size can increase the formation of AGEs.
7. **Lift a few weights:** Muscles consume glucose, so the more muscle you have, the more glucose your body will take up. As we age, we naturally lose muscle. Reduction in muscle mass can increase blood sugar levels, leading to increased AGEs. Regular weight training can help counteract this affect.
8. **Watch the alcohol intake:** Researchers have found that alcohol enhances glycation stress.
9. **Boost your antioxidant intake:** All fruits and veggies, as well as things like dark chocolate and tea, have powerful antioxidants that help protect cells from glycation. Getting a regular supply of these in your diet helps to save your skin from the effects of AGEs.
10. **Consider a vitamin B supplement:** Studies have found that vitamins B1 and B6 help inhibit the formation of AGEs. Another promising compound that protects against AGE formation is carnosine.

Health Disclaimer: *The information provided in this article should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this letter. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided here are believed to be accurate and sound, based on the best judgment available to the author, but readers who fail to consult appropriate health authorities assume the risk of any injuries. The Editor is not responsible for errors or omissions.*

*Seven days without prayer
makes one weak!*

(Cont from pg 1)

Traditional view doesn't fit

But how can we fit “three days and three nights” between a Friday afternoon crucifixion and entombment just before sundown and a Sunday morning resurrection at sunrise? *This traditional view allows for Jesus to have been in the tomb for only a day and a half.*

Some believe that Christ's statement that He would be “three days and three nights in the heart of the earth” does not require a literal span of 72 hours. They reason that any part of a day can be reckoned as a whole day. Thus, since Jesus died in the afternoon and was entombed just before sunset, they think the closing few minutes of that Friday constituted the first day, Friday night was the first night, Saturday was the second day, Saturday night was the second night, and a few minutes at dawn on Sunday morning made up the third day.

But where, then, is the third night? Even if a few minutes of daylight late on Friday and another few on Sunday morning constitute “days,” this interpretation fails to explain how only *two* nights—Friday night and Saturday night—can somehow be the *three* nights of which Jesus spoke.

In fact, Scripture is plain that Jesus *had already risen* before Mary Magdalene came to the tomb early Sunday morning, arriving “while it was still dark” (John 20:1-2). So in reality, *no* parts of Sunday could be counted as a day, as Jesus was *already resurrected* well before the break of dawn.

Jonah 1:17, to which Jesus referred, states specifically that “Jonah was in the belly of the fish three days and three nights.” We have no biblical basis for thinking that Jesus meant only two nights and one day, plus part of another day. If Jesus were in the tomb only from late Friday afternoon to early Sunday morning, then the sign He gave that He was the prophesied Messiah *was not fulfilled*.

So which is it? Is something wrong with Christ's words, or is something wrong with the traditional view of when and how long He was in the tomb? Let's carefully examine the details from the Gospels. When we do, we uncover the real story of how Jesus' words were fulfilled precisely.

Two Sabbaths mentioned

Notice the sequence of events outlined in Luke 23. Jesus' moment of death, as well as His hasty burial because of the oncoming Sabbath that began at sundown, is narrated in verses 46-53. Verse 54 then states, “That day was the Preparation, and the Sabbath drew near.”

In Jewish society of that time, heavy cooking and housecleaning were done on the day before a Sabbath in preparation for it. Thus, the day before the Sabbath came to be called “the preparation day” or simply “the preparation.” The biblical Sabbath falls on Saturday, the seventh day of the week. According to Bible reckoning, days begin at sunset (Leviticus 23:32; compare Genesis 1:5; Genesis 1:8; Genesis 1:13), so all weekly Sabbaths start Friday evening at sundown.

Based on these facts, many people have assumed that it is the weekly Sabbath mentioned here, and that Jesus was therefore crucified on a Friday. But two types of “Sabbaths” are mentioned in the Scriptures—the regular weekly Sabbath day, which fell on the seventh day of the week, and seven annual Holy Days (listed in Leviticus 23), Sabbaths that could—and usually did—fall on days of the week other than the regular weekly Sabbath day.

Was the day after Jesus was crucified a weekly Sabbath, or one of these annual Holy Days?

John 19:31 clearly states that this approaching Sabbath “was a high day.” This term does not refer to the weekly Sabbath (Friday sunset to Saturday sunset), but in this context to the first day of Unleavened Bread, one of God's annual Holy Days (Exodus 12:16-17; Leviticus 23:6-7). A number of Bible commentaries, encyclopedias and dictionaries will confirm that John is not referring to the weekly Sabbath here, but rather to one of the annual Sabbaths. According to the biblical calendar, in that year this high-day Sabbath fell on a Thursday (meaning it began on Wednesday night at sunset). We can confirm

this by looking at the details in the Gospel accounts—which show us that *two* separate Sabbath days are mentioned.

Luke 23:55-56 tells us that the women, after seeing Christ's body being laid in the tomb just before sundown, “returned and prepared spices and fragrant oils” for the final preparation of the body.

They would not have done such work on a Sabbath day, weekly or annual, since it would have been considered a Sabbath violation. This is verified by Mark's account, which states: “Now *when the Sabbath was past*, Mary Magdalene, Mary the mother of James, and Salome bought spices [which they could not have purchased on a Sabbath day], that they might come and anoint Him” (Mark 16:1).

The women had to wait *until this Sabbath was over* before they could buy and prepare the spices to be used for anointing Jesus' body. Then, Luke 23:56 tells us that, after purchasing and preparing the spices and oils on Friday, “they rested on the Sabbath according to the commandment”—which means they had to have acquired the spices *before* that Sabbath on which they rested.

This *second* Sabbath mentioned in the Gospel accounts is the regular weekly Sabbath, observed from Friday sunset to Saturday sunset.

By comparing details in both Gospels—where Mark tells us the women bought spices *after* the Sabbath and Luke relates that they prepared the spices *before* resting on the Sabbath—we can clearly see that *two different Sabbaths* are being discussed here.

The first, as John 19:31 tells us, was a “high day”—the first day of the Feast of Unleavened Bread—which, in A.D. 31, fell on a Thursday. The second was the weekly seventh-day Sabbath. (To see these events spelled out day by day, see the chart.)



Sign of the Messiah

After the women rested on the regular weekly Sabbath, they went to Jesus' tomb early on the first day of the week (Sunday), “while it was still dark” (John 20:1), and found that He had already been resurrected (Matthew 28:1-6; Mark 16:2-6; Luke 24:1-3). Jesus was not resurrected at sunrise on Sunday morning. When Mary Magdalene arrived “while it was still dark” she found the stone rolled away and the tomb already empty!

When we consider the details in all four Gospel accounts, the picture is clear. Jesus was crucified and entombed late on Wednesday afternoon, just before a Sabbath began at sunset. However, that was a high-day Sabbath, lasting from Wednesday sunset to Thursday sunset that week, rather than the regular weekly Sabbath that lasted from Friday sunset to Saturday sunset.

Since Jesus was entombed in the late afternoon just before sundown, according to His own words He would have been resurrected at around the same time three days and nights later. He remained in the tomb from Wednesday at sunset until Saturday at sunset, when He rose from the dead. While no one witnessed His resurrection (which took place inside a sealed tomb), to fit His words and the biblical evidence it had to have happened three days and three nights later, near sunset on Saturday.

This time line perfectly accommodates three full nights (Wednesday night, Thursday night and Friday night) and three full daylight periods (Thursday, Friday and Saturday). This is the only time that fits Jesus' own prophecy of how long He would be in the tomb. And, as we have seen, it fits perfectly with all the details recorded in the Gospels.

We can be assured that the entombment period Jesus gave as proof He was the Messiah was exactly the duration He foretold. Because most people do not understand the biblical Holy Days Jesus Christ and His followers kept, they fail to understand the chronological details so accurately preserved for us in the Gospels.



The Coming Rapture Deception is Not Proof of a Pre-Tribulation Rapture

Over the last couple of years we've seen a deception being laid out before us in preparation for a future event. Many of you have seen it in the form of the "great alien rapture deception." It's even being pointed to as proof of a pre-tribulation Rapture.

Here's how it's laid out. There are videos and stories showing that aliens or trans-dimensional beings are either in contact with the governments of the world or spiritual leaders like the Roman Catholic Church and have convinced them that we're heading in the wrong direction. They may be pointing to war, famine, climate change, or some other man-made events that are going to destroy us if we don't change soon.

As a result, they have the powers that be in this world making preparations for a coming event so that chaos can be minimal. These aliens are going to take millions of people away for one of several potential reasons. The two most common reasons are that they'll be placed on another planet where they'll expand our understanding and reach or that these are the "problem makers" of the world and they're taken away to some far off rehabilitation area or even killed altogether.

A lot of people who study the Bible and watch the signs of current events believe that this is a deception designed to mask the rapture before the tribulation. They believe that as the true Rapture occurs, this false rapture and storyline will be fed to the masses so that they won't turn to the Bible for answers. They'll give us an answer before word spreads that it was the Biblical Rapture, thus preventing millions of others from taking advantage of their second chance for salvation during the tribulation.

Feeling is that this false Rapture concept is a perfect example of this. In other words, all of these preparations and the pre-conditioning that we're seeing about an alien false rapture aren't intended to confuse the non-believers left behind. They're intended to confuse and mislead the current believers into believing in a pre-tribulation Rapture.

It is very hard to conceive of a deception that is so multi-layered that there would be information out there about one deception that was intended to confuse those who are trying to see through other deceptions. We cannot forget who we're dealing with, here. The adversary has had thousands of years to plan and prepare these deceptions. He is much more clever and powerful than our human minds can even conceive of, let alone hope to defeat on our own. In Jude, we learn that even the great Archangel Michael dared not to accuse the devil but instead said, "The Lord rebuke thee." How can we ever hope to see through his deceptions? We must wear the full Armor of God and allow the Holy Spirit to guide us.

Society has become immersed in endless information. Notice that I didn't call it knowledge. We have all of the wisdom we need in the Bible, but with the internet and Google and YouTube and blogs and everything else out there, it's so easy for us to see information. Some of it's great. Most of it is deceiving or at least misleading. It's so easy to get caught up in looking for signs or following the commentaries of Bible scholars, conspiracy theorists, and the like. I beg that you turn to the Bible and prayer for discernment through the Holy Spirit to show you the truth.

In the coming days, we may in our lifetime see the world change in the most dramatic fashion possible. We may very well be in the end times. Stay grounded in your faith through all that is ahead. We hold to the doctrine of a coming tribulation that will precede the Rapture. We feel that the Bible makes it clear that believers will go through tribulation with the rest of the world before the glorious return of Jesus. If, through your studies, you've come to believe in a pre-tribulation Rapture. If you're right, awesome and I'll gleefully commend your discernment in the clouds as we meet our Lord and Savior. If, however, there is tribulation first, please do not fall for any of the deceptions that the adversary will put in front of us.

During tribulation, the only thing that matters is staying true to our faith and helping others to receive the truth of the Gospel before the judgment comes.

Before the Great Tribulation

The Great Tribulation

3.5 Years

- * Jews in the wilderness 1260 days
- * Sacrifices stopped 1290 days until Abomination Of Desolation
- * Many Christians killed

1,000 Year Reign

One day

Rapture

God's Wrath

Resurrection

Armageddon Battle

Sheep & Goats Judgement

Magog & Gog

ETERNITY

Great White Throne (Lake Of Fire)

Jesus Returns

The Great Tribulation Ends

Revelation 12: 6, 14-17, Revelation 7:1-8, Revelation 8:2-13, Revelation 6:1-6, Matthew 24: 5-14, Mark 13:7-14, Luke 21:9-19

Revelation 6:7-8, Revelation 9:1-12, Revelation 12: 7-12, Revelation 17:8, Revelation 6:9-11, Revelation 7:9-17, Revelation 9:13-21, Revelation 13:1-18, Revelation 15:2-4, Revelation 17:11, Matthew 24:15-21, Mark 13:14-24, Luke 21:20-36

Revelation 20:5, Revelation 20:14, Revelation 20:8

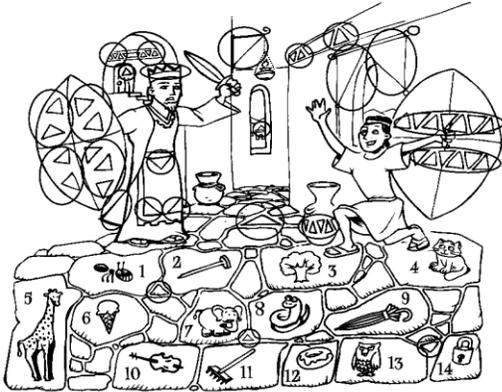
Revelation 6:12-17, Revelation 14:14-16, Revelation 16:17-21, Revelation 18:1-24, Rev. 17:12-14, Rev. 14:17-20, Rev. 19:11-21, John 11:21, Job 14:12-14, 1 Corinthians 15: 52, 1 Thessalonians 4:16-17, Matthew 24:29-31

PEACE, BROTHER!

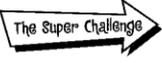


1 Samuel 18:1-11

Write in the blanks the first letters of the pictures on the stone wall. Then figure out the missing letters. When you do, you'll find out what God gave David when King Saul wanted to hurt him.



G O D G I V E S U S
 C O U R A G E I N
 A L L S I T U A T I O N S



How many triangles can you find hidden in the background? **52**



(See Matthew 14:14-21)

03-13-2009

YES I COULD MAKE FIVE THOUSAND OF THOSE, BUT A FEW FISH AND SOME BREAD MIGHT BE A BETTER OPTION



AFTER EDEN

by Dan Lietha



THE TALK OF THE TOWN!



Acts 28:31

"Boldly and without hindrance he preached the kingdom of God and taught about the Lord Jesus Christ."

All the words from the verse can be filled in the crossword grid. Are you up to the challenge?



- 2 Letters
he of
- 3 Letters
and and God the the
- 4 Letters
Lord
- 5 Letters
about Jesus-
- 6 Letters
Boldly Christ taught
- 7 Letters
kingdom without
- 8 Letters
preached
- 9 Letters
hindrance



The Kings Kids



PEACE, BROTHER!

1 Samuel 18:1-11

The Challenge

Write in the blanks the first letters of the pictures on the stone wall. Then figure out the missing letters. When you do, you'll find out what God gave David when King Saul wanted to hurt him.



5	13	12	5	6	10	7	8	9	8			
4	13	9	11	1	5	7	6	2				
1	14	14	8	6	3	9	1	3	6	13	2	8

The Super Challenge

How many triangles can you find hidden in the background? _____

Where will you be
sitting in eternity?
Smoking or non-smoking?

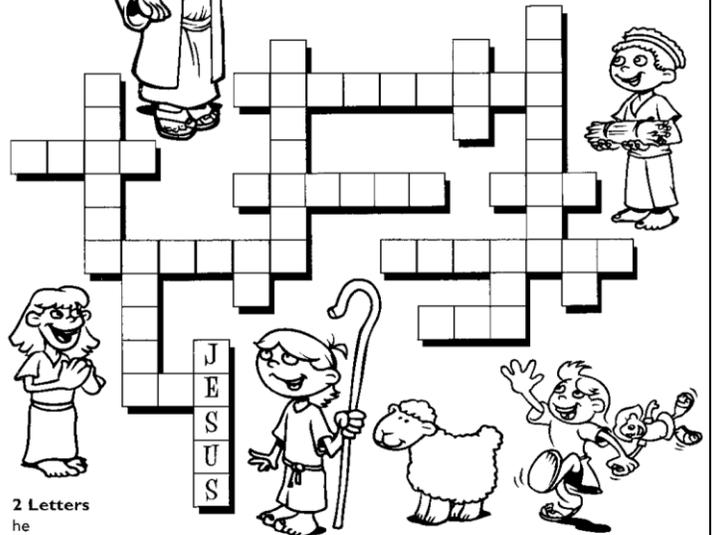
THE TALK OF THE TOWN!

Acts 28:31

The Challenge

"Boldly and without hindrance he preached the kingdom of God and taught about the Lord Jesus Christ."

All the words from the verse can be filled in the crossword grid. Are you up to the challenge?



2 Letters
he
of

3 Letters
and
and
God
the
the

4 Letters
Lord

5 Letters
about
Jesus

6 Letters
Boldly
Christ
taught

7 Letters
kingdom
without

8 Letters
preached

9 Letters
hindrance

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