

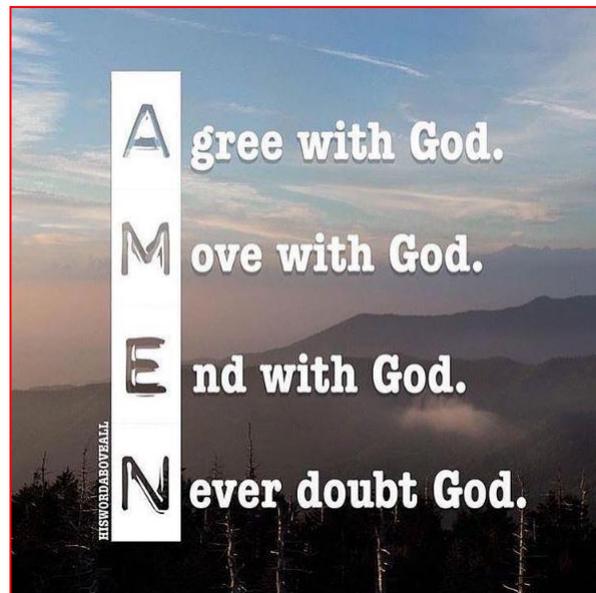
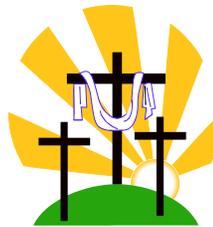
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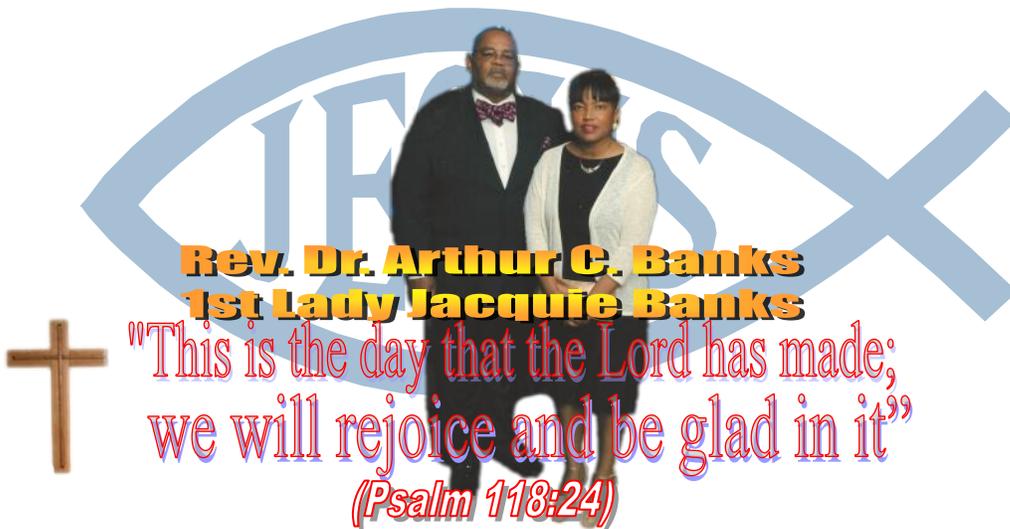


Eastside Messenger

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

Volume XII Issue VIII **Every day is a priceless gift of God** AUGUST 2017





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



HE>i

MEDITATE ON THE MESSAGE

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

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Praise Him!



HEALTHY LIVING

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"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)

The Drink 8 Glasses of Water Per Day Lie

Dr. Eric Berg DC

"Drink more water! Stay hydrated! Drink LOTS of water!"

It seems like pretty uncontroversial advice, and we hear it all the time, paired with promises of fat loss and toxin elimination. We even hear the specific tip- eight glasses of water a day- so often it's practically unassailable. But that's just the type of advice that is so important to question and examine. So is drinking plenty of water really the cure-all it's made out to be?

Let's discuss!

Do you really need eight glasses a day?

Eight glasses (one glass=eight ounces, so sixty-four ounces) a day is the most common figure we hear for adequate hydration. Another little bit of water wisdom holds that your body weight in pounds, divided by two, is your magic number in ounces (For example: a 200-pound man should drink 100 ounces of water per day).

Neither of these is correct, and there is no one-size-fits-all formula or number that will tell you how much water you "need" to drink. Yes, the body needs water- of course! - and some bodies do need lots of it. Factors like your environment and activity levels are two major factors that will affect your body's water needs. Universal figures and formulas are not reliable estimators of your own water needs.

Is the body really 60% water?

Absolutely not. There is not a single ounce of pure water in your body. All the "water" in the body, all the fluid, is electrolyte fluid. Water is just one component of these fluids, and your body constantly works to maintain the proper balance of water, electrolytes, and minerals in these fluids. Drinking significantly more water than you need does nothing but tax this function of the body.

Does water flush out toxins?

There is no shortage of environmental toxins around us- pesticides, pollution, smoke, and drugs, just to name a few- and unfortunately, drinking more water isn't going to eliminate them from your body any faster. Most of what we call toxins are fat soluble, and accumulate in fat. It would be nice if we could rinse out our insides the way we rinse the dishes, but getting extra water in your body has no impact on toxic or harmful elements that have found their way in.

Does drinking more water help to eliminate fat?

Go run a piece of fatty bacon under the tap. Is it still covered in fat? Of course it is! Water does exactly nothing to impact the

state of the fat in your body. Nada, zip, zilch. And no, it also won't make your body more effective at burning fat.

Does the body not know when it's thirsty?

The body definitely knows when it is thirsty! The human body has whopping 52 perceptions like hunger, thirst, hot, and cold. I often hear people claiming that thirst is frequently mistaken for hunger, and that is, to put it bluntly, NONSENSE! Thirst and hunger are signals that alert you to different needs in your body. You can tell the difference, just like you can tell the difference between feeling overheated and feeling cold.

What could be wrong with drinking lots of water?

A few extra glasses of water per day aren't going to cure all your ailments. In general, it isn't going to hurt you either. If your body isn't eliminating extra water effectively, it may make you feel bloated. But it *can* hurt and even kill you to drink too much water.

Believe it or not, excessive consumption of water can cause dehydration when the extra water causes an imbalance between water, electrolytes, and minerals in your body. Also mind that urine contains electrolytes, so those extra trips to the bathroom do represent some loss of electrolytes and minerals. But it gets worse.

Hyponatremia occurs when the sodium in the body is too diluted and can no longer regulate the amount of water that cells absorb. The sodium-starved cells swell with water, causing a litany of symptoms and problems ranging from confusion and headaches to coma or death. Yes, you read that right: drinking too much water can kill you!

*Now that I've pulled the rug out from under you, here's the unbelievably simple solution: **drink when you're thirsty.** Your body, within reason, can adjust to varying levels of water intake. If you drink less water, your body won't eliminate as much, and you'll get thirsty. If you drink more water than you need, your body will eliminate the excess. In short, your body knows better than the conventional wisdom, and your water intake is probably fine (as long as you're not thirsty!). So, don't feel that you're doing it wrong if you can't count off sixty-four ounces per day. You probably don't need it, and all those supposed benefits are misleading at best and dangerous at worst.*

-Dr. Eric Berg DC

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.*



IF YOU DON'T GO TO CHURCH, CAN YOU STILL GO TO HEAVEN?

Most people believe you can ... but what if they're wrong? Why does the devil work so hard to keep people out of church? And why should we care when it comes to that battle? My friend, Bob Russell, in his book *When God Builds A Church*, sheds some light on the subject:

"The Bible refers to the Church as the Body of Christ. How can you love Christ and yet hate his Body? ... To say, 'I don't need the church,' is to completely miss the purpose of the church. You need the fellowship of other believers to grow and to be held accountable, and other Christians need you. Paul said, 'The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!"' (1 Cor. 12:21). The Lord hasn't given you the option to say, 'I believe in Jesus, but I don't want anything to do with the church.' When you attach yourself to the head, that makes you a part of the body. The body may have scars, blemishes, inadequacies, and maybe even paralysis. But you can't have life apart from the body." The Hebrew writer encouraged, "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more you see the Day drawing near" (Hebrews 10:24-25).

The pattern of the first church in Jerusalem was, "They devoted themselves to the apostle's teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common" (Acts 2:42-44).

Certainly, people who are physically unable to attend a local church would be an exception and thankfully, due to modern technology, even they can still participate in worship, prayer, teaching, giving and even some degree of fellowship online. My focus is not those who are unable. Rather, my focus is on the millions of unwilling or uninterested.

There are a number of metaphors and analogies used in the Bible for the church. None of which support or encourage any kind of Christian life apart from the church. For example, Peter refers to the church as a holy nation (1 Peter 2:9), identifying believers' common citizenship in the heavenly realm. In Revelation 5:10, the church is referred to as a kingdom (Revelation 5:10), which speaks of our common submission to the King of Kings and Lord of Lords. 1 Peter 2:5 & 9 refers to the church as a holy priesthood, describing our common service and our uncommon access to Almighty God.

JESUS referred to the church as a vine (John 15:5), which speaks of our common connection to the life of God, and allows us to bear fruit. Paul called the church a temple (Ephesians 2:20-22), referring to us being part of a building built upon the foundation of the apostles and prophets, with Jesus as the chief cornerstone. The church is compared to a body (1 Corinthians 12:12), emphasizing our connection to one another and dependence upon each other for life, with our ultimate dependence on our head, the Lord Jesus

Christ.

The church is also called an assembly in Hebrews 12:23, focusing on our common calling to be gathered into the eternal presence of God. And 1 Peter 5:2-3 calls the church a flock, pinpointing our common need to be led, fed, cared for and protected by the Great Shepherd.

The final metaphor used for the church is a family (Ephesians 2:19; 3:15; Galatians 6:10). This speaks of the intimacy, interaction, dependency, loyalty, mutual care, relationship and love that can only take place in a family.

The fact is, there is no Biblical precedent, encouragement or support of any kind for any type of Christianity that could somehow exist apart from the local church. None. Zip. Nada. Zero. Who would ever try to convince anyone they could embrace the Groom and ignore His Bride? I can only think of one: the devil.

Some churches market themselves as "a church for people who don't like church." Whatever that is. As if demeaning the church would somehow drive people to join one. Others like to take cheap shots from the cheap seats, attending church the same way a movie critic attends movies – to criticize. As if the church were on probation and they are the self-appointed probation officer.

By the way, in over 40 years of ministry I've found those who gripe the most give the least. Always. And those who are vociferous and vocal, wanting you and others to recognize their spirituality and support their opinions or way of doing things, do not support the church other than showing up and warming a seat.

Mark Mittleberg said, "There's nothing like the local church when it's working right. And when churches are fully engaged in fulfilling their redemptive potential, the lost get found, the spiritually confused find truth, and lives are changed in this world and for eternity. Tell me: What other endeavor on the planet is so worthy of our time and effort?"

*Warren Wiersbe said, "**I'd rather be a struggling Christian in an imperfect church than a perfect sinner outside the church.**"*

Don't let the devil or anyone else try to convince you the church is just an option and not a very good one at that. The church is inseparably and eternally linked to Jesus, Who "is the head of the church, His body, and is Himself its Savior" (Ephesians 5:23). "Christ loved the church and gave Himself up for her" (Ephesians 5:25).

Don't let the devil or anyone else try to convince you to divert and devote your time, talents and treasures anyplace else other than the church. That's not only an infernal mistake, it's an eternal one.

And remember, it's not just the local church the devil wants to keep us out of and away from . . . his real desire is to keep us out of Heaven.



Thanks to Lee-Ann Piclett. (See 1 Thessalonians 4:16) 02-28-2001
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READY OR NOT, HERE I COME



The Kings Kids



HEADS UP!

1 John 3:1

"How great is the love the Father has lavished on us, that we should be called children of God!"



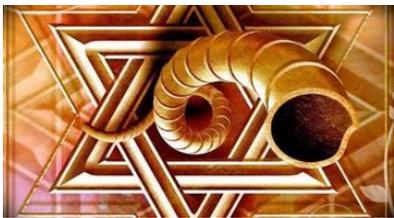
To go through the maze correctly, find the words of the verse in order. Don't skip over any heads. You will be able to get through it by going directly from head to head.

Start

The maze contains the following words on the heads:

- How
- great
- of
- love
- great
- the
- is
- the
- lavished
- has
- love
- the
- on
- has
- Father
- the
- children
- the
- that
- called
- called
- Father
- us
- that
- called
- the
- should
- that
- be
- should
- children
- God
- we
- of
- children
- God
- be
- called
- be
- called
- of
- the
- called
- God
- Finish

A JUBILEE YEAR FOR JERUSALEM



Fifty years removed, it is hard for us to imagine today the painful division of Jerusalem between 1948 and 1967. Israel's capital city is now so bustling and alive. But old-timers will tell you that life was extremely difficult here during those dismal nineteen years when the city was torn between Israel and the Jordanians.

Local Jewish residents were certainly relieved in 1948 when the siege on western Jerusalem was lifted by the arrival of aid convoys along the "Burma Road." But for the next two decades, the Jewish half of the city remained precariously surrounded by Arab forces on three sides, with a narrow corridor through the Jerusalem hills linking them to the rest of the country. They still faced the threat of sniper fire by Jordanian troops perched on the Old City walls. Arab artillery batteries with commanding views ringed the hilltops around the Jewish side of town. Windows remained boarded up in many homes and businesses. Some neighborhoods still had curfews at night.

Perhaps the greatest hardship for the city's Jewish population was being separated from the Old City and Western Wall. The Jewish Quarter had been emptied at gunpoint during the fighting in 1948. Jewish graves were desecrated, and synagogues destroyed. Arab squatters built a hovel of tin shacks in front of the Western Wall. A long line of bunkers, concrete walls, minefields, and barbed wire fences were strewn along no-man's land, cutting the city in half. The main road to Jaffa Gate dead-ended into a war zone.

Jerusalem's ancient Christian communities also faced abuses under Jordanian rule. The Old City and Bethlehem were only opened to Christian visitors at Christmas and Easter. Christians could not buy properties and church-run schools were forced to teach the Koran. Because of these repressive policies, half of the 25,000 Arab Christians in east Jerusalem abandoned the city between 1949 and June 1967.

Then came the Six Day War, when Israeli forces scored a surprisingly swift and complete victory over five Arab armies, and liberated the beloved city of Jerusalem. After two decades of division, isolation and neglect, a reunited Jerusalem was free to grow and prosper once more.

This year, the Israeli people will be celebrating the 50th anniversary of the reunification of the city, an incredible moment immortalized in the song "Jerusalem of Gold." It is also one hundred years since British General Edmund Allenby liberated the city from another Muslim ruler – the Ottoman Turks. These two major milestones in the history of modern Jerusalem attest that there is a Jubilee cycle operating over the city of God, propelling it forward into its ultimate destiny in Him.

The Bible describes the Jubilee as a special time every fifty years when the Land of Israel was to be freed from all leases and encumbrances, and all its inhabitants set free from debts and servitudes. According to the

commands given in Leviticus chapter 25, all lands were to revert to their original owners. Now down through the centuries, Israel was rarely able to keep all the requirements of the Jubilee. But today, we can see that God Himself still works in Jubilee cycles. This means that if Jerusalem experienced a dramatic liberation one hundred years ago, and another fifty years ago, we can expect yet another amazing release for the city this very year of 2017. God is slowly but surely rolling back the forces that would continue Gentile rule over Jerusalem, so that the city can finally reach its destiny back in Jewish hands. That destiny is to be the throne of Messiah and a "house of prayer for all nations" (Isaiah 56:7, Luke 19:46; see also Psalm 2:6, Isaiah 2:3, Isaiah 24:23, and Revelation 14:1).

One key passage of Scripture in this regard is Psalm 102, which declares that there is an appointed time of divine favor on Zion. In verse 16, the psalmist proclaims: "For the Lord shall build up Zion; He shall appear in His glory." Two verses later, we are told this was written "for the generation to come;" in the original Hebrew it reads *dor achoron*, or "last generation". So this Psalm is referring to the restoration of Israel in the last days, and specifically to the Jewish return to Jerusalem.

The name Zion appears some 170 times in the Bible and generally refers to Jerusalem. But the Hebrew word *tzion* (צִיּוֹן) means a "burnt or parched place" and thus it points more specifically to Mt. Zion, where the Temple and altar of sacrifice stood. From their very first mentions in Scripture (Genesis 14:18 and 22:2), this city and this specific mountain are always tied to God's redemptive purposes. Eventually, the Lord placed His *shekinah* presence there, and later gave His life as a ransom for sin on this very mountain.

Today, the Lord is once again building up Zion for redemptive purposes. But He does this through the Jewish people. In Scripture, they are identified as the "builders" of Jerusalem. We can glean this from the books of Ezra and Nehemiah, as well as from the powerful reference in Psalm 118:22. Likewise, Psalm 147:2 says that the Lord builds up Jerusalem by "gathering together the outcasts of Israel." This is a work He is very "zealous over" (Zechariah 1:14, 8:2).

Ultimately, we know that "the Deliverer will come out of Zion, and He will turn away ungodliness from Jacob..." (Romans 11:26; see also Psalm 14:7, Psalm 53:6 and Isaiah 59:20, 21). So in the same place where they once rejected their Messiah they will now receive Him as King.

No doubt, this is why there is such an intense diplomatic battle over the fate of Jerusalem, but at heart it is a spiritual battle. New US President Donald Trump has expressed a desire to move the American Embassy from Tel Aviv to the Israeli capital. Many Arab and Islamic figures are enraged and threatening a violent response. But in a year of Jubilee, we can pray for and expect divine favor, so that the entire city will revert to its original owners and be released into the purposes of God.

THE WAGES OF SIN IS

Death

THE GIFT OF GOD IS ETERNAL

ANSWER

HEADS UP!

1 John 3:1

"How great is the love the called children of God!"

The Challenge

To go through the maze correctly. Don't skip over any heads. direction

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