

# Eastside Baptist Church



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

Volume XII Issue I

**Every day is a priceless gift of God**

JANUARY 2017

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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](mailto: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*

## 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

**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)

## Fat Burning Science

Imagine that, many popular high intensity cardio workouts are not good at burning fat! If you work out too hard you will burn very little fat. Why you say? Most cardio workouts use specific muscle groups which burns your body sugar contained in your blood stream and muscles (glycogen). So when your body burns sugar for energy it does not burn the fat stored in your body.

Conversely if you workout too slow you also will not burn fat, you need to stay at a target heart rate of 55% (to find you target heart rate: subtract your age from 220, this equals the max heart rate, divide that number by 55% for your target rate e.g.  $220 - 51 = 169 \times 55\% = 93$ ) **try to stay within 10% of your target rate for the best fat burning efficiency.**

Use the right muscles; there are three types of voluntary muscles with different types of fibers in the tissues:

1. **Fast-Twitch Fiber –**
2. **The power Muscle**

This muscle is used in high intensity activities like lifting weights or playing football. Their main source of energy is blood-sugar stored in the muscle cells, blood and liver. It does not burn fat as primary source of fuel.

3. **Medium-Twitch Fiber-**
4. **The "Everyday" Muscle**

This one is similar to the fast twitch fiber, but capable of longer activity, but with less strength, think of a basketball player or boxer. Also like the fast twitch is fueled by readily available sugar in the body, not by fat.

5. **Slow-Twitch Fiber –**
6. **The Muscle That Burns Fat!!!**

Slow twitch muscle fiber uses fat for its fuel and it works for very long periods of time. Think of long distance runners or cyclists. Burning fat this way is also known as the Krebs cycle. Your body metabolizes fat into energy, but you must maintain a steady low-intensity aerobic activity, this is what creates a steady demand for more energy than can

be supplied by the sugar stored in your system. Your body will burn the fat stores to meet the



### KIDDING AROUND!

Matthew 18:13-15

Jesus loved everyone, especially children. He showed it through his words and actions. Can you tell what Jesus is saying to these kids by matching the letters to the blanks below?



Y	O	U	A	R	E			
1	2	3	4	5	6			
I	M	P	O	R	T	A	N	T
7	8	9	10	11	12	13	14	15
T	O	G	O	D				
16	17	18	19	20				

The Super Challenge Circle 11 things wrong with this picture.

demand. So instead of paying those gym fees to do those high intensity workouts, just go for a long walk (30-45 min) or use a treadmill if it's raining outside and see the results for yourself. Of course you have to have a healthy diet to go along with this. (LCHF is very good for burning fat)

**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.

# HE>i



# God's Calendar?

God's calendar is the calendar He gave to his people in Scripture. Unlike the western calendar, *God's calendar is based around lunar cycles*. It also utilizes agriculture and natural ripening of crops to determine seasons.

And unlike the western calendar and the Jewish calendar, God's calendar does not have any months or days named after false gods.

According to Scripture, here are the days of the week we are to use:

- Yom Rishon (יום ראשון), "First Day"
- Yom Sheni (יום שני), "Second Day"
- Yom Shlishi (יום שלישי), "Third Day"
- Yom Revi (יום רביעי), "Fourth Day"
- Yom Hamishi (יום חמישי), "Fifth Day"
- Yom Shishi (יום ששי), "Sixth Day"
- Yom Shabbat (יום שבת or more usually שבת), "Sabbath"

*In God's calendar, a new day doesn't start at midnight. Rather, the day starts at sundown and ends at sundown.* Thus, the Biblical sabbath starts Friday at sundown and lasts until Saturday at sundown.

The names of the months are equally as simple as the days, Torah simply calls them "First Month", "Second Month", etc. The first month also goes by the name HaAviv or HaAbib in the Torah, meaning the month of "the aviv (ripe) barley", indicating that finding naturally ripe barely in the land indicates the beginning of the first month. God's calendar has 12 months typically, but a 13th month is inserted if barley is not naturally ripe by the end of the 12th month in Israel.

In God's calendar, there are holidays which God calls "My appointed times" (Lev 23), eternal landmarks in time we're commanded to remember all our generations. There are 7 Feasts of the Lord, (7 being a Hebrew number of completion), 8 if you count the weekly Sabbath (8 being a number of new beginnings). **Here are the holidays God instituted, listed in the order they occur:**

- **Passover - 1st month**, day 14. This year, Passover will fall in April in the western calendar.
- **Unleavened Bread - 1st month**, day 15, the day after Passover. This is a 7 day-long festival. We see Messiah and his apostles celebrating this Feast and the Passover in the gospels.
- **First Fruits - 1st month**, first day of the week following Unleavened Bread.
- **Weeks** - Also called Shavuot or Pentecost, falls 7 weeks after First Fruits. In the New Testament, we see the apostles celebrating this Feast of the Lord in Acts 2. This is the last Feast of the Lord occurring in the spring.

- **Teruah** - Also called Feast of Shofar Blasts, Feast of Trumpets, Feasts of Shouting. This is the first feast occurring in the fall. It falls in the 7th month, day 1.
- **Atonements** - Also called Judgments, called Yom HaKippurim or Yom Kippur in Hebrew, this feast occurs 9 days later: 7th month, day 10.
- **Tabernacles** - Also called the Feast of Booths, Tents, and Dwellings, this feast occurs 5 days later: 7th month, day 15.

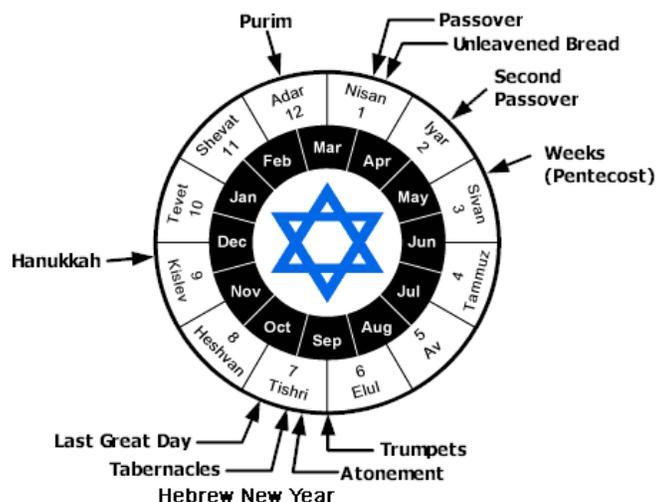
Additionally, God calls the Sabbath day, the 7th day, a weekly feast, a feast that has been in existence since the time of creation.

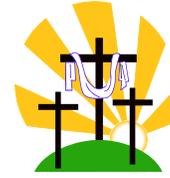
All of these Feasts of the Lord have symbolic meaning, with special commandments given to us detailing how to commemorate these eternal Feasts of the Lord.

Messianic Jews and some wise Christians have suggested these feasts of God have special meaning because Messiah fulfilled some of these.

For example, the first 4 feasts -- all which occur in the spring -- were fulfilled in real-time by the Messiah: his betrayal coming the very night he was celebrating Passover with his disciples (becoming the sacrifice Passover Lamb), his death during Unleavened Bread (the unleavened/sinless one being buried for 3 days), his resurrection on First Fruits (becoming the first fruits from the dead), his sending his spirit to the disciples while they were celebrating Weeks.

*Likewise, we look forward to the last 3 feast which remain unfulfilled, so we speculate. We speculate that Yeshua the Messiah will return on Teruah, the day of shofar blasts; New Testament prophecy confirms Messiah will return with the blast of the shofar. 9 days later, on Atonement/Judgments we speculate is when he will judge the nations per prophecy in the Tenakh and New Testament. 5 days after that, on Tabernacles, He will tabernacle and dwell with us, the Prince of Peace bringing us lasting peace.*





# *The Perfect Pastor*

A recent survey has compiled all the qualities that people expect from the perfect pastor. Here we share some of them with you. Results of a computerized survey indicated that the perfect pastor preaches exactly 12 minutes.

- He frequently condemns sin but never upsets anyone.
- He works from 8: a.m. until midnight and is also a janitor.
- He makes \$60 a week, wears good clothes, buys good books, drives a good car, and gives about \$80 a week to the poor.
- He is 28 years of age, and he's been preaching for 30 years.
- He is wonderfully gentle and handsome.
- He gives of himself completely but never gets too close to anyone lest he be criticized.
- He speaks boldly on social issues, but must never become politically involved.
- He has a burning desire to work with teenagers; he spends all his time with senior citizens.
- He makes 15 calls daily on church families, visits shut-ins and the hospitalized, spends all his time evangelizing the unchurched,
- And is always in his office when needed.

## 10 Things God Can't Do

- |   |   |
|---|---|
| 1. God can't get tired.<br>(Isaiah 40:28)                       | 6. God can't remember sins he's chosen to forget.<br>(Isaiah 43:25) |
| 2. God can't take on a job he can't handle.<br>(Jeremiah 32:17) | 7. God can't make a loser.<br>(2 Corinthians 2:14)                  |
| 3. God can't be unholy.<br>(Isaiah 6:3)                         | 8. God can't abandon you.<br>(Deuteronomy 31:6)                     |
| 4. God can't be prejudiced.<br>(Acts 10:34-35)                  | 9. God can't stop thinking about you.<br>(Psalm 139:17-18)          |
| 5. God can't break a promise.<br>(Psalm 89:34)                  | 10. God can't stop loving you.<br>(Jeremiah 31:3)                   |

*Seven days without prayer  
makes one weak!*



# The Kings Kids

## KIDDING AROUND!

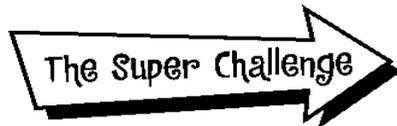


Matthew 19:13-15

Jesus loved everyone, especially children. He showed it through his words and actions. Can you tell what Jesus is saying to these kids by matching the letters to the blanks below?



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- 17 \_\_\_\_\_
- 18 \_\_\_\_\_
- 19 \_\_\_\_\_
- 20 \_\_\_\_\_



Circle 11 things wrong with this picture.

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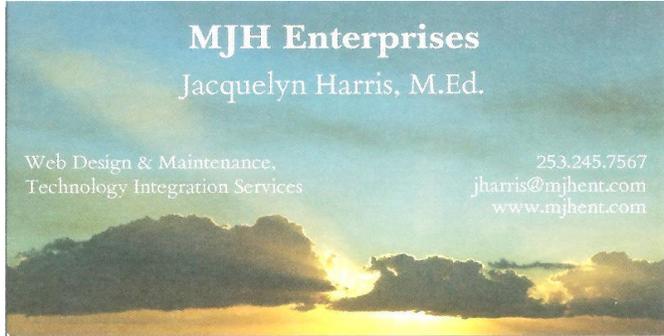
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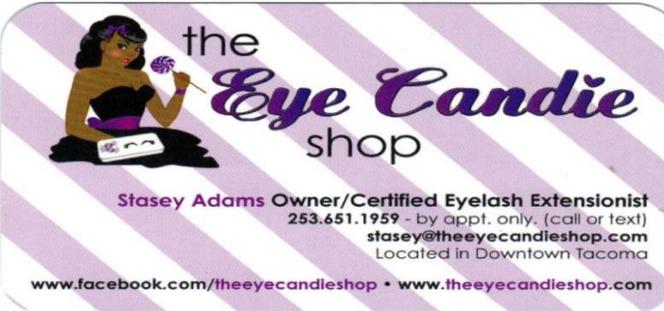
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