

Eastside Baptist Church



Eastside Messenger

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

Volume XII Issue VII **Every day is a priceless gift of God**

JULY 2017



The Lord is my Shepherd ----- *that's a Relationship!*

I shall not want ----- *that's Supply!*

He maketh me to lie down in green pastures ----*that's Rest!*

He leadeth me beside the still waters -----*that's Refreshment!*

He restoreth my soul -----*that's Healing!*

He leadeth me in the paths of righteousness --*that's Guidance!*

For His name sake ----- *that's Purpose!*

Yea, though I walk through the valley of the shadow of death--*that's Testing!*

I will fear no evil ----- *that's Protection!*

For Thou art with me ----- *that's Faithfulness!*

Thy rod and Thy staff comfort me -----*that's Discipline!*

Thou preparest a table before me in the presence of mine enemies-----*that's Hope!*

Thou annointest my head with oil ----- *that's Consecration!*

My cup runneth over -----*that's Abundance!*

Surely goodness and mercy shall follow me all the days of my life----*that's Blessing!*

And I will dwell in the house of the Lord -----*that's Security!*

Forever ----- *that's Eternity!*



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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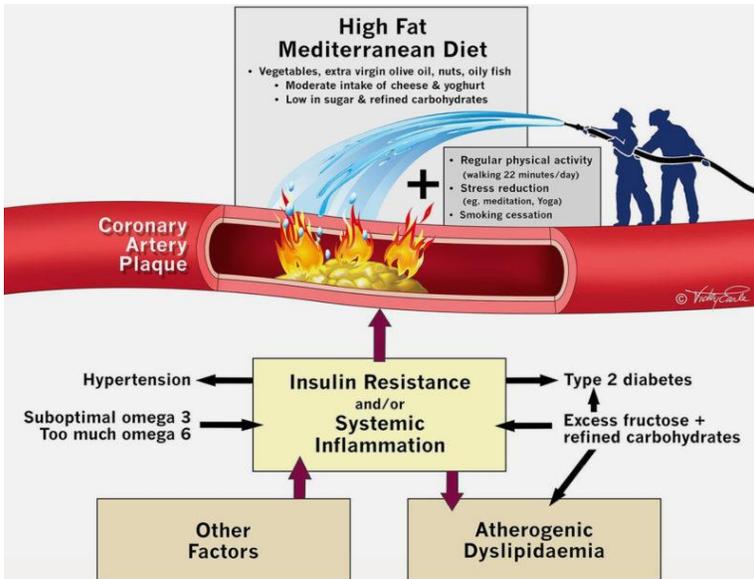
Jehovah-Rophe
"Jehovah heals"

"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)

Popular Belief That Saturated Fats Clog Up Arteries "Plain Wrong"

April 26 by [Dr. Andreas Eenfeldt, MD](#) in [Cholesterol](#), [Dr. Aseem Malhotra](#), [Heart disease](#), [Real food](#), [Saturated fat](#)

The popular belief that saturated fats clog up arteries is just plain wrong. That's the message from three cardiologists in a just published editorial, summarizing the fairly



convincing evidence:

[**BJSM: Saturated fat does not clog the arteries: coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions**](#)

Instead of worrying about saturated fats or cholesterol, the cardiologists advise people to eat "real food" (like a higher-fat Mediterranean diet), stop smoking and consider stress reduction and regular physical activity. See the image above.

Here's the main message in the editorial by Dr. Aseem Malhotra and colleagues:

It is time to shift the public health message in the prevention and treatment of coronary artery disease away from measuring serum lipids and reducing dietary saturated fat.

Coronary artery disease is a chronic inflammatory disease and it can be

reduced effectively by walking 22 minutes a day and eating real food. (LOW CARB HIGH FAT:LCHF/PALEO)

The media is all over the message this morning. It gets criticism from some experts, and support from many others:

- [CNN: Does saturated fats clog your arteries? Controversial paper says 'no'](#)
- [SBS: 'Saturated fat not cause of heart disease'](#)
- [The Telegraph: Specialists under fire for dismissing saturated fat link to heart disease](#)
- [The Sun: Medics embroiled in health row after blasting 'plainly wrong' NHS claims that butter, cheese and red meat clog arteries](#)
- [The Guardian: Q&A: saturated fat, your health and what the experts say](#)
- [Yahoo News: Pass the butter: Cutting saturated fat does not reduce heart disease risk, cardiologists say](#)
- [CBC: Pass the butter: Cutting saturated fat does not reduce heart disease risk, cardiologists say](#)

If you ask me the experts are likely to be right. It's certainly time to stop obsessing about saturated fats and LDL cholesterol, as the link to heart disease is likely to be nonexistent and weak, respectively. If eating low-fat foods make you hungry and cause you to increase intake of sugar and refined carbs (as often happens) it may even be harmful. Many experts are still stuck in an old failed paradigm, still fearing natural fats. It's time to let it go. Fat is your friend.

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.*



Yoga is Satanic Worship

One of the biggest and the fastest growing cult in the world is yoga. It is a spiritual pandemic that is contaminating the entire world, including our churches and our people. If you think you have never been exposed to these demonic forces, think again. If you have ever exercised, especially stretching exercises, or involved in any kind of relaxation, meditational, memory improvement, laughter therapy, stress reduction, Pilates or breathing techniques, you have most likely participated in yoga.

Yoga is one of the greatest evangelization tools of Hinduism, Buddhism and The New Age Religion. Most people you come across are yoga promoters. They could be your fitness instructor, your doctor, your physiotherapist, schools your kids attend, your friends, your employer, and sadly even some churches promote yoga.

Yoga is rooted in occult and satanic rituals. Most people are deceived into thinking that yoga is just a sequence of exercises that promote health, relaxation and wellbeing. Far from it, it is demonic worship and an open door for satanic attacks on people that practice them. Every pose in yoga is a worship position to a Hindu deity. Hinduism is based on pantheism, which believes everything is a god and everybody is a god including yourself and yoga helps attain this oneness with other gods (demons) and brings you with the self-awareness that you are a god.

In simple words, yoga is tapping into the demonic realm and the more positions, exercises or techniques you perform, the more demons you give access to in your life. If you have practiced yoga and you think it has benefited you immensely and you have not encountered any demonic manifestations within yourself, just don't jump to the conclusion that it is harmless. Here's something you need to know. Many times demons that manifest in people are like a two year old child that throws tantrums when they cannot have their own way. Demons that don't manifest are the ones that are most dangerous.

It's easy to diagnose and treat a disease, if you know the symptoms. If the symptoms don't show up, a person can remain undiagnosed and untreated. What you don't know has the potential to destroy you, if you hold on to it and continue doing yoga. *There is a way that seems right to a man, but its end is the way to death (Proverbs 14:12 ESV)*. Demonic possessions and oppressions don't bring health, relaxation and wellbeing; they bring with them disease, depression, suicidal tendencies and create disharmony in your life. Whenever Jesus cast of demons from people, those people were also cured of physical and psychosomatic illnesses. *And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people. So his fame spread throughout all Syria, and they brought him all the sick, those afflicted with various diseases and pains, those oppressed by demons, epileptics, and paralytics, and he healed them (Matthew 4L 23-24 ESV)*.

Yoga is dangerous and as a Christian you should not practice it. Remember the first commandment. *"I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me" (Exodus 20:2-3 NIV)*. Yoga is demonic and satanic worship which every Christian should detest and stay away from it.

When Jesus casted out demons from two men from the region of Gadarenes, the demons asked Jesus to send them to the pigs. The pigs

preferred to drown and die rather than be demon possessed. Demons prefer human bodies for possession, if they are unable to get a human, they settle down to possess animals or plants. *When he arrived at the other side in the region of the Gadarenes, two demon-possessed men coming from the tombs met him. They were so violent that no one could pass that way. "What do you want with us, Son of God?" they shouted. "Have you come here to torture us before the appointed time?" Some distance from them a large herd of pigs was feeding. The demons begged Jesus, "If you drive us out, send us into the herd of pigs." He said to them, "Go!" So they came out and went into the pigs, and the whole herd rushed down the steep bank into the lake and died in the water (Matthew 8:28-32 NIV)*. Pigs have no sense of hygiene, they happily roll around in sewage and even eat human waste. However, they detested being hosts to demons and therefore, drowned themselves. Yet, sadly humans entertain demons and become hosts to the most detestable evil force.

If you have ever been involved in any kind of yogic practice, renounce this evil practice immediately. Repent of your involvement in yoga and ask the Lord Jesus Christ to forgive you and receive deliverance from every familiar spirit associated with yoga. Once you have repented and have been delivered, keep away from any yogic practice and involvement in the future. You will face the temptation of restarting yoga, but keep on resisting the devil and he will go away. If you give into it, your life will be worse than it was when you first got into it. *"When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation." (Matthew 12:43-45 NIV)*. Therefore once you are delivered, be filled and remain filled with the Holy Spirit and never go back to any form of demonic rituals. If yoga was the only form of exercise you have known, that does not mean you cannot exercise again. **There are other forms of exercises to remain fit and healthy, for instance, walking, jogging, cycling, swimming, rope jumping, rowing, weight lifting, muscle building, etc. depending on your fitness level.** Be prayerful and discerning before exercising, especially stretching as most of the stretching pose involves yoga. Stretching by itself is not wrong, but doing yogic poses for stretching is wrong. Pilate's exercises are based on yoga poses, therefore it's best to avoid this method of exercising as well. Transcendental meditation involves reciting a word (mantra) or focusing on a geometric occult symbol (yantra) is also yogic and satanic, therefore avoid such practices. Some Christians have Christianized yoga by using the name of Jesus or scripture verses to do yogic meditation. This too is demonic as you cannot worship the True Living God using satanic rituals. This is an abomination. These are evil days and we need to be vigilant, prayerful and discerning. *Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons (1 Timothy 4:1 ESV)*.



The Kings Kids



KIDDING AROUND!

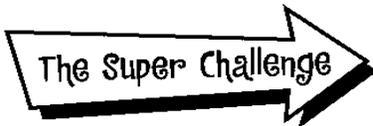


Matthew 19:13-15

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 3 4 5 6
- _____
- 7 8 9 10 11 12 13 14 15
- _____
- 16 17 18 19 20



Circle 11 things wrong with this picture.

Surprising Admissions

About the Sabbath and Sunday

Leaders and authorities from many religious denominations candidly acknowledge that Saturday is the biblical Sabbath day and that there is no biblical basis for Sunday observance. Notice below some of their admissions that the change was made by the Roman Catholic Church and not on the basis of biblical instruction.

Roman Catholic admissions

“Nowhere in the Bible do we find that Christ or the Apostles ordered that the Sabbath be changed from Saturday to Sunday. We have the commandment of God given to Moses to keep holy the Sabbath day, that is the 7th day of the week, Saturday. Today most Christians keep Sunday because it has been revealed to us by the [Roman Catholic] church outside the Bible” (“To Tell You the Truth,” *The Catholic Virginian*, Oct. 3, 1947, p. 9).

“But since Saturday, not Sunday, is specified in the Bible, isn’t it curious that non-Catholics who profess to take their religion directly from the Bible, and not the Church, observe Sunday instead of Saturday? Yes of course, it is inconsistent; but this change was made about 15 centuries before Protestantism was born, and by that time the custom was universally observed. They have continued the custom, even though it rests upon the authority of the Catholic Church and not upon an explicit text in the Bible” (Dr. John O’Brien, *Faith of Millions*, pp. 543-544).

“You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify” (James Cardinal Gibbons, *Faith of our Fathers*, 88th ed., p. 89).

“Q: Which is the Sabbath day?

“A: Saturday is the Sabbath day.

“Q: Why do we observe Sunday instead of Saturday?

“A: *We observe Sunday instead of Saturday because the Catholic Church, in the Council of Laodicea, transferred the solemnity from Saturday to Sunday”* (Peter Geiermann, *The Convert’s Catechism of Catholic Doctrine*, 1957, p. 50).

Protestants follow Rome’s lead

“The Sabbath was binding in Eden, and it has been in force ever since. This fourth commandment begins with the word ‘remember,’ showing that the Sabbath already existed when God wrote the law on the tables of stone at Sinai. How can men claim that this one commandment has been done away with when they will admit that the other nine are still binding?” (Dwight L. Moody, *Weighed and Wanted*, pp. 47-48).

Anglican/Episcopal: *“Where are we told in the Scriptures that we are to keep the first day at all? We are commanded to keep the seventh; but we are nowhere commanded to keep the first day . . . The reason why we keep the first day of the week holy instead of the seventh is for the same reason that we observe many other things, not because the Bible, but because the church has enjoined it”* (Isaac Williams, *Plain Sermons on the Catechism*, 1882, Vol. 1, pp. 334, 336).

Baptist: *“There was and is a commandment to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will however be readily said, and with some show of triumph, that the Sabbath was transferred from the Seventh to the First day of the week . . . Where can the record of such a transaction be found? Not in the New Testament—absolutely not. There is no scriptural evidence of the change of the Sabbath institution from the Seventh to the First day of the week . . . “To me it seems unaccountable that Jesus, during three years’ discussion with His disciples, often conversing with them upon the Sabbath question . . . never alluded to any transference of the day; also, that during forty days of His resurrection life, no such thing was intimated . . .”*

“Of course I quite well know that Sunday did come into use in early Christian history . . . But what a pity that it comes branded with the mark of Paganism, and christened with the name of the sun-god, adopted and sanctioned by the Papal apostasy, and bequeathed as a sacred legacy to Protestantism” (Dr. Edward Hiscox, before a New York ministers’ conference, Nov. 13, 1893, as reported in the *New York Examiner*, Nov. 16, 1893). *“There was never any formal or authoritative change from the Jewish seventh-day Sabbath to the Christian first-day observance”* (William Owen Carver, *The Lord’s Day in Our Day*, 1940, p. 49). (CONT. ON PAGE 7)

(CONT. FROM PAGE 6) **Congregationalist:** *“It is quite clear that however rigidly or devotedly we may spend Sunday, we are not keeping the Sabbath . . . The Sabbath was founded on a specific Divine command. We can plead no”*

such command for the obligation to observe Sunday” (Dr. R.W. Dale, *The Ten Commandments*, 1884, p. 100).

Disciples of Christ: “The first day of the week is commonly called the Sabbath. This is a mistake. *The Sabbath of the Bible was the day just preceding the first day of the week. The first day of the week is never called the Sabbath anywhere in the entire Scriptures.* It is also an error to talk about the change of the Sabbath from Saturday to Sunday. *There is not in any place in the Bible any intimation of such a change*” (Alexander Campbell, *First Day Observance*, pp. 17, 19).

Lutheran: “But they err in teaching that Sunday has taken the place of the Old Testament Sabbath and therefore must be kept as the seventh day had to be kept by the children of Israel . . . These churches err in their teaching, for Scripture has in no way ordained the first day of the week in place of the Sabbath. There is simply no law in the New Testament to that effect” (John Theodore Mueller, *Sabbath or Sunday*, pp. 15-16).

Methodist: “Take the matter of Sunday. There are indications in the New Testament as to how the church came to keep the first day of the week as its day of worship, but there is no passage telling Christians to keep that day or to transfer the Jewish Sabbath to that day” (Harris Franklin Rall, *Christian Advocate*, July 2, 1942, p. 26).

Presbyterian: “The Sabbath is a part of the Decalogue—the Ten Commandments. This alone forever settles the question as to the perpetuity of the institution . . . Until, therefore, it can be shown that the whole moral law has been repealed, the Sabbath will stand . . . The teaching of Christ con- T.C.
Blake, D.I.).



Does it matter to God?

Jesus Christ condemned the practices of the religious leaders of His day, saying: “‘In vain they worship Me, teaching as doctrines the commandments of men.’ For laying aside the commandment of God, you hold the tradition of men . . . All too well you reject the commandment of God, that you may keep your tradition” (Mark 7:7-9).

According to Christ’s own statements, it is possible to worship Him in a way that does no good—that is, it is in vain. God does not give us the choice of *how* to worship Him—only whether we will worship Him according to His instructions or not. What, then, must He think of those who ignore His commands regarding the Sabbath, substituting instead a different day?



KIDDING AROUND!

Matthew 19:13-15

The Challenge → 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.

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