

WHOLE WHEAT

The truth is simple...just simply not known.

A PUBLICATION FOR BIBLICAL UNDERSTANDING

S p i r i t u a l M i r r o r

Are you renewing your mind? Are you thinking only what is good? Are you suffering only for what is good?

Are you paying your bills or are you swearing falsely (Mal. 3:5)?

Are you shielding your eyes from seeing violence on television, movies and violent sports (Is. 33:15; Psalm 84:8-10; Psalm 11:5)? **Are you watching shows that do not promote godliness and justifying why you watch them?**

Are you telling your children constantly about God's Ways (Deut. 6:7; Eph. 6:4)? **Are you being a godly example to your children for God** (Job 17:5)?

Are you practicing charity and kindness and glorifying God daily by doing the good works mentioned above (Matt. 5:16)?

Are you keeping God's temple clean inside and out, or are you defiling God's temple (1 Cor. 6:9-10; Gal. 5:19-21)? Are you defiling God's temple by swearing, using God's name in vain, holding a grudge or paying back evil for evil?

Are you getting enough rest? Are you getting enough exercise? **Are you living a productive life?** Are you working or are you diligently looking for work? Are you willing?

Are you keeping your house clean? Are you keeping your car clean? Are you a good example for God?

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Spiritual Mirror

Are you studying the Bible daily to learn God's Ways so that you know how to do them? Are you studying God's word daily to show yourself approved by God (2 Tim. 2:15)? Are you understanding what God's Will is, or are you remaining foolish (Eph. 5:17)?

'Are you zealous for God or lukewarm?'

Are you a constant doer of God's word, or do you perform it from time to time to soothe a guilty conscience? Are you zealous for God or lukewarm? Are you trying to convert other people to Jesus Christ by your words, or are you being a good example by the Way you live? Are you coming out of condemnation, or are you still condemning yourself? Are you condemning yourself for the things you allow yourself to do (Rom. 14:22)?

'Are you trying to be a friend of God by living to please Him every day?'

Would you consider yourself a friend of God or an enemy (John 15:14)? Are you trying to be a friend of God by living to please Him every day? Are you practicing righteousness for God and being His son or daughter, or are you not practicing righteousness and remaining a son or daughter of the devil (1 John 3:10)?

Are you trusting in God for the outcome? Are you practicing patience?

Are you practicing forgiveness? Do you have a spirit of bitterness? Are you completely forgiving the trespasses of others daily?

'Are you practicing the solution or are you part of the problem?'

Are you sick of seeing no change? Are you practicing the solution or are you part of the

problem? Are you bringing your problems to God? Have you fasted about your problems?

Does your day begin in a spiritual way? When you slip, how fast is your recovery?

Are you doing good to your enemies (Luke 6:27-28)? Are you living to please God every minute of every day? Are you forsaking your sins for God or are you still practicing them? Are you disciplining yourself every minute of every day for the purpose of godliness (1 Tim. 4:7)?

'Are you allowing God to guide and direct your life or are you directing your own steps?'

Are you going to God and His Word for encouragement and support, or is your life filled with worldly people who do not support the way you live (Heb. 10:24)? Are you allowing the world to overcome you or are you overcoming the world (John 16:33)? Are you constantly distracted and busy or are you setting aside time for God each day? Are you seeking God first every day or are you always seeking your own desires (Prov. 18:1)? Are you allowing God to guide and direct your life or are you directing your own steps (Ps. 37:23)?

'Now is the time to get spiritually prepared for all that is to come.'

Think on these things, as you look in your spiritual mirror and examine your heart and life, then make a commitment to God that you will change the things that need changing. Every day you wake up you have another chance to be pleasing to Him! Now is the time to get spiritually prepared for all that is to come. Make the most of your day while there is still time, because one day...time will run out (Rev. 3:3)!□

Crucify the Flesh



Jesus Christ's flesh was crucified, or put to death. He loved the Father so much that He willingly laid down His life for us and His Father.

'When we obey Him, we walk by the Spirit and are given power by the Spirit not to carry out the desires of the flesh.'

We, too, are to crucify, or put to death, the deeds of the flesh with its wrong passions and desires (Gal. 5:24). This is done with the power of God's Spirit which He gives to those who obey Him (Rom. 8:13; Acts 5:32). When we obey Him, we walk by the Spirit and are given power by the Spirit, not to carry out the desires of the flesh (Gal. 5:16). As we do this, we become new creatures in Christ and allow God to reveal His Son in us (Gal. 6:15; 1:15-16; 4:19).

Jesus Christ's faith had works of righteousness and love (James 2:17). Otherwise, it would have been a dead faith. Jesus let His light shine brightly, glorifying the Father daily with His good works (Matt. 5:16). He gave us His example to follow (1 Cor. 11:1; Col. 3:17). He was a daily

doer of God's word, so He was not deluded or deceived regarding the true faith (Jude 3). He resisted the devil and submitted His body to God (James 4:7). He knew the right thing to do, and He did it (James 4:17).

'We need to put on the full armor of God, and do only those things we know are pleasing to the Lord.'

The error of our ways has caused us all our unhappiness (Jer. 5:25). We need to get rid of all our ways of the flesh, not just some (Gal. 5:24)! We need to put on the full armor of God, and do only those things we know are pleasing to the Lord (Eph. 6:11; 5:10). We need to understand what the Will and Ways of the Lord are and not remain foolish (Eph. 5:17). We need to renew our minds by doing God's Will (Rom. 12:2). We need to stop making excuses for doing what is wrong and practice only those things which are good in God's sight (Rom. 2:7). This is how we obey the truth and put it into practice (Rom. 2:8; John 3:21).

'We need to buffet our bodies and make them our slaves. We have to make our bodies do what is right.'

Let us no longer be slaves to impurity—which is lawlessness—by obeying the lusts and cravings of the body (Rom. 6:12, 19). We cannot glorify God in our bodies if we eat too much, smoke, get drunk, or continue other bad habits (1 Cor. 6:18-20). If we continue any of these bad habits, we cannot imitate Jesus Christ, glorify God or truly love others, because our first love is our own selfish lusts (1 Cor. 16:14; Rom. 7:18-19). We need to buffet our bodies and make them our slaves. We have to make our bodies do what is right (1 Cor. 9:27).

Crucify the Flesh

‘God says if you are overcome by something and have no power to stop doing it, you are enslaved by it.’

If you are a disciple of Jesus Christ, any habit of the flesh is an idol that you are bringing into God’s temple (2 Cor. 6:16). It is unclean and you are commanded not to continue practicing it (2 Cor. 6:17). Are smoking, drunkenness and gluttony clean or unclean habits (Col. 3:5, 8-9)? God says if you are overcome by something and have no power to stop doing it, you are enslaved by it (2 Peter 2:19). You are enslaved to your lusts and pleasures (Titus 3:3). He also says you can get rid of sin’s shackles by becoming enslaved to righteousness (Rom. 6:16-18). In short, overcome evil by doing good (Psalm 34:14; 37:27; 1 Peter 3:10-11; Rom. 12:21; Rev. 2:26).

‘Do not hold out or reserve one little lust of the flesh for self. If you do, you will miss out on being completed in Christ.’

Quit holding out on God. Be a flawless diamond that is worth much. Don’t be a diamond with a flaw that is worth little. Come all the way out of sin, not part of the way. Do not hold out or reserve one little lust of the flesh for self. If you do, you will miss out on being completed in Christ (2 Cor. 13:9, 11; Matt. 5:48). You will fall short of entering His rest because you failed to rest from all your evil works of the flesh (Heb. 4:10-11).

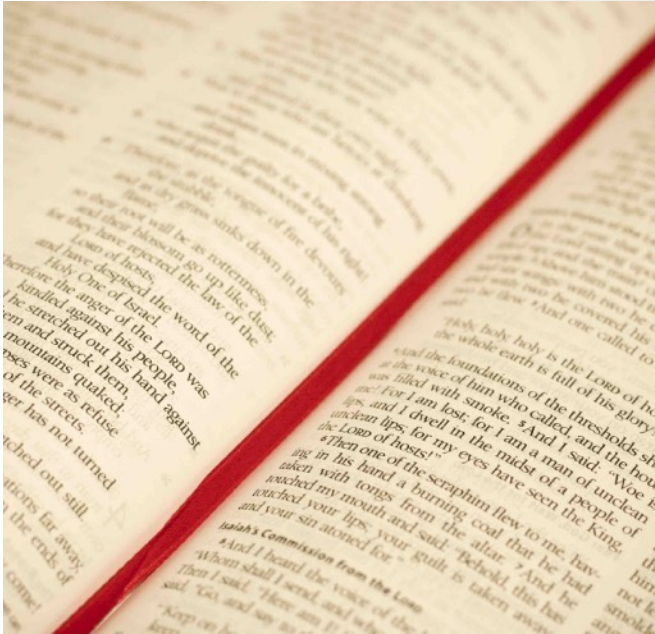
‘Do not seek to save your old life, or you will lose it.’

Do not allow yourself to come short of being converted, which is entering the kingdom of heaven within (Rom. 3:23; Luke 17:21). Do not

seek to save your old life, or you will lose it (Matt. 16:25). Instead, lose your life—be totally committed to pleasing God. Overcome your evil nature and the weakness of your flesh, and you will save it.□



Doctrine of Godliness



The doctrine that conforms one to godliness is God's doctrine. This doctrine was told to the apostles by Jesus Christ Himself (1 Tim. 6:3). The Father gave that doctrine to Jesus to tell us so that we could be like Him (Eph. 5:1). God's word tells us plainly that we are to imitate Him in all our actions (1 Peter 4:11). Soon we find that it is easy and pleasant to live this Way (Matt 11:30; 1 John 5:3).

In the Old Testament, many tried in vain to avoid doing evil, but they were keeping the Law in the letter. They were not doing anything worthwhile, so they could not overcome their old ways of sin and live a life of righteousness. They found it is impossible to overcome sin by avoiding evil and they sinned even more because they were not overcoming the flesh. They were just like many religious people today.

'Jesus came with a simple childlike Way to live for the Father daily that would allow us to keep all the laws of God perfectly.'

Jesus came with a simple childlike Way to live for the Father daily that would allow us to keep all the laws of God perfectly. This Way allows us to overcome all the sin in our lives and conforms us to godliness. This Way of life is called the Way of the Lord (Acts 18:25-26). There arose no small disturbance concerning this Way of serving the Lord daily (Acts 19:23; 24:14). It is astounding that Felix, the governor, had a more exact knowledge about that Way, than millions of Christians today who remain hearers of the word who have never been told the Way (Acts 24:22; James 1:22).

'Those with honest and good hearts begin to hold fast to what they read and bear fruit in every good work for the Lord with perseverance.'

Paul told everyone that they should repent and turn to God. Then he told them in clear words to repent by performing good works for God daily (Acts 26:20). People desperately want to know this information, but at the same time, they hate to hear it. Those with honest and good hearts begin to hold fast to what they read and bear fruit in every good work for the Lord with perseverance (Luke 8:15; Col. 1:10). Fruits are good works that produce godly character, when done for the Father daily in the name of Jesus Christ (Col. 3:17).

'They walk in the truth because they practice daily obedience to God.'

The righteous practice righteousness (good works) daily for the glory of the Father (Matt. 5:16). They do the same good works that Jesus gave us example to do (Eph. 2:10). They walk in the truth because they practice daily obedience to God (2 John 4-7; John 3:21). They

Doctrine of Godliness

do God's Will on earth as it is in heaven daily (Matt. 6:10; 1 John 2:17). They understand that this is how they repent, how they enter the kingdom of heaven and how they are blessed (Matt. 5:20; 7:20-21; John 10:10).

Practicing righteousness daily for God is how we overcome evil (1 Peter 3:11; Rom. 12:21). It is how we seek the kingdom first, and it is so easy and pleasant to do (Matt. 6:33; 11:30).

'Jesus Christ came to show us how to continually be happy servants of others for the glory of the Father.'

Jesus Christ came to show us how to continually be happy servants of others for the glory of the Father (Rom. 15:2-3; Acts 9:36). He did not come as a king. He came as a servant of others to show us how to keep all of the commandments of God by continually doing good with perseverance (Matt. 20:28; Luke 21:19).

'God wants to determine who are His and who remain of the devil.'

God wants to determine who are His and who remain of the devil (1 John 3:10). He wants to

know who will serve Him by serving others daily and who will discipline themselves for the purpose of godliness. He is determining who will continue to ignore Him, refusing to get involved with the doctrine that conforms us to what God expects us to be—righteous. Be not deceived, you are only considered righteous by God when you practice righteousness for Him, just as He is righteous (1 John 3:7). This is repentance. You are only covered by the blood of Jesus Christ when you walk in the light, and righteousness is that light (1 John 1:7). You must obey Jesus Christ and keep His works in order to have your sins forgiven (1 Peter 1:2).

'Yes, anyone who lives in a godly way by doing good for the Lord daily will suffer persecution. Jesus suffered. You will too.'

When people observe your repentance and continual good deeds for God, they will slander you as an evil doer (1 Peter 2:12). Yes, anyone who lives in a godly way by doing good for the Lord daily will suffer persecution. Jesus suffered. You will too. But just continue to persevere and glorify God, conforming yourself to the doctrine of godliness, which is the truth that few people want to hear (Titus 1:1; 2:7-8; 2 Tim. 4:3-4; 1 Tim. 4:7; 6:3-5).□



Letter From the Editor

Dear *Whole Wheat* Readers,

Recently, I came across reruns of a series on television called, "Doomsday Preppers" showcasing people preparing for the end of the world. They go to great measures to be ready for survival when the world around them crumbles. They have put their hope in these preparations to save them, when the time comes.

On one hand, they are correct. At some point, there is going to be a major upheaval on the earth according to the Bible. Jesus warns us about this in Matthew 24:8. However, our battle is not against flesh and blood but against the rulers, authorities and powers of this dark world and against the spiritual forces of evil in the heavenly realms (Eph. 6:12). Satan will try to stop God's Kingdom from taking over his kingdom, which is this earth.

Throughout the Bible, the warning to God's people is to be prepared spiritually for what is ahead..not physically.

There are four major areas these 'doomsday preppers concentrate on. First, is stockpiling food for survival. In the same way we should be stockpiling spiritual food which is God's Word. Our first article in this issue *Spiritual Mirror*, asks us this: Are we studying and stockpiling God's Word in our heart and mind daily so we can continually mirror Jesus' example in our life (John 6:63)? The second area is providing shelter. Our article *Crucify the Flesh* discusses this. When we crucify or overcome the flesh by doing good for God (which is repentance) our

house will stand in the tests and trials of life and we will abide forever (Ps. 37:27; Matt 7:25). The third area of preparation is collecting life giving water. God is likened to the fountain of spiritual living water (Jer. 17:13). He is the source of life and salvation to all who abide in Him. Our article *Doctrine of Godliness* discusses the source for our godly spiritual water. Implementing godliness daily is profitable for not only this life but the eternal life to come (1 Tim. 4:8). The last area for these preppers is protection. They plan on protecting themselves with guns from people who would want to steal their provisions. Our protection is the armor of God (Eph. 6:13-14). Are we preparing our spiritual armor and if not, check out our article, *What's Your Excuse?* I want to be wide awake so I don't let down my guard on this one.

At the end of the show the experts rate the preppers, as to their preparedness, then make suggestions. After writing this, I want to test myself to see how I am doing, in my spiritual preparation, so I am going to ask myself the questions from our article on the web called '[Are You An Obedient Disciple of Jesus Christ?](#)' I want to see how I am doing - don't you? I don't want to be like the foolish virgins who were not prepared (Matt 25:1-13). I want to be spiritually prepared for all that is coming and be under the secure wing of our Almighty God (Ps. 91:4).

In His Love,

Scott

If you would like to support this life-changing work, you can donate using a credit card via the button below or mail your donation to: Whole Wheat, P.O. Box 26217, Minneapolis, MN 55426.

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What's Your Excuse?

Do you have good character? Are you dependable? Are you considerate of others? Are you on time? Do you keep your word? Do you have self-control? Do you have time for others? Do you lie? Do you cheat? Do you swear? To refrain from these things represents godly character. **When you have these problems of human nature, you are full of excuses for why you do what you do.**

If you didn't entertain the excuses, you would begin to do something about the problems. It "seems like a good excuse" can excuse you from doing the right thing and not feel bad about it. **What you do not realize is that these excuses cause you to harden your heart from doing the right thing.**

God wants you to imitate Him. The way this is done is to not allow yourself to make excuses but just do it—do the right thing! How can you imitate Jesus Christ with a life of excuses? **Have you realized yet that the more excuses you make, the more you continue to make them, and pretty soon your mouth utters nothing but excuses?** Selfishness and inwardness are in continual need of excuses. For example: I've been

so busy; I feel so bad; it's just a shame; I feel ashamed; maybe next time... (James 4:17).

Keep track of the people you associate with and all the excuses they make daily, and you will begin to realize that this is a ploy of Satan, so people can have their own way. Then make sure you get rid of the excuses in your life and get rid of your "excuse mouth" that is so tiring for others to hear. Happy is the man who does not condemn himself in the things which he allows himself to do—he is happy, because he no longer condemns himself by continually making excuses (Rom. 14:22). **The person who knows the right thing to do and does it not, to him it is sin; therefore, it is a sin to make excuses** (James 4:17).

When you are converted, you will no longer use Satan's tool of making excuses, but you will have your life under control. Your good character will shine forth for everyone to see. You will guard the door of your mouth and choose what you say wisely, so that Satan will not have his way in your life and make excuses for you (Psalm 141:3).

Have you got any excuses?☐



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