

# WHOLE WHEAT

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

A PUBLICATION FOR BIBLICAL UNDERSTANDING

## Where is Peace?

Men and women were created with an emptiness inside of them. This emptiness many times will make us feel as if all of life's efforts are futile. This emptiness causes a yearning inside. It is a constant unrest that humans must live with as we search through life's corridors looking for more avenues of peace and happiness. What gave us a measure of peace or happiness yesterday seems to fade all too quickly. Therefore, we continue to yearn for inner peace and a happiness that is lasting. **We somehow know that when we find inner peace and contentment, we will find the real truth or a meaning in life worth knowing.**

God is truth and in Him there is no lie (Heb. 6:18). **God is eternal, so to have God in you is eternal peace.** God's word, the Bible, is truth. But in order to understand that truth, you must learn to do only those things that are pleasing in the Lord's sight which are written in His word (1 John 3:21-24).

There are those who say God is in every person from birth and all we must do is find Him inside ourselves. It sounds good doesn't it? Millions of people believe in this concept. To find what is wrong with this concept we need to look to the Word of God, the *real* truth.

**God says He will dwell in us if we will live for Him** (John 14:23). Now read closely. God is righteous. He can't live in someone who continually practices doing evil. **We must**

**practice righteousness daily for God in order for the God of righteousness to dwell or reside in us** (1 John 2:29). This is true repentance.

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# Where is Peace?

***So when we practice righteousness every day for God, we are practicing God's law.***

The Law of God is righteous. So when we practice [righteousness](#) every day for God, we are practicing God's law. A doctor practices medicine, a lawyer practices law, and a disciple of Jesus Christ practices righteousness daily or his profession remains dead.

If God was in us when we were born, as many believe today, then God would be living in sinners. Because He is righteous, this could never be so (1 John 3:7-9). If a god were in us from birth, he would be a lawless god, because we were all born with lawless natures and we must all be taught to be good from birth.

***Anyone who will not practice righteousness for God daily remains of the devil (1 John 3:10).***

Sure enough, the God of the Bible says He will crush Satan and put him under our heel (Rom. 16:20). We were indeed born with god in us, but that god is Satan, the devil—the god of this world. He is our father by birth and we are being held captive by him to do his will until Jesus sets us free (John 8:44; 2 Tim. 2:25-26). This is what the Bible tells us and anyone who will not practice righteousness for God daily remains of the devil (1 John 3:10).

***Anyone who does good for God is of God (3 John 11).***

Let's say it another way. Anyone who does good for God is of God (3 John 11). We deny Jesus Christ in our lives when we are worthless for [good deeds](#) (Titus 1:16). After all, we are created in Jesus Christ for [good works](#), which the Father prepared beforehand, that we should walk in them, do them and perform them daily (Eph. 2:10). For by grace we have been saved, through faith, and it is a gift of God. The good

works are for repentance because this is how God is glorified (Matt. 5:16). Doing good works is how a follower of Christ lets his light shine. No good works - no light. No light - no repentance. No repentance - God is not glorified.

***The apostle John said, let us worship God with deeds and not words (1 John 3:18).***

Even Paul told the people to repent and turn to God. How? Perform works. Why? For reasons of repentance (Acts 26:20). One translation of Acts 26:20 says, we prove our repentance by our good works. The apostle John said, let us worship God with deeds and not words (1 John 3:18). James said, only the doers of the word are justified, the others remain deluded (James 1:22). An effective doer is blessed in all that he does (James 1:25).

Good works done for God's glory perfect your faith, and your faith is absolutely dead without good works (James 2:14-16, 22; 3:13).

***If you want to know God's Ways, then you must imitate Jesus Christ and the Father***

So if you want peace, you must go to the Prince of Peace. If you want truth, you must go to the God of truth. If you want to know God's Ways, then you must [imitate Jesus Christ](#) and the Father (Eph. 5:1; 1 Cor. 11:1).

***You must live the life that Jesus Christ lived to have Jesus Christ's nature formed in you***

You must live the life that Jesus Christ lived to have Jesus Christ's nature formed in you (Gal. 4:19). Jesus said, "I am the Way, the truth, and the life" (John 14:6). In short, Jesus is the truthful Way to eternal life. Now you know. It's your move next (1 John 3:7, 10).□

# Do You Fear For Your Life?

Many people today fear for their lives, and with good reason. We live in a frightening world. What we read about daily is frightening. What we see in the news is frightening and many stories we hear from our friends are frightening. Life is uncertain, and peace seems like an impossible dream.

## ***Can a person live a life free from fear and find true peace?***

Can a person [live a life free from fear](#) and find true peace (1 John 4:18)? Can a person live a beautiful life full of every good thing, a life where he or she doesn't need to be concerned with food or clothes or the necessities of life (Matt. 6:33)? Jesus Christ says, YES! The Father in heaven says, YES! Are Jesus Christ and the Father lying to us (Titus 1:2)? Of course not!

Have you ever seen a bird or an animal that was worried about its next meal? Why, of course not! They were created to do God's Will naturally and in return, God takes care of their every need (Matt. 6:25-34).

Man is the only creature who is being held captive by Satan to do Satan's will, and as a result, the world's deeds are evil (2 Tim. 2:26; John 7:7). Jesus tells people of this world that they are of their father the devil, and they are by nature the children of wrath (John 8:44; Eph. 2:1-3).

## ***There is a way to train yourself to think only on what is good and dwell only on what is decent***

Here is good news! There is a Way of life, a Way of righteousness, a Way of practicing to be a servant of others like [Jesus Christ our example](#) (1 John 2:6). It's a Way of being good by constantly doing good, and learning to please the Father every day in thought, word and deed. There is a way to train yourself to [think only on what is good](#), and dwell only on what is decent

(Phil. 4:8-9). Instead of planning to do evil, God wants you to premeditate doing good works daily for His glory by always being ready to serve those in need (Matt. 5:16).

## ***We need to be perfected in Jesus Christ's love by practicing the fruits of God's Spirit in our daily lives toward others until Jesus Christ makes that love come from our hearts.***

There is no fear in your life when you perfect Jesus Christ's love in your life by serving others. We need to be perfected in Jesus Christ's love, by practicing the fruits of God's Spirit in our daily lives toward others, until Jesus Christ makes that love come from our hearts (Eph. 6:6; Matt. 5:20; 1 John 4:18; Gal. 5:22-25; 4:19). Then, and only then, will you no longer fear for your life because you are living the life that Jesus lived. □



# Teach All I Commanded

“Teaching them to observe all that I commanded you...” (Matt. 28:20). Matthew 28:20 has got to be one of the most overlooked Scriptures in the Bible. [What were the apostles supposed to preach to the people?](#) Their message included these teachings:

- A. **Repent, for the kingdom of heaven is at hand** (Matt. 10:7).
- B. **Be saved from this perverse generation** (Acts 2:40).
- C. **Repent therefore and return, that your sins might be wiped away** (Acts 3:19).
- D. **Be careful to engage in good deeds** (Titus 3:8).
- E. **Doing good deeds is something you must learn to do** (Titus 3:14).
- F. **Overcome your evil nature by doing good works in Jesus Christ’s name** (Rom. 12:21; Col. 3:17; 1 Peter 3:11).
- G. **Jesus Christ died for your sins that you might live to righteousness** (1 Peter 2:24).
- H. **You must strive, persevere, be diligent and force your way into the kingdom of God, which is within you** (Luke 13:24; 16:16; 17:21; Rom. 2:7).
- I. **The righteousness you practice, which is your sacrifice of good works done to glorify the Father in heaven, must exceed that of the scribes and Pharisees before you can enter the kingdom** (Matt. 5:16, 20; 6:1; Heb. 13:16).
- J. **You must do the Will of God to enter the kingdom** (Matt. 7:21; 1 John 2:17).
- K. **You must count the cost, for once you begin to live your life for God, you cannot turn back** (Luke 14:28-29; 9:62).
- L. **You must fight the good fight of faith and make your body a slave to Jesus Christ by doing His Will of righteousness from your heart** (2 Tim. 4:7; 1 Cor. 9:27; Eph. 6:6; 1 Tim. 4:8; Heb. 12:1-3). You must persevere in keeping Christ’s works and subjecting yourself to His righteousness at all times (Rev. 2:26; Rom. 10:3).

The apostles were telling people that they could be saved, if they accepted Jesus Christ as their

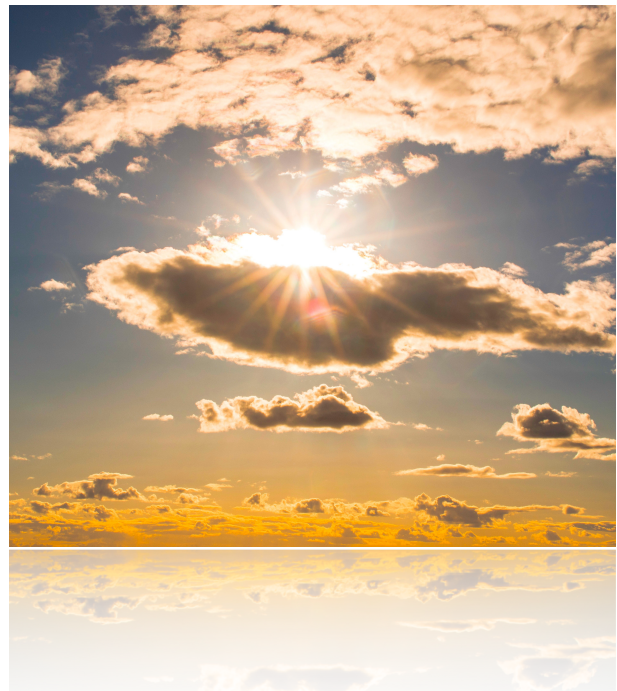
Savior and agreed to obey Him by living for God every day (Acts 6:7). By [living to the Spirit](#), they would be able to put to death the deeds of their flesh and thus, allow God to crush Satan under their feet (Rom. 8:12-13; 16:20).

***Remember, God gives His Spirit only to those who obey Him, and with that Spirit, sin shall no longer be master over you.***

You will suffer a little, but this is how God Himself will perfect, confirm, strengthen and establish you (Rom. 8:17; 1 Peter 5:10; Heb. 10:36). Remember, God gives His Spirit only to those who obey Him, and with that Spirit sin shall no longer be master over you (Acts 5:32; Rom. 6:14).

***Overcome evil by doing good if you will abide forever.***

Compare 1 Timothy 5:10; Hebrews 13:2; Luke 14:13; Romans 12:11, 21; and Matthew 25:33-46. Now you know what the [simple gospel of Christ](#) is all about. Overcome evil by doing good if you will abide forever (Psalm 37:3, 27; 34:14). This is how you [overcome](#) Satan and sin —by keeping Christ’s works and enduring to the end (Rev. 2:26).□





“Tell the righteous that all will go well with them in those days, for they shall eat the fruit of their own doing” (Is. 3:10).

### ***God is so just that He rewards even the smallest of deeds.***

God is love and He loves His creation (1 John 4:16). He serves His creation every moment of every day. He never sleeps or slumbers (Psalm 121:3). He continually pays back good and evil on a daily basis. God is so just that He rewards even the smallest of deeds (Matt. 10:42). This includes evil deeds as well as good (Col. 3:25; Eph. 6:8). Nothing escapes His notice (Psalm 33:13).

God not only sees all of our actions, but He knows all of our thoughts (Psalm 94:11). He numbers every hair that is on our heads (Matt. 10:30). The forest teems with life, and He knows everything that moves. He serves His entire creation and humans are the minority in regard to numbers.

### ***Our God is a God who serves us. He sent His Son Jesus Christ to serve and to give us an example of how we should serve Him.***

Our God is a God who serves us. He sent His Son Jesus Christ to serve and to give us an example of how we should serve Him (1 Peter 2:21). Jesus told us that serving God is an easy and pleasant way of life (Matt. 11:30). Jesus did not live to please Himself. He put His neighbor first in everything (Rom. 15:2-3; 1 Cor. 10:24; 11:1; Phil.

2:3). True love does not seek its own good (1 Cor. 13:4-5).

Jesus did not come to be served, but to serve others for the glory of God (Mark 10:45; Matt. 5:16). Jesus died for us to show us that we should no longer live for ourselves, but for Him (2 Cor. 5:15). He commanded us to serve others in word and deed in His name (Matt. 25:33-46; Col. 3:17). When we serve others for the glory of God daily, the [blood of Jesus Christ covers our past transgressions](#) (1 Peter 1:2).

### ***We are to walk in the same light or Way that Jesus Christ did by serving others.***

We are to die to sin and live to righteousness (1 Peter 2:24). We are to walk in the same light or Way that Jesus Christ did by serving others (1 John 2:6; 3:18). Then we will know that we have found the truth (1 John 3:19). We will cease being condemnable, by becoming commendable [disciples of Jesus Christ](#) (1 John 3:20).

When we practice living a life of righteousness, the blood of Jesus covers our sins (1 John 1:7). We do the practicing and [God does the perfecting](#) (1 John 2:29; 3:7, 10, 12; Heb. 12:23). Then all will go well for us, because we are righteous (Rom. 8:28).□

## The Perfect Loaf



I recently acquired a bread-making machine. It really is fun to just put in all the right ingredients, set the clock, close the cover and push start. In a few hours the ingredients, that had little or no aroma at the beginning of the process, are now filling my home with the fragrant scent of fresh baked bread. It's so pleasant!

Living to please God every day is so much like making this perfect loaf of bread. God opens our minds as we search His word for the truth. **We have before us in His word all the ingredients for a "perfect life."** It's one thing to read and study about these ingredients and another to apply them in our lives. It's just like reading the recipe, then pulling out those ingredients and actually using them.

The first bread ingredient is yeast, the leavening agent for our perfect loaf. First Corinthians 5:6-7 says, "Do you not know that a little leaven [sin] leavens the whole lump? Clean out the old leaven [sin] that you may be a new lump." **We need good leaven, which is the truth of how to please the Lord daily, to be successful in our daily walk with Him** (Matt. 13:33). The old leaven (old

nature) must go and the new, good leaven (new nature of God's Spirit) comes in to make us new creatures in Christ. Second Corinthians 5:17 says, "Therefore if any man is in Christ, he is a new creature; the old things have passed away; behold new things have come."

The second set of bread ingredients is the dry ingredients. I love to use whole wheat flour as much as possible. Whole wheat reminds me of God's word and how pure it is. God will put the "whole wheat" into His barn (Matt. 13:30). Matthew 6:11 says, "Give us this day our daily bread." **God's word is our daily "bread of life" and teaches us how to please Him every day that we might have eternal life.**

The third bread ingredient is the water. The water activates the yeast and makes the combination of all the ingredients come to life. God's word says, in Ephesians 5:26-27, "Having cleansed her [the people] by the washing of water with the word that He [God] might present to Himself the church in all her glory, having no spot or wrinkle or any such thing, but that she should be holy and blameless." These holy people are living disciples of Christ. They live according to God's word each day.

**As we combine God's special ingredients of kindness, joy, peace, contentment and love, we are then a perfect loaf.** We are a fragrant aroma to others as we live our lives to be pleasing to God daily and serve them for His glory.

In closing, John 6:35 says, "I am the bread of life; he who comes to Me shall not hunger, and he who believes in Me [obeys Me] shall never thirst!" Only those who keep Jesus' words daily will never die spiritually (John 8:51). **Jesus is the true bread of life** (John 6:48).

*Your sister in Christ,*

*Karren*

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# Letter From the Editor

Dear *Whole Wheat* Readers,

In today's news - *PEACE* - is not a headline you see at the top of your morning news, it is quite the contrary. What you see is the increase of divisions, turmoil and conflict in the world. The news cycles thrive on everything but peace. Where can peace be found? It will not be found in the world, for its conflicts and turmoil will continue. However, there is a way a person can find, and maintain, peace in this out of control world. That is what we bring you in this issue of *Whole Wheat*.

When I first started to live this life, [my nature](#) (my will) would kick in when something wasn't going exactly my way. Frustration, impatience and being short tempered, were the outlets of war within me. Paul also talked about that war within in Romans 7:14-23. Anyone who starts to do God's Will in their lives will experience this, and no one is exempt. [It is the conflict of two natures](#). Your human nature is revealed, as God's new nature is being formed in you. This happens when you are living a life of righteousness daily, overcoming evil by doing good (Rom.12:21). Our old satanic nature does not want to die. But if you are faithful, and endure in this conflict, peace does come as we [die to self](#) and live to God's Will. I, and many others, have experienced this as we have put God's Ways into practice in our lives. Their truly is peace, a peace that surpasses all understanding, when a life of righteousness is pursued (Phil. 4:7).

In the article '*Where is Peace?*' you will find a roadmap to this life of righteousness, that brings peace and fulfillment like nothing else in this world. The steps of how to get there are found in '*Teach All I Commanded*' and '*Do you Fear For Your Life?*' Once you have read those, and looked up the Scriptures, you can move on to '*All Will Go Well With The Righteous*' which will fill you up with hope and encouragement to keep you on the path of peace. Our *Woman to Woman* article and '*How to Seek Peace & Pursue It*' reaffirm all of the ingredients needed to stay the course, and the blessings it will bring.

These articles, and all the information on our website, [wholewheatonline.com](http://wholewheatonline.com) will lead you through God's word and show you how easy a [life in Christ](#) can be, filled with peace. It certainly led me there over 30 years ago and I am a different man because of it. God's true peace is so precious when you find it. It is far more valuable than gold. Let the headline in your life be that of - *PEACE* - as you live a righteous life for the glory of God, seeking peace and pursuing it daily. There is nothing quite like it.

*In His Love,*

*Scott*

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# How Do We Seek Peace & Pursue It?

Disciples of Jesus Christ must seek peace and pursue it earnestly in order to enter the peace of Christ (1 Peter 3:11). **The Bible says we are to think about whatever is good, peaceful and of good report** (Phil. 4:8-9).

If all you said was continually a blessing to the hearer, and you blessed those who cursed you, and if all the words that came out of your mouth were as the words of God, and all the thoughts you thought were happy thoughts, this would be most pleasing to the Lord (1 Peter 4:11; Eph. 4:29).

“The cheerful heart has a continual feast” (Prov. 15:15). **A disciple of Jesus Christ has the most for which to be thankful.** He has eternal life and he receives answered prayers (1 John 3:22). His life is abundant, peaceful and joyous (Prov. 13:21). **If he has any anxious thoughts, he doesn't dwell on them or worry.** He just gives them to Christ, as he is commanded to do (1 Peter 5:7).

What are some of the things in this world that can rob us of being cheerful, and would grieve the Spirit of God and take our peace (Eph. 5:10-11)?

How about violence on television, violence in sports or violence in the news? Even negative weather reports take our peace. For the most part, we can't change these things, but there is something we can change.

We can change ourselves with God's help! **Don't be concerned about the way the world is going. Rather, be concerned about the way you are going.** Make sure it is pleasing to the Lord. Remember, we have God's protection in all

things when we are living to please only Him (Job 5:20-27; Is. 3:10; Prov. 10:3). So let us consider those things that are violent, distasteful and rob us of our peace, and control what goes into our minds (Is. 33:15-16)!☐



**[Learn more about seeking peace in this riveting sermon!](#)**

**Seek Peace & Pursue It**  
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