

WHOLE WHEAT

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

A PUBLICATION FOR BIBLICAL UNDERSTANDING

Out With the Old in With the New

Many people are unaware that the New Covenant began with the death of Jesus Christ, and the Old Covenant was then to fade away, replaced by the New Covenant. Many do not realize that it was perfectly acceptable to be in the Jewish faith and live the New Covenant message of Jesus Christ. Many do not realize that a great many Rabbis were becoming obedient to the faith of Jesus Christ, and still continuing in the Jewish faith (Acts 6:7). All they had to do was believe in their heart that Jesus was the Son of God and agree to live for Him, and be baptized (Acts 8:36-37, see margin in the NAS version).

Many today are not at all aware that Jesus Christ's message converted tens of thousands of Jews in His day, and that is why He was crucified by the Jews (Acts 21:20, see margin in the NAS version). One Pharisee, Nicodemus, came to Jesus at night and confessed that everyone back at his headquarters knew full well that He was from God (John 3:1-2). Jesus never went to school in His day and this was one of the greatest proofs to the Jews and the Pharisees that Jesus was from God (John 7:15). He was never educated by men, just God. The problem was so affecting the jobs of the Pharisees, as well as their inability to gain respect among the Romans, that they felt they must do away with the Lord Jesus Christ or face ultimate ruin (John 11:47-51). Jesus did not let His people down, but commissioned the Apostle Peter to go to the

Jews and convert them by bringing them the message of Jesus Christ. Peter was never sent to Rome to convert the heathen pagans there.

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That would have been in direct opposition to the orders of Jesus Christ his Lord (Gal. 2:7).

The Old Covenant of Moses was not to continue in the New Covenant message (Acts 21:21).

The Jews did not understand the New Covenant, and many who heard the message of Christ and believed it still insisted that the Gentiles had to be physically circumcised and obey the Law of Moses. This would include the observances of tithing, holy days (of which there were seven) and a weekly Sabbath day of rest (Acts 15:5). The Apostle Paul was telling the Gentiles that they did not need to be circumcised, neither were they required to keep the Law of Moses with its tithing, its seven holy days, or its weekly Sabbath. Paul was telling the Gentiles not to live by the customs of the Jews, because that was the Old Covenant that was doomed to fade away. The Old Covenant of Moses was not to continue in the New Covenant message (Acts 21:21).

Pray tell, what are the Law's requirements? They are found in Genesis 18:19. Keep God's Ways.

One of the keys to understanding the New Covenant is understanding what is being said in Romans 2:26. If those who are not circumcised keep the Law's requirements, will they still not be regarded as being circumcised? Pray tell, what are the Law's requirements? They are found in Genesis 18:19. Keep God's Ways. How, one might ask? By practicing righteousness and being just and honest in all dealings with mankind.

Gen. 18:19 - For I have chosen him, so that he may command his children and his household after him to keep the way of the Lord by doing righteousness and justice, so that the Lord may bring upon Abraham what He has spoken about him.

Over and over and over again God's word reiterates these simple requirements of the Law (Ezek. 18:5-9; 33:14-16). So the requirements of the Law are righteousness and justice between man and his neighbor. Is that all? Yes, that is all.

We must learn to put Jesus' words into action in our daily lives if we are to be pleasing to the Father as Jesus was.

Now to learn what God considers righteous, you need to learn what Jesus Christ said you should do on a daily basis to please the Father in heaven. We must learn to put Jesus' words into action in our daily lives if we are to be pleasing to the Father as Jesus was (John 8:29). After all, He is our example.

Paul asks the question in 1 Corinthians 7:18, *Was any man called when he was already circumcised?* In other words, was this person a Jew, keeping the Law of Moses with its tithing, its seven holy days, and its weekly Sabbath? That person should not become uncircumcised. That is to say, that person should not quit the Jewish faith but should continue with the truth and the obedience to the faith, which are the requirements of the Law. He should practice righteousness and be just in all his ways before his fellow man in the fear of God.

Acts 6:7 - The word of God kept on spreading; and the number of the disciples continued to increase greatly in Jerusalem, and a great many of the priests were becoming obedient to the faith.

Was a man uncircumcised when he was called by God? Was he a Gentile who knew nothing about the Law of Moses with its tithing requirement, its seven holy days and its weekly Sabbath? He should not become circumcised. That is to say, he should not begin to keep the Law of Moses with its tithing requirement, its seven holy days, or its weekly Sabbath. The

Apostle Paul told the Gentiles he preached to that if they let themselves be talked into being circumcised by the Jews, Christ would be of no value to them at all (Gal. 5:2).

Jesus Christ came to set men free from religious bondage, not to leave them in it.

Jesus Christ came to set men free from religious bondage, not to leave them in it. Everyone who becomes circumcised is obligated to keep the whole Law with its tithing, its seven holy days, and its weekly Sabbath (Gal. 5:3). The faith that the circumcised and the uncircumcised will both be judged by is: love God with all your heart, soul, mind and strength, by practicing righteousness continually toward your neighbor—be just in all your dealings with mankind; or love your neighbor as yourself (Matt. 22:37-40). These are the requirements of the Law. This is the end of the Law. In this all the requirements of the Law are met. This is the complete Law (Rom. 8:8-10). This is how to keep it fully today.

Matt. 7:12 In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets.

Paul had something to say to the Gentiles who were talked into observing the Law of Moses by the disobedient Jews. The Gentiles began tithing and were keeping the holy days of the Jews and the weekly Sabbath. He said to them, “You have been severed from Christ, you who are seeking to be justified by Law; you have fallen from grace” (Gal. 5:4). Paul was so mad at the Jews who were trying to get his Gentile converts to keep the Law of Moses with its tithing, its seven holy days, and its weekly Sabbath observance, that he placed a curse on them (Gal. 1:9). He said that kind of teaching was a distorted gospel of Christ (Gal. 1:7). The Apostle Paul told the

Gentiles they had been bewitched (Gal. 3:1). The New Covenant is Jesus Christ's words that we are to keep, and Jesus' words say nothing of keeping a sabbath, holy days, or tithing. He was very careful not to add or subtract anything from what He was commanded to say by the Father.

Are you beginning to see that tithing, holy days, and a weekly Sabbath day have no place whatsoever in the New Covenant of Jesus Christ? Building-type worship was abandoned in 70 A.D. with the destruction of the temple in Jerusalem. The Jews from that day to this very day have not tithed, because that was the end of the Levitical system.

God's people today worship the Father directly in spirit and in truth.

This marked the end of the Old Covenant system of religious sanctuaries which was so prone to produce more religious hypocrites than righteous people (John 4:20-21). God's people today worship the Father directly in spirit and in truth. New Covenant disciples of Jesus Christ must worship Him in this manner—in spirit and in truth (John 4:23-24).

This spiritual service of worship is using your body and its members as instruments of righteousness daily for God.

This spiritual service of worship is using your body and its members as instruments of righteousness daily for God (Rom. 12:1; 6:13). In the daily process of doing God's Will, you learn righteousness and become holy (Rom. 6:19). The word “sanctification” is a corruption of the word holiness in Hebrews 12:14, NAS which says, “and without (personal daily) holiness, no one will see the Lord.”

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Peter said in Acts 15:10-11, "Now therefore why do you put God to the test by placing upon the neck of the [Gentile] disciples a yoke which neither our fathers nor we have been able to bear? But we believe we are saved through the grace of the Lord Jesus, in the same way as they [Gentiles] also are."

Peter was saying this in response to the Pharisees who believed in Jesus Christ but would not give up the idea that converts to the new covenant must be circumcised and observe the Law of Moses. This is like saying that new covenant believers are to keep the old covenant of Moses intact. The Jews would never give up the Law of Moses, with its new moons, days, months, seasons and years, which they felt must be kept (Gal. 4:10-11).

These holy days, including the weekly Sabbath, were observed. Notice in Galatians 4:9, they are called weak and worthless elementary things. Some religious leaders erroneously say these were pagan days and festivals, but Paul says in Galatians 4:21, "Tell me, you who want to be under law, do you not listen to the law?" That proves it was the Jewish Sabbath, as well as the Jewish holy days, that the Jews were constantly and unnecessarily trying to get the new convert Gentiles to keep.

***Those who seek to be justified
by the Law of Moses have fallen
from grace.***

Paul calls these Jewish days a yoke of slavery in Galatians 5:1. He says that if any of the Gentiles go along with the Jews and become circumcised and keep these days, they are under obligation to keep the whole Law of Moses, including the sacrifices. They would be severed from Christ and the new covenant. Those who seek to be justified by the Law of Moses have fallen from grace.

Paul says in Galatians 5:11, "If I still preach circumcision..." Paul was no longer preaching the Law of Moses with its Passover, Days of Unleavened Bread, Feast of Trumpets, Day of Atonement, or weekly Sabbath. If he was, he would have been preaching the Jewish circumcision message. That's why he was so persecuted by the Jews. This was a stumbling block to the Jews. They just couldn't give up those days and their observance of them.

If Paul would have told the Gentiles that they had to be circumcised and keep the whole Law of Moses, including all the holy days and the weekly Sabbath, he would have been accepted by all the Jews. The only trouble was, he would have been rejected by Jesus Christ.

There is no record or indication whatsoever that Adam and Eve, Abel, Enoch, Noah, Abraham, Isaac, Jacob or the children of Israel kept the Sabbath on the seventh day until it was given to Moses by God to proclaim in the old covenant between Israel and God.

***What should we do with the
freedom that the new covenant
offers?***

What should we do with the freedom that the new covenant offers? Through love, serve one another, Paul says. Do not use all this freedom you have received as an opportunity to sin more, but rather to serve more people and do more good (Gal. 5:13). It's as simple as that! For the whole Law of Moses, with all the holy day observances and the weekly Sabbath, is fulfilled in the statement, "You shall love your neighbor as yourself" (Gal 5:14).

How do we love our neighbor as ourselves? We serve our neighbor before self (1 Cor. 10:24; Phil. 2:3). We help widows and orphans in distress (James 1:27). We clothe those who need clothes and feed those who need food (James 2:15-17; 1 John 3:17). We don't love people with words and tongue, but with deeds

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of love (1 John 3:18)! Remember, faith without works is dead being alone, and it is by our good works that our faith is completed (Rom. 6:18; James 2:18-22, 24, 26).

There is a spiritual Sabbath to enter. It is entered by resting from all our evil works of the flesh.

There is a spiritual Sabbath to enter. It is entered by resting from all our evil works of the flesh. The Bible says we are to come out of sin and become new creatures by keeping God's Ways (2 Cor. 5:17). We come out of our sins by being servants to others daily. Paul tells us to overcome evil by doing good (Rom. 12:21). Christ says to overcome our old self by keeping His works or doing good unto the end (Rev. 2:26).

If we are going to be new creatures for God, then we must work at it. Many who claim to be believers hate the word "works." They are denying Jesus Christ because they remain worthless for God (Titus 1:16). As a result, they continue to live a life of sin, when they should be living a life of overcoming evil by doing good!

Hebrews 4:10 refers to a spiritual rest, not a physical rest. We can prove this by looking at ancient Israel. Ancient Israel always kept the physical Sabbath rest on the seventh day of the week, which was Saturday. Had they not kept the physical rest, they would have been stoned, for that was the law in Israel. The Israelites kept the physical Sabbath, yet God accused them of not entering the rest (Heb. 3:19; 4:6).

Like the ancient Israelites, the majority of those who keep a physical Sabbath rest today do not rest from all their works of the flesh on that day. Neither do they live to the Spirit during the week and put to death the deeds of the flesh,

as true disciples are commanded (Rom. 8:13). They are worshiping God in vain because their doctrines are what man has dreamed up (Mark 7:7).

We must believe to enter that spiritual rest and to believe, we must obey (Heb. 4:3; John 3:36).

We must believe to enter that spiritual rest and to believe, we must obey (Heb. 4:3; John 3:36). To obey, it we must live it or our belief is dead (John 11:26). When we cease living to the flesh by living to the Spirit and rest from all our works or deeds of the flesh, we cease practicing the deeds mentioned in Galatians 5:19-21.

In conclusion, the spiritual Sabbath is entered by living a life of serving others for Jesus Christ. Hebrews 4:10 says the one who has entered Jesus Christ's rest has himself also rested from his works of the flesh, as God did from His works of the Spirit when He created the world. If you are diligent and zealous, doing good all the time to please God, you will enter God's rest. This is how you rest from all the works of the flesh and live to the Spirit.

The spiritual Sabbath could be likened to entering the Kingdom of God within (Luke 17:21 KJV).

The spiritual Sabbath could be likened to entering the Kingdom of God within (Luke 17:21 KJV). They both refer to the conversion process. The Pharisees were keeping the physical Sabbath but were not keeping the spiritual Sabbath because they were not overcoming their evil natures by continually doing good for God. Rather, they were doing good works to be seen of men and not for

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conversion. To the Pharisees, the Sabbath had turned into a tradition of men (Matt. 15:6).

In Luke 11:52, Jesus told the lawyers they had taken away the keys of knowledge. They were not telling people how to repent and because of it, they were hindering them! Jesus said, "Woe to you, scribes and Pharisees, hypocrites, because you shut off the kingdom of heaven from men; for you do not enter in yourselves, nor do you allow those who are entering to go in" (Matt. 23:13). The scribes and Pharisees did not become converted by entering that spiritual rest and they did not receive that new nature God had waiting for them.

Does God desire one who keeps a physical Sabbath and

remains a hypocrite, or one who enters a spiritual rest by coming out of a life of sin?

Does God desire one who keeps a physical Sabbath and remains a hypocrite, or one who enters a spiritual rest by coming out of a life of sin? I hope you have been given eyes to see that the physical Sabbath is no longer required; for the spiritual Sabbath, or rest, has taken its place. It's in the book! □

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The New Covenant, then, is creating a one-to-one relationship with the Lord.

The New Covenant, then, is creating a one-to-one relationship with the Lord. The Lord teaches you about all things when, and only when, you live the life of Jesus Christ in your body on a daily basis (2 Tim. 2:7). This is why you have no need for man to teach you. All you need do is abide in Him by imitating Him daily, so Jesus Christ the Anointing can teach you His righteous Way of life (1 John 2:26-27). Study your Bible daily, apply Jesus Christ's words to your life daily and pray to God daily for others and yourself. God will do the rest (1 Cor. 3:7)! These are the simple requirements of the New Covenant. (John 15:12, 17; 1 John 3:10-11, 14, 16-18, 23; 4:7-8, 11-12, 20-21).

True disciples, then, live the good life and enjoy the blessings that come from living that life. They enjoy the conversion that comes from living the life of Christ in their bodies.

In everything, persevere in practicing righteousness continually towards others...

There is a little suffering that goes along with living this Way, so the Lord can perfect, confirm, and strengthen you in your new Way of life, your righteous, holy Way of life (1 Peter 5:10). But in everything, persevere in practicing righteousness continually towards others, for reasons of being born again and for reasons of entering the kingdom of heaven, and for immortality and eternal life (1 John 2:29, 3:7; Matt. 5:20; Rom. 2:7). □

Letter From the Editor

Dear *Whole Wheat* Readers,

A week after I was shown the truth by our founder and started living for God, I went back to the church I was regularly attending at the time. As I sat in the church, listening to the singing and the preaching. I literally said to myself, "What am I doing here?" I have been shown through Scripture, that true worship of God is serving Him in my daily life, overcoming evil by doing good, and the church isn't teaching me that. That Sunday was the last time I attended church.

I discovered through studying, and keeping God's Ways, that there was a spiritual Sabbath to enter in the New Covenant, which replaced the Old Testament Sabbath of temple worship. The old style of temple worship made people aware of their sins, but it did nothing to transform their natures, and that was my frustration with church.

I continually find that many have no idea what the spiritual Sabbath is and wanted to make this issue of *Whole Wheat* definitive in explaining the difference between the Old and New Covenant, and what Jesus came to reveal.

I was floored all those years ago, when I studied about God's true Sabbath. I hope you will be too, when you read our first article: *Out With The Old And In With the New*. This article clearly explains the difference between the Old and the New Covenant and how Jesus came to release us from religious bondage.

In our second article, *Spiritual Sabbath Of The New Covenant*, we dive deeper into the spiritual Sabbath and this transformational process called conversion. It shows us the

more we overcome, the more we enter into that spiritual Sabbath which brings God's peace. It helps us understand what living to the spirit means and how to become a new creature in Christ.

Our last article, *The Spiritual Message Jesus Came To Reveal*, shows us the 'keys to the kingdom' that unlock the spiritual message Jesus brought from the Father, and the incredible freedom that it brings (John 6:31-32).

As our lead article tells us, the simple requirements of the New Covenant allow us to develop an intimate relationship with Christ, as we imitate Him and serve Him in spirit and truth. As someone who has lived this Way for over thirty years, I can tell you firsthand - that intimate relationship with Christ is the foundation of your faith and necessary in order to persevere and endure to the end.

We are God's ambassadors for His kingdom (2 Cor. 5:20). Let's continue to persevere and not come short of God's rest. Let's make the most of each day, living by Christ's example, and be an example in this world. Let's share wholewheatonline.com and this truth with others while we still can, because the harvest is truly ready for this good news (John 9:37-38).

In His Love,

Scott

P.S. You will find more resources on this subject located on our *Misconceptions* page. [Check them out here!](#)

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Spiritual Message Jesus Came to Reveal

Jesus Christ came to this earth to reveal the righteousness of God to the world, so we could live His Way and be righteous, too (1 John 3:7). You see, the righteousness of God is the obedience that makes your faith complete (Rom. 6:16-18; 2 Cor. 13:11). In fact, the key of knowledge that was hidden and lost was the righteousness of God, which allows a person to repent and live right before his Maker (Luke 11:52; Acts 26:20). This is also the “keys to the kingdom” given to Peter (Matt. 16:19). Simply stated, it is: Do good continually for your Maker and thus, make all your ways holy and right before God to be pleasing to God in all things (Rom. 15:2-3; Eph. 4:24; 1 John 3:22).

The Ancient Israelites were so concerned about physical observances, they completely lost sight of the spiritual message that Jesus came to reveal. Jesus came to reveal how the Father in heaven wants us to worship Him—in Spirit and

truth (John 4:23-24; Rom. 2:28-29). This is done when we live a righteous life and do good. The physical Law of Moses was being kept by those who continued to live to the flesh (Rom. 7:4-6). They thought that by keeping the physical observances of the Law, they would be right with God. They said, unless a man is circumcised according to the Law of Moses and keeps the law of tithing, holy days and sabbath days, he cannot be saved. However, Jesus said, “Unless you repent, you will all likewise perish”

(Luke 13:3, 5).

The repentance Jesus was talking about was not keeping the Law of Moses, but performing acts of righteousness daily towards others for God (Eph. 2:10). We must continually do those things that are pleasing in God’s sight if we are to be like Jesus and His true disciples (John 8:29; Rom. 2:7). □

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