

WHOLE WHEAT

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

A PUBLICATION FOR BIBLICAL UNDERSTANDING

Seek the Truth and it Will Set You Free

What is the truth? The truth is God's word. **Jesus is the truth.** It follows, then, that God's Ways and His Will are the truth. Look no further, for this is where the truth is. Now, let's see how to seek the truth so we can be set free.

We must practice the truth in order to find it, and come to a full understanding of God's word (John 3:21). The truth is the Will of God and if we do God's Will - *put God's word into practice in our daily lives* — we will know and understand what God's word, the Bible, really says (John 7:17).

Remember, God's truth is the light in which we are to walk. **In other words, God's truth is the right Way we are to live in order to be pleasing to God.** Seeking the truth is part of repentance. God's Will is something we must continually seek and find in God's word, which is the depository of all truth. This is why we are not to remain fools, but understand what God's Will is through daily study of His word (Eph. 5:17). This is how we are to prove what the Will of God is. This is how we are to prove what is good and acceptable in God's eyes, and what is perfect behavior in God's eyes (Rom. 12:2).

Because all Scripture is inspired by God, it is for our teaching, for our correction and for our training in righteousness. Why? So that we will know how to imitate God and walk in His Ways and be adequately equipped for every good work, as Jesus was (2 Tim. 3:16-17; Eph. 5:1; 1 Peter 4:11).

Jesus said so very plainly that if we do the things He said for us to do, we will never see death (John 8:51). He was speaking here of the gift of immortality that will be given to all those who keep the Father's Will (Matt. 7:21; 1 John 2:17). He was speaking of those who persevere

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Learn more about what the truth is here.

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in [doing good works to please God](#), as He said we should (Rom. 2:7-10; Matt. 5:16).

‘Simply knowing the truth is not enough. We must put it into action in our daily lives if we are to be doers of God’s word.’

Simply knowing the truth is not enough. We must put it into action in our daily lives if we are to be doers of God’s word (James 1:22). Otherwise, we remain spiritually deluded (*deceived*) and cannot be saved in this condition.

[To prove that salvation is a free gift and not based on works](#), all we have to do is remember the thief on the cross. He was saved through mere repentance. Did he do good works? Well, yes, as a matter of fact, he did. His repentance was a good work. Would you say he was praying a lot before he died in his repentant state? Well, that would be a good work too, wouldn’t it? Do you suppose that if they had let him down off that cross, he would have lived differently than he had lived before? Would he have lived the right Way according to God’s word? Would that have been a good work too? Then, if he had continued to live the right Way, by putting into practice in his daily life all those words Jesus said for us to do, would he have been keeping the deeds Jesus did (Rev. 2:26)? By doing so, would he have overcome his old evil way of life, as Jesus overcame (Rev. 3:21)? Would he have been [overcoming](#) as he lived Jesus Christ’s Way of life?

It comes down to this. If you are not nailed to a cross, you have no excuse for failing to live a righteous Way of life with the attitude of a [full-time servant](#) as Jesus had.

God’s Will, God’s Ways and Jesus Christ’s sayings all represent a Way of life that Jesus came to show us — a Way of [righteousness](#). Even John the Baptist preached this Way of

righteousness, and he was Jesus’ cousin (Matt. 21:32; Luke 1:36, 57-60). This Way of righteousness is also called *the Way, the Way of the Lord and the Way of God* (Acts 18:25-26; 19:9, 23; 22:4).

‘Practicing righteousness is merely putting God’s words— which is God’s Will or God’s truth —into practice in your life. Simple, isn’t it?’

This Way of righteousness sets you free from your old ways of the flesh. This Way of righteousness involves keeping God’s word and putting it into practice daily (2 Peter 2:21). It is the Way of [repentance](#). Jesus told His true disciples they should be careful to practice their righteousness for God for repentance, and not to receive recognition from others (Acts 26:20; Matt. 6:1; 7:22-23).

Practicing righteousness is merely putting God’s words — which is God’s Will or God’s truth — into practice in your life. Simple, isn’t it? But it is simply not done by many who profess Jesus Christ as their Savior today. They are on the broad way (Matt. 7:13-14).

What does God’s word say about practicing righteousness? In 1 John 3:7, it warns people not to be deceived by false teachings on this one point: “The one who practices righteousness is righteous, just as God is righteous.” This thought is repeated in 3 John 11.

‘So then, when you practice righteousness toward others daily, as Jesus Christ your example did, you are living the repentant life, the Christ life, the Way of righteousness.’

Can you begin to realize what this means in its fullest sense? You are considered righteous by

God when you practice righteousness toward others for God. So then, when you practice righteousness toward others daily, as Jesus Christ your example did, you are living the repentant life, the Christ life, the Way of righteousness. You are practicing God's Ways in your life and thus, you are walking as God walks, talking as God talks and living as God lives.

Who are the people who will not practice righteousness for God? They remain children of the devil (1 John 3:10). They are the goats mentioned in Matthew 25:33-46. Wow! That's strong!

Then, seeking the truth that will set you free is:

- [Studying God's word daily](#) (2 Tim. 2:15).
- [Living God's word daily](#) (Luke 9:23).
- [Doing good for God daily](#) (Matt. 5:16; 6:10).
- [Disciplining yourself for God daily](#) (1 Tim. 4:7).
- [Praying to God daily for wisdom and more spiritual insight](#) (Luke 21:36).
- [Overcoming evil by doing good daily](#) (Psalm 37:27; 1 Peter 3:10-11; Rom. 12:21).
- [Learning righteousness by practicing God's Ways toward others daily](#) (Matt. 20:26-28; 1 Cor. 10:24; Prov. 8:20; Prov. 15:9).

In short, study, pray, and apply God's word daily in your life.

When you practice the truth, from what will you be set free?

1. [Your old ways of the flesh which are evil](#) (Gen. 6:5).
2. [Religious deception that grips all mankind](#) (Rev. 12:9).
3. [Traditions of men, which nullify God's word and are pagan traditions that make worship of God in vain](#) (Mark 7:7).

'True followers of Jesus Christ only live to do the Will of God.'

Will you lose some friends? Yes, you will lose some worldly friends. However, you will be blessed because [true followers of Jesus Christ only live to do the Will of God](#) (1 Peter 4:2; Prov. 8:32). They only live to do good as Jesus did. Doing God's Will is how you [live to the Spirit](#) and it is how you put to death the evil deeds of the flesh (1 Peter 4:6; Rom. 8:13; 6:13). Doing God's Will, then, is doing what is right in God's eyes (1 Peter 2:15). This makes you a true brother or sister of Jesus Christ (Matt 12:50; Luke 8:21).

Now you know how to seek the truth so it can set you free!☐





Jesus said to His disciples in Matthew 6:1, “Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward from your Father who is in heaven.” Two things are firmly established in this verse. First, Jesus’ true followers practice righteousness daily for Him. Second, there are rewards from the Father for practicing righteousness for Him. Something we will also discuss later is that practicing righteousness, with a godly attitude for God, is done for repentance. [Practicing righteousness for the right reasons, and with the right attitude of mind, results in holiness](#) (Rom. 6:13; Rom. 6:19 KJV). Notice also, in Ephesians 6:6, that the Apostle Paul says we should do God’s Will, which is to practice righteousness towards others as slaves of Christ, doing His Will from the heart (*with the right attitude*).

‘We are to do righteousness for God—for His glory—to worship Him, as that is what the word “glorify” means.’

We are to do righteousness for God - for His glory — to worship Him, as that is what the word “glorify” means. We are to do it with goodwill (*with the right attitude*), doing God’s Will for Him and not to be seen by others. In Ephesians 6:6, Paul is saying the very same thing that Jesus is saying in Matthew 6:1.

Now, notice the reward that is connected with [doing God’s Will with the right attitude](#).

Ephesians 6:8 says: “Knowing that whatever good thing each one does, he will receive (*a reward*) back from the Lord...” Followers of Jesus know that if they keep Jesus’ words by putting them into action in their daily lives, there would not only be a [reward from the Lord](#) for doing so on a daily, weekly and monthly basis, but also all the good they do for Him towards others will result in another colossal reward when the Lord returns — eternal life. You could say that God not only pays you back ten-fold for what you do each day, but will also add the ultimate bonus when He returns (Matt. 16:27; Rom. 2:6; Rev. 2:23; Rev. 11:18; Rev. 22:12; Ps. 106:3; Ps. 125:4).

‘Why, then, should we practice righteousness and acts of charity for the Lord each day? We will receive an inward change through outward actions.’

Why, then, should we practice righteousness and [acts of charity](#) for the Lord each day? We will receive an inward change through outward actions. **Read that again — it’s important!** Hosea the prophet says it well in Hosea 10:12: “Sow with a view to righteousness, reap in accordance with kindness; break up your fallow ground, for it is time to seek the Lord until He comes to rain righteousness on you.” If people’s minds were open, and they could truly understand the full meaning of what Hosea the

Inward Change by Outward Actions

prophet is saying, they would immediately change from their own way of life to that of God's Ways.

Let's break Hosea 10:12 down to get a clearer understanding of it:

1) **Sow with a view to righteousness** — Do good for God continually if you desire to be righteous and seek a permanent change of character for the good in your life. Sow forth good seeds in your soil (*by doing good deeds*) so that you will reap blessings from the Lord.

2) **Reap in accordance with kindness** — Practice kindness and charity towards others so you will reap a true reward that comes from the Lord.

3) **Break up your fallow ground** — Webster's Dictionary defines "fallow" as being inactive ground; creative energies lying fallow or dormant. All Hosea is saying here is that we should start planting good seeds in the ground for God by doing good towards others for Him daily.

4) **It's time to seek the Lord** — How many people know that you seek God by doing good for Him? Paraphrased, Psalm 14:1-3 says: ...There is no one who does good. There is no one who understands, or who seeks after God. There is no one who does good, not even one. Notice this same theme is repeated in Romans 3:10-12.

There were times when God looked down on earth and no one was seeking Him by doing good for others to please Him (Ps. 53:2-3; Rom. 3:10-12). No one was living for God, they continued to live for self. Yet, in every nation, the person who shows God respect (*fears Him*) and does good (*does what is right in God's sight*) is welcome to Him (Acts 10:35). Jesus went about only doing good (Acts 10:38; John 21:25).

5) **The final part of Hosea 10:12 says:** Until He comes to rain righteousness on you - It is God's

responsibility to make you righteous, which you are practicing to become. It is God who causes our spiritual growth (1 Cor. 3:7; Col. 2:18-19).

'Change takes place inwardly when our outward actions are righteous daily.'

We do the practicing: God does the perfecting when we practice righteousness for Him daily. Change takes place inwardly when our outward actions are righteous daily. It's as simple as that! Truly, this is what it means to live the repentant life before God and show Him you are earnest. It "works" only when we do "works" for repentance.

In Revelation 2:5, God says; "Repent, and do the deeds (*works*) you did at first," and in Revelation 3:2; "...I have not found your deeds completed in the sight of My God." *Works - good works* — works of righteousness, kindness and charity are necessary for repentance. They are also necessary for our spiritual growth as disciples of Jesus Christ (1 Pet. 2:2; 1 Tim. 4:7; 2 Pet. 3:18). Doing good works is also how one worships God the Father, in spirit and in truth (John 4:23-24).

'Practicing righteousness is how one repents according to the Old Testament, as well as the New Testament.'

Use your body as an instrument of righteousness, which is your spiritual service of worship to God (Rom. 12:1). Practicing righteousness is how one repents according to the Old Testament, as well as the New Testament (Ezek. 18:21-23; Ezek. 33:16). This is how you repent for God. Now you know how to experience inward, spiritual growth by doing good for God outwardly towards others! Let us all be vessels of love and fulfill the whole law of God by loving each other more than ourselves (Matt. 20:16, Mark 9:35).□

An Honest and Good Heart

This is the seed that fell on good soil: **“The ones who have heard the word in an honest and good heart, and hold it fast, and bear fruit with perseverance”** (Luke 8:15). This parable is talking about the many ways a person can receive the true [message of the kingdom](#) when heard for the first time.

People who have an honest and good heart immediately put the message into action, which means they immediately repent. They hold fast to the message by [studying their Bibles](#) in a systematic way, so as to prove all the things they are learning about the true kingdom message (James 1:25). They persevere in doing this, which means they are consistent in their study of the Bible. They are consistent with their bearing fruit and, as a result, their personal growth as new disciples of Jesus Christ is excellent. They are excellent examples in the eyes of God from the very first day (Titus 2:7; 1 Tim. 4:12; Phil. 2:3-5).

Because of this beautiful attitude toward God’s true message, they become effectual doers and are blessed by God in everything they do. Because they seek the kingdom by practicing righteousness for God daily (*that makes it God’s righteousness*), all things are added to them—clothes, food, good jobs, prosperity and many other wonderful blessings (Matt. 6:33; Mal. 3:10). They are not living for self any longer but now live only to do the Will of God. Their prayers are answered because they do only those things which are [pleasing in God’s sight](#) (John 9:31; 1 John 3:22). They consistently discipline themselves for the purpose of godliness and as a result, they are forcing themselves into the kingdom within (1 Tim. 4:7; Luke 16:16; 17:21).

Because of their honest and good hearts, they are constantly good examples for God. **They know it pleases God to be good examples for Him and to constantly provoke others to do more works of love for His glory** (Heb. 10:24-25; Matt. 5:16). Because of this constant condition of maintaining an honest and a good heart, their

righteousness quickly surpasses that of the scribes and the Pharisees and, as happy slaves of Jesus Christ, they do the Will of God from the heart and [they enter the kingdom of heaven](#) (Matt. 5:20; Eph. 6:6).

We can see that receiving this message with an honest and a good heart, and then holding fast to this true message and bearing fruit in every good work with perseverance, is the narrow attitude we must have to enter the kingdom of God (Luke 8:15; Col. 1:10). This is [the narrow Way](#) that very few find. It is the narrow Way which few who strive to enter, succeed in entering (Luke 13:24).

The key to the true message of the kingdom is attitude. Many of the Pharisees and religious leaders of Jesus Christ’s day did not accept the message of the kingdom because they had bad attitudes. The examples given to us in the parable of the sower are all the attitudes fatal to the message, followed by the attitude that will cause one to grow and grow in the message. The last attitude, striving to maintain an honest and good heart before God daily, is the attitude that leads to life eternal. Therefore, let us fear (*be sober*) while a promise of [entering His rest](#) by entering the kingdom within still remains, lest any one of us should come short of entering (Heb. 4:1).

We should all want to receive God’s message with a good attitude. **We should receive the message with an attitude of gratefulness, an attitude of humbleness.** Jesus assures us His Way is very easy and pleasant so let’s not make it difficult by having a wrong attitude about the Way of righteousness (Matt. 11:30; 21:32). Let us persevere in being servants to others for the glory of the Father, as Jesus Christ gave us commandment to do (Col. 3:17). **In all things, let us show ourselves to be examples of good works** (Titus 2:7, 14).□

Letter From the Editor

Dear *Whole Wheat* Readers,

The goal and desire, when we created our new website, was to give people living for God a place to go for spiritual stimulation and motivation in their daily walk with God. We wanted to give you as many resources as we could to help you study and learn more about God and His precious truth. We wanted you to feel like when you logged on to wholewheatonline.com that you had a spiritual place to call home, where you could feel God's love and be supported. Every Bible study, podcast, video sermon, gospel song and inspirational video are intended to bring you hope in your walk with God and increase your faith in the truth of God's word. The work we do, we do for the Lord and for His glory, however, we are always excited when we hear from people who's lives have been transformed by using the website, and the difference it has made in their faith and walk with God. It really motivates us to do *even more!*

We recently received a letter that touched us so deeply, we had to share it with you:

Dear Whole Wheat Office:

Just wanted to let you guys know how much we appreciate your service in spreading God's truth to people like me, who need that spiritual charge to inspire us and stimulate us. I hope you realize how marvelous a work God is doing through you, His servants, and how grateful we are for your dedication. Personally I think the Whole Wheat website is the most useful and user friendly tool for studying, outside of the Bible. I've never seen a website with more useful and powerful features

than Whole Wheat. And I've never heard a more powerful message of salvation than the one Whole Wheat preaches, which is directly from God's Word. You are free from any of man's religious traditions, and prove everything you say with Scriptures. For years I've been inspired by the passion Whole Wheat has for the truth, and been amazed at literally seeing the hand of God working through you, my brothers and sisters in Christ. God works in mysterious but beautiful ways. Thank you for the impact you've had on my relationship with God; keep up the good work.

Incredible! Such kindness, generosity of spirit and love pour through the words of this letter. Everything we could have hoped and prayed for is realized in a letter like this. We are so grateful to know that God is truly working through wholewheatonline.com. We put our hearts and souls into every thing on our website and are continually praying for the Lord's guidance and direction. We hope that you would continually pray the same, as we take great care in everything we bring to you. Our website is reaching over 50 countries throughout the world and we are so excited to have the truth of God's Word being shared like never before. We are continually humbled and grateful to be a part of such a life-changing work for the Lord, and are grateful to those of you who support us in the work that we do to glorify Him. We hope you know it truly makes a difference.

In His Love,

Scott

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How to Live a Happy Life

God's word says that supreme happiness comes from being totally selfless. This is done by becoming a full-time servant of others (Phil. 2:3-5; 1 Cor. 10:24). On the surface, this sounds like it is a supreme sacrifice on one's part, but that notion couldn't be further from the truth.

Happiness comes from serving others, and teaching yourself to be totally outward is sheer health to your bones (Prov. 3:7-8). If you don't want the problems that others have, then help others who have those problems (1 Thess. 5:14; Rom. 12:21).

When you begin to practice living this way, it will become evident to you that it is not as easy as you may think. **You must force yourself to continue this course until you receive a change of heart and nature** (Luke 16:16; 1 Cor. 9:25-27; Gal. 4:19).



This is when you eventually become what you are practicing to be — a new creature, a worthy individual, a totally unselfish, happy, peaceful, new person who lives the truly abundant life (Gal. 6:15; John 10:10).

This is a way of life that takes total commitment (John 11:26). But who wouldn't totally commit themselves to being happy if they could be assured of the outcome? This assurance comes from the many changed lives of individuals who have started and finished before you. You can see by their lives that there

has been a positive change for the good so, **indeed, this is the truth.**

Sure, it takes courage and perseverance—**you must persevere until you have reached your goal** (Luke 21:19; 13:24). But isn't this true for any worthy goal (Rom. 2:7)?□

Intriguing questions with riveting answers - GO NOW!

Bible Q&A

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