

Kirkspire



WALK WISELY

MARCH 2019

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Word from the Pastor



Crowned with Caution

*Therefore be careful how you walk, not as unwise men
but as wise. (Ephesians 5:15)*

A new month, a new jewel of God's truth that all of us are going to learn and follow. From Genesis to Revelation, the Bible is full of God's freedom to man juxtaposed with warnings and rules. When the first couple were created, God said that they were free to eat from any tree BUT not from the tree of the knowledge of good and evil. There's not a single book in the Bible without the following three truths. I'm choosing to take only one example - the life of Esther.

1. Righteousness

Mordecai sends his niece, Esther, to the palace but tells her, BE CAREFUL. What's at stake for a believer is not so much as one's own reputation but God's. Being careful in life stems from our relationship with God. Otherwise, it's very easy to be swayed by the winds of culture, selfishness or peer pressure. Classic example is Caiaphas who, though knowing the law, led the mob in crucifying Jesus. (John 11:49-50)

2. Restrictions

We've all heard the phrase, 'you can't have the cake and eat it'. That's absolutely true when it comes to walking with God. You can't have all of the world and all of God's word. Every person, more so a believer, chooses to walk CAREFULLY or CARELESSLY. Esther chose to trust God, fear God and obey God. (Esther 4:16)

3. Reward

We can all 'be careful' either before a task or during. No one can be careful AFTER the task or stipulated time. Remember this important principle - God wants us to rejoice, satan wants us to regret. If we could imagine the thoughts that would have run in the mind of Haman when he was being taken to be hanged, it would be terrifying. ALL REGRETS. For Esther, NO REGRETS. (Esther 7:6,10)

All of us like the promise verses in the Bible. We surround our minds and houses with them. We would do ourselves a great service if we can pay greater attention to God's warnings. God's love for us is so great, He teaches us to BE CAREFUL.

Have a blessed month.

Rev. Isaac Johnson



Answers to Bible Quiz No. 97 – February 2019

1. 930 – Genesis 5:5
2. Enos – Genesis 5:6
3. Enoch was Methuselah's father – Genesis 5:21
4. He walked with God and God took him – Genesis 5:24
5. (b) Enoch: 365 years – Genesis 5:8,23,27
6. Noah – Genesis 5: 28-29
7. (a) Lamech – Genesis 5:31
8. a. Noah's grandfather – Genesis 5:25, 28, 29
9. d. 500 years old – Genesis 5:32
10. Shem, Ham and Japheth – Genesis 5:32

The winners are:

1. **Dr (Mrs) Sujatha Elizabeth Prasad**
2. **Mrs Indira Rajanayakam**
3. **Mrs Leela Coilpillai**
4. **Mrs Minnie Devadoss**
5. **Mrs Snehalatha Bright**
6. **Mrs Aruna Asir**
7. **Mrs Peace Rani Sudhakar**
8. **Mrs Gladys Vedavimali**

Hearty congratulations!

Memory – God's Precious Gift



"I will remember the works of the LORD: surely I will remember thy wonders of old." Psalms 77:11

Very often we hear a lament, "I have a memory like a sieve". We never really forget much and often our human experience is pigeonholed safely in our incredibly designed brain. Amazing is the power to recall, recollect and reminisce over the past. We seldom consciously reflect on and appreciate this unique gift.

Are we not blessed to see beautiful pictures on the walls of memory's room? Perhaps pictures of family life around the table as food is an integral part of a home. The table brings the young and the old together – to share a meal, to talk, to laugh, discuss problems with the assurance of being understood and loved. At times memories can evoke "thoughts that lie too deep for tears". Memories can be the balm to soothe difficult times. Ordinary moments with our dear departed can add an uncommon glow of warmth in the heart. Even at an advanced age, we like to think that new memories are waiting to be added!

Life is too brief and frustratingly fleeting. Our life is too valuable to spoil it by allowing the crazy world to possess us. May we not have embittered memories to spoil our peace. King Solomon mourns his wasted years, lost opportunities and found everything meaningless under the sun. What a conclusion after God had blessed him with an abundance of blessings never given to any man. Let us ensure that our lives will be God-centered so that this precious gift of memory will not torment us but will add joy and meaning to our life.

A life with firm faith in what the Bible says is the only way to find peace of mind and joy of spirit in this fallen world. God has assured us that He will make everything beautiful in its time. This is an answer to the cry of the heart.

Paul exhorts us to be true, noble, right, pure, lovely and admirable. Only then can we look back on life with a song in our heart, no matter what our circumstances are. In the battleground of life, it is essential to build a good Christian home based on Biblical principles. This will fortify the generations to come and they will carry cherished and indelible memories of the home that molded them.

Our wanderings and wonderings as we journey through life has meaning only in a living and loving relationship with our Maker. Too soon the "golden bowl" is broken and the "silver cord of life" snaps. For us believers in Christ, God has not only set Eternity in our hearts, He has placed "the Eternal One" in there too.

The Psalmist affirms, in the midst of turmoil and uncertainty that the remedy for all malady, is to remember the mighty works and blessings of God.

"I will meditate also of all thy work, and talk of thy doings"
Psalms 77:12

Usha George



Bible Quiz No. 98 – March 2019

Based on Exodus (King James Version)

Give only one reference

1. True or False: When God brought frogs on the land, the Egyptian magicians produced snakes to gobble up the frogs.
2. True or False: When Aaron's rod became a serpent, the Egyptian magicians also made their rods become serpents.
3. The Egyptian magicians told Pharaoh that the plague of lice was:
 - a. The finger of God
 - b. Something they could duplicate
 - c. Nothing they should worry about
 - d. A freak happening that would soon disappear
4. True or False: The magicians couldn't stand before Moses because they were struck with boils, or sores.
5. True or False: The blood of the lamb was to be put on the two side posts and the upper door of each house.
6. How many years had the Israelites been in Egypt?
 - a. 132
 - b. 275
 - c. 311
 - d. 430
7. True or False: The ark's dimensions were two and a half cubits long, two and a half cubits wide and one and a half cubits high.
8. The curtains contained which of the following colours?
 - a. Blue
 - b. Purple
 - c. Scarlet
 - d. All of the above

9. Who did God choose as the master craftsman who would build the tabernacle?
- a. Hiram
 - b. Bezaleel
 - c. Aaron
 - d. Joab
10. True or False: Moses ground the golden calf into powder, mixed it with water and forced the Israelites to drink it.

Kindly send your answers to the church office by 17th March 2019.

Usha George



John's Corner

Give God the Glory

Read Col : 3:17, Ps. 29:2
(March 31st is Witnessing Sunday)

Lord, You've showered on us rich blessings,
And said we should witness for Thee;
May we witness, Lord, sincerely,
Not with a cloak of vanity.

Lord, we often lose direction,
And rather than give You the praise,
Tend to uplift ourselves subtly,
When in Your name our voice we raise.

Lord, correct us that we forsake
Hypocrisy and subtle pride,
And bring only You the glory,
For all the blessings You provide.

- John H. Bala Singh



Medical Corner

Effects of food adulteration on human health... Part - 1

“Doctors treat but Jesus heals”

IMPURE, UNSAFE

Food adulteration is the addition or removal of any substances to or from food, so that the natural composition and quality is affected. Adulterated food is impure, unsafe and not wholesome. Food can be adulterated intentionally and accidentally. Unintentional adulteration is a result of ignorance or the lack of facilities to maintain food quality. This may be caused by spill over effect from pesticides and fertilisers. Inappropriate food handling and packaging methods can also result in adulteration.

Intentional food adulteration is usually done for financial gain. The most common form of intentional adulteration is colour adulteration. Some examples of intentional adulteration are addition of water to liquid milk, extraneous matter to ground spices, or the removal or substitution of milk solids from the natural product.

HEALTH HAZARDS

- Mineral oil may be added to edible oil and fats and can cause cancers.
- Lead chromate added to turmeric powder and spices can cause anaemia, paralysis, brain damage and abortions.
- Lead added to water, natural and processed food can lead to lead poisoning.
- Lead poisoning causes foot drop, insomnia, constipation, anaemia, and mental retardation.
- Cobalt added to water and liquors can cause cardiac damage.
- Copper, tin and zinc can cause colic, vomiting and diarrhoea.

- Mercury in mercury fungicide treated grains or mercury contaminated fish can cause brain damage, paralysis and death.
- Non-permitted colour or permitted food colour like metanil yellow, beyond the safe limit, in coloured food, can cause allergies, hyperactivity, liver damage, infertility, anaemia, cancer and birth defects.

PREVENTION

The best way to avoid these health problems is prevention. There are many steps we can take to ensure this. We can begin by taking interest in the place from where we buy our food ingredients, for example, is it from a reputed shop or retailer, we need to check out. We also need to check if these outlets are regularly checked by food inspectors and if the premises are kept clean with no infestations. We need to check if the packaging is intact, as also the expiry date and the source of the product. It is also necessary to talk regularly to the local community to check if people are falling sick after eating in a particular restaurant or food ingredients bought from a particular retailer. We should also create awareness in the local community on the ill effects of food adulteration so that when it happens the public knows when to seek help.

Dr. Rajini Kantha Narendranath

JESUS, OUR MASTER BUILDER

Unless the Lord builds, it's builders labour in vain. (Psalm 127:1) This verse is largely understood for a physical building but to goes much deeper where our Lord moulds, mends and builds our lives in different ways. We in Kirk Women's Fellowship family are seeing and experiencing the shaping, developing and the sanctifying work of the Lord in our lives and how we can be a blessing to many.

The Bible gives us many examples of women who were used by God in different ways. Women like Ruth, Esther, Sarah and so on who were forerunners in different ways. Ruth as an outsider of the Jewish faith yet became part of the lineage of our Lord Jesus Christ. Esther saved the Jewish race in a foreign land. Sarah became the mother of nations (Genesis 17:16). However, there were many other women who are not so popularly known but whose contributions were significant. For example, the two midwives (Puah and Shiphrah) mentioned only in a few verses in Exodus 1:15-21, obeyed God and became a blessing to make way for Moses to bring Israel out of Egypt. Lois, the grandmother of Timothy became a trend setter by becoming the first Christian in her family and became an important spiritual influence for her grandson, Timothy. No matter who it was, God used every woman who obeyed and was willing for God to work in their lives.

As women of Kirk, let us not neglect the gathering of saints. As there are so many opportunities for gathering, learning, sharing and serving, let us pour our talents and the gifting that God lavished upon us by coming together to be a greater blessing in our family, church and community. As the scripture says in I Corinthians 12:12, 'There is one body but has many parts, but all its many parts make up one body;', we are one body in Christ. Yes, we may differ in our outlook, opinions and personalities but we still can nurture, encourage and build one another in the faith, as iron sharpens iron, so one person sharpens another (Proverbs 27:17).

WE ARE ALL BEAUTIFUL VESSELS IN THE HANDS OF OUR MASTER BUILDER, JESUS CHRIST.

Mrs. Roselin Johnson

Connecting with Grown up children and how to choose between conflicting influences

The Christian Counselling Centre, St Andrews Kirk conducted a workshop on February 3, 2019. 65 people attended this workshop. The resource persons were Mr George and Mrs Sashi George.

The disconnect between children and parents stems from the disconnect between God and man. Therefore sin is the cause for disconnect and the way to connect with our children is to connect with God and His word. Paediatrician Jane Scott wrote for the Washington Post, "parents today are probably the most informed and involved generation in history. And yet in the company of their children, they often act as though they'd rather be somewhere else"

The workshop was activity based. Looking at behavioural changes in children, participants discovered some of the commonsense ways of dealing with issues of attraction, indifference, mistrust, disregard, rebellion etc. But looking at how Biblical characters like Abraham, Esau, Joseph, Moses, David and Onesimus dealt with similar issues was enriching. Godly virtues like obedience, faith, trust, discernment, sacrifice were God's ways to connect with adult children

The facilitators stressed the need to choose God over other influences- to find out whether the solution is in consonance with God's word, God's glory and others good.

The Biblical way to connect with children was given in the acronym

C – Communicate: James 1.19, Colossians 4.6.

O – Openness: Romans 12:10; Romans 15:7; Galatians 5:13; 1 Peter 3:8.

N – Nurture: Proverbs 22.6; Ephesians 6.4.

N – Neighbour: Philippians 2.4.

E – Encourage: Proverbs 18.21; 1 Thessalonians 5:11.

C – Confidence: Matthew 5.37; Galatians 6.1.

T – Time: Deuteronomy 6.7.

Here are some of the commitments made by participants:

- 1 Not to waste time on criticism of adult children; not to yell at them; not to utter words harshly;
- 2 not to disrespect children and their views;
- 3 not to remember the wrong done by children and not to remind them of these;
- 4 To be a praying parent for transformation of lives;
- 5 To forgive children who have deeply hurt me.

SOJO was a concept we could practice with children from young age – *Slip Out* of bed to your knees in the morning; *Jump On* to your bed from your knees at night.

Jon Gordon - I don't want my children to be what I want them to be; I want them to become everything God created them to be.

Big thank you to the facilitators and Members of Christian Counselling Ministry.

Dr Sujatha Elizabeth Prasad

NEARER, MY GOD, TO THEE

Sarah Flower Adams

FEW hymns have been sung in more tragic circumstances than this one on the night of April 14, 1912. on board the sinking Titanic. The great ship, at that time the greatest in the world, was on its maiden voyage to New York with a happy, expectant company of over two thousand people including many famous ones. Shortly before midnight, on the third day on the Atlantic, as the evening parties on the ship were breaking up, the ship shuddered from stem to stem. The lights, however, still blazes, the band played, and while the passengers turned to one another with anxious looks none of them doubted that all was well.

The alarms rang through the ship, and within a few minutes passengers were standing on deck with their life belts knowing that the ship had struck an iceberg, and that the sea was pouring into a vast rent down below.

The supply of life-belts and life-boats proved inadequate, and while the great ship listed heavily towards her doom alternate waves of fear and calm spread through the passengers lining the decks. It was then that the band played the tune of Nearer my God to Thee, and the passengers, all of whom were looking death in the face, sang

E'en though it be a cross
That raiseth me,
Still all my song shall be
Nearer, my God, to Thee.

In three hours the Titanic went down into the icy Atlantic, and only seven hundred and eleven lives were saved.

Sarah Flower Adams was a young women of forty-three when she died in 1848, and her home was at Harlow in the English country of Essex, Her hymns are more widely used in America than elsewhere, particularly amongst Unitarians,

Nearer my God to Thee is based on Jacob's dream (Gen 28:12) in

which the ladder, set up on earth, reaches to heaven, a vision which the writer deftly weaves into her hymn:

There let the way appear,
Steps unto heaven;
All that Thou sendest me
In mercy given;
Angels to beckon me
In mercy given:
Angels to beckon me
Nearer, my God to Thee,
Nearer to Thee!

Then, with my walking thoughts
Bright with Thy praise,
Out of my stony griefs
Bethel I'll raise;
So by my woes to be
Nearer, my God, to Thee,
Nearer to Thee!

Jacob Sumitran



Discipleship: It's A Choice

Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life." John 8:12, New King James Version

Last summer, some friends and I went on a hike in the dark morning hours before dawn. We wanted to watch the sunrise from the top of the mountain. While we were walking, my friend and I shared a flashlight. When he held the light, I had to choose to follow him—keep his pace, walk in his same path. If I didn't, I would be left to find my own way in the dark.

In the verse above, Jesus gives us an invitation to follow Him. He gives us the choice of discipleship. We can see Jesus give the same choice to the rich young ruler in Mark chapter ten:

And as he was setting out on his journey, a man ran up and knelt before him and asked him, "Good Teacher, what must I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good except God alone. You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and mother.'" And he said to him, "Teacher, all these I have kept from my youth." And Jesus, looking at him, loved him, and said to him, "You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me." Disheartened by the saying, he went away sorrowful, for he had great possessions. Mark 10:17-22, English Standard Version

Jesus recognized this young man's heart. He loved him and had compassion for him. Jesus presented this man with the same choice he presents each of us with: the choice to follow Him. The problem is, this choice doesn't come without sacrifice. Luke 14:33 says, "Any one of you who does not renounce all that he has cannot be my disciple" (ESV). Notice that when the young ruler saw that he had to give

something up to follow Jesus, he left sorrowful. Following Jesus means choosing the Gospel above everything else.

“God has given us the choice. He said you choose life or death, blessing or cursing. . . . You can become a disciple, and you can begin to start living in victory right now. But you have to make that commitment.” And that commitment is laid out clearly by Jesus when He says, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free” (John 8:31-32, ESV).

You see, if our life is a hike through the dark, the Word is like our flashlight, a light to our path (Psalm 119:105). The Word leads us to a place where we can follow Him to greater heights, but we have to choose to stay close. We must choose the Gospel above everything—above what we see, what we feel, and above what it costs us.

We must make the choice for discipleship, and when we do, we will know more fully the light of life.

Written by Katie Scruggs

The Importance of One

“What do you think? If a man has a hundred sheep, and one of them goes astray, does he not leave the ninety-nine and go to the mountains to seek the one that is straying? . . . Even so it is not the will of your Father who is in heaven that one of these little ones should perish.” Matthew 18:12 and 14, New King James Version

When Jesus walked the earth, He often preached the Gospel of the kingdom to crowds, and most of us probably know of present-day evangelists and disciples of Christ who do the same. But crowds are only important because they are made up of many “ones.” In the Father’s eyes, the value of each individual is beyond calculation.

You can see this truth on more than one occasion in the Scriptures. Jesus took time to go after the “one” as He was directed by the Father: the woman at the well, the Gadarene demoniac, the man at the pool of Bethesda.

Imagine the ripple effect created by His reaching out to one. What was the fruit of His obedience?

Most of us know what happened with the woman at the well. Because Jesus took the time to speak with her one-on-one and meet her need for living water, she spread the news about Him throughout her entire town. Many who heard her testimony believed on Jesus, and many more came to believe He was the Christ after hearing Him for themselves (John 4:39-42).

What about the Gadarene demoniac? After Jesus delivered him, he wanted to remain with Him, but Jesus told him to go home and tell about everything God had done for him. So, he went his way and “proclaimed throughout the whole city what great things Jesus had done for him” (Luke 8:39, NKJV). It’s interesting to note that when Jesus returned to the Gadarene area, the people “ran throughout that whole surrounding region” (Mark 6:55, NKJV) to bring the sick to be healed. They were eager to hear and be healed by Jesus, and this former demoniac’s witness “throughout the whole city” probably played a big part in that.

And then there’s the lame man at the pool of Bethesda who was healed. Scripture doesn’t share much about the fruit from that encounter. Maybe the former lame man went back to the pool regularly to encourage everyone there to seek out Jesus. Based on these previous examples, we can guess that others ended up getting healed. Maybe entire families and towns were impacted by Jesus’s obedience during that encounter. We can only imagine the impact created by Jesus going after this “one.”

What difference does “one” make? Never underestimate the impact of reaching out and investing in one!

Written by Sylvia F. Wells



In the sanctuary - Kirk Women's Fellowship



At work in the Counselling workshop



Small group activity - CCM

