

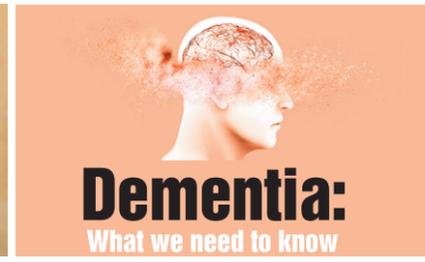
Complacency is the deadly enemy of spiritual progress. The contented soul is the stagnant soul.

Aiden Wilson Tozer

**BROKEN BREAD** Page 04

**LENS IN THE LIGHT** Page 07

**Health Corner** Page 10



**SIGN UP NOW**

**Check us out ONLINE!**

[HTTP://GOODNEWSILLUMINER.COM](http://GOODNEWSILLUMINER.COM)

# ILLUMINER

ISSUE 28

VOLUME 03

OCTOBER 2022



**ROJI THOMAS**  
Bangalore, India

Roji Thoms George, MA, MTh, DTh, is a Professor of the New Testament at SAIACS, Bangalore, and an Ordained minister of The India Pentecostal Church of God. He has authored numerous academic articles in national and international journals, books, and encyclopedia. He has published monographs and commentaries with internationally reputed publishing houses like Fortress Press and Langham Press. Currently, apart from writing a Commentary on Galatians (Beker Academic), he serves as the Theological Editor (New Testament) of the South Asia Study Bible (Langham Press).

**T**he true Christian life is impossible without the leading of the Holy Spirit. Undoubtedly, the Spirit was ushered into the world to operate at the macro- and micro-level of Christian life and witness. At the macro-level, the Spirit played a vital role, at first, in the life and mission of Jesus and later in the church's birth, growth, and expansion, as witnessed in the book of Acts. Jesus promised his disciples that after he ascended to the Father, he would send the Spirit to the disciples (John 16:7). For Luke, Jesus' promise to send the Spirit

**“Spirit-filled life is only lived in the sphere of the Spirit, energized by his activities in and through a child of God.”**

was fulfilled on the day of Pentecost (Acts 2). In the Johannine account, just before his ascension, Jesus breathed on them, saying, “Receive the Holy Spirit” (John 20:22). These accounts explain the cause behind the magnificent mission of the early church in the First century (for example, Acts 2, 8:29, 39; 10:44-48; 16:6-10). The charismatic gifts of the

Spirit given to the church are for the church's mission and edification (1 Cor 14:12, 26).

However, at the micro-level, the regenerative, sanctifying, and energizing role of the Spirit in a believer's life is crucial for a Christ

*Continue on Page 12*



ISSUE 28 VOLUME 03

**OCTOBER 2022**

**Our Advisors**

**C.V.MATHEW**  
Chief Editor  
Goodnews  
Weekly

**T.M.MATHEW**  
Publisher  
Goodnews  
Weekly

**The Vision :** To illuminate God’s Holy Word through Spirit-filled insightful pen.

**The Mission :** Provide the reader with guidance for life and godliness through inspired authors.

**The Guiding Principles :**

- We value Integrity and Excellence in all our work.
- We are committed and hold ourselves responsible to our readers and the Church for any information that we deliver.
- We always strive for creative thinking and provide the best quality news.
- We do all for the glory of God.
- We are part of and guided by the principles of Goodnews Publication House.

*Disclaimer: The views and opinions mentioned in the content are strictly that of the author and does not necessarily reflect the stance of Goodnews Illuminer.*

**CONTRIBUTING WRITERS (Current edition)**

Annet Sam, Dr. Binu Daniel, Cyril Philip, Elizabeth Mathew, Jossy Binz, Dr. Joy Samuel, Preethy Thomas, Roji Thomas, Pr. Toji Oommen, TK Nandanam,

**NOVEMBER**  
**Christian Attitude Towards Suffering**

DESIGN : WWW.FOGGENERATION.COM

**I hate how hard spiritual transformation is and how long it takes. I hate thinking about how many people have gone to church for decades and remain joyless or judgmental or bitter or superior.**

**John Ortberg**



FROM THE  
**editor**

**BEING SPIRITUAL THAN RELIGIOUS**

**N**umerous factors contribute to making choices in life, from the least important to highly significant decisions. While on a peripheral level, some fundamental factors, such as social orientation, education, finance, etc., determine one’s choices, on a deeper level, other significant elements pertinent to human decision-making are less evident than the former. Apart from a well-informed intellect, instincts, and social pressure, is there anything else that determines A human’s moral or non-moral choices? What factors influence the inclinations of the human mind that enable their daily function? Is there a divine impetus that enables one regularly? This edition explores the life guided or led by the Spirit.

Christians around the world are not in consensus about the Spirit-led life. To some, it is about the Spirit controlling every single thought and action of a person. To others, it is about sudden irruptive activities attributed to the Spirit, such as ecstasy, trance, speaking in tongues, or prophecy. Another section of Christians shuns all the above. It is hard to see the distinction between whether one is spiritual or religious because humans tend to ritualize even the work of the Spirit. One of the primary reasons for such diverse views about the work of the Spirit is a lack of a comprehensive understanding of what the Bible teaches about the subject. Both Testaments talk about the work of the Spirit in detail with different emphases and nuances. A close analysis indicates that the Spirit of God has a predominant role in the existence and function of individuals.

Today, secular, anthropological, and sociological views admit that humans are both physical and spiritual. The ancient Hebrews hardly set a boundary between vitality or breath with the human spirit when they used the term ‘ruah’. However, Hebrew scripture underscores the distinct role of “ruah Elohim”, the Spirit of God instrumental in the creation, wisdom and

**“Christians around the world are not in consensus about the Spirit-led life. To some, it is about the Spirit controlling every single thought and action of a person.”**

revelation communicated and worked through people. “Pneuma” is the Greek equivalent to ruah. Ancient Greek literature that predates the NT writings presented pneuma as an organizing principle of the individual and the universe. They perceived pneuma as a distinct element from matter. Even though the Greeks understood the pneuma as a divine principle, it was insufficient to explain the profound engagement of the divine Spirit with humans. However, it provided the New Testament writers with a conceptual framework to explain the ongoing work of the Spirit in and through humans.

When the New Testament writers, especially Paul, presented the work of the Spirit in the post-resurrection era of the church, the Spirit functions as a predominant divine agent that empowers, guides (Rom 8; Gal 5), and prepares the church as the bride of Christ (Eph. 1:13) until the final redemption. The Greek construction used in the Pauline epistles, “Kata pneuma”, living by or according to the Spirit) is not confined to religious activity alone but rather a pneumatic life that encompasses the whole realm of human existence, which was also a fulfilment of Ezekiel 36:26, 27 of the indwelling Spirit, in Pauline terms adoption into Sonship. Pneumatic life helps one to make choices that agree with the will of God (1Cor. 2:15-3:1) more than striving to be a religious person.

# The Spiritual Walk



“So I say, walk by the Spirit, and you will not gratify the desires of the flesh”  
(Galatians 5:16, NIV).

**H**uman nature has been oriented toward carnal desires since the fall of man. Apostle Paul describes this disposition as the desires of the ‘flesh.’ By the word flesh, he refers to humanity rebelling against God, incapable of submitting to His will. The first man’s rebellion traded glory and life for sin and death. As a result, humanity was sold into slavery to sin and is indwelt, controlled, and dominated by sin. Jesus, the Son of God, paid the ransom for sin at the cross and freed us from its penalty (1 Pet. 1:18, 19). Those who believe in His vicarious death can avail the gift of salvation and are sealed by the Holy Spirit. From then on, the Spirit dwells in them, making them spiritual or pneumatikos (1 Cor. 2:14-15).

Paul asserts in Galatians 5:17 and Romans 8:5-10 that the desires of the flesh are in constant combat with the desires of the Spirit. This happens because the old ways of the flesh continue to tempt and seduce the believer. A Christian’s life is a battleground of these two robust value systems constantly vying to checkmate one another. A believer who does not vigorously resist evil and persistently seeks to do good is not permitting the Holy Spirit to take the lead. If we do not resist evil and its desires, we will fall prey to it. Therefore, we need to listen to Holy Spirit and obey His urgings. When we follow the Spirit’s instructions, we will be empowered to resist evil and walk in His ways. A true believer is not a passive observer but a good soldier who engages in active service (2 Tim. 2:4).

Walking in the flesh takes no effort at all because it comes naturally. However, it takes constant diligence to walk by the Spirit and follow His lead. Paul, in Galatians 5:19-21, refers to some sinful actions that might creep in when the Spirit does not lead us. These include sexual immorality, impurity, indecent behaviour, idolatry, witchcraft, hostilities, strife, and jealousy, outbursts of anger, selfish ambition, dissensions, factions, envy, drunkenness, riotous behaviour, and things like these. He affirms that those who perform these sins will not inherit the kingdom of God. If we follow the dictates of the flesh, we will surely die, but if we put to death (through the power of the Spirit) the evil deeds prompted by the body, we will live eternally (Rom. 8:13-14).

Walking in the Spirit is purely our choice. If we claim to be born again and ‘made alive by the Spirit,’ we must also walk by the Spirit (Gal. 5:25). The fruit (behaviour) he or she produces identifies a person led by the Spirit. The result (fruit) of the Holy Spirit’s presence in our lives is unselfish love, joy, inner peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22-23). These results are evidence of our spiritual growth, which eventually leads to conformity to Christ’s likeness. Heeding to the Holy Spirit and intentionally seeking His presence in each moment of our lives will enable us to walk in His ways.

**“Walking in the Spirit is purely our choice. If we claim to be born again and ‘made alive by the Spirit,’ we must also walk by the Spirit.”**



**JOSSY BINZ**  
Al Khobar, Saudi Arabia

Jossy Binz is currently pursuing M.Div. from IPCTSK. She is a teacher and holds a Master’s in English Literature. She resides in Al-Khobar, KSA, with her husband and kids.

# Life in the Spirit - the Spirit in Us



**“THE SUPERNATURAL INTERVENTION OF GOD IN FRAGILE HUMAN BEINGS STRENGTHENS THEM TO ACCOMPLISH GOD’S WORK TO BUILD HIS KINGDOM IN THIS WORLD IS ONLY POSSIBLE BY THE PRESENCE AND THE POWER OF THE HOLY SPIRIT.”**

**L**iving in the power of the Spirit of God, the Holy Spirit is an exciting experience for a Christian. The beginning of Christian life is with a new birth, which is understood as life in the Spirit; because He is the Spirit of life. John 3:3-8 communicates this idea in the words of Jesus Christ. In his conversation with Nicodemus, Jesus likens the work of the Spirit to that of the wind. “The wind blows wherever it pleases...” The Spirit is invisible, but His activity is visible. The most significant display of life in the Spirit is evident when our dead and sinful soul comes to life and enjoys the presence of God. The indwelling of the Spirit of God made us God’s possession. Therefore, a Christian life cannot be defined without the presence of the Holy Spirit.

Many believers claim that they experience the presence of the Holy Spirit. What does the Holy Spirit do in us by His indwelling? Is He in us just because Jesus Christ promised the comforter would come? Or has He come with a specific divine plan? These questions are relevant to our considerations in this article. The New Testament teaches us that the Holy Spirit does not draw our attention towards Himself but points us to Christ Jesus. He comes to glorify Christ in us and

mediate Christ’s presence to us. He does not speak or do anything that the Lord God did not ask Him to speak or do! His primary focus is Christ’s glorification in and through the Church, which is the agent of transformation. Transformation is not an overnight business when a person hears the gospel through some means turns to Christ and then attends a local church. Instead, it is an ongoing process through the work of the Spirit.

The indwelling presence of the Holy Spirit will continue His work in the Church until Christ returns. This process includes sanctifying, filling, imparting spiritual gifts that produce spiritual fruits, and preparing the Church for Christ’s coming. Apostle Paul shares the decisive hope for the church that every believer who is dead in Christ shall rise to glory. God’s glory is the essence of His nature, the radiance of His splendour, and the demonstration of His majestic power. It is such glory that every believer will share with God. Apostle Paul calls it a mystery that anyone without the indwelling power of the Holy Spirit would fail to understand. There is no near comparison to this concept in any other religion. However, this is not derived from the world’s wisdom but the wisdom of God. The inception and the development of the Christian

church in the early centuries solidly believe this with the help of the Holy Spirit. However, in the past, for many centuries, the devotees of Christ across the globe fathom this faith to themselves. We all live in the same faith that rejuvenates us in our journey.

The supernatural intervention of God in fragile human beings strengthens them to accomplish God’s work to build His kingdom in this world is only possible by the presence and the power of the Holy Spirit. When the Holy Spirit is given its place at the helm of all that we do, our lives will significantly impact our generation. The church will look like Christ once the Holy Spirit is allowed to work in the lives of its members. Augustine Prayed, “Breathe in me, O Holy Spirit, that my thoughts may be all holy. Act in me, O Holy Spirit, that my work too, may be holy. Draw my heart, O Holy Spirit, that I love, but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I may be Holy. Amen.”



**DR. JOY SAMUEL**  
Birmingham, UK

Pastor Joy is a Bible teacher and the Associate Minister at Transformation Church, Birmingham, UK. He holds a Ph. D in Pentecostal Theology from the University of Birmingham. He is married to Anju and blessed with two children, Jeffrey and Joeline.



# Holy Spirit's Supreme guidance

**A** child of God is indwelt by the Holy Spirit. As the Israelites were led through the desert by the cloud of the presence of God, so as the Spirit of God fills us, we become sensitive to His movements, and He is thus able to guide us through the very wilderness into the fulfilment of God's promises in Christ Jesus for us. What a privilege!

However, often, people like to depend on money, a powerful organization, or an influential person to guide them rather than God and His Spirit. Primarily, there are three means the Spirit of God uses to guide us:

- The word of God. If God specifies a particular matter in the Bible, we do not have to seek further guidance.
- The circumstances. God frequently uses the circumstances to point out His will in a particular situation. But it's only for a true believer walking close to God.
- The voice of God. It's an inward conviction in our conscience, which never conflicts with the scriptures. God's voice does not contradict His word. The scriptures enable us to discern and expose Satan's trickery when he tries to mimic the voice of God.

In Acts 10, God uses all these means to direct Peter to Cornelius' house. What a great blessing that case of divine guidance resulted for the world. In the same way, in Genesis 24, the Spirit of God guided Abraham's servant, enabling him to find the right woman for his master's son.

**“It is impossible to live a spiritual life on this earth except by the power and Supreme guidance of the Holy Spirit!”**

According to Galatians 5:25, the Apostle Paul adds, ‘Since we now live by means of the Spirit, let us also walk by means of the Spirit’. It is impossible to live a spiritual life on this earth except by the power and Supreme guidance of the Holy Spirit!



**ELIZABETH MATHEW**  
Muscat, Oman

Elizabeth Mathew is a certified educational Trainer and consultant. She currently works as a Head of School in UAE. She is married to Abraham Mathew and blessed with two children.



## SHALEM PENTECOSTAL TABERNACLE **SEEKING FULL TIME SENIOR PASTOR**

SPT is a leading Malayalee Pentecostal Church in Elmont New York affiliated with IPC North America - Eastern Region and IPC Kumbanad.

We are seeking a suitable candidate for the position of full time Senior Pastor effective **JUL 2023**

The candidate shall possess the following qualifications:

- 1) Must be U.S. citizen or green card holder
- 2) At least Bachelors degree in Theology from an accredited bible college
- 3) Must be able to deliver messages fluently in Malayalam and in English
- 4) Must be above 40 years old
- 5) Ordained and with at least 10 years of Pastoral experience

If interested, please email your resume before **31 OCT 2022**

email: [info@sptchurch.com](mailto:info@sptchurch.com)

[www.sptchurch.com](http://www.sptchurch.com)

Call: +1 (516) 697-5264



# Spirit-led Life

**P**ractical Christian life teachings emphasize the Holy Spirit's anointing and guidance. Just like a shepherd cares and leads his flock in the wilderness and protects it from all kinds of danger, God gave the helper to lead our life on this earth in the most fulfilling way. The Holy Spirit's leading can be as follows.

**Freedom:** There is freedom from sin, the bondage of curse, and the shame it tied us to. We are no longer under the law but under the new covenant of Jesus. 2 Corinthians 3:17, Galatians 4:6.

**Sonship:** The Holy Spirit reminds us daily about the great adoption that happened through the cross and made us a Child of God. "And because you are sons, God sent the Spirit of His Son into our hearts, crying out, "Abba, Father";- Romans 8: 14, 15.

**Excellence:** The story of Bezalel and Oholiab teaches us how the Spirit of the Lord guided the craftsmen to excel in everything they did (Exodus 31:3).

**To be brave; courageous:** It poses a perfect example of how the Spirit keeps our connection with God active. With the help of the

Holy Spirit, we can pray in tongues and connect with God deeper than before. Often this leads to breakthroughs in our life.

**Understanding God's Word:** Bible hides deep mysteries of God and His promises. When our human knowledge fails to comprehend, it is the spirit whom we need to decipher the Word. The Spirit led Daniel and Joseph to unravel the visions and dreams of kings. Daniel 4:18.

**Witnessing Faith:** To fulfill the great commission, God sent a helper to help us grow in Faith and be witnesses of the gospel to the entire world. Spirit will prompt us to walk blamelessly and righteously, reminding us about Jesus's second coming and eternity. John 14:26

**The burden for the Unsaved and; perishing:** I remember enjoying the newly found joy of Spirit and would talk in tongues to class, to college, and on the bus, and it was a joy and burden that the Lord would give to pray for my classmates, my fellow passengers, teachers. Spirit makes us selfless, and our focus shifts from ourselves to others.

**Recognize and accomplish the purpose:** Today's world searches for every way to find its purpose.

Yet, a Spirit-led Christian focuses on eternity and his calling rather than the accomplishments and recognition on this earth. May this be our prayer like the psalmist "Cast me not away from Your presence; take not Your Holy Spirit from me. Restore the joy of Your salvation to me, and sustain me with a willing spirit..."



**ANNET SAM**  
New Delhi, India

Annet is an IT professional born to Pastor couple Sam K. K. and Biji Sam. She has an MBA in HR and holds a bachelor's degree in public administration. She is married to Evg. Bino Mathew and is continuing her passion for Ministry among slum children and youths of Delhi.

"Today's world searches for every way to find its purpose. Yet, a Spirit-led Christian focuses on eternity and his calling rather than the accomplishments and recognition on this earth."



## BAPTIZED TO BE ONE

**A** bath or shower after a long and hard day brings serenity and rejuvenation to one's body; the same is true early morning as one starts their day, getting ready to move on with our lives. However, reminisce the times you took a dip in the ocean or river, being one with nature, and where belongingness crept over you so much that you did not want to leave that place. Oneness with nature brought tranquillity to both your body and soul, leaving your spirit asking for much more.

In 1 Thessalonians 5:23, we are reminded that our whole spirit, soul, and body needs to be kept blameless at the coming of our Lord Jesus Christ. How can you work on something that we are not aware of? We know the needs of the body, and the soul feels our joys and pains, but the spirit, which is most important, is sometimes left at the triage and waiting.

It is this spirit that quickens us, but often uncared for, but when we heeded to the voice of the Spirit of the Lord and confessed, that led us to be baptised, which as 1 Peter 3:21 states, saved us and gave us the good conscience towards God. The submission allowed the Spirit of the Lord to start His process in our lives. Enlightening us on where we are and where we need to be; teaching and bringing to remembrance all that our Lord wants us to do and be; that is, the sons of God.

If baptism in water sets us on this route to righteousness, the baptism of the Spirit gives us His strength to conform and remain in righteousness and not lose track, sometimes allowing others to think of us as insane, as Hosea 9:7 states. However, the world did not know

**“The submission allowed the Spirit of the Lord to start His process in our lives. Enlightening us on where we are and where we need to be; teaching and bringing to remembrance all that our Lord wants us to do and be; that is, the sons of God.”**

Him, so neither will they know the ones that conform to The One. Our lives should be of a continuous improvement “Kazen”, which will only be sustainable when we follow Rom 12: 1, 2 and allow for the constant renewal of our mind, embarking on the knowledge of His will. Ready to be part of the One?



**PR TOJI OOMMEN**  
Cleveland, USA

Toji currently works as a facilities manager with a multinational group. He is married to Neema Johnson, and they have a son, Erasmus Jacob Oommen, who is currently doing his 1st year University. Toji is also an ordained minister with the Church of God, Cleveland. He now attends a local church at Edmonton and serves the Lord in areas where the Lord leads them as a family.

LENS IN THE LIGHT



## Being Allegiant To The Spirit

**G**enerally, everyone is led by desires or pleasures that bring happiness and success. People love to do what pleases them. But that should not be the case for a child of God, right? The Scripture is very clear when it says we are to live a life pleasing to God and bringing glory to Him. So how is that possible? The Holy Spirit, the third person in the Godhead, helps us walk according to the ways of the Lord.

So, what does that look like? As the gospel of Jesus Christ is preached, the Spirit works inside a person's heart. When the person positively responds to the gospel by putting his faith in Christ Jesus, he becomes a regenerated person. This is what happens at conversion. The regenerated person is indwelt by the Spirit at that point and positionally sanctified by God, where he is free from condemnation. Once we are positionally declared righteous in Christ, the Spirit then takes the role of an active agent who leads us on the paths of righteousness, but at the same time, there is an active effort required from our side too to be in the Spirit.

It is our responsibility to be in tune with the Spirit and live according to His guidance, which results in not gratifying the desires of the flesh. The Spirit helps us to work out our salvation in reverence to God. And the excellent purpose is to progressively transform us into Jesus Christ's likeness. Christian belief is not just a one-time

**“Christian belief is not just a one-time decision where we are vocal about our belief in God but do whatever satisfies our sinful cravings. Instead, it involves a lifestyle that glorifies God 24/7.”**

decision where we are vocal about our belief in God but do whatever satisfies our sinful cravings. Instead, it involves a lifestyle that glorifies God 24/7. Our words, deeds and actions need to align with God's word. Those who belong to Christ prove their allegiance through their works with the help of the Spirit. Good works are not a way to be saved but an expression of the fact that we have been saved by grace through faith.

Once we put our faith in Christ, the Spirit leads us in a different direction than our pre-salvific route to walk in His ways and empowers us to be faithful followers of God. We are still on the road of transformation, which continues until Christ comes again and glorifies us. Romans 8:14 says – “For those who are led by the Spirit of God are the children of God.” So as children of God, let us put our complete trust in God and be empowered by the Holy Spirit, thereby walking in the newness of life and putting the desires of the flesh to death.



**CYRIL PHILIP**  
Tulsa, USA

Cyril Philip is an IT professional and writes gospel content for online Christian publications. He lives in Tulsa, Oklahoma with his wife Reeba and two sons. He serves God in the worship department at Bethel India Christian Assembly, Tulsa.



# New Life in CHRIST

**“ONE WILL BECOME MORE AWARE OF SINS WHEN HE IS LED INCREASINGLY BY THE SPIRIT. THIS SPIRIT-FILLED LIFE WILL CAUSE ONE TO LAMENT, CONFESS, AND REPENT, BRINGING ONE NEARER TO THE LORD.”**

**O**ften, it is difficult for the righteous to decipher other righteous people’s outward appearances.

As a matter of fact, can we identify any visible changes in those who believe and walk according to the will of God? Why should we give much importance to a life led by the Spirit? It is because those who falsely live righteously set their minds on the things of the flesh, which will invariably lead to death.

To understand easily ‘one walks in the spirit’, it is better to understand the meaning of walking in the flesh. We all know that true believers are the salt of the earth. They are not supposed to imitate the life and standard of worldly people. A true believer must have undergone a profound shift in his mind-set, and the world calls such men “born-again.” Such spiritual transformation will be hidden if they walk in the body, but it will be more conspicuous or manifestative if they walk in the Spirit. Moreover, there will be a greater desire for spiritual pursuits like caring for others, expanding one’s knowledge

of the Bible etc. After all, they grow increasingly conscious that this life is only a temporary pilgrimage and that heaven is where one truly belongs as one walks in the Spirit. But it is needless to say that these are uninteresting or pointless to people who do not walk in the Spirit.

To my consternation, I have noticed despicable practices among western Christian believers or even among Bible teachers! For them, this is only a normal practice among other extras as the world equips them. I even talked to them about this, and their reply surprised me. They say that outward appearance does not decide whether one is a believer. The inner man is to be counted as long as you keep your heart pure and keep away from all filthy thoughts- nothing is sinful against God. In this context, the relevance of the spirit-led life begins.

One will become more aware of sins when he is led increasingly by the Spirit. This spirit-filled life will cause one to lament, confess, and repent, bringing one nearer to the Lord. Every act of sinful nature,

whether major or minor, will become more conscious once one comes closer to God. Worse still, one who still believes they are “good enough” is at risk, which means the outward appearance is the result of the inner wish of a man, for, what to wear, what to speak etc., with which we live on are all factors influencing our Christian life. However, we are forced to think there are no restrictions set by God on us to fulfil and thus lead an unbridled pleasant Christian life.

Freedom is the major issue with Christianity today. Everyone sets their guidelines for their conduct, discarding the standards established by the Bible. You can purchase and wear nice (modest) clothes you feel comfortable in while you must wear them as a faithful Christian. But when you try to dress immoderately, you cease to live as a true Christian. A spirit-led Christian will not do that. Whatever culture you are in, a true Christian should maintain his or her standards before the public as he or she is not led by the flesh but the spirit.

At this juncture, the spirit-led people swim against worldly currents because they are not led by the flesh but by the Spirit. Christians will grow hungrier and thirstier for righteousness as the Spirit gradually grows within them. Positive desires and yearnings for holiness and righteousness will be present in them, carried forward steadily by the Spirit.



**DR. BINU DANIEL**  
Dusseldorf, Germany

Dr. Binu Daniel is a management consultant, teacher, author, and educationist. He has written numerous articles in well-established English dailies on Economics and Management issues. He lives in Germany with his wife, Reena, and two daughters.



# Dementia:

## What we need to know

**D**ementia is the progressive loss of cognitive functioning to an extent that it interferes with the person's daily life and activities. It refers to the progressive cognitive impairment in one or more cognitive domains; most often learning, memory, language, executive function, complex attention, perceptual-motor or social cognition.

### FACTS AND FIGURES

- Dementia is not a normal part of aging, but it is more common as people grow older.
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- There is a lack of awareness although numbers are increasing.

### RISK FACTORS

- Genetics and first degree family history of dementia, increased age, female gender
- Unhealthy lifestyles: Lack of physical activity, unhealthy diet, smoking, alcohol and other substance abuse.
- Chronic diseases such as obesity, hypertension, elevated cholesterols, diabetes etc.
- Mental disorders early in life, depression, and chronic stress, traumatic brain injuries
- Smaller cognitive reserve: Cognitive reserve refers to individual differences in how tasks are performed that may allow some people to be more resilient than others.

### DIFFERENCE BETWEEN ALZHEIMER DISEASE (AD) AND DEMENTIA

Although these terms are often used interchangeably, they actually have different meanings. While dementia is not a specific disease but a general term that describes a wide range of symptoms, Alzheimer's disease (AD) is a specific brain disease. It is the most common type of dementia. The other common neuro degenerative dementias include Frontotemporal dementia (FTD), Dementia with Lewy Bodies (DLB), Parkinson's disease dementia and vascular dementia.

### COMMON EARLY SIGNS AND SYMPTOMS OF DEMENTIA AND ALZHEIMER'S

Depending on the area of the brain that's damaged, dementia can affect people differently and cause different symptoms. The may include:

- Memory loss is the most common symptom of dementia. Early signs include difficulty remembering names of familiar things, recent events, conversations etc.
- Challenges in planning or solving problems, including daily activities and routines.
- Confusion with time or place: they may wander and get lost even in familiar places
- Trouble understanding visual images and spatial relationships
- Difficulty with reading and writing, trouble expressing ideas and thoughts.
- Difficulty with abstract thinking, multitasking, managing finances/bills and numbers.
- Poor judgment and decision making even with daily life situations.

- Changes in mood and personality: Individuals with Alzheimer's may get confused, depressed, anxious, easily upset, fearful, impulsive, and suspicious or even delusional.

### SCREENING AND DIAGNOSIS OF DEMENTIA

There is no single diagnostic test that can determine if a person has dementia, and therefore it can take a long time. The diagnosis is made through a systematic assessment that eliminates other possible causes of cognitive changes. Diagnosis of dementia requires impairment of at least two or more mental functions to interfere with daily living. This process may include detailed medical history, mental status examination, psychiatric and psychological evaluations, and neuroimaging studies such as CT (Computerized Tomography), SPECT (Single Photon Emission Computed Tomography), PET (Positive Electron Tomography) etc.

### DO MEMORY ISSUES ALWAYS MEAN DEMENTIA?

Not everyone with memory problems has dementia. There are many other reasons one may be experiencing memory and cognitive problems, including aging, medical or psychiatric illnesses, stress, adverse effects of medications, alcohol and substance abuse, nutritional deficiencies, brain injuries etc. Early detection helps to eliminate the reversible causes and helps initiate treatment to control symptoms at an early stage and slow down the disease progression as a whole.

### WHAT CAN WE DO TO HELP?

There is no cure for dementia, but there is help.

- Get screening done at the earliest stage. Early diagnosis provides better care options.
- Be aware that medications which may change disease progression are available.
- Driving becomes unsafe as cognition deteriorates. Patients with a clinical dementia rating (CDR) score  $\geq 2$  are considered unsafe to drive.

- Risk for fall, wandering and behavioral issues worsen as the disease advances.
- Advance directives and other advance care planning should be discussed prior to the onset of moderate or severe dementia, when possible.
- Maintain dignity, respect, and quality of life in patients with dementia.
- Support caregivers: Caregivers of patients with dementia can suffer significant stress, particularly as the patient's cognitive function declines or behavioral symptoms worsen. Counseling and participation in support groups can be beneficial. It is also helpful to encourage the caregiver to get help in sharing the caregiving burden with other family members or, if affordable, paid caregivers.



**PREETHY THOMAS**  
Oklahoma City, USA

Preethy Thomas is a certified APRN (Family Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner) currently employed in Oklahoma, as a PMHNP. She obtained her BSN from CMC, Vellore, MSN in Family Nurse Practitioner from Georgetown University, D.C, and Post Masters in Psychiatric Mental Health Nurse Practitioner from Stony Brook University, New York. Her favorite part of working in Psychiatry is 'being able to help those who can't help themselves'.

# Redeemer

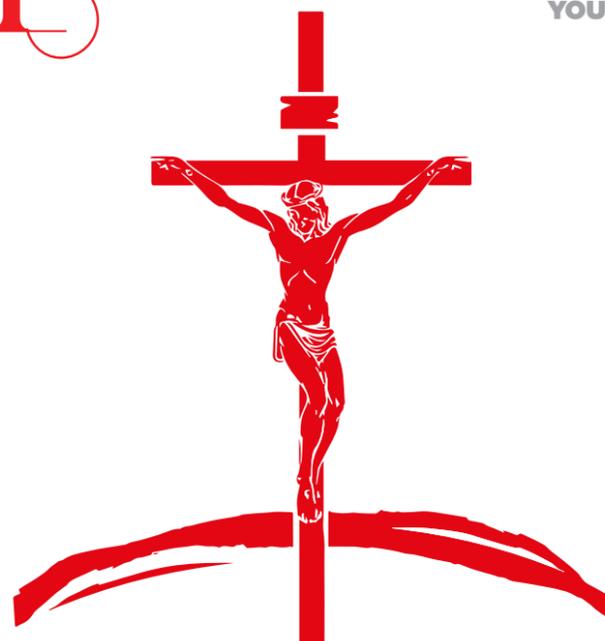
Oh, you the one with the infinite kind heart  
which is eternal than the glory of solar spheres,  
than the shining of gleaming moon and stars,  
than the desolated and wider skies

Son of heavenly beauty king  
prince of one who compiled the whole globe,  
born in hayloft because of being homeless in the eternal world

In the darkness of evils on earth  
In the darkened hearts of crowd  
For building a new paradise with the waves of enlightened love,  
While weep over sin, laying on cross  
prayed to his father to forgive the lack of knowledge of violators

The physiques stolen by malady in this world, which trapped in dejection.  
No medical thesis on this earth can treat better than the heavenly savior.

Before the new era when the Eden  
where the king of world resides  
and was rejected by the first world, arrives  
Wake up earth ... Open the eyes



**SHEBA JITHIN**  
New Delhi, India

Continued from Page 01

# A LIFE LIVED BY THE SPIRIT

like lifestyle in the world. Jesus considered the gift of the Holy Spirit to God's children as a good gift from the Heavenly Father (Luke 11:13). The Father gives the Spirit to the one who asks for the excellent gift. The reason for Jesus' understanding is evident in his teachings. In addition to the Spirit glorifying Jesus through continuing his mission in the world (John 16:14), he taught that the Holy Spirit would:

(i) "convict the world concerning sin and righteousness and judgment" (John 16:8);

(ii) "will teach you [disciples] all things and bring to your [disciples'] remembrance all that I [Jesus] have said" to the disciples (John 14:26); and

(iii) "will guide you [disciples] into all the truth" (John 16:13).

These are three essential aspects of a Spirit-led life. Firstly, the convicting function of the Spirit is threefold – regarding sin, righteousness, and judgment. The convicting of sin is not just limited to the initial conversion experience of a sinner. Still, it coincides with the regenerative role of the Holy Spirit in a believer's life. In John's dualistic understanding, the world is in sin under the power of darkness. Jesus is "the light" that "shines in the

darkness" (John 1:5), of whom the Spirit of truth is the alter ego in the world after his ascension. The Spirit indwells in us (John 14:17) and convicts us of our sins, that is, our unbelief in Jesus (John 16:9). Paul experienced it when he encountered Jesus at the gate of Damascus (Acts 9:1-9). Hence, later he confesses to his spiritual Son, Timothy, that he is the foremost of all sinners (1 Timothy 1:15). Among the Thessalonians, their deep conviction was the work of the Spirit. Still, it continued in them as part of their sanctification (2 Thess 2:13). Paul would call it as daily walking by the Spirit which enables his Galatian believers to resist the desires of the flesh (Gal 5:16-17).

Further, the Spirit convicts the world of righteousness because we see grace and truth manifest in Jesus (John 1:14). As the true revealer of God, Jesus comes from the Father (John 1:14) and returns to the Father (John 16:10). The divine righteousness is unknown except in him. The Spirit continuing Son's mission is to extend God's revealed righteousness to all in darkness. Finally, in the very act of the Son entering into the sinful world to offer himself as the atonement to human sins in a judgment over the ruler of this world, Satan (John 16:11). Satan is defeated upon the

cross (John 16:33; 19:30).

Secondly, the teaching function of the Spirit is like a ministry of nursing a child to initially feed on milk and then solid food to grow and mature in full measure. Jesus knew the disciples' weakness in receiving the whole revelation he desired to impart. Hence, he said, "I still have many things to say to you, but you cannot bear them now" (John 16:12). After the ascension of Jesus, the Spirit illuminated the disciples' minds (as he illumines our minds today!) to understand the real meaning of Jesus' words and deeds. The teaching of Jesus that the disciples remembered to preach and record in the writings is by the assistance of the Spirit. Today, the Spirit of wisdom enlightens our hearts and minds to understand God through the Scripture (Eph 1:17-18). It will enable them to live by everything Jesus taught his disciples. On the day of Pentecost, Peter standing up filled with the Spirit, understood the truth about Jesus' death and the importance of Joel's prophecy (Joel 2:28-29). Paul tells his Corinthian believers that the message he preached to them is revealed and taught by the Spirit, who comprehends the mind of God (2 Cor 2:10-13).

Thirdly, the guiding function

of the Spirit is based on the Spirit's unique access to know God's thoughts and faithfully communicate what he hears from above. For Paul, the sole antidote to turn away from doing the "works of the flesh" is to be "led by the Spirit" (Gal 5:18). The Spirit enables a believer to bear the "fruit of the Spirit" (Gal 5:22-23) and live a cruciformed life, which is the visible expression of the living in body as dead to sin and be identified with the character of Jesus. In daily life, a believer led by the Spirit knows the will of God for him to live in holiness (2 Thes 4:7).

To sum up, a Spirit-filled person is founded in Jesus Christ. By the promise of Jesus, the Father gives the good gift, the Holy Spirit, to his children. Those who receive him are spiritually enabled to discern the will of God to live holy in righteousness, separated from sin daily. The Spirit teaches and guides God's children to bear the fruit of the Spirit becoming Christlike. Spirit-filled life is only lived in the sphere of the Spirit, energized by his activities in and through a child of God. The Spirit reveals to us the mind of God as revealed in Jesus, and we grow in a more profound knowledge of God aided by the Spirit.

**'Gospel is the power of God that brings salvation to everyone who believes' Romans 1:16**



**CHARISMA CHRISTIAN FELLOWSHIP**

WATERFORD / KILKENNY IRELAND

A multi-lingual Christian community.

A multi-lingual Christian community church which brings glory to God through life-changing good news of Jesus Christ. Started in 2006 and we are located in south east of Ireland, in county Waterford. We worship GOD in Truth & Spirit.

Meetings are held in county Waterford and in county Kilkenny.

Please visit our Facebook page and Website for meeting schedules and for other details.

[www.facebook.com/charismaprayerfellowship](https://www.facebook.com/charismaprayerfellowship)  
[www.charismachristianfellowship.org](http://www.charismachristianfellowship.org)

## MEETING SCHEDULE

### Sunday Worship & Sunday School

3.00 pm - 6.30 pm - in Waterford (Eircode - X91 W1XF)

### Fasting Prayer

10.00 am - 12.30 pm (First Saturday's - in Kilkenny, Eircode - R95 W1KV)

### Youth & Kids Church: 3rd Sundays

**Ladies Meeting:** 10.00 am - 12.30 pm (2nd Saturdays)

**Cottage Prayer:** 10.00 am - 12.30 pm (3rd Saturdays)

**Outreach:** 4th Saturday's

**Feel free to Contact Br: Aby Varughese – 00353 873111814**

'He will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him' Hebrews 9:28



# WE DON'T NEED WAR BUT PEACE TO SUSTAIN LIFE AND NATURE



**T**he Russia-Ukraine war doesn't seem to be ending anytime soon. NATO Secretary General Jens Stoltenberg said earlier, "Nobody knows how long the war could last. We need to be prepared for it to last for years." He also urged allies not to weaken support for Ukraine even if the costs are high, not only in terms of military aid but also because of the increase in energy and food goods prices." Moreover, the United States has already decided to militarily help Ukraine in a big way, which means the Ukraine proxy war will continue. Precisely, it is more than eight months since the Russian-Ukraine war broke out and the war would go on indefinitely considering the support Ukraine receives by way of arms and ammunition from those who stand with Kyiv. But the million-dollar question is when will it end and who will take initiative to stop it. Many consider India would be an ideal country to hold talks with the two warring nations and it is earnestly hoped that India would be able to leverage its powerful position to enforce a peace treaty between Russia and Ukraine.

The sad part of the story further gets saddened because there are no so-called environmental activists in the picture to douse

the flame of this wretched war. Where have they gone? Why can't these environmentalists hold massive rallies against the war as Ukraine has been pounded and destroyed beyond redemption? The atmosphere in Ukraine has become highly polluted and every nature-given bounty has also been destroyed by the contemptible war. Who has given the heads of the warring countries the sanction to destroy precious nature? Inevitably, the people of these warring nations as well as the rest of the world must organize to overthrow the governments that cling on to power to wreak havoc on nature and people.

What the saddest thing about the Russia-Ukraine war is that Ukraine has been devastated beyond description. Before the Russian invasion, Ukraine served as one of the world's leading breadbaskets-exporting roughly 12 percent of the planet's wheat, 15 percent of its corn, and half of its sunflower oil. But there were very grave situations and uncertainties over the food grains which got stuck due to the blockade in the Black Sea. The Black Sea Grain Initiative allows for Russian and Ukrainian food grains and fertilizers to reach global markets. Indian external affairs minister S.

Jaishankar had last week said that India had been asked to weigh in with Russia at a particularly delicate moment of the grain shipment discussions in the Black Sea that led to the lifting of the blockade of Ukrainian export of food and fertilizers.

Hopefully, India is the ideal country that can hold parleys with these nations to win a truce. What is to be born in mind at this time of disheartening situation is that Russia is a country with lots of nuclear bombs, and in a desperate bid to win the war, if Russia uses these deadly weapons against Ukraine, then it will be a holocaust for the entire world. Just think of the futility of the war being waged for no possible gains. Hence, it is high time peace-loving people organized themselves and held rallies against this wretched war. We don't need war but peace that can build nations to support every citizen to live their life to the fullest.

**"What the saddest thing about the Russia-Ukraine war is that Ukraine has been devastated beyond description."**



**TK NANDANAN**  
Kochi, India

TK Nandan, a freelance writer, is presently employed with an Indian Government Organization. Married to Jayasree, who is a nurse by profession, he lives in Kochi with their children. He is a regular contributor of articles to several English dailies in India.



## INDONESIA FOOTBALL MATCH STAMPEDE KILLED 131 PEOPLE

The deadly stampede at Kanjuruhan football stadium in East Java's Malang, Indonesia has shaken the foundations of the country's most popular sport and was the culmination of decades of mismanagement and violence, experts say.

The tragedy a week ago that killed 131 people, including 32 children, in the aftermath of a top-tier match has forced officials and fans to confront failings in every aspect of the game in the country. Experts speak of shaky infrastructure, mismanagement, hours-long waits to leave outdated stadiums, and the potential for heated passions to descend into violence that has killed scores since the 1990s. President Joko Widodo visited the site of the tragedy on Wednesday (Oct 5), ordering an audit of all stadiums and pointing to the country's 78,000-seater national stadium in Jakarta as the standard he expects across the 18-team league.

The gates at the 42,000-capacity Kanjuruhan stadium were big enough to fit only two people at a time and some were not open on time, officials said. Preventive measures were put in place before the match "due to the intense rivalry and ... the culture of the spectators", said PSSI deputy secretary general Maike Ira Puspita. Persebaya Surabaya fans were barred from the stadium because of fear of fan violence led by diehard "ultra" fans. But when Arema FC supporters - flooded the pitch to express their anger with the home team, it set off a chain of events worsened by a violent police response that sparked a stampede, leaving many trampled or suffocated to death. The disaster has put a focus on Indonesia's "ultra" groups, which can almost look like battle-trained militias.

Players travel in armored vehicles to away games and away fans are now banned from the biggest derbies because home team hooligans have in some cases laid in wait with weapons on highways to attack their adversaries' coaches. Some fans wear jerseys bearing the slogan "sampai mati", or until death. Jokowi, as the president is popularly known, visited Kanjuruhan stadium in Malang, East Java where the tragedy happened after Arema FC lost on its home ground against rival Persebaya Surabaya on Saturday night. After the final whistle was blown, thousands of Arema fans invaded the pitch to vent their frustration about the loss.

Police and military officials guarding the match responded by firing tear gas canisters, which ran against security protocol set by football's governing body FIFA. This led to a deadly stampede. The central government has formed an ad hoc fact-finding team to evaluate how security was handled during the incident. Mr. Widodo noted on Wednesday that the fact-finding team will investigate the circumstances surrounding the stampede.

## World News

### Uganda President apologizes for son's tweets against Kenya

President Yoweri Museveni has apologized to Kenyans over tweets posted by his son Muhoozi Kainerugaba that had repeatedly threatened to invade Uganda's East African neighbor. In a series of tweets on Monday and Tuesday, Kainerugaba posted provocative messages, including proposing the unification of Kenya and Uganda. "It wouldn't take us, my army and me, 2 weeks to capture Nairobi," Kainerugaba wrote, referring to Kenya's capital. "Union is a MUST! No honorable men can allow these artificial, colonial borders anymore. If our generation has men, then these borders must fall!"

President Museveni apologized for his son's comments, saying it was wrong for public officers to meddle in the affairs of other nations. "I ask our Kenyan brothers and sisters to forgive us for tweets sent by General Muhoozi, former Commander of Land Forces here, regarding the election matters in that great country," Museveni wrote in a statement released Wednesday on his official website.

His comments drew angry reactions from Kenyans on social media and Kainerugaba, who is widely regarded as the de facto head of the military and his father's chosen successor, was on Tuesday removed as commander of Uganda's land forces. It was unclear whether the change was made following his controversial tweets. He was later promoted from lieutenant general to the rank of a full general and will remain a senior presidential adviser for special operations, a Ugandan Ministry of Defense statement announced. Ugandan analysts and opposition leaders have long accused the 78-year-old Museveni of grooming his son to take over from him, but Museveni, who has been in power for 36 years, has repeatedly denied doing so.

**GLOBAL**  
TRAVEL EXPERTS

(833) 8 GLOBAL | (215) 464 8253  
info@gtetravels.com



**Air Tickets | Vacation | OCI  
Visa and Passport Services  
Pancard | Passport Photo  
Green Card Filing/Renewal**



## Heavy rainfall in Sydney smashes previous records

Sydney has recorded its wettest year since records began in 1858 as further downpours are forecast in coming days that could cause more flooding in Australia's eastern states. Thursday morning showers in central Sydney took the city's rainfall so far this year beyond the previous record set in 1950 of 2,194 millimeters (86 inches). Australia has experienced heavy downpours in recent months, forcing residents to flee their homes as rivers breached their banks and waters rose around Sydney, northern New South Wales (NSW), and southern Queensland. And more rain is forecast for the rest of 2022 due to the rare occurrence of a third straight La Niña, a weather system that typically causes wet, windy summers. October is typically the second-driest month of the year, but this year, rain has fallen on 13 of the past 15 days, and the city has received almost a month's rainfall in just one week.

Authorities are warning residents of potential flash flooding and to stay away from flooded roads. Many dams and rivers have already reached capacity. The NSW government has committed to raising the height of the wall at Sydney's Warragamba Dam, which supplies 80% of the city's water, to help prevent future floods. Some of the state's rural inland towns are already flooded, with television footage showing residents moving farm animals to higher grounds and damaged roads.



## Thailand Nursery Attack: 36 victims lose their lives

An ex-policeman has killed at least 37 people, most of them children, in a gun and knife attack at a childcare center in north-east Thailand. Police say he then killed himself and his family after a manhunt following the attack in Nong Bua Lamphu province. Children and adults are among the casualties at the nursery - police say the attacker mostly stabbed his victims before fleeing the scene. The former officer, aged 34, was sacked in June for drug use, police said. It is not clear if there was a motive for the attack. At least 23 children were among the dead in the mass killing in the town of Utthai Sawan. Some victims aged as young as two were attacked as they slept.

Head teacher Nanticha Panchum said the attacker's son attended the center but had not been there for a month. The man used to drop his child off, and was always polite and chatty, she said.

Ms. Panchum said there were usually more than 90 children at the school, but just over 20 were present on Thursday due to bad weather and a school bus breakdown. After attacking the nursery, the assailant fled the scene in a pick-up truck. He then killed and hurt more victims as he drove to his house, where he shot himself to death after killing his wife and child. A total of 36 victims lost their lives and ten people suffered injuries. The tragedy on Thursday shocked the whole nation, where a terror attack of this nature is uncommon.

## World News



## PepsiCo confirms Tesla Semi Truck deliveries in December

PepsiCo Inc confirmed on Friday it would take delivery of Tesla Inc's Semi trucks on Dec. 1, becoming the first company to receive its orders of the much-delayed electric vehicle. PepsiCo said in a statement that the trucks would be used at its Frito-Lay plant in Modesto, California, and its PepsiCo beverages factory in Sacramento. PepsiCo has been aiming to reduce fuel costs and emissions and reserved 100 of the trucks in 2017. U.S. companies have pledged to take action to reduce their impacts on the environment, with PepsiCo aiming to achieve net-zero emissions by 2040.

Transportation accounts for roughly 10 percent of the Mountain Dew maker's greenhouse gas emissions, PepsiCo's CEO, Ramon Laguarta, has said. Its company-owned fleet traveled 1.2 billion miles last year. Tesla Chief Executive Officer Elon Musk announced the start of production of the Semi truck late on Thursday on Twitter, saying the vehicles have a 500-mile (805 km) range and are "super fun to drive." Musk initially said the trucks would be in production by 2019 but the timeline has been delayed by years due to parts shortages. Other companies including United Parcel Service Inc, Walmart Canada and food service distributor Sysco Corp had also placed preorders for Tesla's Semi trucks.

Musk and Pepsi have not disclosed the number of Semis that would arrive at the packaged food company in December. On its website, PepsiCo said it expects 15 of its trucks to deploy by the end of this year. Tesla, on the other hand, has been struggling to deliver as many electric vehicles as it produces, which has hurt its share price. Musk is also trying to close his \$44 billion takeover of Twitter Inc, which has Tesla investors worried that the billionaire was spreading himself too thin.

## Essential drugs distributed in Kerala Government hospitals fail quality tests

The samples of essential medicines, including Paracetamol and Amoxicillin, being distributed at government hospitals across the state regularly fail quality tests, it has emerged. Besides those of the private pharmaceutical companies and small-scale manufacturing units, the drugs manufactured by the Alappuzha-based state public sector undertaking 'Kerala State Drugs and Pharmaceuticals Ltd' (KSDPL) failed to clear the quality tests. The Kerala State Medical Services Corporation (KMSCL), which takes legal action against private pharmaceutical firms over such incidents, is in a fix over what to do in the case of the government institution KSDPL. As many as 125 of the total samples of drugs collected till June by drug inspectors in the state failed quality tests. Out of this, 43 were made by the KSDPL. The state government spends millions for the efficient functioning of the KSDPL. Besides the amount allocated in the budget, the medical corporation purchases products worth Rs 60 crore a year from the KSDPL. KSDPL Managing Director E A Subramanian admitted that samples of certain medicines had failed the quality tests. In the case of Amoxicillin, a technical fault in properly ceiling the medicinal bottles resulted in the problem. This batch of medicines has been withdrawn. There are also issues with the quality of certain other drugs due to technical factors. A study to determine the corrective measures has been completed, he said.