

BROKEN BREAD Page 03

DEVOTIONAL Page 06

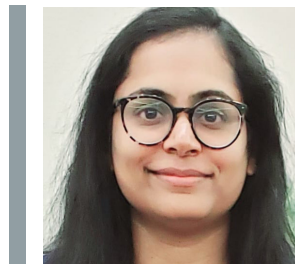
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Living with a Kingdom Mind Set



Prioritizing God's Expectation of Us



Preventing Blood Clots

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ILLUMINER

ISSUE 40

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OCTOBER 2023

Living the Kingdom: Embracing God's Reign in the Present and Future

A politician once remarked, "While you Christians aspire to lead people to heaven, our goal is to establish heaven right here on earth." Indeed, among Christians, there are varying perceptions of the Kingdom of God — some see it as a future heavenly destination. In contrast, others view it as an immediate pursuit of prosperity and earthly blessings. However, as illuminated by the New Testament, the profound truth is that the Kingdom of God is a harmonious blend of heaven and earth uniting in the present, with its full consummation awaiting the future. This idea is deeply rooted in the teachings of Jesus and the apostles and reflects a transformative understanding of God's reign in the lives of believers and the world. In this context, a kingdom driven lifestyle means seeking to understand and live by God's reign on Earth. It involves recognizing God's sovereignty and

aligning one's life with His values and purposes.

1. PRIORITIZING GOD'S KINGDOM:

A kingdom-driven lifestyle prioritises God's Kingdom. It means aligning one's life, choices,

Continue on Page 11



Pr. Jackson Kurian
Auckland, New Zealand

Jackson Kurian is an ordained Pastor and Bible Teacher. He also serves as the Mission Director at Fellowship Ashram Church of India. He holds an M.Th (Laidlaw College, New Zealand), and M.A in Sociology (Karnataka University, India). He lives in Auckland, New Zealand, with his wife, Reny, and two children and teaches at Ebenezer Pentecostal church.



The Palestinian militant group Hamas launched an unprecedented attack on Israel on 7 October, with its fighters entering communities near the Gaza Strip, killing hundreds of people, and taking dozens of hostages. Hamas is a Palestinian militant group which rules the Gaza Strip. Its name is an acronym for Harakat al Muqawama al Islamiya, or "Islamic Resistance Movement", and means "zeal" in Arabic. The group is sworn to Israel's destruction and wants to replace it with an Islamic state.

Hamas has fought several wars with Israel since it took power in Gaza in 2007. It has fired or allowed other militant groups to fire thousands of rockets at Israel and carried out other deadly attacks. Israel has repeatedly attacked Hamas with air strikes in response, sending troops into Gaza during two wars. Together with Egypt, it has blockaded the Gaza Strip since 2007 for what it describes as security reasons. After Hamas's unprecedented attack, Israel announced a "siege" of Gaza cutting its supplies of electricity, fuel, food, goods and water. Militants breached the wire that separates Gaza from Israel in multiple places. Details of a massacre in one Israeli community, Kibbutz Kfar Aza, have emerged with an Israeli general speaking of babies killed. Since the latest attack began, the death toll in Israel has reached 1,200 while Israeli air strikes on Gaza have killed more than 1,000 people. The border fence between Gaza and Israel has cameras, ground motion sensors and regular army patrols. The barbed wire topped wall is supposed to have been a "smart barrier" to prevent exactly the sort of infiltration that has taken place in this attack. But Hamas militants simply bulldozed their way through it, cut holes in the wire or entered Israel from the sea and by paraglider. America is Israel's closest ally, and successive administrations have declared the

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Our Advisors

C.V.MATHEW
Chief Editor
Goodnews
Weekly

T.M.MATHEW
Publisher
Goodnews
Weekly

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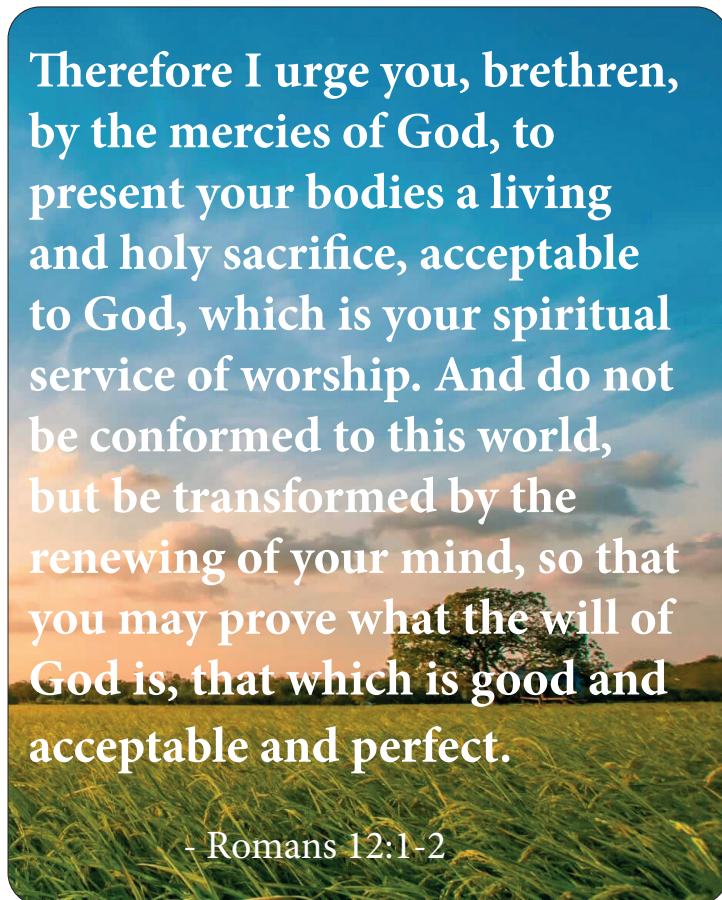
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CONTRIBUTING WRITERS (Current edition)

Dr. Binu Daniel, Divine Leonardo, Jebi Sam, Jossy Binz, Pr. Jackson Kurian, Pr. Royce Chacko Varghese, Pr. Thomas Mathew

NOVEMBER
Practicing Christian Faith in a Pluralistic World: Facing the competing claims (Heb 12:1-3; 1 Pet 2:11-12; 4:1). Being an agent of peace (Mt 5:9; Lk 10:27) Rom 12:17, 18)

DESIGN : WWW.FOGGENERATION.COM



- Romans 12:1-2

FROM THE
editor

FINDING THE KINGDOM RHYTHM OF LIFE

Lifestyle is closely connected to faith and beliefs. All major religious traditions follow a distinct lifestyle, expressing their dogmas and beliefs through dietary regulations, dressing style, greetings, celebrations, and numerous other factors. Christian tradition is not an exception. However, many of the so called 'Christian lifestyle' today may not really represent the Kingdom style of life laid out in the Scripture. "The walk" (preipateo - Greek) is the key term New Testament writers used to indicate customs or manner of living (Jn12:35; 1Cor 3:3; Gal 5:16; Eph. 5:2, 8, 15; Col 2:6; 4:5), which resonates the Hebrew usage "halak" (Gen 5:22; 6:9; 17:1). The specific use of this term in the Old Testament indicates the practice or pattern of living of the patriarchs like Enoch, Noah and Abraham that distinguished them from others in their generation. In the New Testament, Paul admonishes the Philippian church to conduct themselves (politeuo) worthy of the gospel of Christ. Peter joins Paul in urging the "God's elect" scattered throughout Asia Minor to "live such a good life before the pagans."

The Bible unequivocally asserts that one's lifestyle must reflect one's faith. However, translating the biblical concept of leading a gospel or a Christ worthy life to the present scenario poses several challenges. What does "walking according to the Spirit" or "conducting oneself worthy of Gospel mean today?" Historically, no Christians understood it as following the food habits, dressing style, or grooming like a first-century Palestinian Jew to imitate Christ's manner of life because the theological emphasis of the New Testament focused on the Kingdom ethos of living that reflected the character of Christ rather than sectarian lifestyle regulations that several communities follow today and even during the time of Jesus. The reception and application of the truth revealed through the Word of God by different cultures and ethnicities involve applying the core values and morals that can be best expressed in a culture at a given time in history.

"In a consumeristic, social media stricken, entertainment oriented world, finding the kingdom rhythm of life is possible only by paying careful attention to the guidance of the Spirit and consistently plugin into the Word of God to imbibe the core values of the kingdom."

In a consumeristic, social-media-stricken, entertainment-oriented world, finding the Kingdom rhythm of life is possible only by paying careful attention to the guidance of the Spirit and consistently plugin into the Word of God to imbibe the core values of the Kingdom and being willing to shape our thoughts and motives by the ethos Christ demonstrated through his life, and work. Jesus' saying collection regarding the worries of life recorded in Matthew 6:25-34 encapsulates his emphasis on the need to put Kingdom and his righteousness prior to food, clothing, and shelter. Jesus begins this portion by reasoning with the disciples that life is more significant than food, and body, important than clothes (Mt 6:25). Sadly, the world always demands the opposite from everyone to placing, social status, clothing, and food before one's own body and life. However, those who find the Kingdom rhythm of life will be able to transcend the carnal factors of life and focus on the higher purpose of God as Paul says in Philippians that he considers all that presumed to be gain as loss for the sake of Christ. A renewed focus on encouraging the present generation to maturing in the excellence of the knowledge of Christ is inevitable to follow a Kingdom lifestyle.

Living with a Kingdom Mind Set

The very first topic Jesus began to preach, as recorded by Mark in his gospel, was the 'Kingdom of God' ("The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!" Mark 1:15). Entrance to this Kingdom necessitates repentance (Metanoia). The basic meaning of the word 'repentance' is 'change of mind', which in turn impacts our conduct and behaviour. Throughout Jesus' earthly ministry, the Kingdom of God was the central theme of his teaching. The Kingdom's living principles were laid down by Jesus himself, as recorded in the gospels. Though they sound easy, they are hard to live by in a consumer frenzy society. In a selfobsessed generation where everyone puts their interest first, Jesus' call is to 'seek the Kingdom of God first'.

Paul says, 'God has rescued us from the dominion of darkness and brought us into the kingdom of His son he loves' (Col 1:13). As the Kingdom of God is a reality, so is the Kingdom of darkness. Both these kingdoms exist in a parallel manner but in stark contrast to each other. We were once part of a kingdom dominated by darkness and ruled by the devil, but God rescued us and translated us into a Kingdom illuminated by the light and the glory of His son Jesus Christ. Though we are now part of this new kingdom, we tend to have an old way of thinking because of our long acquaintance with the old kingdom. So, a radical shift must take place in our mind set. Even though our spirit is instantaneously regenerated the moment we believe and accept the Lordship of Jesus, the regeneration of our mind is an ongoing process. Since the value system in the Kingdom of God is opposite to this world's, a paradigm shift must occur in our thinking. Jesus' teaching often presented this paradox. The world hails the rich and the powerful as blessed, whereas Jesus taught in his sermon on the mount that the poor in spirit and meek are blessed. To the Pharisees, who were lovers of processions and positions, Jesus said, 'What people value highly is detestable in God's sight'.



Pr. Thomas Mathew
Aberdeen, UK

Pastor Pilgrims Gospel Church,
Aberdeen, Associate Pastor
King's Church, Aberdeen.

“ Christians called to enjoy the freedom of a Kingdom lifestyle end up bearing the unnecessary burden of worries and cares of this world. A person taking hold of the Kingdom of God and the Kingdom of God taking hold of a person are two different things; the former is an event, and the latter is a process.”



Those who have entered the Kingdom of God through 'Repentance' (Metanoia) would need to undergo another process called 'Transformation' (Metamorphosis) to function as kingdom citizens fully. Hence is the admonition of Paul to the born-again believers: 'not conform to the pattern of this world but be transformed by the renewing of your mind' (Romans 12:2). The word Metamorphoo is better illustrated by the transformation taking place in a caterpillar to become a beautiful butterfly; a complete turnaround from an unattractive crawling caterpillar to an attractive flying butterfly; from a consumer to contributor. While this is the ideal lifestyle intended for Christians to live by, the devil and the systems of this world constantly try to control and condition our minds by bombarding the lust of the flesh, the lust of the eyes, and the pride of life. Sadly, Christians called to enjoy the freedom of a Kingdom lifestyle end

up bearing the unnecessary burden of worries and cares of this world. A person taking hold of the Kingdom of God and the Kingdom of God taking hold of a person are two different things; the former is an event, and the latter is a process. The remedy is to go back to the basics of Jesus' teaching and seek the help of the Holy Spirit in transforming our minds with the word of God.



ARE YOU LIVING IN THE KINGDOM OF GOD?

"THE KINGDOM OF GOD CAN BE DEFINED AS THE DOMINION OF THE SOVEREIGN RULE OF THE TRIUNE GOD, WHERE ITS SUBJECTS ENJOY THE POWER, AUTHORITY, AND FELLOWSHIP OF GOD'S PRESENCE, FULFILLING GOD'S PLAN."

This could be one of the most critical questions anyone can ask! The Kingdom of God has been a matter of discussion and debate for centuries. Because of their limited understanding of God's plan, many have failed to understand the concept of the Kingdom of God since their only frame of reference was the earthly Kings and the Kingdoms.

Meanwhile, if we closely examine the Bible, we can find that the Kingdom of God is the central concept of the Bible (Mark 1:15, Rev 21:3-5). This Kingdom started in the Eternity past and continues in Eternity. Through their words and actions, Jesus, His disciples, and all His followers are the managers of this 'big plan of God'.

The Kingdom of God can be defined as the dominion of the sovereign rule of the Triune God, where its subjects enjoy the power, authority, and fellowship of God's presence, fulfilling God's plan. Perhaps it is the most challenging thing for a man to achieve with his ability, but God has made it so simple and accessible through the Lord Jesus Christ

To experience a driven lifestyle, everyone needs to have an understanding of the following:

1. Principles and policies of the Kingdom
2. Promises and provisions of the Kingdom

PRINCIPLES OF THE KINGDOM

The subjects of the Kingdom of God are expected to follow obey and practice the following Cardinal Principles.

- a. Love: A citizen of the Kingdom of God should love God first and then reflect the

love to fellow human beings like fellow believers, neighbours and even enemies with an unconditional expression of it (Mat 12:30-31). This character has made the lifestyle of the first century believers unique.

- b. Righteousness: Living in God's moral and ethical standards. It involves doing what is right, just and virtuous and reflects God's justice (Rom 14:17).
- c. Humility: They should have a humble and contrite heart that recognises their weakness and admit and submit themselves before the throne of God.
- d. Forgiveness: A citizen of the Kingdom of God should practice, with discipline, the virtue of forgiveness by remembering how they were forgiven by God (Eph. 4:32).
- e. Service and Sacrifice: Jesus taught that if anyone wants to become great in the Kingdom of God, he must be willing to practice servanthood (Mat 20:26). The subjects of the Kingdom of God are expected to serve others selflessly and to be willing to make sacrifice for the wellbeing of others.
- f. Faith: The Kingdom people are called to exercise faith in God, trusting in his promises and plans (John 14:1-3)
- g. Repentance: It is the basic entry qualification to the Kingdom of God and, at the same time, makes it a regular practice to live right with God all the time.
- h. Purity of the heart: Anyone with a duplicity and crooked nature could never be allowed to be a part of the Kingdom (Mat 5:8)

- i. Hope: All those who want to be a part of the Kingdom of God must live with hope in God's promises (Rev 21:1-4).
- j. Unity and Community: Anyone who wants to be a part of God's Kingdom should practice the principle of Unity in diversity (Acts 1:8).
- k. Prayer: The Kingdom people are required to have an uninterrupted prayer life, which keeps the communication with God, for getting guidance and strength and to align their spiritual life and will with God (1Thess 5:16-17).

PROMISES AND PROVISIONS OF THE KINGDOM

Jesus promised that He will never leave us nor forsake and His presence will be with us till the end of this world (Mat 28:20). The assurance of the presence and the power of the Holy Spirit will make our life a different one. One in the Kingdom of God must live on God's promises and provisions. In conclusion, let us ask, "Am I living in the Kingdom of God or out of it?"



Pastor Royce Chacko Varghese
London, UK

Pastor Royce Chacko Varghese
Serving as the Pastor of Bethel Believers Pentecostal Church, Slough, London.

“Prioritizing to seek the Kingdom of God is the duty of every true believer. The delight in store for those who do this cannot be expressed in words but requires selfless effort to experience it.”



The Kingdom Pursuit

“Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear.” (Hebrew 12:28 NKJV).



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.

The kingdom of God in the Bible indicates God's kingly reign over everything. According to Ern Baxter, the kingdom of God is the governance of God. In a larger perspective, it is the rule of an eternal and sovereign God over the entire universe (Psa. 103:19; Dan. 4:3, 5:21). However, in a more specific way, it is the spiritual rule of God over the lives of the ones who willingly submit to His authority.

The 'kingdom of God' was the central theme of the message of Jesus during His earthly ministry. He used many parables and metaphors to communicate His message about it. When Jesus used the word 'the kingdom,' it indicated a reality beyond its literal meaning. The term expresses a relationship between God and His trustful children. It also had another complementary dimension of a king subject relationship, which comes from the understanding that God alone could rightly govern human beings. He is our sovereign Lord and the ultimate source of all authority and order. It is evident in the Lord's prayer, where Jesus portrays God as the heavenly Father, the sovereign king. When we pray, "Your kingdom come, and Your will be done," there is an indication that the kingdom comes whenever and wherever God's will is acknowledged and obeyed on earth. Therefore, we pray that God may rule our lives, that we obey His will, and that all who dwell on this earth may recognize and accept His sovereignty.

When Jesus said, "The kingdom of God is in your midst" (Lk. 17:21), He was pointing to Himself as the embodiment of the "kingdom of God." There are several instances in the Gospels where the kingdom of God is identified with Christ (Lk. 11:20, 21-23; Mt. 12:28, 29-30; Mk. 3:23-27). A. M. Hunter says, "Read the Gospels

carefully, and you cannot escape the conclusion that where Jesus is, there is the kingdom." Therefore, proclaiming the kingdom of God is to proclaim Christ as the locus of God's delivering, saving, and transforming activity. And to invite people to "enter" into the kingdom of God is to ask them to experience that relationship with God, which was demonstrated and lived out by Jesus Christ. When we submit to the Lordship of Jesus Christ, we enter into the kingdom of God. There, we are led and guided by the Holy Spirit, who is Christ's presence within us.

When Jesus told us to seek God's kingdom first (Mt. 6:33), He asked us to prioritize God over worldly things. When we read that verse in context, we are asked to counter our temporal and superficial concerns by seeking God and His righteousness because God knows our every need and is faithful enough to supply them (Phil 4:9). He asks us not to be anxious or worry about anything, for He controls every situation (1 Chr. 29:11-12). When we worry about the uncertainties of tomorrow, we should remember that God holds our breath in His hands and owns our ways (Dan. 5:23c). So, prioritize listening to and obeying the guidance of the Holy Spirit and cast all our burdens on Him because He promised to take care of them (1 Pet. 5:7; Psa. 55:22).

The kingdom of God is a present reality since we are under the Lordship of Christ Jesus, yet its full realization lies in the future. The current experience of the kingdom is limited. When Christ returns, we will be transformed to experience the Kingdom of God fully. Prioritizing to seek the Kingdom of God is the duty of every true believer. The delight in store for those who do this cannot be expressed in words but requires selfless effort to experience it.

Prioritizing God's Expectation of Us

"In stark contrast to Rahab, Sarah and Jonah, who should have known better because of their direct interaction with God, doubts Him and decides to take matters into their own hands. Their decision serves as a powerful reminder of what a kingdom driven lifestyle is not. Rahab on the other hand is a nobody and the scorn of the town. Yet, she is whole heartedly will-ing to seek God and reform her life."

Before she became Sarah, Sarai was known for being skeptical about God's promise. Unable to conceive, she couldn't fathom how God would make her the "mother of all nations" in her geriatric years. So, she decided to take matters into her own hands. She asked her husband, Abram, to sleep with their maid, Hagar. While this ensured that Abram's legacy would continue as Hagar soon birthed Ishmael, Sarai's plan went against what God had promised her.

Jonah, the son of Amittai, is instructed by God to go to Nineveh and prophesy against the wickedness that He sees. This was a role that God selected Jonah specifically for since he was a prophet. However, Jonah decides he is not up for this task and makes his way towards Tarshish, where he was instructed to go. It took a raging sea, being thrown overboard, and ending up in the belly of a "huge fish" for Jonah, the recalcitrant prophet, to amend his attitude and obey the Lord.

In contrast to Sarah and Jonah, who seemed to have God at the center of their life, Rahab did not. Rahab was a woman of ill repute who lived in the Canaanite city of Jericho. A prostitute by trade, it was not uncommon for her house to have visitors. This is precisely why the two Israelite spies Joshua sends to scope out Jericho before Israel's battle against the land decide to take refuge in a harlot's house. This and the fact that Rahab's house had the added advantage of being near the city wall and would provide a great escape route.

When Rahab is questioned about housing the two spies, she lies to protect them and misdirects the questioners. The question is, why? She owed no allegiance to these two spies and knew nothing of their purpose. She knew she was putting herself at risk by housing these two men. However, Rahab was never conflicted or indecisive about what she needed to do for these strangers. She had heard stories of a God that was unlike the deities she was used to praying to. This was a God that was far more powerful, and although what she heard about this God was mere hearsay, a part of her recognized that He was the one true God. She says as much to the two Israelite spies, "... for the Lord your God is God in heaven above and on the earth below"



(Joshua 2:11). Rahab's actions that day serve as a great example of what God expects of us when we seek a kingdom driven lifestyle. He expects us:

- To know God and His infinite power, understanding, and mercies.
- To recognize that the same God who formed the heavens and the earth can remove our mountains and valleys.
- To learn more about Him and utilize the resources and the men and women of God that He has placed in our lives and around us.
- To follow the path God intended for us and to not lean unto our understanding.
- To serve Him without question, regardless of our circumstances, abilities, or fears.
- To trust Him even when the odds seem against us.

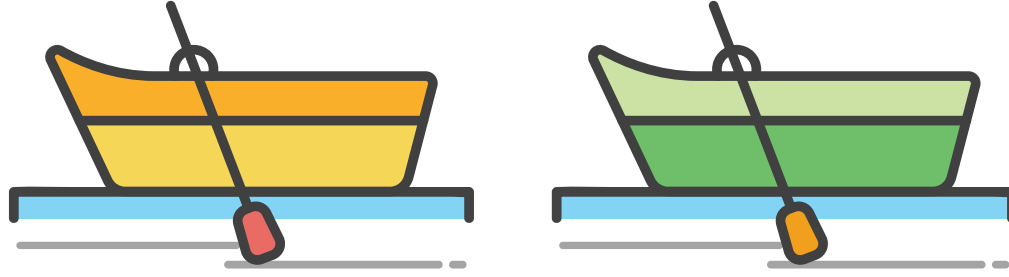
Rahab's desire to seek God and his mercies led her to put her life at risk but place Him first. It gave her the courage to put her practicality and reality aside and trust a God she had no first hand knowledge about. We know that in the ensuing battle, Jericho was defeated, and the people of the land paid a price. "But Joshua spared Rahab the prostitute, with her family and all who belonged to her, because she hid the men Joshua had sent as spies to Jericho" (Joshua 6:25).

In stark contrast to Rahab, Sarah and Jonah, who should have known better because of their direct interaction with God, doubts Him and decides to take matters into their own hands. Their decision serves as a powerful reminder of what a kingdom driven lifestyle is not. Rahab on the other hand is a nobody and the scorn of the town. Yet, she is whole heartedly willing to seek God and reform her life. Her actions paved the way for her salvation and eventually etched her name in the scriptures as a direct ancestor of Jesus Christ.



Divine Leonardo
New York, USA

Divine Leonardo is an educator with the New York City Department of Education. She holds a B.A. in Communicative English, a B.A. in English, an M.S. Ed. in Adolescent Education/English, and an M.S. Ed. in Educational Leadership. She resides in New York with her husband, Eapen Leonardo, and her two children.



Sailing on Two Boats

Finding peace and contentment can often feel like an elusive goal in a world characterized by rapid change, uncertainty, and constant demands. Our experience is riddled with anxieties about our future, concerns about our health, and life's daily challenges. Yet, for many who repose their trust in God, a profound source of solace and strength exists.

Worry is an innate response to life's uncertainties. It's a mental state where we dwell on potential problems or events that have not yet occurred. While some degree of concern is natural and can even be motivating, excessive worry can harm our mental, emotional, and physical well being. Worry often stems from the fear of the unknown or a lack of trust in our abilities to handle life's challenges. It can manifest in various forms, from fretting about financial instability to fearing health issues, relationships, and the general future. It robs us of peace, steals our joy, and can even lead to health problems like anxiety and stress-related disorders.

Trusting in God involves surrendering our fears, concerns, and anxieties to a higher power. It is an act of faith and reliance on the belief that God, in His infinite wisdom and love, is in control and has our best interests at heart. One of the fundamental steps in trusting God is letting go of the need to control every aspect of our lives. Recognizing that we are not in ultimate control can be liberating. It allows us to accept that there are forces beyond our understanding and that we can find peace in surrendering to God's plan.

Trusting in God means acknowledging that we may not instantly have all the answers to life. It involves embracing the uncertainty of life with the faith that God's plan is ultimately for our good. Philippians 4:6-7 reminds us: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus." Trusting in God and living worry free is not about denying the challenges and uncertainties of life but about choosing faith over fear. Proverbs 3:5-6: "Trust in the Lord with all your heart, and do not lean

on your understanding. In all your ways, acknowledge him; he will make straight paths for you."

"Trust in the Lord and keep treasures in heaven." This truth carries a profound wisdom that transcends all material accumulation and offers a deeper understanding of faith and spiritual fulfillment. Possessing wealth or material possessions is not inherently wrong; however, the Bible teaches that true satisfaction and righteousness come from trusting the Lord above all other things. Christians should emphasize the importance of humility and contentment regardless of one's financial status. No matter how substantial it may be, material wealth is inherently temporary. It can be lost, stolen, or diminished over time. But the faith in God, on the other hand, is eternal. It extends beyond the boundaries of this earthly life and carries with it the promise of a deeper, more enduring fulfillment. Faith provides a sense of purpose, hope, and connection to something greater than ourselves.



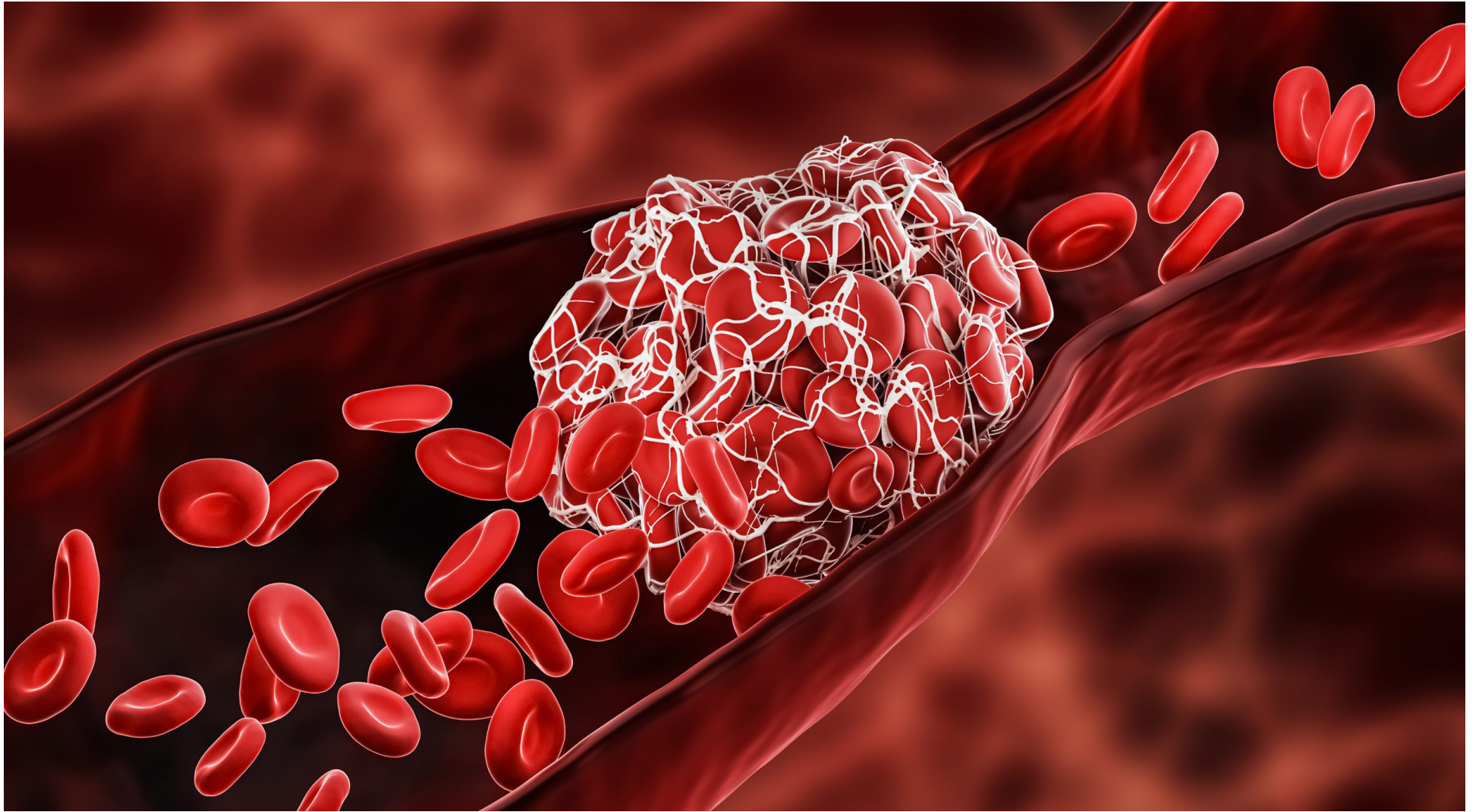
Dr. Binu Daniel
Dusseldorf, Germany

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.

“ No matter how substantial it may be, material wealth is inherently temporary. It can be lost, stolen, or diminished over time. But the faith in God, on the other hand, is eternal. It extends beyond the boundaries of this earthly life and carries with it the promise of a deeper, more enduring fulfillment.”



Preventing Blood Clots



Blood clotting is a vital mechanism of the body. The fact that the blood clots when we are injured is another evidence that God intricately designed us. Yet it is the love of the creator of the clotting process to bleed and die for us on the cross.

Our body naturally dissolves the blood clots after the injury has healed, but sometimes, clots form inside the blood vessels without apparent signs of injury. Anyone can be at risk for blood clots (medically known as venous thromboembolism, VTE). VTE can occur as deep vein thrombosis (DVT) or pulmonary embolism (PE).

DVT is a type of clot that forms in a major vein of the leg or, less commonly, in other body areas such as the arms or abdomen. PE on the other hand occurs when a clot detaches from its original point and travels through the heart to the lungs. PE can be extremely dangerous.

STATISTICS OF BLOOD CLOTS:

- Nine hundred thousand people in the United States are affected by DVT yearly, with about one hundred thousand deaths.
- About 33% of people have a recurrence of DVT/PE in 10 years (CDC,2023).
- About 70% of the blood clots (VTE) are healthcare associated and preventable with appropriate preventive treatment.

RISK FACTORS OF BLOOD CLOTS

- Hospitalization for illness or surgery (especially hip or knee surgery)
- Severe motor vehicle accident
- Injury to a vein from a broken bone
- Family history of blood clots or personal history of blood clots
- Being obese or overweight
- Bed rest or confined to bed
- Prolonged sitting
- Age 55 and older
- Smoking
- Other medical conditions like diabetes, high blood pressure, heart disease, or cancer.
- Cancer: Cancer cells make chemicals that stimulate the body to produce clotting factors that combine with platelets to form blood clots. Cancer treatment with certain chemotherapy drugs can also increase the risk. Also, blood clots can occur from central lines or lines that stay in the vein for many months.
- Pregnancy and childbirth (up to 3 months after delivery): Risk factors of blood clots

during pregnancy include bed rest during pregnancy or recovery after delivery, delivery by C-section, a previous history of blood clots, a family history of blood clots, or genetic blood clotting disorder. Certain pregnancy complications or conditions like pregnancy at age 35 or older, multiple pregnancies, or fertility treatments involving hormones.

- Hormonal Supplements: Estrogen found in hormone replacement and oral contraceptives increases the number of platelets and forms clots. Progestin causes dilation of blood vessels, allowing blood to pool in the veins and increasing the risk for clot formation.



Jebi Sam
Texas, USA

Jebi Sam is a Pulmonary Nurse Practitioner with the Veterans Affairs Medical Center in Dallas, Texas.

SIGNS AND SYMPTOMS OF A BLOOD CLOT IN THE ARM OR LEG

- Swelling in the leg or arm
- Pain or tenderness without any injury
- warmth or redness to the skin

SIGNS AND SYMPTOMS OF A BLOOD CLOT IN THE ARM OR LEG

- Difficulty breathing
- Sharp, knife-like chest pain with deep breath or cough
- Coughing up blood
- Increased heart rate or irregular heartbeat

Seek immediate medical attention if you experience any signs or symptoms of blood clots.

TREATMENT

Blood clots are treated differently depending on the location of the clot and your health. Some current treatments include

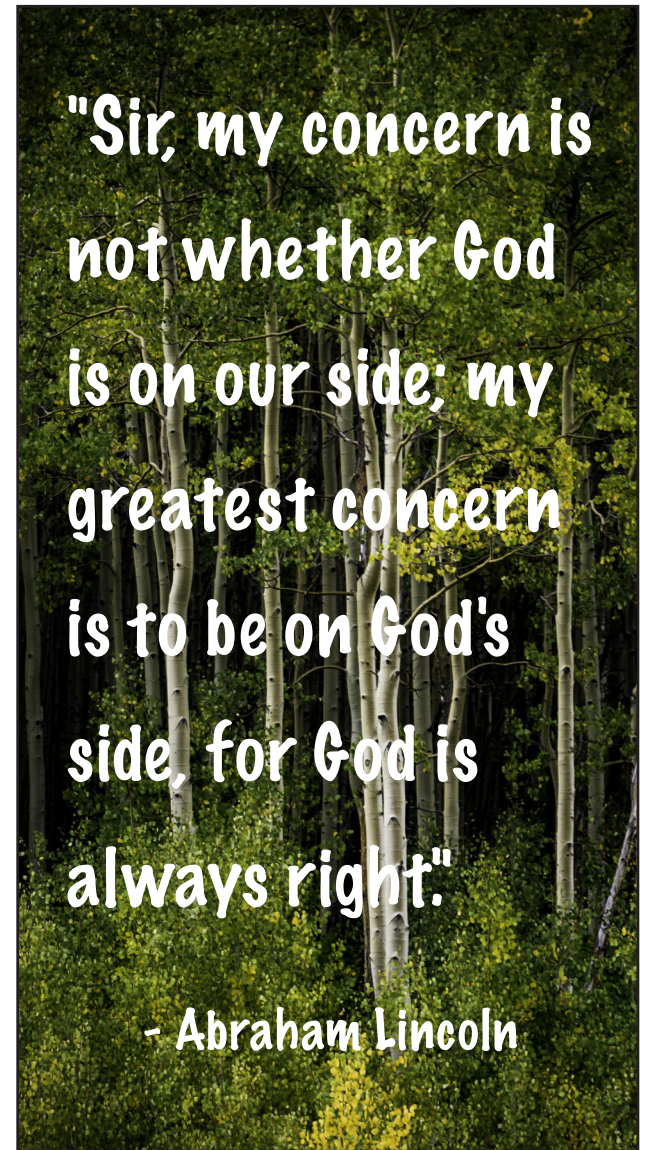
- Anticoagulants – medicines that prevent clot formation
- Thrombolytics – medicines that dissolve the blood clots
- Catheter-directed thrombolysis – a long catheter is surgically inserted and directed

toward the clot to deliver clot dissolving medications

- Thrombectomy– surgical removal of the clot.
- IVC (inferior vena cava filter) filter: An IVC filter is suggested for patients who cannot take medications or do not get enough benefit from medication. It is a device that prevents clots from moving through the bloodstream, especially from the legs to the lungs, by filter-ing and trapping any large clots.

LIFESTYLE CHANGES OR PREVENTION

1. Physical activity: Do not remain inactive at your desk for many hours. Take frequent breaks.
2. Travel precautions: Long car and plane rides make you sit in one position. Take regular breaks to stretch and move around while travelling.
3. Mobility after surgery: Immobility during the post surgical period can cause blood pooling in the legs, leading to blood clots. Please consult your doctor and start moving around as soon as it is safe.
4. Weight: exercise regularly and watch your diet to maintain a healthy weight.



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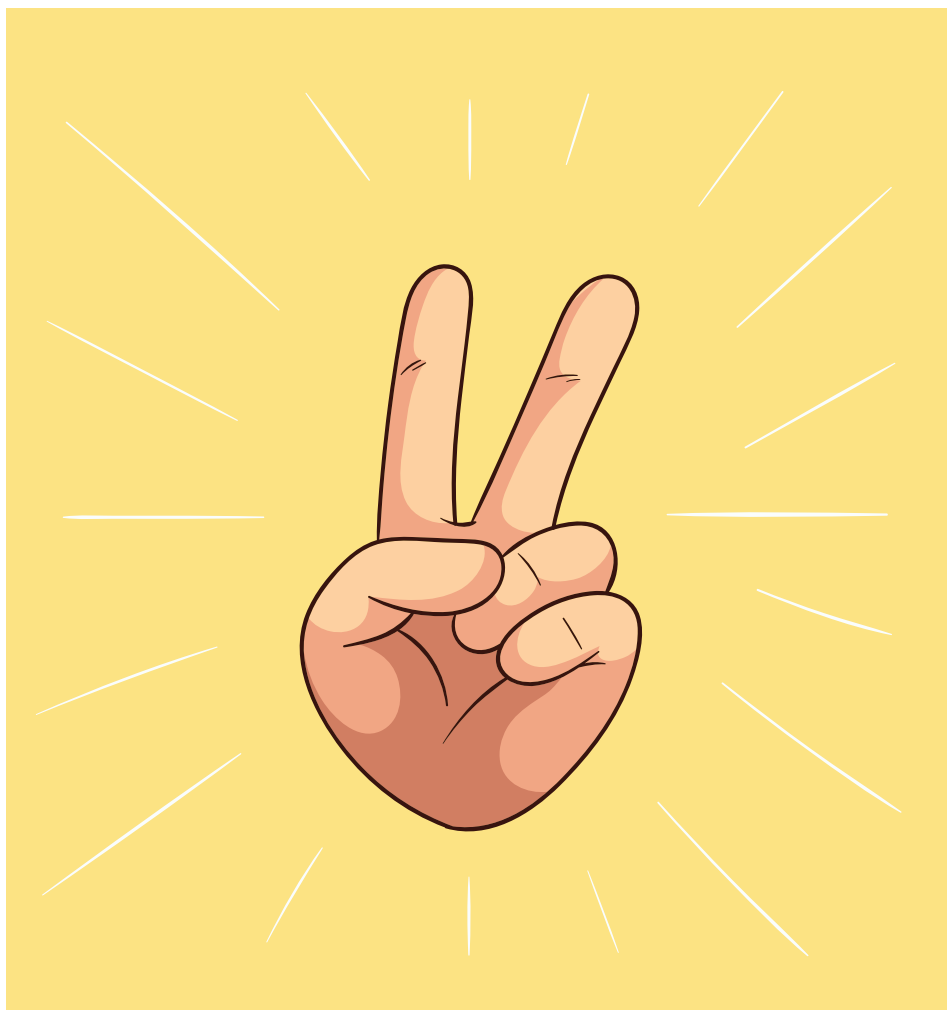
Reji Philip
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ISAAC AND THE PHILISTINES

CAN A MINORITY COEXIST PEACEFULLY WITH AN OVERWHELMING, AND SOMETIMES HOSTILE, MAJORITY? GENESIS 26 HAS ANSWERS.



As a minority in a larger society, how should we as committed believers relate to those around us? Much of the Bible addresses such situations, whether the lives of the patriarchs, Israel in exile, or the New Testament. (The remnant of God-fearing believers in times that Israel as a whole was straying from God is probably somewhat less relevant for this question today because Israel had a distinctive covenant with God.) Isaac had to live at peace with his neighbours, sometimes even when his neighbours were ambivalent about living at peace with him.

God did work with the patriarchs in different ways at different times; we can learn much from our role models, but we must listen to God afresh in our own time. One may compare and contrast how he worked through Joseph and through Moses (see <http://www.craigkeener.com/the-unexpected-deliverer-exodus-2/>). The differences also extend to how different patriarchs were received in Egypt in different generations. Abram went to Egypt during a famine (Gen 12:10); Isaac is told not to go during a famine (26:1–2); later God sends Joseph ahead and during a famine tells Jacob not to be afraid to go to Egypt (46:3). Jacob knew the stories of Abram and Isaac (who else would have passed on these stories?), perhaps all the more reason that he needed a divine encouragement that it was currently safe for his household to travel there.

Although some places and times are better than others, nowhere in this world is perfect or completely “safe” apart from God’s protection. Indeed, when Abraham goes to Egypt, Sarah faces severe threats to her sexual security there (12:14–15). In Egypt, Joseph faces threats to his sexual security (Potiphar’s wife held less direct physical power to enforce her harassment, but because Joseph was a slave she exercised plenty of coercive power in other respects). Yet when Isaac stays in Canaan, Rebekah also faces potential threats to her sexual security there (26:7, 10).

Isaac had clear reason for concern because local residents had asked about his wife (26:7). The complaint of the local ruler Abimelech, that one of the people might have lain with Isaac’s wife (26:10), implies that they would not have slept with a married woman. Yet it also takes for granted a low level of morality otherwise. (Given usual ancient custom, one would not expect Isaac to appreciate them sleeping unmarried even with a sister in his care.) One might compare, later in Genesis, Prince Shechem, who is the most honoured member of his royal family (34:19)—yet raped Jacob’s daughter (34:2).

God directly intervenes in this case, again protecting a matriarch and the promised line. At other times, however, God allows Isaac and his people to experience conflict and difficulty—and then blesses them in spite of it.

When others want Isaac’s wells, Isaac does not fight them; he learned this good model of peace from Abraham, his father, who would not contend with Lot when Lot’s shepherds (like those from Gerar in 26:20) fought with Abram’s (Gen 13:7–9). This model seems prudent particularly when dealing with those stronger than oneself (cf. 34:30)! (By contrast, the title “well of contention” in 26:20 may challenge the later Israelites, who contended with the Lord himself at Massah and Meribah—Exod 17:7.) Isaac offers a biblical model of avoiding unnecessary conflicts with our neighbours. Local residents outnumbered Isaac’s tribe, but, even among peers, wise people choose their battles.

God does not stop Isaac’s enemies from causing trouble for him, but God keeps prospering Isaac with success in the land until (26:26–31) even his enemies take note. And in 26:32–33 God blesses Isaac’s tribe even further with another well of water. Isaac was blessable, both for his own sake and for the sake of God’s promise to his father. God continues to bless Abraham beyond Abraham’s time (26:5–6, 24), and this was something Isaac may have counted on. A blessing, from a man of God who is blessed, makes something happen (27:37).

Following Abram’s model of peace was a good idea. Elsewhere also Isaac follows Abraham’s model; like Abram, he builds an altar and calls on the Lord’s name after the Lord appears to him and promises the land (12:8; 26:25). Models can, of course, be positive, negative, or sometimes ambiguous—as signs of God’s blessings on their forebears, the patriarchal stories are important for Israel whether or not the patriarchs always did the right thing. It was undoubtedly a bad idea for Isaac to follow Abraham’s example (from before Isaac’s birth) in calling his wife his “sister” (12:13, 19; 20:2; 26:7, 9). Genesis provides mixed signals for Jacob’s deceit in Gen 27, which was an important ancestral story about Israel’s origins.

But the accounts tend to be more positive than negative, especially with regard to Abraham (and later Joseph). There are circumstances where the righteous should not give way before the wicked (Prov 25:26), but we should choose our battles. Keeping peace with our neighbours, insofar as we can do so, is a good practice (Matt 5:9; Rom 12:18; James 3:17–18).

“Although some places and times are better than others, nowhere in this world is perfect or completely “safe” apart from god’s protection.”

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Living the Kingdom: Embracing God's Reign in the Present and Future

and ambitions with God's divine will and purposes. This alignment leads to a life of righteousness, love, and service to others. "Seek first the kingdom of God" is not merely about a present desire but also a future-oriented seeking. It signifies a comprehensive approach that recognizes the current reality of living under God's rule and the anticipation of the Kingdom's ultimate fulfilment. This perspective inspires believers to wholeheartedly participate in God's mission to establish His Kingdom on Earth, reflecting His values and principles in the present while ardently awaiting the glorious culmination of His Kingdom in the future. It encompasses a dynamic journey of seeking and embodying God's reign, both here and in the yet to come, as an integral part of one's faith and devotion.

2. PRAYING FOR GOD'S KINGDOM TO COME

The Lord's Prayer, taught by Jesus, underscores the significance of beseeching God's Kingdom to be established on Earth, harmonizing with its heavenly perfection. Through this prayer, we convey an earnest yearning for God's divine principles and sovereign will to be actualized and made evident in our everyday existence. It signifies a profound acknowledgement that God's Kingdom isn't merely an aspiration for the distant future; it's a dynamic, attainable reality to be actively pursued in the present. In this Kingdom, we recognize our complete dependence on God for physical and spiritual sustenance, exemplifying our trust in His providence. Here, forgiveness is not just a concept but a way of life,

mirroring the grace we've received from God. In this Kingdom, we seek divine protection, acknowledging our vulnerability and reliance on God's shielding love. Above all, God receives the utmost glory and honour in this Kingdom, for it is His reign that we celebrate and seek to embody in every facet of our lives. This is the essence of a kingdom oriented prayer and lifestyle, where God's Kingdom is our destination and daily reality.

3. LIVING AS KINGDOM CITIZENS

The teachings of the Apostle Paul highlight the concept that believers hold citizenship in heaven. This citizenship involves actively embodying the values and principles inherent to God's Kingdom within the realm of their earthly lives. It signifies a responsibility to serve as agents of reconciliation, love, and righteousness in a world frequently characterized by their absence. Just

as diplomats represent their home country's interests in a foreign land, believers represent the Kingdom of God on Earth, striving to manifest its divine attributes in their interactions and fulfilling their role as ambassadors of God's reign.

The New Testament teaches that the Kingdom of God is both a present reality and a future hope. It's not merely a future destination in heaven but a transformative force that begins within the hearts of believers and extends to the world around them. A kingdom driven lifestyle is characterized by a passionate pursuit of God's Kingdom, an earnest prayer for its realization in our world, and an active embodiment of its values in our daily lives. It involves living out God's values of love, justice, righteousness, and reconciliation here and now, working to bring a taste of heaven to earth as we await the full realization of God's Kingdom in the future.

"A KINGDOM-DRIVEN LIFESTYLE IS CHARACTERIZED BY A PASSIONATE PURSUIT OF GOD'S KINGDOM, AN EARNEST PRAYER FOR ITS REALIZATION IN OUR WORLD, AND AN ACTIVE EMBODIMENT OF ITS VALUES IN OUR DAILY LIVES. IT INVOLVES LIVING OUT GOD'S VALUES OF LOVE, JUSTICE, RIGHTEOUSNESS, AND RECONCILIATION HERE AND NOW, WORKING TO BRING A TASTE OF HEAVEN TO EARTH AS WE AWAIT THE FULL REALIZATION OF GOD'S KINGDOM IN THE FUTURE."

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HAMAS ATTACKS ISRAEL

US' "iron-clad" commitment to Israel's security.

Israeli troops are preparing to invade Gaza after a week of fighting between the Israel Defense Forces and the terror group Hamas. Militants with the Gaza-based terror organization conducted a surprise attack against Israel last weekend. The conflict has claimed thousands of Israeli and Palestinian lives and wounded thousands more. Over the weekend, the Iranian foreign minister warned Israel against a ground invasion of Gaza, saying that the Lebanese militant group Hezbollah would get involved in the war. Israel has warned Hezbollah to stay out of the area.

God is always more interested in why we do something than in what we do. Attitudes count more than achievements.

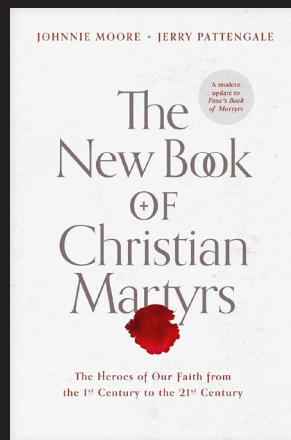
-Rick Warren



Sam Bankman-Fried trial



A federal court in New York city began jury selection for the trial of Sam Bankman-Fried. The founder of the now-bankrupt FTX cryptocurrency platform faces seven charges of fraud and conspiracy in connection with the collapse of his company. Prosecutors allege that Bankman-Fried defrauded billions of dollars from customers and used it to make risky investments in his cryptocurrency hedge fund, Alameda Research. Bankman-Fried said he did not knowingly commit fraud although he did make business mistakes. He has pleaded not guilty to the charges.



The New Book of Christian Martyrs: *The Heroes of Our Faith From the 1st Century to the 21st Century* (Tyndale 2023) by Johnnie Moore and Jerry Pattengale could be titled *Encyclopedia of Christian Martyrs*.

In this update to Foxe's Book of Martyrs, Johnnie Moore and Jerry Pattengale highlight key martyrs of past centuries and feature stories of contemporary martyrs around the world. Through tears, Johnnie and Jerry offer this compendium of heroes from the first century to the twenty-first century, from Europe to Africa and from Asia to the Americas, to inspire Christians around the globe. Today, we live in solidarity with them and in the next life, we will rejoice by their side. We will never forget their sacrifice for the truth.

World News



China releases jailed Australian reporter after three years

Australian journalist Cheng Lei was deported from China on Wednesday (Oct 11) after more than three years in detention on espionage charges widely seen as politically motivated. Cheng, a former anchor for Chinese state broadcaster CGTN, has been held since August 2020. The mother of two had been a familiar face on the state broadcaster's English-language channel, conducting interviews with noted CEOs worldwide. She was only formally arrested months after disappearing and in an opaque case, was eventually charged with "supplying state secrets overseas". "Her return brings an end to a challenging few years," Australian Prime Minister Anthony Albanese said, hailing her return home as news that "will be warmly welcomed, not just by her family and friends, but by all Australians". Cheng was detained during strained relations between Beijing and Canberra, with her rough treatment souring relations further. China has repeatedly detained foreign nationals at high political tension with their home nations, raising accusations of hostage diplomacy.

A pro-China candidate wins the Presidential election in Maldives

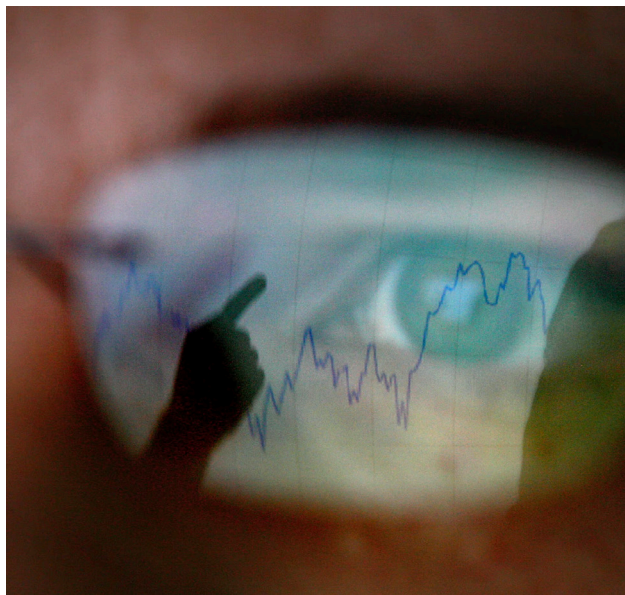


Opposition candidate Mohamed Muizzu has won the Maldives presidential election, beating incumbent President Ibrahim Solih in a second-round runoff that could herald a pro-China shift for the Indian Ocean archipelago from traditional partner India. With nearly all votes counted, the Elections Commission of the Maldives

said on its website that Muizzu had received 54% of the ballots in Saturday's vote, with 46% for Solih. "I congratulate Muizzu for winning the election and thank the people for their exemplary democratic spirit," Solih said on X, formerly known as Twitter. Solih, who championed an "India First" policy during his time in power, will remain president until Muizzu's inauguration on Nov. 17. The coalition backing Muizzu has supported Chinese loans and investment projects. Former President Abdulla Yameen, who has close links to Muizzu, is serving an 11-year prison term for corruption and money laundering. Yameen's supporters say the charges against him were politically motivated. "Today the people made a strong decision to win back Maldives independence," Muizzu told reporters in the capital, Male.



IMF says the global economy is limping along



The International Monetary Fund (IMF) on Tuesday (Oct 10) cut its growth forecasts for China and the eurozone and said overall global growth remained low and uneven despite what it called the "remarkable strength" of the US economy. The IMF left its forecast for global real gross domestic Product (GDP) growth in 2023 unchanged at 3.0 per cent in its latest World Economic Outlook (WEO), but cut its 2024 forecast by 0.1 percentage points to 2.9 per cent

from its July forecast. World output will grow by 3.5 per cent in 2022. IMF chief economist Pierre-Olivier Gourinchas told reporters the global economy continued to recover from the COVID-19 pandemic, Russia's invasion of Ukraine and last year's energy crisis, but growth trends were increasingly divergent across the globe, and prospects for medium-term growth were "mediocre". Gourinchas said the forecasts generally pointed to a soft landing. Still, the IMF remained concerned about risks related to the real estate crisis in China, volatile commodity prices, geopolitical fragmentation, and a resurgence in inflation. A fresh, unexpected risk emerged in the form of the Israel-Palestinian conflict just as finance officials from 190 countries gathered in Marrakech for the annual meetings of the International Monetary Fund and World Bank, but came after the IMF's quarterly outlook update was locked down on Sep 26. Gourinchas told Reuters it was too early to say how the significant escalation in the long-running conflict would affect the global economy: "Depending on how the situation might unfold, there are many very different scenarios that we have not even yet started to explore, so we can't make any assessment at this point yet."

World News



104-Year-Old Skydiver Dies Days After Her Likely Record-Breaking Jump

Dorothy Hoffner, a 104-year-old Chicago woman who went skydiving earlier this month, has died. Hoffner was found dead Monday morning by staff at the Brookdale Lake View senior living community, said her friend, Joe Conant. Hoffner died in her sleep Sunday night, Conant said. Hoffner's skydiving adventure took place on Oct. 1. Her jump took place at approximately 13,500 feet near Ottawa, Ill., about 85 miles southwest of Chicago. After completing the skydive, she told a cheering crowd, "Age is just a number." Hoffner parachuted for the first time when she was 100 years old.



35-year wins Ecuador presidency

Daniel Noboa will become Ecuador's president after winning the country's presidential runoff election on Sunday with over 52 percent of the vote, with nearly all the votes counted. Noboa's term will only run through May 2025.

Less than two years remain in the term of former President Guillermo Lasso, who cut his term short after lawmakers pursued impeachment hearings against him. Daniel Noboa is the son of Álvaro Noboa, the richest man in Ecuador, thanks to a banana growth and shipment business that expanded to include 128 companies in dozens of countries.

NZ immigration hits an all-time high

New Zealand's immigration numbers have hit an all-time high, enabling employers to fill jobs but also putting pressure on the housing market, according to economists. The net number of immigrants was 110,000 in the year ending August, beating the previous high of 103,000 set a month earlier, according to figures released on Wednesday (Oct 11) by Statistics New Zealand. The numbers represent a big turnaround after more people left New Zealand than arrived during much of the COVID-19 pandemic. "We are talking very, very big numbers for a small economy like ours," said Jarrod Kerr, chief economist at Kiwibank. Kerr said the surge likely reflected pent-up demand built during



the pandemic. He said it had come as a relief to employers, who had great difficulty finding skilled workers to fill vacant roles last year.

“Train your thoughts so that it will be easy for them to dwell upon pure and holy things. Cultivate a love for spirituality and true godliness.”

-Ellen White