

WHOLE WHEAT

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

A P U B L I C A T I O N F O R B I B L I C A L U N D E R S T A N D I N G

P u b l i c E n e m y # 1

God's word says that it is our thoughts, our ways or deeds, our thinking and our actions that are not good. Our human nature represents our will, which is also referred to as Satan's will. Our ways, our deeds, and our thinking is Satan's thinking. It is his consciousness, or his will, that is in us (2 Tim. 2:26; John 2:25; Rom. 16:20; John 8:44; James 3:15).

I am making a point: **we are to no longer think the way we used to think, talk the way we used to talk, or walk the way we used to walk.** We are to turn around and live how God says we are to live, think the way God tells us to think, talk the way God wants us to talk, and walk the way God wants us to walk.

We are to no longer live by our old ways, that caused us every problem we ever had, and immediately begin to live by God's Ways only! Stop talking! Stop thinking! Start acting! Start walking! Stop making excuses and just do it!

Many talk about their problems but are unable to do anything about them. **Stop talking about your problems and just do something about them in secret.** You are giving in to your old ways—making excuses. Fight the good fight of faith. Stop thinking why you can't; start doing what needs to be done. Stop talking about your problems; start walking the right way. Just do it!

God has His new nature waiting for you, when you get rid of your old nature with the power of His Holy Spirit. We will never know

the new, until we get rid of the old. **Stop giving in to your old ways. Start resisting your old nature by not giving it space, in which to exist, by continually doing good.** Stop thinking to the flesh; just start thinking to the Spirit: "How can I please God?"

Satan is at the door of your heart, and he is

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Public Enemy # 1

trying to get you to destroy yourself, but you must master him. You must take hold of your nature and tell it what to do and not give in to Satan's wiles and let God tell you what to do (Gen. 4:7).

You have God's Spirit—use it! You have the power of prayer—use it! You have the tool of fasting—do it!

God's Spirit is a spirit of power, a spirit of love, a spirit that is stronger than any spirit of the devil. Jesus was tempted in all things, but with the power of God's Spirit, He never gave in to sin.

Many who have God's Spirit of power today give in to everything, like they never even received God's Spirit of power.

“Stop making excuses. It's killing some of you. You're giving in to Satan. God never called you to continue to live an undisciplined life.”

Use that Spirit of victory! Control your body, control your thinking, control your mouth and control your appetite. Eat to live and don't live to eat any longer. God gives you His Spirit of a sound mind. Use it or you'll lose it!

God is not only watching you from a distance, He is also testing you to see whether you are building godly character in your life or not.

You will not enter the kingdom of God within unless you control your bodily actions from without. You must maintain the attitude of a little child and get rid of your arrogant, vanity-filled nature that's prideful, egotistical and sensual, or you will never change!

For many years I have counseled many people about their problems. The number one thing that was wrong, was their thinking and their words.

Stop thinking bad thoughts, stop condemning yourself to use that as an excuse for not doing something about your problems. You know the right way. Make up your mind to do it now!

Thousands of people are losing weight, while thousands are making deadly excuses. Thousands are changing, and getting rid of their old self with their old ways, while thousands are making excuses.

“Don't talk—just walk the right way!”

Being a disciple of Jesus Christ is a daily discipline. The very word “disciple” comes from the word “discipline.” Strive or discipline yourself to enter by the narrow door or you won't be able.

I can't make you change and neither can God. Yet, God is standing by to help you should you put forth the slightest effort.

“Get your mind off of self and on to God and never turn back. The root of all of our problems is wanting our own way.”

God says, in Psalms 50:22-23, that we are to order all of our ways right (make them right) before God; this is the sacrifice of thanksgiving which honors the Lord. If you forget this, you are forgetting God and He will tear you in pieces and there will be none to deliver you.

Public Enemy # 1

What right do you have to talk about God's Ways to others, when you hate discipline? God says that the undisciplined person is wicked (Psalm 50:16-17).

There are some of God's servants who are drinking too much. God will cut them in pieces when He returns if they don't control themselves; and He is coming when you least expect Him (Matt. 24:49-50; Luke 21:34; 19:27). Do what God says!

"We need to realize there are no excuses and remember that. Therefore, the one who knows the right thing to do and does not do it, to him it is sin."

We need to know who the Bible says the wicked are. Jesus made it clear to the Pharisees. They understood what He was saying to them, and yet, they didn't apply it; they were still in their sins (John 9:40-41). After a person hears the truth, they no longer have an excuse for their sins (John 15:22). We need to realize there are no excuses and remember that. Therefore, the one who knows the right thing to do and does not do it, to him it is sin (James 4:17).

In these last days, God is going to distinguish between the righteous and the wicked, between the one who serves God (does what God says) and the one who does not serve Him (Mal. 3:18).

We know well, that the goats described in the Bible will be thrown into the eternal fire - not only because they didn't do good to those in need - but because they would not study their Bibles daily to be approved by God and apply

God's word in their lives (Matt. 25:41-46; 2 Tim. 2:15 King James Version).

God's word clearly states that serving God is done by serving others (Matt. 25:40, 45; James 2:15-26; 1 John 3:18-19). It is also receiving a love for God's truth (His word) so as to be saved (2 Thess. 2:10-12).

Sin shall not have dominion over you anymore, should you stop giving in to your old nature with its old ways and excuses (Rom. 6:14). Unless you allow the Lord to reign in your life, and unless you obey Him, you will be slain by Him when He returns (Luke 19:27).

God's truth is like a hammer shattering a rock



**MISCONCEPTIONS
VS.
TRUTH**

"If you say the sinners prayer you are born again."

The truth is...

Public Enemy # 1

—smashing a rock—delivered by His ministers who are like flames of fire (Jer. 23:29; Heb. 1:7; Psalm 104:4). They have to be, because of the stubbornness of all of our hearts.

“Unless a person applies God’s word and obeys God’s word, they will surely perish.”

Don’t allow yourself to be lulled to sleep by another Bible study, for unless a person applies God’s word and obeys God’s word, they will surely perish (Ezek. 33:31-33; Luke 13:3, 5; Matt. 3:10; 7:19).

Jesus said that His Ways are very easy and very pleasant, and what He commanded us to do was not burdensome (Matt. 11:30; 1 John 5:3).

“It is the way to peace, happiness, blessings and eternal life, but you must do what you are supposed to do to receive it!”

God only wants the best for you and He has blessings ready and waiting for you. You must want the best for yourself to make it happen. Many are being blessed today and finding that God’s ways work, but you must do the work - by putting your hand to the plow and doing what is right.

Let’s get rid of public enemy #1, and then we will be #1 in God’s eyes and a godly example to others as well.☐



THANKS FOR THE EMAILS AND MESSAGES!

- ♥ *Thank you for your hard and zealous work in spreading this awesome truth abroad. Whole Wheat truly fulfills the Scripture that says to spread the gospel to all the nations. God sees your perseverance and hard work and He is truly happy and pleased.*
- ♥ *I shared the new website with someone at work and here's what he said (2) days later..." That website is awesome man! I'm really digging the misconceptions...and I'm on my second podcast! "*
- ♥ *Grains of Truth is fantastic and I'm loving it. I'm sure it will help many people!*
- ♥ *I love the Wheat for Thought! What a great idea. Love it - Love it - Love it! Thank you!*
- ♥ *The Man of God in Our Midst movie is so peaceful and wonderful! You were so inspired by God to do this. It is so beautiful and powerful! It will touch and save souls!*

Guilt



Guilt is one of Satan's most effective weapons. Satan wants you to feel you are not doing enough. He wants you to think you are unworthy. He wants you to doubt and he wants you to be discouraged. But all of these feelings are not in the Will of God (Mark 4:19). So how do you get rid of them and stop Satan from choking your relationship with God?

“It is God who trims the branches so you can bear more good fruit. God builds the character in you that will produce more fruit.”

These thoughts and feelings have no place in the life of a disciple of Jesus Christ. You know you are not worthy. You know you are not doing enough. But it is God's job to perfect more of Christ's character in you (1 Cor. 3:7). God trims any tree that bears fruit, so it will bear *more* fruit (John 15:2). The fruit is righteousness, and when you practice righteousness, you are automatically going to bear good fruit. But notice! It is God who trims the branches so you can bear more good fruit. God builds the character in you that will produce more fruit.

When you worry that you are not doing enough, you are opening a door to Satan so he can discourage you enough to quit altogether. If Satan can get you to quit bearing fruit in

good works, he has accomplished his purpose, which is to stop you completely (Col. 1:10; 1 Peter 5:8).

“You are to do it with enthusiasm until God makes it come from your heart.”

You are not to evaluate whether or not you are doing enough. You are just simply told to practice righteousness and overcome evil by practicing good (Rom. 12:21). You are to do it with enthusiasm until God makes it come from your heart.

“You just do the practicing and let God do the perfecting. Don't let your human nature stop you.”

Satan would like you to make a big deal out of it, when Christ said His Ways are easy and pleasant (Matt. 11:30). You just do the practicing and let God do the perfecting. Don't let your human nature stop you. Have the mind of a little child. “Little children, let no one deceive you. The one who practices righteousness is righteous, even as God is righteous” (1 John 3:7). So, there is no need to feel guilty. Just continue pleasing God by doing what is right and pleasing in His sight, and you will abide in His love.□

W o m a n t o W o m a n



Don't Worry...Be Happy!



It's a wild, wicked world out there. "How can I possibly not worry" you say? The times seem so much more evil than five, ten or twenty years ago.

When we turn on the TV, it is a shame the way people are allowed to swear and expose themselves sensually to the world. When we listen to the news, we hear about - as well as see - terrible things like murders, rapes and crimes of all sorts.

We take our car out on the freeway and practically get run off the road, and you say, "How can we not worry and be happy?"

"If we begin to do acts of kindness to show God we mean business, He will be there to accept us, change us, protect us."

Yes, it is a wild, wicked world, isn't it? The only way to escape, the horror out there, is to turn to God and repent. If we begin to do acts of kindness - to show God we mean business - He will be there to accept us, change us, protect us and make our lives peaceful and content, so that we can be happy and not worry. (Acts 26:20).

God's word is filled with His Ways—yes, His Ways of peace and happiness. Impossible, you say? No, not impossible with God. With Him, all things are possible (Matt. 19:26). You don't have to believe me—just try living His simple Way and you can prove to yourself that the way to have peace is by doing God's Will. Yes, peace in a wild, wicked world filled with anxiety and pressure.


"Our biggest problem has always been our 'self.' If we could only get out of our way, we could be successful!"

God's Ways are like a pressure valve on a pressure cooker. When things like pressure and anxiety build up, give them to God through prayer, think outwardly and do something good for someone. In other words, come out of self. It works! Our biggest problem has always been our 'self'. If we could only get out of our way, we could be successful! Does this ring a bell in your head? It sure does in mine. We need to put to death our evil ways, by the Way the Lord has given us instruction to do (1 Peter 5:10-11; Rom. 12:21).

"God wants us to constantly serve others to please Him. This is His Will. Yes, this is God's Way."

I was thinking about God's word the other day, and Psalm 128:1 was going through my mind. "How blessed is everyone who fears the Lord, Who walks in His ways." What a beautiful world this would be, if everyone lived by God's precious Ways. There would be no reason for worry and would be nothing but happiness. Now *that* really is a beautiful world!

*Your sister in Christ,
Karren Rae*

 [For a special collection of 'Woman to Woman' articles click here.](#)

Letter From the Editor

Dear *Whole Wheat* Readers,

I have come to realize, that there are some very basic principles we put into practice, when we first come into this truth, that we tend to forget about - or overlook - when we have been living this life for a long time. They are the baby steps we first took in our walk with God, and the first love we developed when we began living this way (Rev. 2:4-6). We somehow allow our lives to get so complicated, and our brain tries to take over, that we step away from the most basic and simple principles that really work!

I had one such reminder of this just the other day. I was doing something at work, that I wasn't too thrilled about doing. I stopped and said a quick prayer to God. I wanted to have a good attitude in this task that I had to perform. I started to perform the task again and forced myself to thank God of what was before me. Within a matter of minutes, my whole attitude changed and I finished the task - no problem. By the end of the day, I was thanking God with my whole heart for giving me the opportunity to serve Him. The key is getting the mind off of self and getting it back on God - putting Him first. It's really that simple. Implementing what we know, in those moments, forcing our mind to stop and literally changing our way of

thinking. Turning that frown upside down! We also forget to ask God for help in those little things and we wait till they become *BIG* things! What a shame. It can be so simple or we can make it really hard for ourselves. We need to get out of our own way and keep it simple. We need to quit allowing Satan to complicate everything and tell him to get behind us (Matt. 16:23). Seize the moment before it seizes you! That is what this whole issue of *Whole Wheat* is all about. Taking action in our lives and getting on that path of peace (Isa 59:8). Fighting the good fight of faith and forcing our way into the Kingdom by *staying* on that path of peace.

In conjunction with this issue, we are launching a new page on the website called '**Emotional Support**'. It is a page of positive reinforcement, as you persevere in living this life. We are always looking for ways we can help support you, in your walk with God, and we hope you'll find this new page is a place for hope - 24/7! Let's take it back to the basics and ignite that first love again...you'll feel like a brand new person (Acts 13:52)!

In His Love,

Scott

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How to Seek Peace & Pursue it Earnestly

The Bible tells us to seek peace and pursue it earnestly (1 Peter 3:11). In order to do this, we should **stop worrying about tomorrow and just live for God today** (Luke 12:29). We should cast those things that are causing us trouble, anxiety or fear on Jesus Christ, as we are commanded by Him to do (1 Peter 5:7). We should explain all our troubles to Him in minute detail and ask Him to solve them for us (Isa. 41:21). We should stop listening to bad news and practice thinking good thoughts so there is no time to entertain bad thoughts. We should cheer up those who are down or into themselves (self-pity)—the “woe is me” type. **We should be optimistic, not pessimistic.**



Begin today, to look for the good in things and you'll soon discover that life will treat you better. Look for the good in people and they will treat you better. Stop giving in to the peer pressure that causes you to lose your peace.

Whatever you sow you will reap. Sow good things, do good things for others. Sow kindness, charity, love and peace for the Lord and your life will be full of joy. Decide today to commit all your ways—that means thoughts, words and bodily actions—to God. Only then can the good life, which comes from living for God, be established in your life (Deut. 6:5; Mark 12:30-31; Matt. 6:33).□

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