

WHOLE WHEAT

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

A PUBLICATION FOR BIBLICAL UNDERSTANDING

The Resistance Factor

Jesus Christ couldn't have been our Savior if He hadn't resisted Satan's temptations. Jesus was tempted in all things, but He resisted all temptations.

Many people are unaware that godliness comes from [resisting evil daily](#). Our natures put up resistance to everything we attempt to do for God. How many people resist their evil natures and discipline themselves to [study God's word](#) on a regular basis?

'The central message of the Bible is how to discipline yourself for the purpose of godliness.'

The central message of the Bible is how to discipline yourself for the purpose of godliness (Titus 1:1). The apostle Paul told Timothy to discipline himself for the purpose of godliness (1 Tim. 4:7). Paul said if any minister does not preach about the doctrine that conforms one to godliness, he is conceited and understands nothing (1 Tim. 6:3-4).

'...godliness is profitable for all because it holds a promise for this life as well as the life to come.'

The benefits of bodily discipline, such as weight lifting and running, are temporary, but godliness is profitable for all because it holds a promise for this life as well as the life to come (1 Tim. 4:8). You discipline yourself spiritually by resisting evil thoughts, avoiding evil or dirty movies or television, dirty magazines, etc. You resist foul language, swearing, and using God's

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The Resistance Factor

name in vain (Psalm 34:13-14; 139:20). When you resist evil, or the devil, he will flee from you.

Satan goes around seeking those he can devour by tempting them not to read their Bibles (1 Peter 5:8-9). He tempts you not to [pray to God](#). He can make more excuses for you than you can imagine. Why can't you do what you know you should do?

'Many Christians are unaware that the overcoming process is resistance to all evil.'

Humans constantly give in to Satan instead of resisting him for the glory of God! Most Christians are unaware that the resistance inside them is Satan himself—our adversary—our resistor. Many Christians are unaware that the [overcoming process](#) is resistance to all evil. It is doing what they know they should do, even though they are tempted not to do it.

In the Bible, Satan is compared to a snake. The more you resist him, forcing yourself to do what is right and pleasing to God, the weaker the snake or pull of Satan becomes. Eventually, if you continue to resist evil, and overcome daily by doing good, Jesus Christ will crush Satan's hold on you (Rom. 12:21; 16:20).

'With God on your side supplying the strength, nothing will be impossible to you.'

The easiest way to force yourself past the point of the resistance of your evil nature, is to set your mind. Are you going all the way, or not? Settle it within yourself. Whatever you set your hand to do, do it with all your might. Any job worth doing is worth doing right. It's all in making up your mind. Once you make up your mind, you can quit smoking, lose weight, stop swearing and stop lusting. With God on your side supplying the strength, nothing will be impossible to you.

'Force yourself to do all the things you know you should do to please God, and you will be victorious.'

So, continue to force yourself to study your Bible every day. Force yourself to continually pray for others. Force yourself to do all the things you know you should do to please God, and you will be victorious. You will overcome if you continue to discipline yourself for the purpose of godliness. Remember to resist. Resist! Resist! You must persist. Persist in doing good! By forcing yourself in this manner, you are entering the [kingdom](#) by force (Luke 16:16).□

God Keeps Records



Many people believe God has gone off somewhere and is ignoring His creation or just doesn't care anymore. **People don't stop to realize that they have gone astray and are ignoring their Creator by doing their own thing.** They don't really care whether there is a God or not.

Does God know your every thought? Does He see all that you do? Do you get away with anything? Does He keep track of all these things in a book of remembrance (Mal. 3:16)?

The Bible says God has a book of life (Psalm 69:28; Rev. 20:12). It is a book that God Himself has written (Ex. 32:32). Whoever sins against God will be blotted out of that book (Ex. 32:33). Every description of your body and its inward parts are in that book (Psalm 139:13, 16). The very hairs of your head are numbered (Matt. 10:30). **The thoughts you think are all recorded** (Psalm 94:11; Job 34:21; Prov. 5:21; Jer. 16:17).

God is continually giving to each of us according to what we do (Jer. 17:10; 32:19; Rev. 2:23). He sees every living person when He looks from heaven (Psalm 33:13). He loves those who practice righteousness and glorify Him daily by doing good (Matt. 5:16; Psalm 106:3; 34:15-17).

God is continually ruling over mankind (Dan. 4:15-17). Scripture tells us those who think God doesn't always see or hear them are considered senseless and stupid by the Lord (Psalm 94:8-9).

It's time we begin to live to please God instead of continuing to live to please self. Time is running out on mankind, but to those who live to serve God, time is endless. They shall endure forever (Rev. 2:7; 1 John 2:17).

Psalm 69:28 — May they be blotted out of the book of life, and may they not be recorded with the righteous.

Psalm 139:13 — For Thou didst form my inward parts; Thou didst weave me in my mother's womb.

Dan. 12:1 — Michael, the great prince who stands guard over the sons of your people, will arise. And there will be a time of distress such as never occurred since there was a nation until that time; and at that time your people, everyone who is found written in the book, will be rescued.

Dan. 7:10 — A river of fire was flowing and coming out from before Him. Thousands upon thousands were attending Him, and myriads upon myriads were standing before Him. The court sat, and the books were opened.

Rev. 20:12 — And the books were opened, and another book was opened, which is the book of life; and the dead were judged from the things that were written in the books, according to their deeds.

Mal. 3:16 — And a book of remembrance was written before Him for those who fear the Lord and who esteem His name.

Ezek. 2:9 — I looked and behold, a hand was extended to me and a scroll was in it.

God Keeps Records

Ex. 32:32-33 — Please blot me out from Thy book which Thou hast written! Whoever has sinned against Me, I will blot him out of My book.

Deut. 28:61 — Also every sickness and every plague which, not written in the book of this law, the Lord will bring on you until you are destroyed.

Matt. 10:30 — The very hairs of your head are numbered.

Psalms 94:11 — The Lord knows the thoughts of man...

Job 34:21 — For His eyes are upon the ways of man and He sees all his steps.

Prov. 5:21 — For the ways of a man are before the eyes of the Lord and He watches all his paths.

Jer. 16:17 — For My eyes are on all their ways; they are not hidden from My face nor is their iniquity concealed from My eyes.

Jer. 17:10 — I, the Lord, search the heart, I test the mind, even to give to each man according to his ways, according to the results of his deeds.

Jer. 32:19 — God's eyes are open to all the ways of the sons of men, giving to everyone according to his ways and according to the fruit of his deeds.

Rev. 2:23 — I am He who searches the minds and hearts; and I will give to each one of you according to your deeds.

Psalms 33:13 — The Lord looks from heaven; He sees all the sons of men.

Psalms 33:18 — Behold, the eye of the Lord is on those who fear Him...

Psalms 34:15-17 — The eyes of the Lord are toward the righteous and His ears are open to their cry. The face of the Lord is against evildoers, to cut off the memory of them from the earth. The righteous cry and the Lord hears, and delivers them out of all their troubles.

Psalms 94:8-9 — Pay heed, you senseless among the people; and when will you understand, stupid ones? He who planted the ear, does He not hear? He who formed the eye, does He not see? □

MISCONCEPTIONS
VS.
TRUTH

“You can’t lose your salvation”

The truth is...

Surprise Opportunities



The phone rings. It could be a friend, relative or neighbor who needs help! It might be the neighbor next door or down the block. It might be someone in another city or even another state. The chips are down! The clock is ticking, you only have minutes or maybe even seconds to make a decision.

Can I help? Will I help? Is my life enough in order so I can help? Or would I have to answer to an out-of-town person in need, "Well, I would really like to come and help but my laundry isn't done. Maybe next time you're in need I'll be more prepared and organized."

Do you always try your best to keep things organized and done for God so you can be ready and willing to help someone for God? An example would be keeping up on laundry so you can pack an overnight bag in just seconds.

Are your children obedient so they can help? Can you give them instructions or leave them lists of things to do and know that these things will be done (Eph. 6:1-3)? Do your children understand that what you do, you do for God, and helping out at home and being good kids is their way of doing God's Will (John 6:38; 1 John 3:22)?

Do you have a good, trusting relationship with your spouse so you can make those split-second decisions when necessary? Will your spouse know and

understand that the decision you made was a godly choice? Do you know in your heart, without doubt, that your spouse will accept your choice, so you will have a free heart and mind to help the person or persons in need? Can you handle an unexpected out-of-town visit leaving your spouse and children behind? How would you cope? Would you go around feeling sorry for yourself, making the people in need aware of your suffering? Or could you put aside your personal feelings to give your whole heart, soul and mind to the person in need, for God (Gal. 5:14; Matt. 22:37-39)?

Anytime you help someone, they need to be your only concern (1 Cor. 10:24). The best way to accomplish this is through much faith and constant prayer to God. Especially if you are summoned out of town to help someone in need, a constant communication through prayer to God can and will get you through any situation (2 Tim. 1:3; Eph. 6:18).

We need to always be ready, willing and able to lend a hand and do God's Will. We must prepare ourselves for the surprises, as well as for our planned daily service to our Lord, by putting on the full armor of God (Eph. 6:11). How do we do this? By studying God's word daily, praying and putting His words into practice daily (2 Tim. 2:15; John 8:51). We will then be fully prepared for anything or anyone God sends our way. □

In Memory of My Dearest Friend...A Gift From God



I have known Shelly for close to 30 years. However, it wasn't until seven years ago, when she put up a prayer to God, that we became the best of friends and closer than we ever thought possible. It was the beginning of a friendship that would literally change our lives. I didn't know about her prayer but, out of the blue, had this urging to reach out to her and began calling her several days a week, when I would go on my four-mile walks. Our conversations began with spiritual issues she was dealing with and questions about the Bible. We would seek God and the Bible for the answers, and I would share what I had learned from my experiences to encourage her. We would be so exhilarated by the Spirit of God, that many times, at the end of our conversation, she would say..."I feel like I am flying!" We literally witnessed the astonishing power of God right before our eyes - through prayer, spiritual dreams, miracles and special visions God gave her. Our minds were blown. This was one of the most exciting times in my walk with God and she felt the same. She would say, "I believe God has brought us together so I can be your witness to all He is doing." I thought it was so cool that God would use a blind person for His witness. *Too perfect!* We became very close - *very fast* - and shared anything and everything with each other...nothing was off limits. We both wanted to please God in our lives, make the most of this Way of life and every day God gave us to serve. We would push each other to do just that, through stimulating conversations, prayer and the most open, honest conversation I have ever experienced in a

friendship. She had the most beautiful, humble heart and such a zeal for God's Ways and yet, we knew we had evil natures to overcome and prodded each other along. We were fighting the good fight of faith...*together!* I witnessed the most beautiful growth in my friend over the years, and when my husband was diagnosed with cancer three years into our friendship, she was there for me like a rock, for the next several years without question.

Shelly was a Type 1 Diabetic and legally blind from the time she was a teenager, so had great compassion for suffering. God paved the way for her to live a very full life, regardless of her condition, through her faith in Him and continuous prayer. She was literally a walking miracle. Her sight improved dramatically the day she was baptized into this Way of life. Her doctors never understood why she could see anything and told her it was medically impossible. She told them, "Everything is possible with God," with a big smile on her face. She used every opportunity to share the truth of God's Word with anyone that came in her path. She would always tell them, "It has changed my life and can change yours too!" She even helped me develop the V-O page, after years of reading Bible studies to her and realizing we could reach other visually impaired people, in the same way, on our website.

I can honestly say, our friendship has been the most unique and rewarding gift from God. She used to say to me..."You are my God-given friend, and I never expected He would answer my prayer with someone like you." I can say the same my friend...I consider myself the lucky one. You allowed me to see so many things I couldn't have without you. Thank you for loving me so unconditionally, being my friend, my greatest cheerleader and sister-in-Christ. My walks will never be the same without you, but I will bring you with me in my heart...wherever I go.

♥ Love Goes On Forever

Letter From the Editor

Dear *Whole Wheat* Readers,

Recently, I had some major changes at my work. The business changed ownership and I was unsure whether my new employer would keep me in my present position and salary. As time went on and the transfer of ownership was complete, he came to me and said, "I have seen what you do, you are a very valuable asset to me in your work. This allows me to concentrate my time and energy on growing my company." As a result, he not only matched my salary but increased my benefits - *answered prayer!*

Just like a valuable employee, **God places much value on His servants who are growing and maturing in the faith** (Eph 4:13; 2 Pet 3:18). In contrast, those who are complacent and [lukewarm](#) in doing good, not growing and increasing for God, will be spit out of His mouth (Rev 3:15-16).

In the parable found in Matt 25:14-30, the landowner gave talents to each of his slaves, in accordance to their ability. To those who became valued slaves, and increased their talents, they were rewarded accordingly. To those who did not, they were considered worthless slaves and cast out. For instance, you may be uncomfortable around older people, well, be around them, and help them, until you *are* comfortable. You may not be good at hospitality, well, practice hospitality until you *are* good at it. Are we increasing in our faith and ability to serve God, using our talents for Him *daily*? **Are we considering *all the ways* we can serve God in our daily walk, or slipping into the same old routine**

and forgetting about how easy it is to serve Him every day? [Are we growing and trying, or becoming dull](#) (Matt. 13:15)?

This issue of *Whole Wheat* helps us push the boundaries of our comfort zones. Humans like to take the path of least resistance, as it talks about in our lead article, "The Resistance Factor." In 1 Thessalonians 4:10, Paul prodded the church to excel ***even still more***. Our articles, "Surprise Opportunities" and "Are You Doing Enough" will put you on the alert, so you won't miss another opportunity to serve the Lord and [receive a blessing!](#) Look at 2 Peter 1:5-11, especially verse 8; "**For if these qualities are yours and are increasing...**" Then read the article, "God Keeps Records," what an eye opener!

So, the question is: ***What are we doing with what God has given to each of us?*** [We will have to make an account to our Lord in the future](#) (Matt 25:31-46). Don't short-change yourself in your walk with God and maximize the benefits of living His Way! It is my hope and prayer that this issue will ignite a fire within you to fight *the resistance factor* and ask yourself, *are you doing enough?* Look for *surprise opportunities*, so when *God keeps records* He will say to you... "**Well done, good and faithful servant, welcome into the Kingdom of God.**

In His Love,

Scott

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Or mail to: Whole Wheat, P.O. Box 26217, Minneapolis, MN 55426

Are You Doing Enough?

It is common for people who have just started doing the Will of God to say, "I don't feel like I'm doing enough!" These people are actually fulfilling the Scripture that commands us to work out our salvation with fear and trembling (Phil. 2:12). They are very concerned that they are pleasing God in all they are doing, yet they know they have not attained their goal. In reality, it would be sick if they said, "I think I'm doing too much for God!"

The first attitude is beautiful, because it gives the incentive to want to do more. In order to do more, we must not remain foolish. **We must find out completely what the Will of God is, so we can grow in respect to godliness** (Eph. 5:17). We are no longer to live the way the world lives, conforming to this world; but we are to renew our minds by finding out and proving what the Will of God is. **Then, we must perform God's Will in our daily lives** (1 Peter 4:2; 2:12, 15). Doing God's Will is what transforms us into godly people, which we are practicing to be and we desire to be. This is how we become godly people who imitate God in our daily behavior (Eph. 5:1).

If we are going to be perfect, as our heavenly Father is perfect, then we are going to have to practice God's Ways (Matt. 5:48; John 3:21). We know practice makes perfect, especially when God is causing the growth and doing the perfecting (1 Cor. 3:7; Col. 2:19; Heb. 5:8-9).

We are to be pleasing to God from now on, walking in newness of life (2 Cor. 5:9; Rom. 6:4; Col. 1:10). We must consider our old way of life as dead and be alive to God in Christ Jesus by being happy slaves of righteousness (Rom. 6:11, 18). All things will become new as we become new creatures (2 Cor. 5:17; Gal. 6:15). We cannot become weary in doing good for God if we want to have Christ's nature formed in us (Gal. 6:9; 4:19; 2 Thess. 3:13). We will suffer a little until God perfects us (1 Peter 5:10).

Think only good thoughts, say only good things and be filled with the knowledge of God's Will (Phil. 4:8; 1 Peter 4:11; Col. 1:9-10). In due time, if we are rich in good works daily and study to show ourselves approved to God daily, the Lord will give us understanding in everything (1 Tim. 6:18; 2 Tim. 2:7, 15; 1 John 2:27). **Then we will be assured that we are indeed doing enough.** □

[See the debut video of our NEW! series Scriptural Inspirations here!](#)



HOPE

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