FRUITS OF THE SPIRIT

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Four Things That Move Well

In Proverbs 30:29 we read, "There be three things which go well, yea, four are comely in going:" In other words, there are four things that move in a beautiful or excellent way. Some translations say they move in a stately manner. The next two verses (30-31) go on to describe these things. "A lion which is strongest among beasts, and turneth not away for any; A greyhound; an he goat also; and a king, against whom there is no rising up." Let's see what we can learn from each of these.

First of all, let's look at the lion. The first thing to understand is that we are not the lion. We need to avoid evil, not go looking for temptation to see if we can overcome it by ourselves. Peter tells us Satan is like a lion. I Peter 5:8, "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:" So we should avoid him when we can. I Peter 3:10-12, "For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: Let him eschew evil, and do good; let him seek peace, and ensue it. For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil." Eschew means to avoid. Avoid temptation when we can.

But let's notice: while Satan is described as being, "as a roaring lion," Jesus is the true Lion, that doesn't turn away for any. He is the Lion of Judah, Revelation 5:5, "And one of the elders saith unto me, Weep not: behold, the Lion of the tribe of Judah, the Root of David, hath prevailed to open the book, and to loose the seven seals thereof."

What does this mean to us? What are our enemies? From the Garden of Eden on, our enemies have been Satan, sin, and death. Jesus did not turn away from any of these. He conquered them all for us.

Hebrews 2:14-15, "Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage." So instead of taking on Satan by ourselves, do so with Christ on our side. Then we will be victorious. James 4:7, "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

The next animal that moves beautifully is the greyhound. When I think of a greyhound I think of speed. Applying to our Christian lives, there are some things to be quick in doing, and some things not to be quick in doing.

We need to be quick to obey. Psalms 119:60, "I made haste, and delayed not to keep thy commandments." On the other hand, Proverbs 6 lists seven things that are an abomination to God. One of them, verse 18, is, "...feet that be swift in running to mischief."

James 1:19-20 gives us one thing we need to be swift at, and two things to be slow in doing. "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God."

The next animal Proverbs tells us moves well is a he goat. When my wife and I went to South Dakota, one of our most memorable experiences involved a goat. We were at Mount Rushmore, along with hundreds of other people. Suddenly, everyone was distracted, and turned to the next mountain because we could see a mountain goat on it. We didn't go on vacation hoping to see a goat. But seeing one proved a very fun experience.

Mountain goats are designed by God for moving in the hills and mountains, over steep and high terrain you and I cannot. In our life, there are difficult situations from time to time, and like the mountain goat, we need to take the high road. Don't let pride or anger lead us to sin.

Proverbs 30:32-33, "If thou hast done foolishly in lifting up thyself, or if thou hast thought evil, lay thine hand upon thy mouth. Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife."

Ephesians 4:26-27, "Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil." Ephesians 4: 31-32, "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one

to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Take the high road in life's difficult situations. Romans 12:21,"Be not overcome of evil, but overcome evil with good."

The final one that moves well is a person instead of an animal. It is "a king, against whom is no rising up."

This describes our king, Jesus Christ. In I Timothy 6:15, Paul describes Jesus this way, "Which in his times he shall shew, who is the blessed and only Potentate, the King of kings, and Lord of lords;" Colossians1:18-19, "And he (Jesus) is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence. For it pleased the Father that in him should all fulness dwell;".

So let's follow our King where He leads us, thankful for the victory He gives. I Corinthians 15:57-58, "But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord."

In Christian love,
Bro. Terry Warford

A Tear For My Brother

Isaiah 25: 8-9, "He will swallow up death in victory; and the Lord God will wipe away tears from off all faces; and the rebuke of his people shall he take away from off all the earth: for the Lord hath spoken it. And it shall be said in that day, lo this is our God; we have waited for Him, and He will save us: this is the Lord: we have waited for Him, we will be glad and rejoice.

"I will sing the wondrous story of the Christ who died for me. How He left His home in Glory, for the cross of Calvary."

Christ died for you, and He died for me, and he is our only hope of obtaining a home in Heaven. There will never be tears of pain or of sorrow up there, only tears of joy. We can stop those tears of sorrow by becoming a child of God. The choice is ours; Life or Death.

Hebrews 2:3, "How shall we escape, if we neglect so great salvation; which at the first began to be spoken by the Lord, and was confirmed unto us by them that heard Him?"

"Bearing shame and scoffing rude, in my place condemned He stood. Sealed my pardon with His blood, oh what a Savior!"

Let the blood of Jesus wash away all your tears, for the time of Salvation is Now, for tomorrow may never come. Then it will be too late."Time is now fleeting, the moments are passing, passing from you and from me. Shadows are gathering, deathbeds are coming; coming for you and for me. Come home. Come home. Ye who are weary come home. Earnestly, tenderly, Jesus is calling, calling oh sinner come home."

In Christian love,
Don Johnston.

YUMA, ARIZONA

Hello to all of our Brothers and Sisters across the country.

The weather here in Yuma is very nice right now and all of our winter visitors are here in full force. The streets are at times jammed packed with vehicles, mostly out of state, but with a little planning it's not so bad getting around. You just have to expect to be out a little longer than normal. Yuma doesn't have much to offer in the summer time but the winter is a different story. It was surely during the wintertime that our family must have decided to stay here and make this our home.

We have some sad news to report about our Brother Harry Booth. He was leaving the home of his brother in law that lives out in the Wellton and Tacna area to come to Church this past Sunday, 11/23/03, when he got out to close a gate to the property he noticed smoke coming from his motor home. He discovered a fire from under the engine compartment. Everything that he owned was in the motor home and was lost. He truly came out with just the clothes on his back and a small personal safe. We are all helping him as much as possible to get him and his life back to normal, although to lose a lifetime of treasures and memories in just a few minutes like he did is devastating. He is at the present time staying in a trailer there at the Church, a gift donated by Frank and Doris Ridlon, it sure has come in handy at this time of need. We will keep you all informed on his situation. I know that he is well known in the Church especially around the Yakima and Selah areas.

Everyone else in the Yuma congregation seems to be doing well. We do have some that still have their aches and pains but other than that most every one at this time is doing fairly well. I had an opportunity

to go out to Citrus City and attend Church there Sunday two weeks ago and everybody out there was in great spirits and seemed to be doing great and there was a very nice crowd. We sure love those people out there. I spoke with Jim and Jaetta Loftis and Jim has had to have a cataract removed from one eye and is to have his other done too, so keep him and Jaetta in your prayers.

Speaking of great weather, we're hoping that the weather will stay this nice for our meeting this year. We have decided on the week of March 21 through the 28th. We are going to have another meeting and take care of all of the particulars the week after Thanksgiving and again we will let everyone know with plenty of time but the days are set, remember March 21st through March 28th. Set aside those days if you are able and visit with us. Come down early and enjoy the weather and we can enjoy the fellowship as long as we can. We would love to see as many as could possibly make to be here with us. I am writing this, two days before Thanksgiving. I know that we are always to give thanks everyday to our Lord for everything that we get but a special prayer to God that everyone and their families stay safe during their travels and throughout the holidays. We would like to wish all of you the best of days and to let you know that we think of you all and have you in our prayers constantly. I Thessalonians 5:18, "In everything give thanks: for this is the will of God in Christ Jesus concerning you."

With Christian Love
Denny and Susie Davis

YUMA, ARIZONA

Dear Brothers, Sisters, and friends;

Just a few lines to say "Hi," with hope and prayers that all are well or recovering.

We are mostly doing OK with the normal aches and pains of time affecting our bodies, wintertime colds, etc.

This year will soon be passed and has been good for most of us, excepting for brother Harry Booth. A short time ago, his twin sister, Harriet Olsen passed away, and then last Sunday, his motor home completely burned up, leaving just the clothes that he was wearing at that time. This was his home and also his transportation. It is gratifying to see his Brothers and Sisters showing their true Christian spirit at a time like this.

The details of our spring meeting will be announced at a later date. Everyone who can come will surely be welcomed. We feel that this is a special time for Christian fellowship and healing. There has been so much fulfilling of scriptures to see Christians in harmony together, that it should be uplifting for anyone who attends the meetings held throughout the Brotherhood. If Christians can't accomplish harmony in this life, while we are on trial, how can we expect to receive the Lord's welcome on the Judgment day? Our prayers go out to all of you.

Harry Davis, for the
Yuma Congregation

BOHANNA MOUNTAIN, ARKANSAS

Dear Christian Brethren;

I'm sending this note to request special prayers from all Brethren everywhere for our dear Brother James Vanderpool. He has fought a long battle with hepatitis "C" which has weakened him so much and damaged his liver. An MRI and other tests last week showed he has a large cancer on his liver. Because of his weak and failing health the doctor does not feel he could under go surgery or chemo and did not offer any hope. Brother James has chosen to live each day the Lord gives him as best he can. James has been so helpful and faithful. Your thoughts and prayers are needed very much for James his wife Beulah and their children. Also we just learned that our Sister Judy Laney Passed from this life early this morning Dec 6th. Judy was so faithful to come even when she was taking high doses of chemo for her colon cancer. She fought for 2 years. Lets remember her husband and family also the Serrano family at Goshen who lost Sister Mary a few weeks ago. Brother Melvin Daniels is having angioplasty on Dec 10. The doctor thinks he may have another blockage in his heart. We pray if he does it can be stented. With love and prayers for all the sick Brothers and Sisters in Christ

Sister Rachel Daniels
Bohanna Mt. congregation

YAKIMA, WASHINGTON

Dear Brethren;

I don't know where to begin, as it has been so long, and much has happened since we last wrote. Richard's parents, Oren and Ruth

Johnston (my sister and brother-in-law) were here in October celebrating their 60th wedding anniversary, which their children hosted. A great time was had by all. We were happy to have J.D. and Fern Logan with us at that time and to have J.D. speak for us that Sunday. Of course, when Terry and Susie Warford are here, we just consider them members of this congregation. (They were here also.)

Richard and Monica Johnston have a new granddaughter, Jakalyn Jennifer Dean, born October 3rd to Brian and Jessica Dean. She has two older sisters, Sierra Lenora and Katie Sienna.

Mark Bentz and two of his friends from Eastern Oregon University in La Grande, Oregon, were on their way home for Thanksgiving when their vehicle hit some black ice, went off the road and turned completely over, landing right side up in a stream. Two of them stepped out onto some rocks and made it to dry land, while the other one had to wade out. We know that Someone up there was watching over them, as there was only a scratch amongst the three of them.

Most of our family had Thanksgiving dinner at Rick and Teri's, where Rick's eldest son, Nick had prepared a great dinner with menu's and everything. Nick is a chef in Ellensburg.

Al and Charlotte Burtis were up here visiting for a week back in November, and we were happy to have Greg and Peggy Stacy drop in one Sunday last month. We are always happy to have visitors with us.

Sister Pansy Atwood's husband, Newman (Woody) Atwood has passed away after a long bout with cancer. He fought it bravely and always had a cheerful manner about him. Pansy is Leon Edmondson's mother. Our prayers and condolences go out to them and their families.

I am also saddened to report that Brother Dan Teague has passed away after a very lengthy illness. At the same time, we are sad that we don't have him with us any more, but can be happy that he is free from his pain and suffering, and confident that he has gone to that better place. He had requested that I be called to conduct his service, so Veda and I flew to Dallas last Friday and returned home yesterday, December 4th. I feel greatly honored to have been asked.

Dan was a kind, gentle, giving, soft-spoken Christian, but one who would stand up for what he believed. This was confirmed by not only myself, but also many who spoke to Mary concerning him. His cardiologist, who worked with him in his last days, wrote about what a kind and gentle person he was, in a card to Mary. Their children, Curtis, Merrell, and Lola were there with their families and we were happy to

get acquainted with them. If I got the information correctly, Dan's parents had donated some land for a cemetery in Nocona, Texas so the funeral was held in Nocona and Dan's body was laid to rest by his mother's. Since we were there over the weekend, it was nice to get to meet with the Brethren there in Duncanville on Sunday. Our prayers and love go out to that family also. Dan has been a loyal supporter of the "Fruits of The Spirit" since its inception and we have received some contributions to the paper in his name. Mary said nothing could have pleased him more. We thank you all for this.

We were happy that Gene and Joan Boling came down to Duncanville after the funeral. They stayed until Monday so we got to visit with them a couple of days.

Over the past several years, in our travels, it has been our pleasure and privilege to stop by and visit with Dan and Mary. They were always hospitable and a joy to talk with. Dan, my friend, we will miss you.

Veda and I celebrated our 55th anniversary on the 11th of this month, and I have had my 75th birthday.

We welcome any of you who happen to come this way to stop and visit and/or worship with us. If it is the Lord's will, and everything goes well, we hope to see some of you at the Yuma meeting in the spring.

In Christian Love,
Bill McCay Sr.

BIRTHS

Jakalyn Jennifer Dean, to Brian and Jessica Dean, 10-3-03, Yakima

MEETINGS

March 21-28	Yuma, AZ	TBA
July 10-19	Beavers Bend State Park	Camp meeting

DEATHS

Newman (Woody) Atwood	Yakima, WA
Dan Teague	Duncanville, TX
Harriet Olsen	Yuma, AZ
Judy Laney	Bohanna Mt., AR
Mary Serrano	Goshen, AR