



## 21 Success Words

By David Qualls

What kind of members will make a church successful?

We are going to look at several qualities that will help to make a church successful. We will look at 21 biblical words (or mostly biblical) that will define success. Each of these words begins with the letter 'S'.

Members who are willing to have the 21 S's will be the ideal member that will make a church succeed. Notice the operative word is *willing*. Are we willing today? Let's look at the 21 words that will make us successful.

1. Willing to **submit**.
  - "Submit yourselves therefore to God. Resist the devil, and he will flee from you" (James 4:7)
  - "Likewise, ye younger, **submit** yourselves unto the elder. Yea, all of you be **subject** one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble" (1 Peter 5:5).
2. Willing to **surrender**.
  - "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Galatians 2:20).
3. Willing to **sacrifice**.
  - "And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a **sacrifice** to God for a sweetsmelling savour" (Ephesians 5:2).
  - "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living **sacrifice**, holy, acceptable unto God, which is your reasonable service" (Romans 12:1).

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## The Love of God

From Bible Echo, January 1, 1887

"God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

"God is love." His matchless love for fallen man, expressed in the gift of his beloved Son, amazed the holy angels. Christ was the heir of all things, by whom also the worlds were made. He was the brightness of the Father's glory, and the "express image of his person." He upheld "all things by the word of his power." In himself he possessed divine excellence and greatness; for it pleased the Father that in him all fullness should dwell. And Christ "thought it not robbery to be equal with God." Yet he "made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men. And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross."

The Son of God volunteered to die in the sinner's stead, thus making it possible for man, by a life of obedience, to escape the penalty of the divine law, which he had transgressed. The death of Christ did not slay the law, lessen its holy claims, nor detract from its sacred dignity; on the contrary, the death of God's beloved Son on the cross justified the claims of the divine law, and proclaimed the justice of his Father in punishing the transgressor, in that he consented to suffer the penalty in his own person, to save fallen man from its curse. He thus magnified the law, and made it honorable, and gave evidence of its changeless character. From his own lips is heard the words: "Think not that I am come to destroy the law or the prophets. I am not come to destroy, but to fulfill."

In becoming man's substitute, and bearing the curse which should have fallen upon him, Christ pledged himself in behalf of the race to maintain the sacred claims and the exalted honor of his Father's law. The Father has given the world into the hands of his Son, that through his mediatorial work he may completely vindicate the holiness and the binding claims of every precept of the divine law. This is the work of Christ, to convince men of sin, which is the transgression of the law, and through his mediation to bring them back to the path of obedience.


The plan of redemption, embracing the good news of salvation through Christ, was first preached to Adam. It was to him the star of hope, lighting up the dark and dreaded future. Adam saw that the promised Redeemer was the only means by which he could have life. The plan of saving sinners has been the same in every generation. The patriarchs, prophets, and all the holy men of old, looked forward to a coming Saviour, in whom they showed their faith by sacrificial offerings. The blood of animals had shadowed forth the

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4. Willing to **seek**.
  - o “For the Son of man is come to **seek** and to save that which was lost” (Luke 19:10).
5. Willing to **save**.
  - o “And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever” (Daniel 12:3). Of course, we don’t **save**, but we cooperate with God in **saving** others.
6. Willing to **sow**.
  - o “They that **sow** in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him” (Psalms 126:5-6).
7. Willing to **speak**.
  - o “But **speaking** the truth in love, may grow up into him in all things, which is the head, even Christ” (Ephesians 4:15).
8. Willing to **sigh** (and cry).
  - o “And the LORD said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that **sigh** and that cry for all the abominations that be done in the midst thereof. And to the others he said in mine hearing, Go ye after him through the city, and smite: let not your eye spare, neither have ye pity: Slay utterly old and young, both maids, and little children, and women: but come not near any man upon whom is the mark; and begin at my sanctuary. Then they began at the ancient men which were before the house” (Ezekiel 9:4-6).
9. Willing to **sing**.
  - o “Praise ye the LORD. **Sing** unto the LORD a new song, and his praise in the congregation of saints” (Psalms 149:1).
  - o “Speaking to yourselves in psalms and hymns and spiritual songs, **singing** and making melody in your heart to the Lord” (Ephesians 5:19).
10. Willing to **shout**.
  - o “And it came to pass at the seventh time, when the priests blew with the trumpets, Joshua said unto the people, **Shout**; for the LORD hath given you the city” (Joshua 6:16)
  - o And Joshua had commanded the people, saying, Ye shall not **shout**, nor make any noise with your voice, neither shall any word proceed out of your mouth, until the day I bid you **shout**; then shall ye **shout**” (Joshua 6:10).
  - o There’s a time to **shout** and a time to remain **silent**.
11. Willing to **soldier**.
  - o “Thou therefore endure hardness, as a good **soldier** of Jesus Christ” (2 Timothy 2:3).
12. Willing to **spend**.
  - o “And I will very gladly **spend** and be **spent** for you; though the more abundantly I love you, the less I be loved” (2 Corinthians 12:15).

Look for Part 2 in next month’s Journal. 

## Health Notes

Taken from

[pathlights.com/nr\\_encyclopedia/Health%20Notes/healthnotes.htm](http://pathlights.com/nr_encyclopedia/Health%20Notes/healthnotes.htm)

### Prevention of Winter Illnesses

What can be done about those dreaded, horrible, absolutely miserable, every-year winter illnesses? Let me give you some ideas that could make winter more enjoyable and much healthier for all your family.

Number one “tip” is **Exercise**: Today’s studies show that one of the most valuable things you can do on a regular basis to prevent winter illness is exercise. Do it preferably out-of-doors, each morning early. Take a brisk walk for a mile or two, or, as spring arrives, come closer to nature by getting out for some digging or planting of early vegetables. Early morning exercise helps to prevent colds and flu, as well as infections of almost every type. And remember to breathe deeply.

Number two is **Diet**. Avoid excessive sweets, candies, ice cream, extra helpings of those favorite desserts. Try substituting fresh or dried fruit, sweetened by the hand of God. The trace minerals they contain are far superior to candy. Experiment with the recipes in Three Angels Kitchen.

**Bathing** is “tip” three. It may sound strange, but it works. Take a hot bath (or shower) as warm as you can stand it comfortably, then follow with a cool shower for 20-30 seconds. Make sure the cool hits all sides of your body. This daily habit gets your circulation moving in a hurry and sends germs scooting out of your system before they overcome your defenses and produce infection. If you feel a bug is about to get you then do it three times in a row. 3-4 minutes hot and then a cool shower. Always end with the cool. Also remember to bathe the inside with 6-8 glasses of water daily.

Proper **Clothing** is number four. Be fashionable this year in as many layers of long-johns and socks as you need to be comfortably warm. Clothe all your body the same so that you have equal circulation. Not 2 sweaters and a heavy coat on top and only slacks on the legs. Thermal underwear under slacks and larger shoes or boots to accommodate an extra pair of heavy socks plus a warm hat of some sort are musts for optimum health. Many have been amazed at the vigor of health that is possible when the extremities are kept well and equally covered.

**Ventilation** is the number five “tip”. Open the window at least a crack at night in your sleeping room. Be sure that there is some air circulating at all times but avoid sitting in a draft.

**Did you know?** That increasing your vitamin C intake increases the amount of iron your body will absorb. So add an orange or grapefruit to your breakfast menu! Also, surprise, surprise, ounce for ounce, raw green peppers have two times as much Vitamin C as oranges and red peppers nearly four times as much.

## THREE ANGELS KITCHEN

### Natural Sweets

Taken from

[pathlights.com/nr\\_encyclopedia/Health%20Notes/healnote3.htm](http://pathlights.com/nr_encyclopedia/Health%20Notes/healnote3.htm)

#### Polynesian Bars

- 2 c. chopped dates or raisins
- 1-20 oz. can crushed pineapple

Mix together, simmering in a saucepan until dates are soft and mixture is spreadable.

Crust:


- 1½ c. quick oats
- ¾ c. oat flour (blend oats in blender until oats are like flour)
- ½ c. coconut
- ½ tsp. salt
- ½ c. chopped nuts
- ¾ c. orange juice

Mix thoroughly with your hands until all the ingredients are damp and the mixture is crumbly. Put half the mixture into a sprayed 9X9 pan. Put fruit on top spreading evenly. Add the rest of the crumble mixture and press down lightly. Bake 350° F. for 30 about minutes.

#### Banana Date Cookies

- 1½ c. mashed bananas
- 1 c. chopped dates
- 2 c. regular or quick oats
- ½ c. chopped nuts
- ¼ c. oil
- 1 tsp. vanilla
- ½ tsp. salt

Mix well and let sit for 5 minutes for the liquids to absorb. Drop onto lightly sprayed cookie sheet. Flatten slightly. They don't raise, so make them the size you want when finished. Bake 350° F. for about 25 minutes.

Yield: 23 - (2 Tbs. size) cookies. 

## BIRTHDAYS & ANNIVERSARIES

October

9 – Ciera Permaul	23 – Lorri Cowan
10 – Dennis McGehee	27 – Jim Webb
10 – Andrea White	31 – Andy Permaul
14 – Carolyn Hartman	
20 – Becky Siler	

## The Best Medicine

Ever had a headache? Silly question; Right?! Try this. Drink a couple glasses of water and put your feet in a pail of comfortably-hot water with a cool cloth on your head. Try it. It just may work.

Doctor after doctor has recommended that if most of their patients would just drink more water, most of their health problems would disappear. How about you? Visualize your daily water intake by using a two-quart pitcher and cup, or drinking from a two-quart jar.

Forcing the body to work with insufficient amounts of fluid is like trying to wash the dinner dishes in a cupful of water. When you don't drink enough water, the body must excrete wastes in a more concentrated form, causing body odor, bad breath, and unpleasant smelling urine. If wastes from the body aren't eliminated as rapidly as they should be then there is no way that we can feel as good and energetic as we should.

Water gives your body the internal shower that it needs each day. We should drink enough to keep the urine pale during the day. The body loses about 10-12 cups of water through the skin, lungs, and elimination. Food provides two to four cups of water, leaving us six to eight glasses of water to drink.

Get into the habit of drinking upon rising, midmorning, mid afternoon, and early evening. Add a twist of lemon for a little flavor.

When the sodas are passed around or when the waitress hands you a glass of water and then asks you what you would like to drink, just say, Thank you, water is fine. It's not only better for you but it's certainly a lot cheaper.

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*"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward."*

*Isaiah 58:6-8*

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# ANNOUNCEMENTS

## Breathe Free Smoking Cessation Program in Turley

**Time:** October 27-31, 6:45 PM

**Location:** Cherokee Elementary School, 6001 N Peoria Ave., Turley, OK

OKTruth.org in Turley is holding a stop smoking clinic using material based on Dr. Arthur Weaver's highly successful "Breathe Free" seminars to help individuals quit smoking. The Breathe Free Smoking Cessation program has been successful in helping more people discard their smoking habit than any other program. It has been used nationally to help millions quit smoking. Dr. Weaver has used this program since 1966 and has helped an estimated 100,000 people become smoke free. For more information, see: <http://oktruth.org/page4.html>

## Prophecy Seminar in Turley

**Time:** November 10-14, 7:00 PM

**Location:** Cherokee Elementary School, 6001 N Peoria Ave., Turley, OK

For more information, see:

<http://oktruth.org/page4.html>

sinless offering made on Calvary; but at the crucifixion type met antitype, and the typical system was done away by the great antitypical offering.

Christ is the center of the great plan of redemption, a plan which is a unit, and covers all dispensations. He is the "Lamb slain from the foundation of the world." He is the Redeemer of the fallen sons and daughters of Adam in all the ages of human probation. "Neither is there salvation in any other; for there is none other name under heaven given among men whereby we must be saved."

The gospel was preached to Adam, Noah, Abraham, and Moses, and was to them good news; for their faith embraced a coming Saviour. A more clear and glorious light now shines upon the Christian world; for that which was faith to the patriarchs and prophets who lived before Christ, is assurance to us, as we see that Christ has come just in the manner that inspired men of old had foretold that he would come. It is just as essential that we have faith in a Redeemer who has come and died our sacrifice, as it was for the holy men of old to believe in a Redeemer to come, whom they represented by their typical sacrifices, but no more so.

In order to fully realize the value of redemption, it is necessary to understand what it cost. In consequence of limited views of the sufferings of Christ, many place a low estimate on the great work of atonement. They think that Christ suffered only a small portion of the penalty of the law of God. They know that the wrath of God was felt by his dear Son; but they suppose that through all his painful sufferings he had the evidence of his Father's love and acceptance, and that the portals of the tomb before him were illuminated with bright hope.

There are many whose hearts are no more deeply stirred by the humiliation and death of Christ than by the death of the martyrs of Jesus. Many have suffered death by slow tortures, and some by crucifixion. In what does the death of God's dear Son differ from these? It is true that he died upon the cross a most cruel death; yet others for his sake have suffered equally, so far as bodily torture is concerned. Why, then, was the suffering of Christ more dreadful than that of other persons who have yielded their lives for his sake? Had his suffering consisted in bodily pain alone, then his death was no more painful than that of some of the martyrs; but bodily pain was only a small part of the agony of the beloved Son of God as he hung upon the cross. The sins of the world were upon him, and also the sense of his Father's wrath against the sinner, as he suffered the penalty of the law. It was these that crushed his divine soul. It was the hiding of his Father's face, a feeling that his own dear Father had forsaken him as he drank the cup which the sinner so richly merited, that brought despair to his soul. *Deity*

### Three Angels Seventh-day Adventist Church – Owasso

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#### Worship Schedule

##### Saturday (Sabbath)

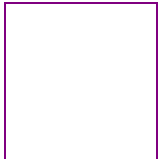
Sabbath School.....9:30am  
Main Worship Service.....10:45am

##### Wednesday

Prayer Meeting.....7:00pm

Please send comments or suggestions about this newsletter to [alfonsoorellana@msn.com](mailto:alfonsoorellana@msn.com)

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