

The Baptist Chronicle

THE FEARLESS EXPONENT OF GOD'S WORD FREE COPY DECEMBER 2008

“Looking unto
JESUS
the Author and Fin-
isher
of our Faith”.
(Hebrews 12:2)

BUILDING IN VAIN

POSITION PAPER ON THE PROPOSED REPRODUCTIVE HEALTH BILL

By: **Bishop Reuben Abante**
(Editor's Note: The author is the Senior Pastor, Lighthouse Bible Baptist Churches, Missions and Ministries; Secretary General, Bible Believers League for Morality and Democracy (BIBLEMODE) President, Alliance of Baptist Councils (ABC) President, Baptist Bible Fellowship of the Philippines)

Except the LORD build the house, they labour in vain that build it: (Psalm 127:1 KJV)

Introduction
Discussions are currently raging regarding the merits and necessity of having a law on reproductive health. The discussions became louder and more heated as the proposal gained ground at the level of legislation, culminating with the consolidation of the different proposals into House



Bishop Reuben M. Abante

Bill (HB) No. 5043, or the Reproductive Health and Population Development Act of 2008. The debates however have not helped clear up the issue. On the contrary, these have only served to further make the issue more confusing. Using the Bible as the supreme authority on all human affairs, this paper attempts to clarify the matter that should enable concerned parties to make informed judgments on HB 5043. (see pg. 7)

A Prayer For Growth

A mission hearted couple who started a small congregation in a baranggay in San Fermin, Caba La Union some 600 km North of Manila sometime in 2004 is asking the faithfuls to pray for its growth.

Brother Gil Quinones, an active church leader of Glencairn Baptist church in North York Ontario and his wife Linda, started the congregation in February 1, 2004 from a small home Bible study group to what is now San Fermin Baptist Church led by missionary pastor Ronald Hidalgo. Quinones and his family who has been faithfully supporting the church was informed that the Lord has blessed the said congregation with souls being

added to heaven's list. Pastor Hidalgo recently informed the Quinones couple that 5 adults were baptized last November 23, 2008 and a Daily Vacation Bible School(DVBS) is scheduled to start in April 2009. Now there are some 30 adults faithfully serving the Lord.

(Editor's note)
We urge the readers to include this in your church prayer list along with all mission churches in the world. Also we invite you to email us your prayer requests for publication(vangiesison@yahoo.com) - ed

JESUS IS THE REASON FOR THE SEASON

All Time Faithful Servant

MORE than 400 faithful shepherds of the Lord along with their wives, paid tribute to their colleague who celebrated his 70th birthday held at the Laguna Resort last December 12,2008.

Bishop Eddie H. Porto, pastor of Bible Fellowship Baptist Church in Guisgus, Sariaya, Quezon, a church planter and an indefatigable defender of faith for more than forty years is also known for his mettle and sterling record in the ministry was feted by pastors and hundreds of church leaders in the country along with some pastors from abroad. Among his colleagues in the faith who joined him were Bishop Reuben M. Abante, presidential adviser for religious affairs of the Arroyo government, senior pastor of Lighthouse Bible Baptist Church in Tatalon Quezon City also one of the largest assembly of Bible believers in the country, Dr Abraham Vallega pastor of Blueridge Bible Baptist Church in Murphy Quezon City, Dr Boanerge (Bonner) A. Andaya of Peoples' Baptist Church in Valenzuela City, pastor Freddie de Vega of Maranatha Baptist Church in Litex, pastor Joey Reyes of Metro Laguna Baptist Church, a newly organized mission church of Bishop Porto and many others. (romy sison)



Oath taking of newly elected officers of the Filipino Ministerial Fellowship (FMF) of Toronto held at Friends of Jesus Christ Ministries Canada, on Midland Ave. Scarborough recently. Shown from right are Ptr Eli Diolanda, President, Ptr Junn Lagud, Veep, Ptr Ed Boto, Sec; Ptr Ven Hornilla, Treasurer and Ptr Teck Uy, Auditor

SEMINAR-Some 600 pastors from all over the Philippines are expected to join a massive 3 day soul winning leadership seminar in Cebu City on January 19 to 21, 2009, a move to equip the church leaders on effective soul winning.

Bible Baptist Church Cebu (BBCC) senior pastor and patriarch Dr Armie F. Jesalva in a brief phone interview said the church leaders and workers who are expected to join the three day soul winning seminar will hopefully upgrade their knowledge in bringing the unsaved to the kingdom of God, encourage the pastors to prioritize soul winning program in their church and exhort their members to commit themselves to this task of spreading the gospel of salvation, the assurance and effective discipleship among others.

The seminar is hoped to bring fresh and more effective techniques to the church workers which hopefully will lead the coming new believers to involve in soul winning themselves after hearing the gospel. (see pg. 2)

IN THE LORD'S SERVICE

By: Romy Sison

IN reaching for the goal of winning souls, and in compliance to the great commission some 330 new believers were led to the Lord as the Bible Baptist Temple in this city celebrated their 28th founding anniversary last December 14, 2008, pastor Primo J. Tabanda told the Chronicle in a phone interview recently.

“As we are all celebrating the birth of our Lord, we are reminded that God has given us everything and its but fitting for us not only to follow the great commission but the faithful service we are expected to do until He returns” Reverend Tabanda said.

Meanwhile, Dr Bonner Andaya pastor of Peoples' Baptist Church in Valenzuela City delivered a powerful message of God during the anniversary which zeroed in on the message of Hope, message of love, message of courage to repent and turn away from

unrighteousness, eventually freed the unbelievers from the bondage of sin.

These new souls were part of some nine hundred people who joined the festivity. In last year's anniversary there were about 254 souls who professed to the saving grace of God during the invitation of acceptance and altar call.

As part of preaching the message of the kingdom, discipleship usually follows to strengthen the spiritual growth of the new believers in Messiah Yeshua.

Being a mission hearted church, like all Baptist churches in the world, the BBT is currently supporting their 12 mission churches located in Samar, Calbayog, Two in Imus, Cavite, One in Dasmariñas, one in Agoncillo Batangas, and one in Laurel, Batangas.

To date, the BBT now has 18 independent and organized churches. The said church is also supporting foreign missions in Indonesia, Ethiopia, Bangladesh, Sri Lanka, India, Cambodia, Thailand and in Kuala Lumpur, Malaysia.



PLAN OF



Rev. Erick M. Fajardo

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Rev. Joey C. Saucio

HOW TO DEAL WITH DISAPPOINTMENT Part II PAGE 3



Engr. Richard Sison

CALEB, A Gentile (?)

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“Behold a virgin shall conceive, and bear a son, and shall call his name Immanuel.” Isa. 7:14



Church Planting Manual of the International Bible Baptist Ministry

Part 1

By Dr. Hernes M. Abante
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Introduction

The New Testament Church is an institution the Lord has started during His earthly personal ministry. It is an organism, capable of growth and action. It is like the first institution He established, the family which He expects to grow, propagate and multiply. It is called spiritual procreation. This is where God intends the people He has called unto salvation to come together and be a part of the local assembly as a spiritual family to fulfill the mission of reaching the world with the good news of the gospel.

The Biblical idea of a Church is local and visible. It is not the universal, visible type of the Roman Catholic Church, nor the universal, invisible church of the Protestant movement. It does not refer to any organized religion started by men throughout the ages. It cannot be any denominational organizations or any similar groups that claim to have the mandate of God. These groups are found all over the world, trying to take the place of the church but there is no way they can do it unless they fit the description of what Jesus Himself organized. No way can they be identified with it, unless they can trace their history and authority back to the Church in Jerusalem.

The Church or "ekklesia" in its Greek form refers to the people whom God has called unto salvation, who are obedient to the commandment of baptism, and who reunited to fulfill the commission found in Matthew 28:19-20. It is the Lord's army or Christ's Witnesses in this dispensation of grace. It is the body of Christ, from which the Bride of Christ will be revealed.

A name that has been misused to represent the church is the "family of God" (John 1:12). Another term is the "Kingdom of God" (John 3:3). Both terms do include those who have been saved and have repented of their sins but they cannot represent the Church since they have not obeyed God in the waters of baptism.

In order to belong to the Church that Christ established, one must not only be saved but must also submit to Baptism to show his willingness to be identified with the life, works, and sacrifices of Christ. This is clearly indicated in Acts 2: 41.

"Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls."

For its function, the Church is described in the Bible as the "Body of Christ" to signify that every member is a

functioning and dynamic constituent interacting with other members to serve its purpose. Each member follows the dictate and the will of the Head, who is the Lord Jesus Christ. This further indicates that the Church is not an organization to simply gather members but an organism having the cognizance to serve and multiply until the Master returns.

The true objective of the Church is to propagate its kind. Like a seed, it is expected to grow and multiply not only internally and externally, but also only numerically and exponentially. It has to give birth to another Church, which then gives birth to another. If a Church is not producing another of the same kind, it is not fulfilling the purpose for which God has designed it to do.

My Mother's love

(Dedicated to my mother, Priscilla M. Abante)

To those ravaged with Lou Gehrig's Disease She lies longing to leave, but her eyes wishes to express that she loves us. Her frail body confines a soul, still beaming with faith that has moved mountains, crossed deep valleys and boiling streams. She never gives up, not an utter of complaint. Her inward strength continuous to radiate through her weak, fragile body, reaching out with her withered fingers to touch. I could hear her thoughts, her silent cries, her laughter from memories past. Her warm, tender lips on my forehead and The spread of cotton to warm me at night

are still vividly, fresh in my mind. Her singing, sighing, and the clap of her hands to praise, echo in my ears. Soon she'll leave us, but lingers; and ALS will be gone forever in the blue sky.

By Hernes M. Abante

Chapter I - The Model

In fulfilling the Biblical mandate, the International Bible Baptist Church has formulated a system of approach. This system is not new. It was started by no other but Jesus Himself. It is called the "Jerusalem Model", patterned after the example the Lord and His followers did through the years - a design used in the first Church in Jerusalem, which remained to be used by some Bible Baptist Churches today.

To fully understand this model, let us trace first the development of the Lord's Church from its conception:

It started when God saw the depravity of humanity. Being a compassionate Father, He began to preach the message of hope beginning in Genesis 3:15.

"And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel."

Its fulfillment started when the Angelic hosts announced to the Shepherds the Birth of the Messiah. The angels came with the glorious gospel of the birth of Christ during a time when the world was totally in spiritual darkness, without any prophets ministering to the world. Luke 2: 8-10: *"And there were in the same country shepherds abiding in the field, keeping watch over their flock by night."*

And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people."

After seeing the Child in the manger, the shepherds "made known abroad the saying which was told them concerning this Child". They turned into great evangelists, practically overnight. The gospel has not been silenced ever since. Luke 2: 17-18:

"And when they had seen it, they made known abroad the saying which was told them concerning this child."

And all they that heard it wondered at those things which were told them by the shepherds."

This Child Jesus lived an ordinary life among men although He is the Messiah of the world. As a young man, He played and talked with the ordinary children in the community. He grew up as a normal man, yet without sin. He chose to serve people in submission to the will of the heavenly Father. His human experience was to prepare Him for greater challenges - being the Founder of the Church and the Redeemer of mankind.

His message of hope has attracted multitudes of people everywhere He went. When He said, "Follow Me," the disciples followed, abandoned everything and obeyed. People did not only hear His voice; they also witnessed the miracles He performed. In spite of His popularity with the crowd, He remained down to earth, humble, and compassionate. He is truly the WORD who showed those people in need not only His power and grace, but also His mercy.



"OPERATION: HOODWINK"

(Mat. 1: 18-25)

Rev. Luis S. Notario
Glencairn Baptist Church, Glencairn, N. York

NOW the birth of Jesus Christ was on this wise: when as his mother Mary was espoused to Joseph, before they came together, she was found with child of the Holy Ghost.

Then Joseph her husband. Being a just man and not willing to make her a publick example, was minded to put her away privily.

But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying,

BEHOLD A VIRGIN SHALL BE WITH CHILD, AND SHALL BRING FORTH A SON, AND THEY SHALL CALL HIS NAME EMMANUEL, which being interpreted is, God with us.

Then Joseph being raised from sleep did as the angel of the Lord had bidden him, and took unto him his wife:

And knew her not till she had brought forth her firstborn son: and he called his name JESUS. (Matt. 1: 18-25)

Hoodwink is an operation the enemy is using to make man not see the reason of the season, the Lord Jesus Christ.

Hoodwink is defined by Mr. Webster as to deceive.

How Satan does it:

1. Satan hoodwinks man by replacing JESUS with Santa Claus.

The greatest miracle that ever

happened is the coming of God's only begotten Son, the Lord Jesus Christ into the world as man (v. 23).

During the holiday season when everybody celebrates the birthday of the Lord Jesus, Satan refocuses the attention to an imaginary character, Santa Clause which really steals the attention, especially of the children.

Here in Toronto and even in some other parts of Canada, Christ's birthday is marked by a Santa Claus parade, held several weeks before the Christmas season.

2. Satan keeps deceiving people by changing the Christmas spirit with the holiday spirit.

Christmas spirit is focusing our attention to the real birthday Celebrant, the Lord Jesus just like what the shepherds did during the first Christmas. They left everything behind and hastened to see what the angel told them about the baby in a manger who was to save mankind.

They came with haste and found Mary, and Joseph and the babe lying in a manger.

And when they had seen it, they made known abroad. (Luke 2: 15-17);

While holiday spirit is focusing on family reunions, parties, foods, gifts, shopping, vacation, holiday trips, etc.

3. Replacing God's Gift with man's presents.

God's incomparable gift to mankind is eternal life through the most precious blood of His Only Begotten Son, the Lord Jesus Christ (John 3: 16).

Church growth experts found out that God's Gift remains unopened to many people's lives plainly because of ignorance. This means that Christians are not doing their role of spreading the good news of salvation.

Comparatively, 97% of the whole world have heard of Coca-Cola; 72% have seen a can or a bottle of Coke; 51% have tasted

Coke in just a period of 100 years since it was introduced in the market.

Our Savior was born 2000 years ago and since then, only 2.5 billion out of 7 billion people have heard about the Gospel. Statistics show that 17 M die every year without hearing about the gospel. The great commission is not only the pastor's duty. It is your duty as well. Don't let the enemy hoodwink you.

SEMINAR (fr. pg. 1)

Famous American evangelist Dr Mike Wells, leading the roster of speakers and his evangelistic team will be joined by Dr Dave Baker from Columbia Mississippi along with the country's top men of God such as Dr Gerry Nable of Bethany Baptist Church Makati City, Dr Renato Rebaton of Newlife Baptist Church of Manapla Negros Occidental, Dr Ed Laurena of Christian Bible Baptist Church, San Pedro Laguna, Dr Dimver Andales of Lapasan Bible Baptist Church of Cagayan de Oro City, Rev. Gilbert Toquero of Laloma Bible Baptist Church, Quezon City and many others. (romy sison)



THE WORD BECAME FLESH

(John 1: 1-18)

By: **Pastor Greg Tupas, Jr.**
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THE FOUR GOSPELS speak about the biography of the **LORD JESUS**. They differ though in their approach as to which part of Jesus' life they started to write about.

Mark wrote about the three (3) years of Jesus' ministry; **Matthew** started from the genealogy of Jesus; **Luke** started from the birth of Jesus; **John** started way beyond; he started from the time of creation. John declares that before anything was created, **JESUS** already existed, referring to the **WORD** (John 1:1).

All of us have a beginning, Jesus existed before anything or anyone was created. "Before Abraham was I am" (John 8: 58).

The first 3 verses of the book of John talks about the eternity of Jesus (v. 1)

In the beginning was the Word and the Word was with God, and the Word was God."; The second verse speaks of the personality of Jesus. The same was in the beginning with God.

Implication: God is always a Father because He had a Son from the beginning.

Verse 3 declares that Jesus is the Creator of all things. All things were made by him and without him was not anything made that was made.

These first three verses prove the **Deity of the Lord Jesus Christ**.

WORD is the first of many titles attributed to the **Lord JESUS**.

The name **Jesus** was only given to Him when He was born in Bethlehem as instructed by the angel of the Lord to Joseph (Mat. 1:20-25).

Then Joseph being raised from sleep did as the angel of the Lord had bidden him, and took unto him his wife:

And knew her not till she had brought forth her firstborn son: and he called his name JESUS (Mat. 24-25).

The name Jesus implies the purpose of His coming (Mat.1:21) And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

Word has two meanings, one is simple and the other is complex:

Simple: "Word" is a pattern of sound that expresses an idea from one's mind to another. It is the link of communication between two persons.

Complex: God created the world through the **WORD**. The **Word** is the connecting link between God and His creation. God is the origin of the universe. Without God there is nothing.

The **WORD** became a human being And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth (John 1: 14).

The virgin birth of the Lord Jesus was foretold by the prophet Isaiah many years before the book of John was written:

Behold a virgin shall conceive, and bear a son, and shall call his name Immanuel (Isa. 7:14)

Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying,

BEHOLD, A VIRGIN SHALL BE WITH CHILD, AND SHALL CALL HIS NAME EMMANUEL, which being interpreted is, God with us (Mat. 1:23) In John 1: 18 it is said that it is no one else but the Lord **JESUS** Who revealed to us Who God is. No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, he declared him.

Those who have seen Jesus have seen God.

Are you looking for the meaning of life? Go to the Lord **JESUS**, and when you find Him, you will understand what life really is because in Him is the Answer, the reason why He came on earth as a person. **THE LORD JESUS IS THE REASON FOR THIS SEASON.**



HOW TO DEAL WITH DISAPPOINTMENT

Part II

By: **Rev. Jose Francisco C. Saucó**
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I. THE GREATEST SUCCESSES IN LIFE ARE OFTEN FOLLOWED BY FAILURE.

Exo 15:22 So Moses brought Israel from the Red sea, and they went out into the wilderness of Shur; and they went three days in the wilderness, and found no water.

Count on it! The greatest successes in life are often followed by failure. Notice that only three days earlier they had a victory at the Red Sea. They were flying high. It was a spiritual mountaintop.

Exo 14:13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will show to you today: for the Egyptians whom ye have seen today, ye shall see them again no more forever.

Exo 14:14 The LORD shall fight for you, and ye shall hold your peace.

Exo 14:15 And the LORD said unto Moses, Wherefore criest thou unto me? speak unto the children of Israel, that they go forward:

Exo 14:16 But lift thou up thy rod, and stretch out thine hand over the sea, and divide it: and the children of Israel shall go on dry ground through the midst of the sea.

In the first part of this chapter they're singing a song of praise, "God has delivered us. What a great day! We're unbeatable! We're invincible!"

Three days later they're grumbling, murmuring.

Each new day brings its own problems. The fact is, after every mountaintop there is always a valley. Always.

Later on they're entering the land of Canaan, their Promised Land. They first took over the largest key city in Canaan – Jericho. They marched around it and the walls fell down. It was a tremendous victory.

They defeated the biggest enemy in the country. The very next week they go to Ai, which is a little dinky village and they were defeated. They got a little confident.

That's the fact of life: It's the Ai's that get us. The big crisis of life we know who to

depend on. "God, I can't do this. I need Your help. Please help me!"

We depend on God. But on the little problems of life, the daily irritations, we get presumptuous. And we think "I can handle this one, God." It's the Ai's of life that get us down.

Our church is very prayerful before our anniversary. We ask God for guidance on every small detail, especially since we know that before every big activity we have in the church difficult problems always seem to come to distract our focus and challenge our faith.

And so we hold on to God all the more. And every year after much prayers and dependence on the Lord we almost always achieve our victory. We celebrate. We are happy. We keep congratulating each other. We keep praising God.

Then come some more problems after our victory and we forget where we came from. We thought nothing could shake us and we find out that we are wrong.

Have you just had a big success in your life? Watch out! You're being set up. It's true that the greatest successes in life are often followed by failure.

Why did God lead them to Marah, where it was bitter? **TO TEST THEM IF THEY STILL TRUST GOD.**

Exo 15:25 And he cried unto the LORD; and the LORD showed him a tree, *which* when he had cast into the waters, the waters were made sweet: there he made for them a statute and an ordinance, **and there he proved them,**

God tested them. This is a test. Remember that life is a trust and a test. There is a test in trials, and there is also a test in prosperity.

The test in trials is either choosing to do right when you are pressured and tempted to do wrong.

The test in prosperity is whether you give thanks to God and remember to honor him with your blessings or you plunge in pleasure and uncontrolled living.

Life is a test and a trust. God tests us to trust Him in

trials. God trusts us to remember Him in prosperity.

The issue is: Are we worth it or do we disappointment GOD too?

God led them to Marah, a bitter disappointment, to test their reaction. "Do they really trust Me?" Notice it doesn't say that about the Red Sea, that God tested them. He wasn't testing them at the Red Sea. They didn't have any faith. **God just opened the waters on the basis of Moses' faith. You see what one man's faith could do.**

Exo 14:13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will show to you today: for the Egyptians whom ye have seen today, ye shall see them again no more forever.

At sinabi ni Moises sa bayan, Huwag kayong matakot, tumigil kayo, at tingnan ninyo ang pagliligtas ng Panginoon na gagawin sa inyo ngayon: sapagka't ang mga Egiptio na inyong nakikita ngayon, ay hindi na ninyo uli makikita magpakailan man.

God would do miracles for one man who believes that He wouldn't do for a thousand who do not believe.

God's character was revealed at the Red Sea. Man's character was revealed at Marah.

God's character is revealed in the big incidences of life. Our character is revealed in the daily irritations, in the tight spots.

WORLD MISSIONS CONFERENCE

Cagayan De Oro City- Hundreds of church leaders across the country will converge in a 4 day World Missions Conference in Lapasan Bible Baptist Church in Negros Occidental starting January 28 to February 1, 2009. Dr Dimver Andales of the said church announced.

Conference lead speaker Reverend Paul Perkins of Grace Independent Baptist Church from Mississippi USA, is expected to be joined by other men of God from Luzon, Visayas and Mindanao. It is hoped that the coming world missions conference will draw the Biblical Christians in the utter importance of supporting missions work, the workers in the missions field and their commitment to involve for the love of souls. (vangie sison)



Agatha Tapan
Lighthouse Bible
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Biñan Laguna

failed miserably to connect to many of my friends and loved-ones. Sure, I love to share the gospel and rejoice in every soul saved but oftentimes I wondered why these people to whom I've shared Jesus go back wandering in the world still looking lost and alone. The impact of the gospel could hardly be seen in their lives. Only a few realized that it is the greatest gift anyone could ever receive and that by doing so, has also gained a faithful and ever-present friend in Jesus! I never knew until now that in our efforts to serve God, many of us would like to see positive results at once, oftentimes creating pressures on these souls. Sadly, these pressures push them away instead of drawing them near. No wonder that many people used to think of me as one eccentric nerd trying to push them in joining a cult! In my desire to win, I'm eager to see them grow overnight and when my expectations are not met, I easily move on to win another. I look at them but forgot to look at myself. I forgot that a soul won is a friend gained and friendship needs a lot of ingredients to develop. Bonding is very important before anyone can gain trust and respect. Love emanates from bonding and love makes us see the beauty of every individual. It teaches us to give allowances for his shortcomings; love leads us to focus on the good side and not the bad. I praise God that I've learned this before it's too late. True enough, anything in His hands will be molded according to His will. As Apostle Paul said, it is God who gives the increase! Our part is either to plant or to water, so let it be so! For God alone can provide the missing link.

THE missing LINK

Ministries can be fun! A devoted Christian may think of it as a duty, others may see it as a manifestation of our love for God; it all depends on our perception. Ten years of being a Christian myself and six years in the ministry taught me so many things. In the process, I gained several acquaintances but lost quite a number of friends. How was that? Could it be possible to anyone who lovingly serves God? Yes it is! I now realized that ministries were so willed by God not only to help and work hand-in-hand with whatever church we are in, but it also gives us an opportunity to bring out our potentials, give warmth to every soul we meet and find the greatest fulfillment in our being. I remembered the Pharisees in Jesus' days. They thought they were upright, they tend to be critical and their works, mechanical. They know their doctrines but failed much in its applications. Looking back, I suffered the same misconceptions and



Young People's Corner

By: Rev. Jan Pereira
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Why So Serious?

A merry heart does good, like a medicine, but a broken spirit dries the bones.
Proverbs 17:22

Laughter tends to be neglected when it comes to dealing with alternatives to cure our illnesses or distresses in life. Yet even in the time of King Solomon, laughter has been likened to medicine, as a cure for our ailments, while a depressed attitude has been compared to drying up our bones. It is important to acknowledge laughter as a cure just like any other medication you may be taking.

In one of my university courses, Psychophysiology of Stress, I learned about the different types of stressors we face as human beings. From life event stressors (experiencing the death of a loved one or losing a full-time job) to daily hassles (commuting everyday or a constantly nagging family member), we all experience stress. This results in many psychological, physical, social, behavioural, emotional, and spiritual changes.

For examples: Jim, who has just lost his job will experience thoughts of worthlessness or incompetence (psychological), weakness in his body (physical), withdrawal from loved ones (social), lounging around (behavioural), upset feelings (emotional), and questioning of God's plan in his life (spiritual). This example can also be transferred to other stressors in our lives and when you really think about it, these stressors can really change us in every aspect of our lives.

When we cope negatively with the stressors we face in our lives, it can be damaging to our mental health (which may lead to depression), physical health (which may lead to illnesses), relationships with others (which may cause separation from loved ones), careless behaviours (which may lead to poor nutrition and inactivity), negative feelings (which may lead to sorrow and guilt), and relationship with God (which may lead to sin).

However, it is important to view our stressors in life as a challenge that we can overcome with God's help, rather than a threat to our character and well being. Among the many

many ways we can cope with our stressors involves laughter. We need to engage in joy and laughter in our day-to-day living, just like King Solomon (the wisest earthly man who ever lived) claimed, "A merry heart does good, like a medicine, but a broken spirit dries the bones."

The benefits of laughter include muscle relaxation, reduction of stress, enhancement of immune system, pain reduction, improved cardiovascular health, improved mood, improved relationships, enhanced creativity, etc. There are so many positive benefits we can gain from laughter, yet we often neglect to participate in such a simple, natural reaction. King Solomon also wrote:

So I commended enjoyment, because a man has nothing better under the sun than to eat, drink, and be merry; for this will remain with him in his labour all the days of his life which God gives him under the sun.
Ecclesiastes 8:15

So, next time you undergo a negative situation in life, find the appropriate time and place to laugh. You'll realize that life doesn't have to be so serious all the time when you step back, engage in a little laughter, and remember that God is with you all the way!

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- Ptr. Roy & Sis. Emalyn Robles, Japan
- IBBC, San Leandro, CA., USA
(Dr. Hernes M. Abante)
- GBCI, Brimley Scarborough Ontario, Canada
(Rev. Greg Tupas) **\$500**
- IBBC Mississauga, Canada
- Pastor Noe Cedro, Jr. **\$ 25.00**
- IBBC Montreal, Canada
- (Pastor Daniel-Rene Doire) **\$ 75.00**
- Rev. Elmer and Sis. Yolly Manzo
- Kipling Avenue Baptist Church **\$ 50.00**
- Anonymous **\$ 100.00**
- Arboly Family (GBC)
- Mr. & Mrs. Elpie Calla (GBC) **\$ 25.00**
- GBC member **\$ 20.00**

GREETINGS

CHURCH ANNIVERSARIES

Pilgrim Bible Baptist Church
Bry. Sto. Niño, Cainta, Rizal
Rev. Bernabe Escropoló
(Dec. 17-21)

Bible Baptist Temple
Sta. Cruz St., San Joaquin
Pasig City (Dec. 14)
Rev. Primo J. Tabanda

Christ New Testament Baptist Church
Callejon Onse, Manghinao Prop.
Bauan, Batangas
Ptr. Peter Aranda

Capitol Bible Baptist Church
L1 B29 S1 P2 Behedere Town
Paradahan I, Tanza
4108 Cavite
Rev. Felizardo Abanto

Bethany Baptist Church Cubao
91 Benitez St., Cubao, Quezon City
Atty. Eveiss Acorda

Birthdays



Ptr. Neil Edelon Ramirez (Dec. 9)
Bethany Bible Baptist Mission
#4 J. Rizal St., Siniloan, Laguna

Ptr. Rosendo Omison Jr. (Dec. 23)
Banago Bible Baptist Church
Banago, Bacolod City

WEDDING ANNIVERSARIES

Ptr. Daniel & Sis. Lisette Doire (Dec. 31)
IBBC, Montreal, Canada

Ptr. Bernie & Odi Manuel (Dec. 7)
GBCI, Scarborough, On.

Dr. Renato & Sis. Zenia Rebaton (Dec. 23)
New Life Bible Baptist Church
Crossing, Manapla, Negros Occidental

“Ye shall find the babe wrapped in swaddling clothes, lying in a manger.” Luke 2:12