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CHRISTIAN COUNSELOR'S JOURNAL

“Encouraging Emotional, Physical, & Spiritual Healing
Through the Application of Scriptural Truths”

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Volume 1 Issue 2

THIS ISSUE IS DEDICATED TO:



“Suddenly Jesus met them. ‘Greetings’, he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, ‘Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me.’” (*Matthew 28:9-10*)

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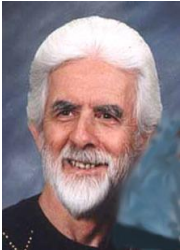
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Editor's Note:



Our ministry has been around since 2001. Rev. Dr. BJ Phillips received her Doctorate in Christian Counseling from Andersonville Theological Seminary. She received her Master's in Social Work from the University of South Carolina. Her undergraduate studies were in Experimental Psychology from the University of South Carolina. She is an Ordained Minister of the Gospel of Jesus Christ and is a Board Certified Professional Christian Counselor & Christian Life Coach. She is also the author of *Rising above the Violence*.



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We are a teaching ministry and our mission is “to encourage emotional, physical and Spiritual healing through the application of scriptural truths.” It is our firm belief that when people learn to apply God's Word to the problems they are experiencing in their daily lives, healing will take place.

When people came to Jesus with physical problems, he usually asked them if they believed he could heal them, if they said yes, he would provide them with instructions to do something—to act upon their faith and they were healed. When people came to him with emotional problems, Jesus showed them love, acceptance and compassion. He assured them that God loves them and wants them to be healed and whole. When they came to him with spiritual problems, Jesus checked their faith and commanded healing to take place.

The Word of God is just like God—the same yesterday, today and forever, we just need to work on strengthening our faith in the fact that we can still be healed today with the same power and authority that Jesus delegated to his disciples prior to his ascension to heaven. We must learn to BELIEVE just as the early disciples did, then we will be healed. God's Word does not lie. Sometimes we are like the father who begged Jesus to heal his son. **Mark 9:24** tells us: “And straightway the father of the child cried out, and said with tears, ‘Lord, I believe; help thou mine unbelief.’” (KJV)

Our goal is to help you learn what God's Word says in the Holy Scriptures that can help you change your lifestyle and change your life. We would like to start a new section for your comments and Question & Answers. So please feel free to send them in and we'll put them in our next issue.

Sincerely,

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***This Issue is all about
“The Resurrection”***

We pray that you enjoy these Journal Entries in “A Christian Counselor's Journal”

What Is Holy Week? —Old Testament Passover



Holy Week

It all started with God in the Old Testament, when He instituted the Passover Celebration for the Hebrews as they were leaving Egypt free from slavery to the Egyptians. We Celebrate Easter to commemorate our freedom from the slavery to the life of sin we used to live in. Before we accepted Jesus' sacrifice for our salvation from sin, we lived a life focused on ourselves. "What's in it for me? How can I get ahead? I need more money, to buy more things for my enjoyment." After we receive salvation from Jesus, we have a new life bestowed upon us. We never have to live a life of sin again. We receive the Love of God, and His forgiveness for our sin, completely and eternally.

You may be asking yourself, how this was instituted by God? How did He do it? Well, I'm going to allow God to explain it to you from His Holy Word. In the Old Testament **Exodus 12:1-13** we are told *"The LORD said to Moses and Aaron in Egypt, 'This month is to be for you the first month, the first month of your year. Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household. If any household is too small for a whole lamb, they must share one with their nearest neighbor, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat.*

The animals you choose must be year-old males without defect, and you may take them from the sheep or the goats. Take care of them until the fourteenth day of the month, when all the people of the community of Israel must slaughter them at twilight. Then they are to take some of the blood and put it on the sides and tops of the doorframes of the houses where they eat the lambs. That same night they are to eat the meat roasted over the fire, along with bitter herbs and bread made without yeast. Do not eat the meat raw or cooked in water, but roast it over the fire—head, legs and inner parts. Do not leave any of it till morning; if some is left till morning, you must burn it.

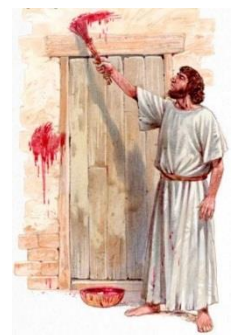
This is how you are to eat it; with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the LORD's Passover. On that same night I will pass through Egypt and strike down every firstborn—both men and animals—and I will bring judgment on all the gods of Egypt. I am the LORD. The blood will be a sign for you on the houses where you are; and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt."

Passover this year begins on April 22, 2016 and ends on April 30, 2016. Passover always begins and ends at sun down.

God tells the Hebrews how to prepare their Lamb for sacrifice. They were to take care of the Lamb personally. They were to bring the lambs into their home, groom the lamb, feed the lamb and spend time with the lamb. The lamb would have become like the family pet as they cared for it for those few days. They probably bonded with the lambs, especially the children. Then they were required to slaughter the lambs and paint the doorposts of their homes with its blood.

God tells them to put the blood of the Lamb on the doorposts of their houses and then He tells them, *"On that same night I will pass through Egypt and strike down every firstborn—both men [Hebrew word for man is: Adam (aw-dawm) meaning: a human being, individual, or the species-mankind] and animals, and I will bring judgment on all the gods of Egypt. I am the LORD. The blood will be a sign for you on the houses where you are; and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt."*

It was God himself that killed all the firstborn of Egypt, not an "Angel of Death." Many Christians have been told and have come to believe that it was an "Angel of Death" that killed all the First Born of Egypt. In my opinion, they believe this because they don't want to believe that a loving God would destroy any of His creation. They fail to realize that God is a "Just God" and He will judge everyone according to their obedience, or lack thereof, to His Commands. He commanded them to place blood on the doorposts of their house, they were required to obey that command or the first born in their households would die. As Christians—We are to obey "All" of God's Commandments.



New Testament Passover

Holy Week begins with Palm Sunday, the Sunday before Easter. This is the time just prior to Jesus' trial and crucifixion. We find this biblical account in the gospel of Luke (Luke 19:28-38), these scriptures are referred to as "The Triumphant Entry."



We read: *"After Jesus had said this, he went on ahead, going up to Jerusalem. As he approached Bethphage and Bethany at the hill called the Mount of Olives, he sent two of his disciples, saying to them, 'Go to the village ahead of you, and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' tell him, 'The Lord needs it.''"* Those who were sent ahead went and found it just as he had told them. As they were untying the colt, its owners asked them, 'Why are you untying the colt?' They replied, 'The Lord needs it.' They brought it to Jesus, threw their cloaks on the colt and put Jesus on it. As he went along people spread their cloaks and palm branches on the road. When he came near the place where the road goes down to the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen: *"Blessed is the King who comes in the name of the Lord!"* *"Peace in heaven and glory in the highest!"*

These things began what we call Palm Sunday, and Holy Week.

We read in Luke 19:45 through Chapter 21 that Jesus spent most of his last week prior to his crucifixion teaching the people about what was to come for the world until he returns again. He teaches in parables many valuable lessons about how to live a righteous life, how much God loves them, and the signs of the "End of the Age."

We pick up our story of Holy Week in Luke Chapter 22. Sometime during the middle of the week, the *"chief priests and teachers of the law were looking for some way to get rid of Jesus for they were afraid of the people. Then Satan entered Judas, called Iscariot, one of the Twelve. And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. (Luke 22:2-4)"*

Judas agreed to betray Jesus for 30 pieces of silver. This serves to remind us that even our closest friends in the world just might betray us to our enemies.

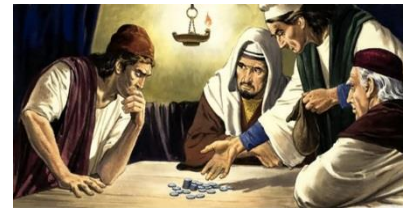
Then on Thursday evening of Holy Week we see Jesus and his disciples sitting around the table having their Passover meal. The same kind of meal that God prescribed for the Hebrews to eat the night before they left their life of slavery in Egypt. In Luke 22:14-26 we find Jesus and the disciples at the table preparing to eat their Passover meal, called a Sedar Meal. This meal is eaten at sundown on "Maundy Thursday." We read:

"After taking the cup, he gave thanks and said, 'Take this and divide it among you. For I tell you I will not drink again of the fruit of the vine until the kingdom of God comes.'" And he took bread, gave thanks and broke it,



and gave it to them saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup saying, 'This cup is the new covenant in my blood, which is poured out for you.' But the hand of him who is going to betray me is with mine on the table. The Son of Man will go as it has been decreed, but woe to that man who betrays him.' They began to question among themselves which of them it might be who would do this. Also a dispute arose among them as to which of them was considered to be greatest. Jesus said to

them, 'The kings of the Gentiles lord it over them; and those who exercise authority over them call themselves Benefactors. But you are not to be like that. Instead, the greatest among you should be like the youngest, and the one who rules like the one who serves.'"

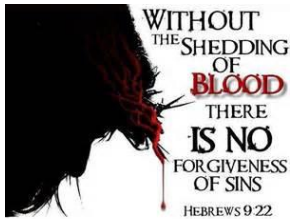


After the Passover meal was finished, Jesus went to the Mount of Olives to pray, he took Peter, James, and John with him to stand watch for him. Luke 22:40-46 says:

"On reaching the place, he said to them, 'Pray that you will not fall into temptation.' He withdrew about a stone's throw beyond them, knelt down and prayed, 'Father, if you are willing, take this cup from me; yet not my will, but yours be done. An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. When he arose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. 'Why are you sleeping?' he asked them. 'Get up and pray so that you will not fall into temptation.'" We see here that Jesus prayed earnestly to his Father to spare him the beating, scourging, and crucifixion. In fact, he asked God twice to spare him this



humiliation. But, in the end, he loved us enough to sacrifice his only son to reconcile us to him. Jesus became our Passover lamb, and he did it willingly because he also loved us. Jesus demonstrated that the spirit is indeed willing and ready to do God's will but, the flesh is very weak not desiring to experience any pain. This was the human side of Jesus that was being tempted to disobey God's command that he come here to become the Savior of the world. Jesus demonstrated the Fruit of the Spirit called "Self-Control."



He became our "Passover Lamb", willing to shed his blood to be placed over the door posts of our souls so that we can be reconciled with our Heavenly Father for all eternity. This is something we could never do for

ourselves, so Jesus had to come and do it for us. During the "Maundy Thursday Passover Meal" Jesus instituted a new Passover Meal for all of those who would become "Christ Followers." Jesus is the Blood of the Lamb that saves us from a life of slavery to sin. Our unleavened bread is symbolic of the Body of Christ that was sacrificed for our salvation. Our wine/grape juice is symbolic of the blood that Jesus shed to cover all of our sins—Past, Present and Future.

Jesus was arrested, brutally beaten until he was unrecognizable. Then he was made to carry his own cross to Golgotha where he was nailed to a cross to become our sacrifice for all of the sins of all the people in the world at that time, in our time and in all future times until he returns to bring all of his followers into the presence of our God and King.

We are told in [Luke 23:32-42](#) that "Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, there they crucified him, along with the criminals—one on his right, the other on his left. Jesus said, 'Father, forgive them, for they do not know what they are doing.' And they divided up his clothes by casting lots.



The people stood watching, and the rulers even sneered at him. They said, 'He saved others; let him save himself if he is the Christ of God, the Chosen One.' The soldiers also came up and mocked him. They offered him wine vinegar and said, 'If you are the king of the Jews, save yourself.' There was a written notice above him, which read: THIS IS THE KING OF THE JEWS. One of the criminals who hung there hurled insults at

him: 'Aren't you the Christ? Save yourself and us!' But the other criminal rebuked him. 'Don't you fear God,' he said, 'since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' Jesus answered him, 'I tell you the truth, today you will be with me in paradise.'" Jesus took the punishment that we deserve for our disobedience to God's commands. His blood covers all of our sins from the beginning of our lives on this earth, to the end of our lives on this earth. All we have to do is ask, like the thief on one side of him, "Jesus, remember me when you come into your kingdom."

In chapter 24 of Luke we read about Jesus' resurrection which brings us to the end of "The Holy Week." In verses 3-12 we find the women going to the tomb to prepare Jesus' body for burial. It reads: "They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, 'Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered into the hands of sinful men, be crucified and on the third day be raised again.' Then they remembered his words. When they came back from the tomb, they told all these things to the Eleven and to all of the others. It was Mary Magdalene, Joana, Mary the mother of James, and the others with them who told this to the apostles. But they did not believe the women, because their words seemed to them like nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened."

These scriptural accounts are the foundation of our faith. The resurrection of Jesus from the dead is an example to all who accept him as Savior and Lord that we will also one day be raised from the dead. Jesus, our Passover Lamb shed his blood to be spread on the door posts of our souls so that God's Judgment would Passover those of us who believe. Because of this we will live eternally with Jesus in heaven. This is our hope, that we will be reconciled with our God and Father to live eternally with Him as he meant for it to be from the beginning. His plan from the beginning was to bring us back home to live with Him, eat from the tree of life and live forever with Him. We pray that you have a blessed Resurrection Sunday with a better understanding of the sacrifice that Jesus made for you.



Saint Patrick – “The Apostle to Ireland”



“St. Patrick, or the "Apostle of Ireland," actually started out in the pagan religions. St. Patrick used the Shamrock to explain the Holy Trinity to the Pagans living in Ireland. While not much is known about his early life, letters from St. Patrick reveal that he was captured in Wales, Scotland, or another close country outside of Ireland and taken to Ireland as a slave. Years

later, he escaped and returned to his family, who were Romans living in Britain, going back to Ireland for mission work after finding a place as a cleric and then Bishop within the Christian faith.



He was born around 460, and by the 600s, he was already known as the Patron Saint of Ireland. There are many legends associated with St.

Patrick. The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity. The three-leafed plant coincided with the Pagan religion's sanctity of the number three and is the root of the green color theme.

Another popular belief is that St. Patrick banished the snakes from Ireland. The story says that while St. Patrick was fasting, snakes attacked him, so he chased all the snakes into the ocean. However, there have never been snakes in Ireland during the post-glacial period. The absence of snakes and symbolism involved with snakes is believed to explain the story, although it could have been referring to a type of worm rather than snakes. One legend has St. Patrick sticking a walking stick into the ground while evangelizing, which turned into a tree.



The History of St. Patrick's Day & Why It's Celebrated.

St. Patrick's Day was first celebrated in America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. This first celebration of the holiday in the colonies was largely to honor and celebrate the Irish culture that so many colonists had been separated from. Early celebrations continued this modest tradition. In New York, the

first celebration took place as a small gathering at the home of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a group of Irish soldiers in the British military who marched down Broadway. This began the tradition of a military theme in the parade, as they often feature marching military units. The holiday eventually evolved from the modest religious dinner into the raucous holiday we know today.

The Wearing of the Green

The color green has been associated with Ireland since at least the 1640s, when the green harp flag was used by the Irish



Catholic Confederation. Green ribbons and shamrocks have been worn on St Patrick's Day since at least the 1680s.

The Friendly Brothers of St Patrick, an Irish fraternity founded in about 1750, adopted green as its color. However, when the Order of St. Patrick—an Anglo-Irish chivalric order—was founded in 1783 it adopted blue as its color, which led to blue being associated with St Patrick.

During the 1790s, green would become associated with Irish nationalism, due to its use by the United Irishmen. This was a republican organization—led mostly by Protestants but with many Catholic members—who launched a rebellion in 1798 against British rule.

The phrase "*Wearing of the Green*" comes from a song of the same name, which laments United Irishmen supporters being persecuted for wearing green. Throughout the 19th and 20th centuries, the color green and its association with St Patrick's Day grew.



The wearing of the 'St Patrick's Day Cross' was also a popular custom in Ireland until the early 20th century. These were a Celtic Christian cross made of paper that was "covered with silk or ribbon of different colors, and a rosette of green silk in the center".



Happy Resurrection Sunday—Happy Easter

Online article by: Jack Wellman

There are many skeptics of Jesus Christ and of His resurrection. Can it be proven as an actual historical event? Are we to believe only on faith? What scientific, empirical, concrete evidence do we have today that Jesus Christ indeed was resurrected from the dead? Can His resurrection be proven?

Historical Evidence of the Resurrection of Jesus

History is His-Story

Christians believe in Jesus Christ and know that He lives today. They also believe the Bible. They trust what is recorded in sacred Scripture. They trust in the Savior and His atoning work for their redemption at Calvary. But what about those who cannot believe or choose not to believe that Jesus Christ was raised from the dead? They might believe that Jesus existed – that He was a good person, a teacher, or a prophet, but they just can't believe that He died and was raised to life. What can you tell your non-believing friends that will persuade them that Jesus did die and was raised to life so that they can trust in Him with their life? There is actual evidence that trusting in Christ is more than a hope-so-faith, but is a know-so-faith.

Secular Historians on Jesus Christ

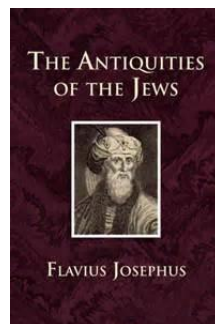


When Jesus was crucified, He was crucified on a hill using the methods that Romans used to executed criminals at the time, it was widely known that those who were crucified had their crosses placed by

high-traffic roads which served as a warning to anyone who dared to rebel in the Roman Empire. Paul gave an answer to King Agrippa for his faith in Christ, stating that it was done openly and for all to see and even the king knew about it, saying *“The king is familiar with these things, and I can speak freely to him. I am convinced that none of this has escaped his notice, because it was not done in a corner”* (Acts 26:26). King Agrippa had a chance to dispute this testimony but could not since he had been aware of this fact and Paul said that everyone clearly knew about it *“because it was not done in a corner.”* The Bible is seen largely as a historical document that has clear support in archeology, paleontology, and history. The book of Psalms predicted the punishment of crucifixion hundreds of

years before it had actually occurred or was known of (Psalm 22, Isaiah 52:13-15, 53:1-12, etc.)

Scholar Gary Habermas has written that five historical facts about Christ have never been disputed as being true about Jesus Christ: His earthly life as a man, His ministry on earth, His crucifixion, His death, and His resurrection by the hundreds of eye witnesses who saw Him after His resurrection (Luke 24, Mark 16, John 20, Matthew 28, Acts 1:3-4, 2:31-32, 9:3, 17, I Corinthians 15:4-8, 9:1, 2 Peter 1:16, etc.). Perhaps the most



famous of all Jewish Historians, Flavius Josephus, who was not a believer, wrote Jewish historical annals for the Roman Empire. He also wrote about Jesus Christ, including His widely testified life after death in the *Antiquities of the Jews*. Even the 19th century, world-renowned historian and professor at the distinguished Oxford University, Dr.

Thomas Arnold wrote publicly that *“I know of no one fact in the history of mankind which is proved by better and fuller evidence of every sort, to the understanding of a fair inquirer...”* than the resurrection of Jesus Christ.

Look at this list of famous historians, including Roman ones, that risked their reputations and in some cases, their very lives, on reporting the crucifixion and resurrection of Jesus Christ:

Pliny the Younger (62-114AD)

Gaius Suetonius Tranquillus (75-130AD)

Cornelius Tacitus (55-120AD)

Pontius Pilate's wife's written letter Recollections of the last occurrences from the Life of Jesus Christ (she was known to believe that He was from God)

Publius Lentulus (ruler of Judea) wrote a letter to Roman emperor Tiberius (resides in a private library in England, found 1865 AD).

Pontius Pilate, Roman governor, wrote a report to Roman Caesar Tiberius in Jerusalem, 28.III 4147.year since creation)

Celsus (170 AD)

Lucian of Samoset (160 AD)

Tacitus (70 AD)

Others included Africanus, Origen, Suetonius, Pliny the Younger, and Eusebius of Caesarea, and even the Syrian philosopher, Mara Bar-Serapion.

Biblical Lineage of Jesus Christ



Much of the Bible is a historical document in itself. The lineages of the patriarchal fathers are recorded because they eventually lead to “*The Seed*”, which is Jesus Christ, the prophesied coming Messiah. The actual census that was ordered by the king for taxing purposes has been validated as a historical fact. What is recorded in the Bible has been authenticated by archeological digs, paleontological finds, and historical records. Even the Creed is a historical document of the doctrines of the Christian faith and they record the certainty of Jesus life, death, burial, and His resurrection.

The family lineage of Jesus Christ recorded in Luke chapter one is precise, historical data that the meticulous Jewish historians never argued with. The Jews were notorious for strict, religious recordings of their history and their dealings with the peoples that their nation was involved in. The names of all of these men and some women were historical facts as well. The genealogies found in the Old Testament are connected with those of the New Testament (e.g., in Numbers and in Luke 1) and they point directly to the fact that Jesus was of the royal family of David of whose seed would come the promised Messiah (Isaiah 9:5-7, 2 Samuel 7, Ezekiel 37:22-28, Matt 22:41-45, Mark 12:35-37, 2 Chronicles 21:7, etc.).

The Creed

The Modern English version of the Creed states the foundational beliefs of the church that was founded upon the teachings of Jesus Christ:

***I believe in Jesus Christ, God’s only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come again to judge the living and the dead.***

Christians lived and died for believing in, and writing the Creed that stands as a historical testimony to the faith that was once delivered. In fact, the knowledge of Jesus’ crucifixion, burial

and resurrection was so important to the early church that within the first three to eight years after His death, a Creed was created. The Creed’s purpose was intended to protect these eye witness accounts and codify their testimonies accurately, both for present and future generations. Within a few years, some churches had already been infiltrated with other doctrines like Gnosticism. The Gnostics felt it was through knowledge that salvation comes and was only for a special few. The Creed announces to everyone publicly that the only way to salvation is through Jesus Christ alone (Acts 4:12, 16:30-31, etc.). The Creed may have grown over the years, yet its basic tenets have not. The only reason that it has grown was to resist un-sound biblical doctrines and has acted as a hedge against heresy and other (false) gospels. The Creed was not written from a blind-faith perspective or suppositions, but from eye-witnesses who initially had seen these things with their own eyes.

Even agnostics and some ex-atheists have come to realize that Jesus Christ lived, died, and was raised again. C.S. Lewis came to this knowledge through experience. He was raised in a Christian home yet left his belief to become a stated atheist but after years of intellectual struggle, this former staunch atheist became one of the greatest Christian apologists in history. Another famous ex-atheist is a leading British philosopher, Anthony Flew. He was a stalwart atheist for over 50 years but later came to the conclusion that God must exist. Flew reasoned that, “*The evidence for the resurrection alone is better than [that] for claimed miracles of all other religions. Their leaders are buried and still in their graves. Jesus tomb was found empty!*”

A Definition of Faith

Hebrews 11:1 gives us a God-given definition of faith and it is not what the world believes a Christian faith is. It says that faith is “*the substance (literally “grounded confidence”) of things hoped for, the evidence (proof) of things not seen. (Jesus’ and the Passion)*”. Even the dictionary defines faith that seems to perfectly fit the Christian’s faith as being an “*allegiance to duty or a person... loyalty*”, “*belief and trust in God*”, and “*confidence in something/someone.*”

Faith actually involves an act of the will. A person chooses to believe in something based upon what they know or have come to know. Faith is a verb (*action*) not a noun. Even a tight-rope walker acts on their own belief that they can make it across and chooses to walk the tight-rope. It is impossible to please God without faith but faith in Christ is so simple that even a child can follow it (Hebrews 11:6). It is also a gift of God (Ephesians

2:8). No one seeks after God (Romans 3:11) but it is not blind faith either. Faith in God has proof, evidence, substance, certainty, and confidence.

Evangelist, pastor, teacher, and author Ravi Zacharias said that the resurrection from the dead was the ultimate proof that in history — and in empirically verifiable means — the Word of God was made certain. Otherwise, the experience on the Mount of Transfiguration would have been good enough. Even the apostle Peter says that *“We have the Word of the prophets made more certain ... as to a light shining in a dark place”* (2 Peter 1:19). Peter certainly testified to the authority and person of Christ, and the resurrected person of Christ, being an eyewitness and he paid for it with his life. Christ told Peter and all who would believe that they will be resurrected someday, for if God has said it, it is certainly a fact and God can not lie (Hebrews 6:18, Romans 3:4, (I. Corinthians 6:14).

The resurrection of Christ is a paramount doctrine in Christianity. It is the event that proves to us that Jesus was who He claimed to be—the Son of God. Let’s look at a few facts concerning the resurrection and why they are important.

A Historical Fact

The life of Christ is a fact of history. His resurrection is as widely reported as His actual existence. There were many eyewitness accounts of Christ being alive after his burial. Mary saw Jesus at the tomb. A few disciples saw Him before the whole group did (Acts 1:3-9). A couple of men on their way to Emmaus carried on an extended conversation with the risen Lord (Luke 24:13-35). Even large groups of hundreds saw Christ after his resurrection (1 Corinthians 15:4-8).

The Resurrection Was Prophesied

According to that great resurrection passage, 1 Corinthians 15, Jesus rose from the dead as the Scriptures had previously prophesied. Isaiah said that Christ would be cut off from the living and then be brought back to prolonged life (Isaiah 53:8-10). Psalm 22 talks extensively of Christ’s death, but also about His eternal life. Many Old Testament prophecies about the resurrection can only be understood because of what we know today looking back historically. Therefore, when Christ began to speak of His death, those around Him were caught off guard as they were expecting a Messiah who would immediately take over the leadership of their nation.

The Tomb Was Protected



The tomb of Jesus Christ was protected in three documented ways which helped ensure that the disciples of Christ would not steal His body. Care was given to this so that it could not be claimed that the resurrection was an elaborate hoax. It seems the Bible goes into great detail helping us know the facts surrounding the resurrection of our Lord.



First there was a large stone set in front of the tomb to guard the body (Matthew 27:66). This was customary and not unusual. A stone used for this purpose would

have weighed between 1 and 2 tons—or about the weight of a car. A small number of men could have put it in place because typically the place in front of the tomb was sloped. But removing it was not easy for a few men because the stone would have to roll uphill. It was impossible for a few men to secretly roll the stone away without alerting the Roman guard.

Second, a Roman guard was sent to protect the tomb (Matthew 27:64-66). The punishment for falling asleep on duty or walking away from their post was the death penalty. With such a steep price to pay, it does not make sense that they would have simply fallen asleep without divine intervention.

The Third Thing that was done to protect the tomb was a Roman seal was placed upon it (Matthew 27:66). Death by crucifixion was the punishment for breaking the seal. No one would want to be found guilty of that. Though the disciples became bold men in Acts, they were not so bold in the Gospels to risk their own lives pulling off a prank with such severe consequences.

Not an Empty Tomb



The grave clothes of Jesus were still in place (John 20:1-7)

The tomb was not completely empty. John was careful to explain to us in his Gospel (which was written many years

after the fact) that the grave clothes of Jesus were still in place (John 20:1-7). They lay there empty as if Jesus' body lifted right out of them. If the body had been stolen it is very unlikely that the thieves would have taken the time to remove the grave clothes and laid them out so carefully.

Of All Men Most Miserable

Paul tells us in 1 Corinthians 15:19 that if it were not for the resurrection, those who believed in Christ would be the most miserable of all men. What a sad and pitiful state we would be in if there was no resurrection of Christ—which was the promise of our future resurrection (1 Corinthians 15:13, 16).

A Bodily Resurrection



The resurrection of Christ was not just a spiritual resurrection—whatever that might be. It was understood by the Corinthian believers that physical death meant spiritual separation from the body, but it also meant to be in the presence of the Lord (2 Corinthians 5:8). That was not unusual for them to consider. But Paul emphasized in 1 Corinthians 15 that the resurrection of Christ was a bodily resurrection.

Trinity Involvement

Romans 8:11 gives a great explanation of the trinity's involvement in Christ's resurrection as does 1 Peter 3:18. God did the raising. Jesus was the raised. The Holy Spirit was the means for the raising of Christ. Trinity involvement is also mentioned in Romans 14:9 and Galatians 1:1.

Resurrection of Christ is Just the Beginning

Christ rose from the dead first, but it was an indication of what was to come in our resurrection (1 Corinthians 15:20, 23). The

power that God used to raise up Christ will be used in our resurrection (1 Corinthians 6:14).

However, not all of us will be raised through the resurrection. Some will be alive at the time of Christ's return as we are reminded in 1 Thessalonians 4:13-18:

“But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words.”

We Pray That You Have A Blessed

& Happy Resurrection Sunday



The Passover Meal & Holy Communion, What Do They Have In Common?

Lighting the candles



Once the house and the participants are ceremonially clean, the Passover Seder can begin. The woman of the house says a blessing and lights the Passover

candles. It is appropriate that the woman brings light into the home, because it was through the woman that the light of the world, Messiah Jesus, came into the world ([Genesis 3:15](#)).

Haggadah

Haggadah means "the telling" - the telling of the story of Passover. The story is told in response to four questions asked by the children: why is this night different from all other nights? The father proceeds to tell the story of the Exodus from Egypt, reading from a book called "The Haggadah" and using symbols and object lessons in order to keep the attention of the little ones.

The first cup of wine

The Seder begins with a blessing recited over the first of four cups of wine: *"Blessed art thou, Lord our God, King of the Universe, who hast created the fruit of the vine."* Jesus himself blessed the first cup in [Luke 22:17-18](#).

The second cup of wine

The second cup is to remind us of the Ten Plagues and the suffering of the Egyptians when they hardened their heart to the Lord. In order not to rejoice over the suffering of our enemies ([Proverbs 24:17](#)), we spill a drop of wine (which is a symbol of joy) as we recite each of the Ten Plagues, thus remembering that our joy is diminished at the suffering of others.

Afikomen

A very curious tradition now takes place. At the table is a bag with three compartments and three pieces of matzah. The middle piece of matzah is taken out, broken, and half is

put back into the bag. The other half is wrapped in a linen napkin and hidden, to be taken out later, after the meal.

The Seder plate

The rabbis have devised a series of object lessons to keep the attention of the little ones during the Passover Seder. These items are tasted by each person, as each is instructed to feel as if they themselves had taken part in the flight from Egypt.

Karpar - greens

The first item taken is the karpar, or greens (usually parsley), which is a symbol of life. The parsley is dipped in salt water, a symbol of tears, and eaten, to remind us that life for our ancestors was immersed in tears.

Beitzah - egg

A roasted egg is on the Seder plate to bring to mind the roasted daily temple sacrifice that no longer can be offered because the temple no longer stands. In the very midst of the Passover Seder, the Jewish people are reminded that they have no sacrifice to make them righteous before God.

Maror - bitter herb

This is usually ground horseradish, and enough is eaten (with Matzah) to bring a tear to the eyes. We cannot appreciate the sweetness of redemption unless we first experience for ourselves the bitterness of slavery.

Charoseth

Charoseth is a sweet mixture of chopped apples, chopped nuts, honey, cinnamon, and a little Manischewitz grape wine (kosher for Passover) just for color! This sweet, pasty, brown mixture is symbolic of the mortar that our ancestors used to build bricks in the land of Egypt. Why do we remember an experience so bitter with something so sweet? The rabbis have a good insight: even the bitterest of labor can be sweet when our redemption draws nigh. This is especially true for believers in the Messiah. We can find sweetness even in the bitterest of experiences because we know our Lord's coming is near.

Shank Bone of the Lamb

In every Jewish home, on every Seder plate, is a bare shank bone of a lamb. In the book of Exodus, Jewish firstborns were spared from the death of their first born child by applying the blood of a spotless, innocent lamb applied to

the doorpost of their homes as God brought the people from slavery into freedom. Today, we believe Jesus is that perfect Passover Lamb, and when we apply His blood to the doorposts of our heart & soul, we too go from death into life, from the slavery of sin into the freedom of being a redeemed child of God. As John the Baptist said when he saw Jesus coming towards him, "*Behold, the Lamb of God who takes away the sin of the world!*" ([John 1:29](#))

The Meal

Ah, even through the wonders of modern technology, we still cannot bring you the most memorable part of the Passover... the meal, just like grandma used to make! Just picture it: steaming hot chicken soup with huge, fluffy matzah balls; some matzah; slices of pungent, homemade gefilte fish with just-ground make-you-cry horseradish; more matzah; chopped liver (with lots of schmaltz and crunchy fried onions) on a bed of lettuce; more matzah; enough delectable green salad to feed a colony of hungry rabbits; more matzah; more crispy fried onions on the side; more matzah... and that's just the appetizer!

Next comes the meal... can you smell it? Tender, sweet brisket with cabbage; more matzah; homemade flanken; stewed chicken, roasted chicken, broiled chicken, boiled chicken, sautéed chicken, baked chicken; more matzah; a whole roasted turkey; more matzah; fresh-cut green beans with onions; more matzah; carrot and prune tzimmes; more matzah; sweet potato and raisin tzimmes; more matzah; home-made mashed potatoes swimming in butter; more matzah... and we haven't even gotten through the appetizer!

Did you save room for dessert? Well, you will have to wait, because now it's time go on with the Seder!

The Search for the Afikomen

After the meal is finished, the leader of the Seder lets the children loose to hunt for the Afikomen, which was wrapped in a napkin and hidden before the meal. The house is in a ruckus as everyone rushes around to be the first to find the Afikomen and claim the prize as grandpa redeems it from the lucky locator. The going rate is \$5.00! Once the leader has retrieved the Afikomen, he breaks it up into pieces and distributes a small piece to everyone seated around the table. Jewish people don't really understand this tradition, but traditions don't need to be understood - just followed! However, it is widely believed that these pieces of Afikomen bring a good, long life to those who eat them.

The tradition perhaps dates back to the time of Jesus. If this is the case, then [Luke 22:19](#) takes on a greater meaning: "*And he took bread, gave thanks and broke it, and gave it*

to them, saying, 'This is my body given for you; do this in remembrance of me.'" For Jesus the Messiah would have taken the middle one of the three pieces of matzah, the piece that stood for the priest or mediator between God and the people, broken it as His body would be broken, wrapped half in a linen napkin as he would be wrapped in linen for burial, hidden it as he would be buried, brought it back as he would be resurrected, and distributed it to everyone seated with him, as He would distribute His life to all who believe. As He did this, he was conscious that this middle piece of matzah represented His own, spotless body given for the redemption of His people. As the matzah is striped and pierced, His own body would be striped and pierced, and "*it is by those wounds that we are healed*" ([Isaiah 53:5](#)). This middle piece of matzah, or the Afikomen, is our communion bread.

Third Cup

The third cup of wine is taken after the meal. It is the cup of redemption, which reminds us of the shed blood of the innocent Lamb which brought our redemption from Egypt. We see that Jesus took the third cup in [Luke 22:20](#) and [1 Corinthians 11:25](#), "*In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.'*" This was not just any cup; it was the cup of redemption from slavery into freedom. This is our communion cup.

Fourth Cup

The fourth cup is the Cup of Hallel. Hallel in Hebrew means "praise," and we see in the beautiful High Priestly Prayer of [John 17](#), that Jesus took time to praise and thank the Lord at the end of the Passover Seder, his last supper. The spotless Passover Lamb had praise on his lips as he went to his death.

Elijah's Cup



A place setting remains empty for Elijah the prophet, the honored guest at every Passover table. The Jewish people expect Elijah to come at Passover and announce the coming of the Messiah ([Malachi 4:5](#)). So a place is set, a cup is filled with wine, and hearts are expectant for Elijah to come and announce the Good News. At the end of the Seder meal, a child is sent to the door to open it and see if Elijah is there. Every year, the child returns, disappointed, and the wine is poured out without being touched. My people wait and hope for Messiah, they

do not realize that Messiah has already come. But those of us who believe in Yeshua know that He is the one the prophets spoke of. He is the spotless, unblemished Passover Lamb, whose body was broken for us, whose blood was

shed, and who now lives to distribute His life to all of us who apply His blood to the doorpost of our hearts & souls and have passed from death/judgment into His eternal life.



*Praying That You And Your Family
Have a Blessed & Happy
Easter Sunday Celebration*

Easter Desert Recipes



Easter Egg Shortbread Cookies

Ingredients

- 2 c. Butter, softened
- 2 tbs. Vanilla extract
- 1½ c. Powder Sugar
- 2 tsp. Baking powder
- 4 c. All Purpose flour

Preparation

1. Beat butter and vanilla at medium speed with an electric mixer until creamy. Whisk together powdered sugar, flour, and baking powder. Gradually add sugar mixture to butter mixture, beating at low speed until blended. Flatten dough into a disk, and wrap in plastic wrap. Chill 1 hour to 3 days.
2. Preheat oven to 350°. Place dough on a lightly floured surface; roll to 1/4-inch thickness. Cut with desired cookie cutters. Place 8 cookies 1/2 inch apart on a parchment-lined baking sheet.
3. Bake at 350° for 12 to 13 minutes or until edges are lightly browned. Cool on baking sheets 5 minutes. Transfer to wire racks; cool completely (about 20 minutes).
4. Follow the wet-on-wet icing technique to decorate cookies (see Elegantly Ice with Ease, below). Let dry 1 hour.

Elegantly Ice with Ease

1. Using royal icing (such as Thin Royal Icing) with a wet consistency, pipe a thin border around the edge of the cookie. Fill in the center of the cookie with an even layer of icing.
2. To smooth the surface, swirl a wooden pick in a circular motion around the entire pool of icing, starting at the edges and moving toward the center.
3. Immediately pipe another color of icing, the same consistency as the first, onto the base layer of icing. Manipulate the design gently with a wooden pick



Easy Chocolate-Caramel Turtle Cake

Ingredients

- 1 package Pillsbury™ Moist Supreme® Chocolate Premium Cake Mix
- Additional ingredients to prepare cake mix per package directions
- 1 cup cold heavy cream
- 1 container Pillsbury™ Creamy Supreme® Caramel Flavored Frosting, divided
- 3/4 cup pecan halves
- 1/3 cup semi-sweet chocolate chips

Preparation Directions

1. PREPARE cake mix according to package directions to make 2 (8- or 9-inch) round cake layers. Cool completely.
2. BEAT cream in large bowl with mixer on high speed until stiff peaks form. Reserve 1/3 cup frosting in medium microwave-safe bowl. Mix remaining frosting into whipped cream until blended.
3. PLACE 1 cake layer on serving plate. Spread top with half of whipped cream mixture. Top with remaining cake layer. Spread remaining whipped cream mixture on top of cake.
4. MICROWAVE reserved frosting on HIGH 20 seconds. Stir in pecans to coat. Spoon pecans individually onto cake. Microwave chocolate chips in small heavy-duty plastic bag on HIGH 35 to 45 seconds or until melted and smooth when kneaded. Cut small corner off bag. Drizzle over cake. Chill.

Upcoming Events

6th Annual Women's Prayer Breakfast

For the last five years we have held this annual event. The women in the Chapin community come together between 9:00 AM and 1:00 PM to celebrate their gender and their place in God's plan for humanity, especially the humanity in our own little community. This Year's Theme is: "**Becoming A Woman of Influence.**"

The schedule for the day looks something like:

- 9:00 AM—Blessing the Food & Breakfast
- 9:30 AM—Introduction of Speakers & Prayer
- 10:00 AM—First Speaker & Prayer
- 10:45 AM—Singing, Praises to the Lord
- 11:00 AM—Second Speaker & Prayer
- 11:45 AM—Singing, Praises to the Lord
- 12:00 PM—Acknowledgement of everyone who helped
- 12:30 PM—Door Prize Drawings
- 12:45 PM—Closing Song & Prayer
- 1:00 PM—Dismissal & Benediction



We always have a lot of food, fun and fellowship. We pray for all of the women present & those in our communities who were not able to participate with us. We believe that it is very important for women to pray for one another. God really does answer prayer and much healing is available through our prayers for one another. Please mark your calendars and share this special time with your Christian Sisters. Our regular scheduled day for this is the first Saturday after Mother's Day weekend, this year the date is: **May 14, 2016**. Mark your calendars now so you won't accidentally schedule something else on this very special day.

We hope to see you all there & please bring a friend with you. Once you come and enjoy the day with us, you won't want to miss it ever again. We request that you reserve your place so that we can have plenty of food, handouts, & Door Prizes.

Please Call or Email Today To Reserve Your Place

Look On-Line for Our Upcoming Events & Happenings at:

www.chapinchristiancounseling.com or www.gracechapel.biz

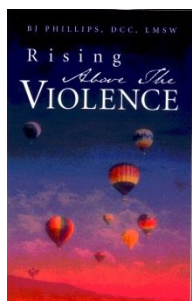
Our Saturday Seminars:

- ❖ Anger Management
- ❖ Communication Skills
- ❖ Conflict Resolution Skills
- ❖ Boundaries
- ❖ Parenting Difficult Children
- ❖ Assertiveness Training
- ❖ Christian Meditation & Prayer
- ❖ Bible Studies—Morning & Evening

Women's Mentoring Ministry:

- ❖ Resume' Writing
- ❖ Dress for Success
- ❖ Interviewing Skills
- ❖ Relationship Building
- ❖ Social Interaction Skills
- ❖ Responsibility / Accountability Building
- ❖ Goal Setting & Attainment
- ❖ Confidentiality Commitments
- ❖ Encouraging & Supporting Each Other

Books & Publications Authored by: Rev. Dr. BJ Phillips



We can choose to be proactive or reactive in solving our conflicts with the people we interact with each day. My purpose in writing this book is to help the people in this country realize that we need to prevent violence, not just react to it. Violence is permeating the lives of all people living in America today.

You can purchase this book from our website, Amazon.com, Books-a-million.com, and Barnes & Nobel. com for \$15.00 USD

The Following Pamphlets are available for \$5.00 USD each:

- ❖ How to Serve God and Others
- ❖ The Baptism of the Holy Spirit
- ❖ How to Worship God
- ❖ How to Pray for Yourself
- ❖ How to Read & Study The Bible
- ❖ The Blood Covenant
- ❖ The Sabbath and Keeping It Holy
- ❖ Spiritual Leadership

The eight small pamphlets listed above are short teachings on a specific biblical subject. These teachings will benefit you in learning more about how to apply the biblical principles found in scripture that will bring healing, health, and deliverance into your life. Each pamphlet can be purchased on our website at: www.chapinchristiancounseling.com

Each pamphlet is \$5.00 USD

Our Next Issue will be out in the May / June Time Frame

We hope you have enjoyed this first issue of 2016

Join Us At Grace Chapel For Our
Sixth Annual
Women's Prayer Breakfast
May 14, 2016

Our Theme Is:
"Becoming A Woman of
Influence"