

The Gospels tell it all

By Al Wezeman

Christmas is celebrated by just about everybody. This is great and appropriate for the day. When we read the Gospels in the Holy Bible (New Testament), we find the source of the celebration.

The Gospel of John tells us where Jesus comes from: "The Word (Jesus) was with God —the Word (Jesus) was God — he (Jesus) was with God in the beginning." (John 1:1-2). This makes more sense when we read: "The Word (Jesus) became flesh — the glory of the One and Only (Jesus) — grace and truth came through Jesus Christ. I have seen and testify that this is the Son of God" (John 1:14, 17, 34). The Gospel of John tells us where the baby Jesus came from. Jesus was with God and actually was God. The Gospels speak of the Father, Son and Holy Spirit. Jesus, the One and Only Son of God, came to this earth and dwelt among us.

When we wonder how the Son of God could come to this earth and still remain God we must read Luke 1:26-38: "God sent the angel Gabriel ... to a virgin ... the virgin's name was Mary ... you will be with child ... you are to give him the name Jesus ... He will be called the Son of the Most High ... the Holy Spirit will come upon you and the power of the Most High will overshadow you" (Luke 1: 26, 27, 31, 32, 35). Here we have God causing a conception in Mary so that Jesus the "Son of God" could "come in the flesh." This was God's miraculous doing.

Jesus' purpose in coming to earth is brought out in the Gospels of Matthew and Mark. The Gospel of Matthew tells us the domestic aspects of the birth of Jesus. The angel again came to Joseph and Mary and explained how Jesus the Son of God would come and his purpose in coming: "...take Mary home as your wife, because what is conceived in her is from the Holy Spirit ... you are to give him the name Jesus, because he will save his people from their sins ... they will call him Immanuel ... which means God with us." (Matthew 1: 20, 21, 23). The Gospel of Mark verifies who Jesus was by saying, in verse 11, "...a voice came from Heaven; You are my Son, whom I love. With you I am well pleased" (Read all of Mark 1: 9-11).

Christmas is celebrated by many, but the question is, how many of us take the time to personalize the significance of the coming of Jesus the Son of God, loved by the Father God? How many of us take the time to personally thank God for sending His Son to take away the sin of the world? In other words, to make it possible for us to have eternal life with God. Read Revelation 21:1-5). We read in the Gospel of John, chapter 3:16-18, "For God so loved the world that He gave his only Son, that whoever believes in him shall not perish but have eternal life." Whoever believes in him is not condemned.

Let's all take the time this year to thank God for sending His Son for us. If He is not yet your Savior and Lord, ask God to forgive your sins and lead and guide you in the path of righteousness. If you love Jesus for what he has done for you, be sure to obey His commands outlined in the Gospels.

Jesus said, "If you love me, you will obey me." (John 14:15).•

Tips to keep winter colds at bay

(Courtesy, News USA)

As colder weather hits, everyone starts playing a waiting game — when, exactly, will they get sick?

It's no big secret that adults and children are more likely to catch colds in the wintertime. This isn't because germs hibernate all summer, but because dry air and confined spaces make catching respiratory viruses more likely. Even if you're adamant about washing your hands (and you should be), you can still get sick from germs circulating in the air.

That doesn't mean that you should become a hermit until spring. Just take a few precautions and make sure you're prepared in case a cold strikes. Stocking up on a few key items will make a big difference. Here are some tips:

- Keep multivitamins on hand. It's best to avoid colds in the first place, and that means strengthening your immune system. Eat healthy meals containing fruits and vegetables, and take a daily multivitamin to cover your nutritional bases.

- Take an inventory of your medicine cabinet. Are you low on anything? Have any medications expired? Do you have leftover prescriptions? Throw away any out-of-date or leftover medications. Then decide what you will need for cold and flu season.

- Stock up on over-the-counter remedies. You will probably want an antihistamine, a decongestant, cough medicine, lozenges, and something that can reduce fever and aches and pains. Save money by shopping at a discount retailer like Dollar General, where you'll find Rexall brand health products, vitamins and over-the-counter medications for children and adults.

- Prepare a first aid kit. Be ready for any emergency by creating a first aid kit filled with bandages, antibiotic ointment, antiseptic wipes, tweezers, cloth tape, cold compresses and non-latex gloves. Purchase a digital oral thermometer as well — a fever over 102° indicates that you don't have a cold, but the flu. •

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