Have One Mind (in Christ) - Philippians 2:5

A Monthly Magazine

PO Box 301, Boiling Springs, PA 17007
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Help Thou Mine Unbelief

Jerry O'Donnell

The situation in which these words were spoken begins in Mark 9:17, which says, "And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit." Later in the conversation, the father of this son requests, "if thou canst do any thing, have compassion on us, and help us" (Mark 9:22). Jesus then said, "If thou canst believe, all things [are] possible to him that believeth" (Mark 9:23). And the verse, which the title comes from, is found in the father's response, "And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief" (Mark 9:24).

Now, the same question of Jesus is posed to each one of us: "If thou canst believe, all things [are] possible to him that believeth" (Mark 9:23)? In plain language, "Do you believe that all things are possible through Jesus Christ?"

Jesus Christ even said, "With men this is impossible; but with God all things are possible" (Matthew 19:26). What is impossible with men? "Verily I say unto you, That a rich man shall hardly enter into the kingdom of heaven" (Matthew 19:23). Is being rich a curse with which it is almost impossible to enter Heaven? No. How do we know that those words were not spoken towards the rich man only? Because Jesus said, "With men this is impossible", but He did not say, "With rich men this is impossible".

So, we travel up the conversation further to see what else was talked about, and we find these words: "And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life? And he said unto him, Why callest thou me good? [there is] none good but one, [that is], God: but if thou wilt enter into life, keep the commandments. He saith unto him, Which? Jesus said, Thou shalt do no murder, Thou shalt not commit adultery, Thou shalt not steal, Thou shalt not bear false witness, Honour thy father and [thy] mother: and, Thou shalt love thy neighbour as thyself. The young man saith unto him, All these things have I kept from my youth up: what lack I yet? Jesus said unto him, If thou wilt be perfect, go [and] sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come [and] follow me" (Matthew 19:16-21).

Hopefully, you caught what is impossible with men, but possible with God. It is not about selling all your possessions. That is the so-called "icing on the cake". The cake is the Ten Commandments.

Follow the conversation again. We will only state the key elements and not replay the whole conversation so as to keep this article concise and get to the point. Jesus was asked, "What good thing shall I do, that I may have eternal life?" Eternal life is a free gift. There is nothing we can do to earn it; however, it is not given to every human being on this planet; otherwise, sin would continue into Heaven. Therefore, Paul wrote, "For not the hearers of the law [are] just before God, but the doers of the law shall be justified" (Romans 2:13). That matches what Jesus responded with, "If thou wilt enter into life, keep the commandments" (Matthew 19:17).

Now, there are multiple sets of commandments or laws, that is why the man asked Jesus, "Which?" (Matthew 19:18). There is the ceremonial law, the law of

Ten Commandments, and other laws, too. So, Jesus clarified, "Thou shalt do no murder, Thou shalt not commit adultery, Thou shalt not steal, Thou shalt not bear false witness, honour thy father and [thy] mother: and, Thou shalt love thy neighbour as thyself" (Matthew 19:18-19). That certainly looks like the Ten Commandments. Sure, not all of the Ten Commandments were mentioned, and we do not know if Jesus was interrupted, or not , with the next question from the man, "All these things have I kept from my youth up: what lack I yet?" (Matthew 19:20). But certainly, all Ten Commandments are expected to be kept because everyone ought to agree that we should have no other gods before God nor make, nor craft, any objects and worship them.

Interestingly, what was quoted is all the outward commandments. How we to worship God, especially privately, along with coveting, also, not in the list that Jesus gave, are all things that are not easily observed. Oh, we can go to church, but may not be keeping the Sabbath holy. We could be listening to the minister while making business plans, or scheduling plans in our heads. And no one can measure what is in the heart, regarding coveting.

A family member of a dead relative could testify against the killer. The partner committing adultery with a person can testify that it happened. The person that had their goods stolen can identify that they were stolen. The one being falsely accused can prove the truth with evidence. Mom and dad can tell if their son or daughter is honoring them, or not.

So, to use the excuse that only certain commandments were listed to allow ourselves not have to keep those that were not listed, is a revelation of the heart being rebellious. There is enough evidence to show that Jesus expected the Ten Commandments to be kept, even after His death; otherwise, they would not be called the Ten Commandments.

But many, especially in the Christian community, say that it is impossible to keep them! Actually, it is not. It is all by choice, but nonetheless, that is the point we are trying to make. "With men this is impossible; but with God all things are possible" (Matthew 19:26). We agree that "Because the carnal mind [is] enmity against God: for it is not subject to the law of God, neither indeed can be" (Romans 8:7). That means that short of conversion, being of the world, it is impossible. But through conversion, "According as his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust" (2 Peter 1:3-4), it is possible to keep them.

The term "unbelief", or to be an "unbeliever", is mostly understood incorrectly. It is not only a person who refuses to acknowledge Jesus to be the Son of God and become a Christian. It is not reserved for use against a person of a different religion than that of being a Christian, or having no religion at all. Technically, most Christians are unbelievers, and we are about to prove that statement.

That same incident where the man said, "Help my unbelief", revealed that His own disciples were holding onto unbelief. In other words, they were unbelievers. "Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing

(Continued on page 4)

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- Read all our books for free online:
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    2. *I Am Come to Deceive the Whole World*
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The mission of *Have One Mind (in Christ)* is to encourage the desire of "Looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat" (2 Peter 3:12), "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (2 Timothy 2:15), and to "abideth in the doctrine of Christ" (2 John 1:9) by following the words of Jesus, "If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him" (John 14:23).

Editor and Founder

Jerry O'Donnell

About Have One Mind (in Christ) Ministry

This ministry is founded upon the necessity of raising the standard higher and higher. It is a non-profit, volunteer group of Christians who love God's Word and love people so much so that we do not want to see a single person lost.

Subscription and Donations

Although we are volunteers, the cost of this publication is challenging to provide to everyone for free. So, we are asking for a subscription of $21 annually for 12 issues, and if the Lord impresses you with the means to be able to provide a donation, we definitely would welcome such and put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

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shall be impossible unto you" (Matthew 17:19-20). The closest followers of Jesus were still considered unbelievers. How much more do you think the lax Christian today is an unbeliever? The odds are pretty good that most Christians are unbelievers.

In fact, it could be stated that I have more belief than most Christians, and, hopefully, you do too. Not only do I believe Jesus to be the Son of God, my Savior, and that He does "cleanse us from all unrighteousness" (1 John 1:9), I believe He can enable me to actually live according to all Ten Commandments and His Word, otherwise they would be known as the nine, eight, seven, etc. commandments. How I know that is because we are told, "Now unto him that is able to keep you from falling, and to present [you] faultless before the presence of his glory with exceeding joy" (Jude 1:24). Do you believe that, or are you an unbeliever?

We know there will be many lost Christians, all who are unbelievers, even ministers. "But, and if that servant say in his heart, My lord delayeth his coming; and shall begin to beat the menservants and maidens, and to eat and drink, and to be drunken; The lord of that servant will come in a day when he looketh not for [him], and at an hour when he is not aware, and will cut him in sunder, and will appoint him his portion with the unbelievers" (Luke 12:45-46). "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity" (Matthew 7:21-23).

Iniquity is another word for sin. "Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law" (1 John 3:4). They may have done wonderful Christian works, but they lived in transgression of the law, believing that it was impossible to keep. They convinced themselves that all they had to do was believe. The idea of keeping the commandments is legalistic, Jewish, and a method of working one's way to Heaven, so they think. In reality, "Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works" (James 2:18). "And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works" (Revelation 20:13).

Works reveal whose side we are on, but contributes nothing towards getting into Heaven. Again, it is a free gift, but that gift is not wasted on the unrepentant who refuse to stop sinning. "But go ye and learn what [that] meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance" (Matthew 9:13).

To show your belief, will you repent of all your sins, which means by the grace of God to cease from all your sins?

"Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God" (Hebrews 3:12). "But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death" (Revelation 21:8).

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Heavenly Health

COURAGE – Do You Have It?

COURAGE, n. [L., the heart.] Bravery; intrepidity; that quality of mind which enables men to encounter danger and difficulties with firmness, or without fear or depression of spirits; valor; boldness; resolution. It is a constituent part of fortitude; but fortitude implies patience to bear continued suffering.

I have read numerous accounts of incidents where a family member or beloved friend was overcome by life threatening disease with no hope, supposedly no cure, and another close individual was so deeply touched by that person's suffering that they left a very lucrative job to devote their life to find a cure for the victim; they walked away from any allurement of the world of financial security, in the face of scorn from friends and family for being so foolish, but they did it anyway. When your entire family, your support system, turns against you for following what you know is the right thing for you to do, it takes courage, knowing you might just have to stand alone. You must be fearless, and selfless. No thought of saving yourself. It cannot be artificial, no attention can be drawn to yourself for your actions, no accolades or applause – that would make it artificial. This all takes courage, and the very nature of it, the fact that it is a "quality of mind", suggests that it cannot be pre-planned.

Courage is such a valuable commodity to a healthy mind that it is a favourite target of Satan. He is obviously threatened by its existence within us so he does his best to eradicate it from us to weaken our faith by presenting difficulties, suggestions, and temptations to hinder our walk with the Lord. And he never stops with just one challenge; oh, no, it is his desire to overcome us by entangling our minds in perplexities of despair. Satan knows our weaknesses and waits for the perfect time to strike when we are the most vulnerable. This is one reason it is never a good idea to unload your problems to another person, for by so doing you set yourself up for even more satanic attacks. Never exalt your feelings to the position of gods in your life. Take everything to the Lord in prayer; He is our help in every situation, so make Him your constant counselor.

[A little important side note: I encourage you to read the book *I Am Come To Deceive The Whole World* for more insight into the deviousness of Satan that you might not have even thought of. See the ad in this publication to acquire a copy, or read it free on our website.]

Disease tends to destroy courage, so it is important to pursue health, but on the flip side, having courage can help prevent illness in the first place – remember that courage helps us to have a healthy mind, and a healthy mind supports a healthy constitution, or body. We have the ability to actually give healthful courage to others, or steal it from them, with our words and actions. Discouragement comes in many shapes and sizes and can actually prevent a person from healing from disease, whether it be physical, emotional, or spiritual, but we can assist healing and well-being in ourselves and others by words and actions of encouragement in any situation. Sadness and depression, brought on by lack of courage, deaden the circulation of the blood vessels and nerves and disrupt the the processes of the liver and digestion, and as a result, dry up the marrow, or interior substance of the entire system.

Courage is included in a long line of positive attributes: hope, faith, sympathy, love, a contented mind, and a cheerful spirit, which all promote health in the body and bring strength to the soul. All of these positive virtues promote health. "A merry [rejoicing] heart doeth good like a medicine" (Proverbs 17:22). We are to bring courage into our daily responsibilities, our life work, along with hopefulness and amiability, which should spring forth automatically from inside us to be a blessing, a help to others. The way we share courage with others is through our own continuity in learning and living true Christianity, and this depends upon the steadfastness of our manifestation of the character of Christ. Courage does not come into being overnight, but is actually developed through our own experiences along with fortitude, meekness, faith,

unwavering trust in God's power in our lives; these are all acquired, and hopefully nurtured, over the years, so each one of us develops it in varied personal ways. Developing courage is even part of the end result of facing tribulation, which is inevitable: "... In the world ye shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33). Please do not overlook cheer's important place in this process.

The work done for the Lord is always to be done in cheerfulness and courage together which are the ways to bring spirit and life and hopefulness to others as we spread the gospel. When we have done our best, we are to be of good courage. Those very words, "be of good courage" are bestowed by the Lord Himself on many brave souls in the Bible while taking on life's various battles, but my personal favourite use of the phrase in Scripture is this one in Isaiah 41:6, *"They helped every one his neighbour; and [every one] said to his brother, Be of good courage."* May we be found worthy of those encouraging words as we help "*every one his neighbor*" as we go forward, helping and encouraging others in heavenly health in all of life's battles that we must face.

Healthy and Delicious Recipes

One Bowl Carrot Cake Baked Oatmeal

Carrot Cake Oat Base

- 1 tablespoon ground flax-seed
- 3 tablespoons warm water
- 1½ - 2 cups unsweetened plant-based milk
- ¼ cup maple syrup
- 3 tablespoons coconut oil, melted
- 1 teaspoon non-alcohol vanilla extract
- 2 cups old-fashioned rolled oats
- 1 teaspoon baking powder
- ½ teaspoon ground ginger
- ½ teaspoon salt
- 1½ cups carrots, finely grated (2–3 medium)
- ½ cup apple, grated
- Zest of 1 lemon
- ½ cup chopped walnuts or pecans, optional
- ¼ cup raisins or dried cranberries, optional

Optional Vegan "Cream Cheese" Drizzle

- 2 tablespoons plant-based yogurt
- 1 tablespoon maple syrup
- teaspoons fresh lemon juice, optional

Instructions

1. Preheat oven to 375°F (190°C).
2. Lightly grease an 8×8-inch baking dish.
3. In a small bowl, mix ground flax-seed and water. Set aside for 5 minutes to thicken. This makes a flax egg.
4. In a large bowl, add in your plant-based milk, maple syrup, melted coconut oil, flax egg, and vanilla. Whisk together to combine well.
5. Then, add in rolled oats, baking powder, ginger, and salt; whisk again.
6. Add the grated carrots, apple, lemon zest, and, if using, the nuts and dried fruit. Stir again to evenly combine.
7. Pour into your baking dish and baked for 35-40 minutes.
8. Let cool for 10–15 minutes before serving.
9. Optional cream cheese drizzle: Whisk yogurt, maple syrup, and lemon juice until smooth.
10. Drizzle over the baked oatmeal once cooled.

There were no prepared cereal foods (in 1870), such as corn flakes and shredded wheat, except perhaps oatmeal, which was bought at a drugstore by the ounce for those who were ill.

Natural Vitamins

Nutritional & Health Benefits of Bell Peppers

Bell peppers are one of the most nutrient-dense vegetables you can add to your plate — especially the red ones. Here is why they are worth eating regularly:

1. Immune System Support

Red bell peppers contain **more vitamin C than oranges** per serving.

Vitamin C helps:

- Strengthen immune defenses
- Promote wound healing
- Support healthy skin and collagen production

2. Eye Health

They are rich in:

- Beta-carotene (vitamin A precursor)
- Lutein
- Zeaxanthin

These nutrients may help protect against age-related macular degeneration and support overall vision health.

3. Heart Health

- Bell peppers provide:
- Potassium (helps regulate blood pressure)
- Fiber (supports healthy cholesterol levels)
- Antioxidants that reduce oxidative stress

4. Anti-Inflammatory & Antioxidant Power

- They contain compounds like:
- Vitamin C
- Carotenoids
- Quercetin

These help fight inflammation and cellular damage linked to chronic disease.

5. Weight-Friendly

- Very low in calories
- High water content
- Naturally sweet, helping curb sugar cravings

They add volume and flavor to meals without adding many calories.

6. Brain & Mood Support

Vitamin C and B6 in bell peppers contribute to:

- Neurotransmitter production
- Reduced oxidative stress in brain cells

Does Color Matter?

- **Green**: Slightly less sweet, harvested earlier, lower in some antioxidants
- **Yellow/Orange**: Higher in vitamin C than green
- **Red**: Fully ripened, highest in vitamin C and beta-carotene

If you want maximum nutritional benefit, red bell peppers lead the pack.

Questions & Answers

QUESTION:

Do video games and TV actually create violent people? Studies declare that such is inconclusive.

ANSWER:

The initial impression of an answer is that of using the principle, “as he thinketh in his heart, so [is] he” (Proverbs 23:7). As the video game of shooting things up or performing some other violent act is being conducted, they are thinking of how to perform it and get away with it. A lot of thought goes into winning at any cost, excusing it as “It is just a game.”

The inconclusive studies are those studies conducted by either the video game companies or Hollywood, and if it is not by them, it is by supporters of the industry. There is a lot of money in both gaming and Hollywood that taint the studies. It is hard to find the true studies that reveal the actual effects, raising the question, how do we know it is a true study?

There is another Bible principle that helps identify which studies are accurate and which are in error. The Bible declares a principle known as, “By beholding we are changed” (based upon 2 Corinthians 3:18). So, as we behold violent and lustful activities in shows or in video games, the Bible declares that slowly we are becoming adulterers, murderers, thieves, liars, etc. As we listen to the foul language in movies, on TV, etc., we are slowly developing a foul mouth. And if a person declares, “I’m not affected”, then they are greater than God because God just got done saying, “By beholding, we are changed.” So, which ought we to believe: One’s own evaluation from their heart, or God’s principle? Remember, “The heart [is] deceitful above all [things], and desperately wicked: who can know it?” (Jeremiah 17:9).

QUESTION:

Should We Obey Man’s Ordinances or Not per 1 Peter 2:13 and Acts 5:29, respectfully?

ANSWER:

1 Peter 2:13 says, “Submit yourselves to every ordinance of man for the Lord's sake: whether it be to the king, as supreme”, which looks very strong at obeying the government even if they are enacting anti-moral laws.

Who Is the Real Antichrist?

All of the people and even an object at one point or another has been labeled as being the antichrist, but what does the Bible really reveal?

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On the other hand, Acts 5:29 tells us, “Then Peter and the [other] apostles answered and said, We ought to obey God rather than men.”

In both verses we have Peter speaking, so not only would we have the Bible contradicting itself, if it were a contradiction, but Peter himself would be caught contradicting his own words.

What happens is that many people read a verse and do not keep all of the context with it. The context itself resolves the issue. If we just compare those two verses, then it looks like a contradiction. But let us expand the text from 1 Peter, which actually finishes the sentence.

1 Peter 2:13-14 states, “Submit yourselves to every ordinance of man for the Lord's sake: whether it be to the king, as supreme; Or unto governors, as unto them that are sent by him for the punishment of evildoers, and for the praise of them that do well.”

With the context, we see when we are to obey every ordinance. We are to obey every ordinance of a king or governor or any official, for that matter, when the laws punish evildoers and encourages those that do well or live in obedience to continue to do so.

Therefore, when the government tells people they must put poison into their bodies so everyone can feel at ease over an exaggerated crisis, we ought to obey God instead. When businesses are forced to cater to the gender mix-up, make something specifically that is contrary to religious beliefs, etc., we ought to obey God instead of man.

So, first and foremost, we obey God over any man-made decree. When man-made laws are enacted that punish the evildoers and reward the righteous, even if we personally do not care for the law, we are commanded to obey it as if it were from God Himself. But if a law is passed that is contrary to God, we are in no obligation to obey that law, in fact, we are obligated to resist compliance to it.

Study to Shew Thyself Approved Unto God—(2 Timothy 2:15)

When People Think They Can Get Away With It

1. Who took forbidden spoils?
   Joshua 7:1

2. What was the end result as nothing can be hidden from God?
   Joshua 7:25

3. Who did not completely obey God’s orders?
   1 Samuel 15:1-8

4. What was the result of his disobedience?
   1 Samuel 15:27-28

5. What was Judas after in betraying Jesus?
   Matthew 26:14-15

6. What was the result when things did not go as planned?
   Matthew 27:3-5

I Am Come to Deceive The Whole World

How Satan, from his perspective, is distracting so many Christians while his agenda marches on.

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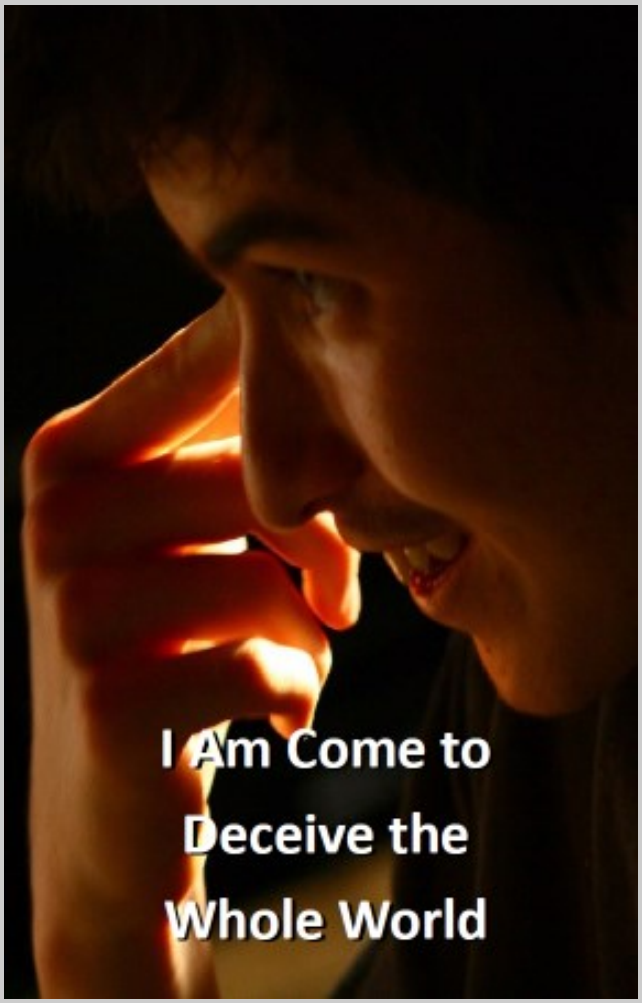

Do you think the attack on gas stoves is by chance?

Do you think high fuel prices are typical of up and down prices?

Do you think inflation is just the normal highs and lows over the economic timeline?

While people are distracted by sports, politics, Hollywood idols, etc., the march towards the agenda is already upon us and increasing in intensity.

7. Who held back funds from completing his vow to the church, even unto God (2 answers)?
   Acts 5:1-2

8. What was the result of their thievery?
   Acts 5:3-10

9. Who ultimately thinks he can get away with selfishness?
   Isaiah 14:12-14

10. What will be the final result?
    Ezekiel 28:14-18;
    Revelation 20:9;
    Malachi 4:1, 3

Answer for March 2026

The Most Expensive Food Choices

1. What was one of the costliest food choices?
   Genesis 3:1-6 [Eating the forbidden fruit]

2. What days reveal the distractions from the second coming regarding food?

Luke 17:26-29 [Noah and Lot]

3. What choice did Samson make regarding food that revealed another step in his downward spiral from God?
   Judges 14:8 [“honey in the carcase of the lion”]

4. What did Johnathan’s father, King Saul, proclaim that showed his pride?
   1 Samuel 14:27-29 [“Cursed [be] the man that eateth [any] food this day”]

5. What did David eat that cost the life of a priest?
   1 Samuel 21:4-6 [“hallowed bread”]

6. What did Daniel and his friends not participate in, even though their lives could have ended over it?
   Daniel 1:8 [“the portion of the king's meat”]

7. What food was suggested to Jesus that would have cost the world’s salvation if He had eaten it?
   Matthew 4:3-4 [“command that these stones be made bread”]

8. What did Jesus offer for salvation sake to be eaten and drunk?
   John 6:53-56 [“eateth my flesh, and drinketh my blood”]

9. What meal was considered the most expensive meal?
   Matthew 26:26-28 [Last Supper]

10. What meal should none of us want to miss out on?
    Revelation 19:9 [“the marriage supper of the Lamb”]

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News and Comments

February 7

Pix 11

Death of New Jersey student sparks calls for federal caffeine regulation

Instead of regulating the amount of caffeine, it should be recognized by the public as a legal drug, but a drug, nonetheless, that has not become approved by God. No, the Bible does not explicitly address the use of caffeine, but we are to preserve our bodies in the best conditions possible. "Know ye not that ye are the temple of God, and [that] the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which [temple] ye are" (1 Corinthians 3:16-17). Increased heart failure, the addiction to having to have a fix first thing in the morning in the form of coffee, the inability to function without a fix, the crash that happens after the highs wear off, the withdrawal symptoms when people try to quit, etc., all add up to it not being something that should be brought into the body.

February 20

Daily Dot

Beauty influencer’s glitchy fail video sparks talk about unrealistic standards

Obviously, not everything is what it appears to be. If people are not real, even in mere appearance, how about inside people's homes, outside of their homes, wonders shared, food they eat, etc. We definitely need to "walk by faith, not by sight" (2 Corinthians 5:7). Pretty much everything is fake in this world.

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Natural Remedies

The Use of Yarrow

Yarrow (Achillea), is a valuable herb to keep on hand in powder form. It gets its proper name from the legend that Achilles used it to treat the wounds of his soldiers since it contains astringent qualities which help constrict blood vessels to stop bleeding, and antimicrobial compounds to reduce the risk of infection in open wounds. The powder can just be sprinkled onto the wound to stop blood flow. Yarrow also promotes the healing of such injuries.

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Thank you.