

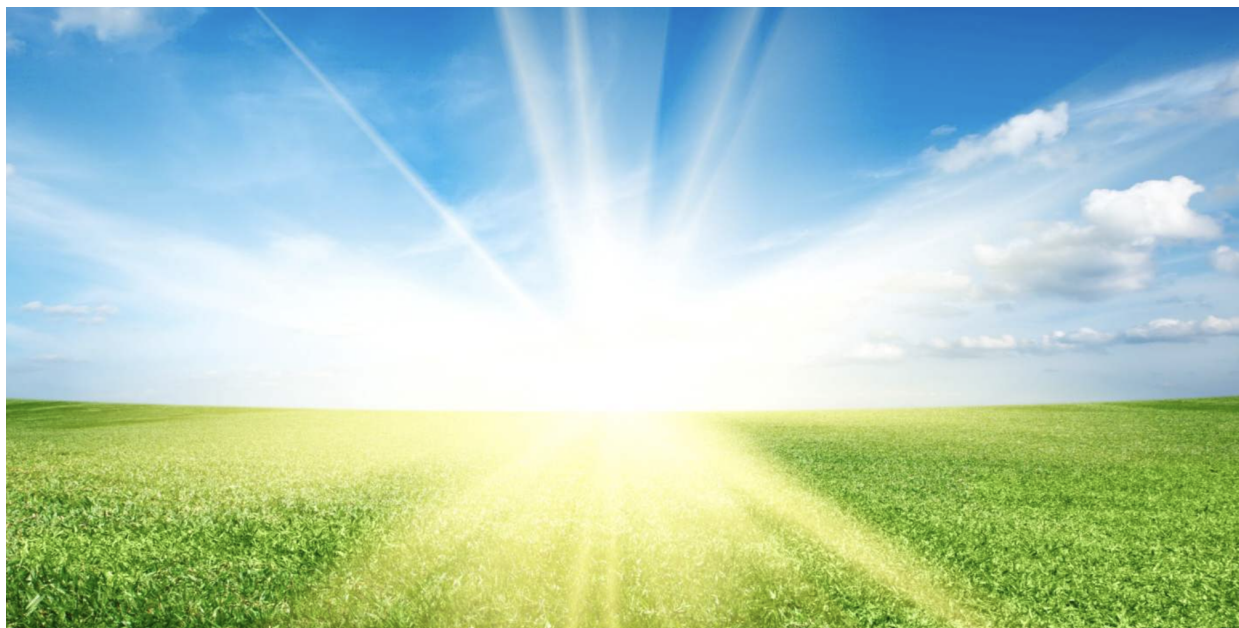
# KINGDOM WORDS

A WSDA MONTHLY EMAIL NEWSLETTER

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Springtime brings warmer weather, beautiful flowers, birds, butterflies - so many things that help us remember our Creator. When I'm riding down the road and see a rainbow of flowers in a garden, or wake up to the sound of birds chirping, I am reminded of Psalm 19:1 "The heavens declare the glory of the God; the skies proclaim the work of his hands" (NIV).

This time of year, many of us look forward to the Easter holiday, spring break, and so many things that bring us joy. But, if you find that you are struggling to find joy at this time, in this season, check out page 5.

Because we can't talk about spring and not talk about Christ's resurrection, we'll look at "What Easter Means to Christians" on page 2 and before you sit down to your Easter Sunday dinner, take a peek at this month's health nugget on page 3.

As usual, we're also celebrating with our church family the upcoming birthdays and providing some family life resources. Please reach out to me if you'd like to see more of a certain kind of content in our newsletter. Everyone is also welcome to submit material of their own. Reach out to me at [mrsalegall@gmail.com](mailto:mrsalegall@gmail.com).

-Sis. Alison Legall, Women's Ministries

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# What Easter Means to Christians

*by Mary Fairchild*

On Easter Sunday, Christians celebrate the resurrection of Jesus Christ from the dead after his crucifixion and burial. It is typically the most well-attended Sunday church service of the year.

## **Easter in the Bible**

The biblical account of Jesus' death on the cross, or crucifixion, his burial, and his resurrection, or raising from the dead, can be found in the following passages of Scripture: Matthew 27:27-28:8; Mark 15:16-16:19; Luke 23:26-24:35; and John 19:16-20:30.

The word "Easter" does not appear in the Bible and no early church celebrations of Christ's resurrection are mentioned in Scripture. Easter, like Christmas, is a tradition that developed later in church history.

As the most solemn and preeminent celebration of Jesus Christ's resurrection, it's unfortunate that many of Easter's customs are mixed with pagan associations and secular commercialization. For these reasons, many Christian churches choose to refer to the Easter holiday simply as Resurrection Day.

## **When Is the Easter Season?**

Lent is a 40-day period of fasting, repentance, moderation and spiritual discipline in preparation for Easter. In Western Christianity, Ash Wednesday marks the start of Lent and the Easter season.

Easter Sunday marks the end of Lent and the Easter season.

Eastern Orthodox churches observe Lent or Great Lent, during the 6 weeks or 40 days preceding Palm Sunday with fasting continuing during the Holy Week of Easter. Lent for Eastern Orthodox churches begins on Monday and Ash Wednesday is not observed.

## **Holy Week**

The week preceding Easter is called Holy Week. Holy Week begins with Palm Sunday, the celebration of Jesus Christ's triumphal entry into Jerusalem. On Maundy Thursday is the commemoration of the Last Supper when Jesus shared the Passover meal with his disciples on the night before he was crucified. Jesus' death by crucifixion is commemorated on Good Friday.

## **1 Corinthians 15:3-8**

*For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers at one time, most of whom are still alive, though some have fallen asleep. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. (ESV)*

# Spiritual Junk Food

by Mickens & McKeever

excerpts submitted by Bro. R. Gosine

"It is important to note that there is a huge difference between being taught to appreciate a person for his own unique individuality and being taught to accept all of their values opinions and beliefs (as) equally valid. We can be respectful of another's point of view without agreeing with it. There is a difference between being "judgmental" and exercising good judgment about what is right and wrong. In fact, as Christians, if we sincerely desire the best for someone, we show we truly care by being willing to judge sinful behavior and then confront a fellow Christian if he is in error. Of course, confrontation should be done out of love, with a humble spirit and for the purpose of restoring the individual to Christ" p. 81.

God is the only one who judges people's hearts. However, as Christians, we are to judge right from wrong, and good from evil. As Christians, we are not able to judge a person's heart to determine his eternal destination, but we are able to judge another's behavior to determine whether it is in accordance with Scripture... Christians must be also willing to judge. MacArthur admonishes that 'a truly biblical ministry must hold forth truths that are absolute... we must take an unmovable stance on all issues where the Bible speaks plainly... Sound doctrine divides, it confronts, it separates, the judges, it convicts, it reproves, it rebukes, it extorts, it refutes error. None of these things is very highly esteemed in modern thought, but the health of the church depends on our holding firmly to the truth" p. 91, 93-94.

# Health Nugget Temperance (Abstemiousness)

submitted by the Health Ministry Team

Temperance is moderation in the use of that which is good, and the total abstinence from that which is harmful to our health. Temperance also includes the habitual moderation of the appetites and passions, including our thoughts, feelings, and actions, and the exercise of our willpower even in the restraint of some good things. "More is not always better." (See 1 Cor 10:31). For example, overeating, even of the best kind of food, is injurious to our health; also too much exercise, work, sunshine, or rest, which are good and essential, can be harmful in excess.

Anything or any habit that harms the body is counterproductive to good health. Research and various studies support why we should abstain from taking into our body addictive substances such as alcohol, tobacco, drugs, ea, coffee, and popular sugar-laden caffeinated drinks.

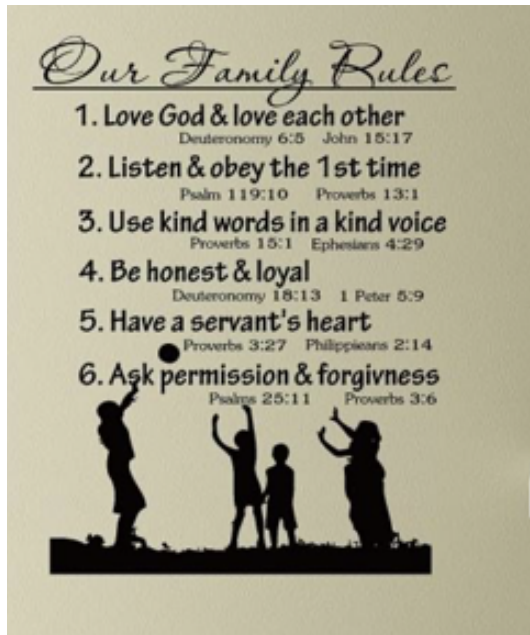
"Tea, coffee, and tobacco are all stimulating and contain poisons. Tea and coffee do not nourish the system...Tea and coffee whip up the slugging energies for the time being, but when their immediate influence has gone, a feeling of depression is the result" E.G. White, Temperance, p.75-76.

The history of Daniel in the Bible gives us a true picture of the positive results of practicing temperance in both lifestyle and eating habits. Read Daniel 1:8-16.

Eat and fill yourself, but don't overeat and kill yourself. "Let your moderation be known unto all men" Philippians 4:5.

## Family Life Corner

*Resources*



"A FAMILY  
DOESN'T NEED TO  
BE PERFECT, IT  
JUST NEEDS TO  
BE UNITED"  
-ANONYMOUS

## Upcoming Events

Be sure to join us on  
**April 10 for Pathfinder  
Day & May 8 for our  
second Virtual  
Women's Day.** Be sure  
to tune in!

## Celebrate April Birthdays

- 1 - Shane Patterson
- 4 - David Watts
- 6 - Lidia Woodall
- 7 - Josianne Bolder
- 8 - Karen Fleming
- 10 - Alyssa Davis
- 11 - Eric Meyer
- 15 - Ynolde Gillan
- 16 - Althea Benjamin
- 17 - Bernadette Brisseau
- 17 - Gertrude Jeanglaude
- 17 - Catherine Martial
- 18 - Claudette Hubbard
- 19 - Danette Davis
- 21 - Zora Belnavis
- 25 - Catherine Gulzar
- 27 G- Iendolyn Peede
- 29 - Bill Davis
- 30 - Edwin Khonyongwa



## Worship With Us!

Wednesday Night | 7:00 p.m.  
Friday night Prayer | 7:00 p.m.  
(Prayer Line: 605-475-4000, PIN 739881)  
Sabbath School | Saturday | 10:00 a.m.  
Worship Service | Saturday | 12:00 Noon  
details at [www.woodbridgesda.org](http://www.woodbridgesda.org)

# 4 Ways to Seek Joy Every Day

by Bethany Pyle, Editor, Biblestudytools.org | Mar 11, 2021

“Shout aloud and sing for joy, people of Zion, for great is the Holy One of Israel among you”  
(Isaiah 12:6).

There are few things that give me more joy than seeing the season change from dark, gray, frozen winter into a bright, rejuvenated spring. Even the threats of pollen and sunburn can't dampen the excitement of getting back outside to see everything come to life! It's these days, when everything seems bright and cheerful and exciting, that I wish I could bottle up for the other days.

It's hard for me to be joyful when there's an ice storm, when the dog is sick, when the dishes are piling up or someone is upset with me. And to be sure, those feelings of boredom, stress or sadness are valid feelings. If we aren't happy all the time, it doesn't mean we aren't being good Christians; it means we are being normal humans.

But regardless, 1 Thessalonians 5:16 tells us to “rejoice always.” We can only do this because of the hope found in Christ. Even on the darkest days of our lives, we have the hope of a brighter future with our Lord. This is the kind of deep, abiding love that we can only experience as Believers. It's fantastic! But it's also the topic of another article.

## Seek Out the Everyday Kinds of Joy

Today, I want to talk about that everyday joy. If you, like me, often struggle with focusing too much on the negative, I want to challenge you to seek out the good things in every day. About two years ago, I started a mental health exercise where I'd list as many good things from that day as I could. The early morning sunlight filtering through the trees. My neighbor's little girl dropping her toy to say hi to my dog.

A coworker complimenting my work, (or my sweater!)

After a few weeks, I started writing them down before bed – as many happy things as I could think of. After a few months of success, it became a year-long journaling challenge. Every day I had to write at least one good thing, no matter how bad the day was.

And the fantastic thing about this project? It started to impact the way I saw the world. I caught myself over and over looking at something and thinking “oh that's going in the journal tonight.” Philippians 4:8 says “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” While keeping this journal, I definitely started to notice the lovely and admirable things more.

I'd challenge everyone I know to try this out. For a week, or for a year, take a moment before bed every day to write down as many good things as you can think of. Or, if you aren't a writer, list them off to yourself in the shower, go on a walk and spend time meditating on the good things, or maybe even find a friend or loved one whom you can share with each day. See how it impacts your thought life and the way you view the world, and see if you don't start to be more aware of the little ways God is bringing beauty into your life every day.

Read the full article [here](#).