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September 2022 | Volume 1 | Issue 4





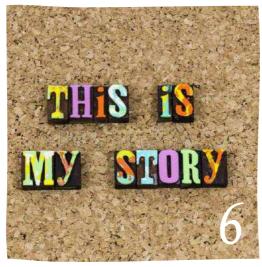






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Also Includes:

Bible Quiz

Bible Puzzle

Did You Know?



# EDITOR'S NOTE

### 66 Brace Yourself Like a Man 99

The theme that has been prayerfully chosen is "Don't Give Up." The theme is a caption taken from the verse Romans 12:12 that requires us to rejoice in hope, be patient in tribulation, and be constant in prayer.

The words of our Lord Jesus Christ ring true as we reflect on Him saying that in this world, we will have trouble. However, we take comfort in Him assuring us to take heart because He has overcome the world. So, as believing Christians, we should not be surprised when we face trouble every day, but our comfort and deliverance come from the Lord. I would like to encourage you with the theme we have chosen - "Don't Give Up." The second part of Romans 12:12 asks us to be "patient in tribulation". In the Old Testament, there was a character called Job. He was renowned for his patience in tribulation. There is a saying that refers to "Be Patient as Job".

The Bible shares how Job was a very wealthy man who was brought down from riches to rags and was infested with sores from head to toe. So much so that even his friends could not recognize him. When they saw Job, they wept and were so shocked by his appearance that they did not utter a word for seven days. The suffering of Job cannot be described in words, but not once did he curse God. His friends were not of much help or encouragement to Job. His wife remarked that Job should curse God and die.

I wish to draw your attention to *Job 38:1-3* where God answered Job out of the storm. "Who is this that darkens My counsel with words without knowledge? Brace yourself like a man; I will question you and you shall answer Me" asked God to Job. God questions us when we tend to ask Him where he is in the midst of the storms of our lives. He asks us these three questions as He asked Job – Know who you are? Know whom you are speaking to? Lastly – behave like a man whom I created. You are fearfully and wonderfully made, filled with His Spirit, and purchased with His own blood on the Cross.

In summary, whatever we are going through always remember that God knows us and how much we can bear. My prayer for each of you is that you experience God in a special manner, as Job did. Let our attitude be one of humbleness, repentance, and worship knowing how awesome our God is and that He is always in control of all things. Take heart He who is in you is far greater than he who is in the world. God bless you and may this edition be of great encouragement to you.

Then Job replied to the Lord: "I know that You can do all things; no plan of Yours can be thwarted, You asked "who is this that obscures My counsel without knowledge?" Surely, I spoke of things I did not understand, things wonderful for me to know. You said, "Listen now, and I will speak; I will question you, and you shall answer me." My ears had heard of You but now my eyes have seen You. Therefore, despise myself and repent in dust and ashes."

- Job 42:1-5

## 66 Dont Give Up 99

- Mr. Dev Daniel

Editor-in-Chief - Lighthouse Director - Projects Department 34 JESUS ANSWERED THEM, VERILY, VERILY, J SAY UNTO YOU, WHOSOEVER COMMITTEETH SIN IS THE SEVUANT OF SIN.

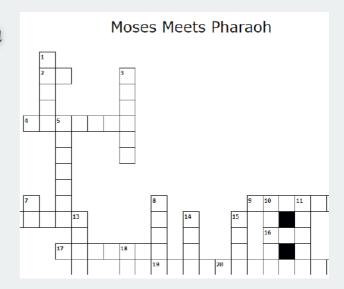
35 And the servant abideth not in the house forever But the son abideth forever 36 If the Son therefore shall make you free, Ye shall be free indeed.

- JOHN 8: 31-36

#### Bible Crossword - Moses Neets Pharaoh

#### **How to Play**

- Click the image on the right side or click here.
- Play the puzzle by filling in the answers
- Take a screenshot of your answers and mail the image to <u>lighthousehbi@gmail.com</u>



DON'T Give up

ON'T Give in

DON'T
Lose hope

**JESUS** 

Can change everything

# WALK IN TREEDOM

Psalm 119:45

As we celebrate the 75th year of Independence Day, let us salute the freedom fighters and the soldiers who are still protecting our country's borders. Freedom did not come to us as a gift, but through blood, sweat, and 200 years of struggle.. Freedom fighters like Mahatma Gandhi, Subhash Chandra Bose, Bhagat Singh, and many others gave their lives as the

price for freedom.

Did our independence heroes envision the liberated India we have today? According to reports, one child is sexually molested in India every nine minutes, and one attempted rape occurs every fifteen. Every day, 80 people are murdered, and 15,300 people take their own lives. More than 20 billion people live in undernourishment and poverty. Even if

India is a global leader in several fields and certain Indians have become some of the richest people

on earth, the question of whether we are truly free still remains. Freedom is defined as "the power or right to act, speak, or think as one wants." Today, fundamental constitutional rights such as the right to equality, the right to freedom, the right against exploitation, the right to freedom of religion, and cultural and educational rights are denied. Instead, we are enslaved by corruption, poverty, illiteracy, terrorism, the caste system,

religious anaticism, unemployment, child labor, slavery, cultural barriers, social evil, etc. According to reports, India now has the most slaves in the world, with an estimated 140-180 lakhs slaves working as slaves in brick kilns and other industries.

Since we are enslaved by the above-mentioned issues, we are unable to enjoy freedom.

freedom. The Psalmist remembers how God delivered the Israelites from 430 The day a woman can years of slavery by the Egyptians. The Israelites failed to walk in freedom when walk freely on the they failed to follow the commandments. roads at night, that day Because of that, they started to fight we can say that India within themselves and fell prey to their achieved enemies. Likewise, Paul warns independence. Galatian 5:1 says. - Gandhi

"For freedom, Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

Psalm 119:45 describes walking in

Christine Caine explains this passage like this:

"Being set free and walking in freedom are not the same. The first was done for us by Jesus, but the second we must choose to do ourselves in His strength and by His grace."

Therefore, our spiritual freedom is practised through complete obedience to God. The utmost fidelity to the constitution and affection for one another as brothers and sisters must be the cornerstones of our national independence. As we commemorate our 75th anniversary of Independence, may the Lord grant us the grace to live in freedom.



**This is My Story** 



#### The Dilemma of My

# Testimony

Ms. Yesufi Fithu
Pre M.Th | HBI & College

I am just a girl who had the privilege of witnessing what God can do in a person's life. In 2019, I fasted for 40 days to start my theological journey from Kohima Bible College. After completing my 40-day fast, I was left perplexed by the question my dad asked me about how I can bring a change in someone's life. I understood the reason behind this question, but I could not stop thinking about it. He wondered if my decision was worthwhile. For him, I was an ideal daughter, I never lied to my parents, cheated, or took part in any immoral activities. We were both trying to envision my life through the lens of worldly standards. My testimony will not resonate with others, I have not experienced what they went through (addictions, broken relationships, and so on). I thought, and I have even imagined, engaging with such acts just to make sure my testimony was transforming and resonating.

Thankfully, there was also a theological student who was staying with us. He patiently sat there, listening to our whole conversation, and when we were done, he gently spoke up and asked which I would prefer: obedience or disobedience to God and parents. He also said that I had the best testimony and he told me that the greatest testimony is God dying for my sins and rising again.

The one who believes in the Son of God has this testimony within him.

1 John 5:10

Now that all the dots have started to connect, I realized, how grateful I was. I wondered where I would have been if I hadn't remained constant. Life would have been worse. Now when I think about the decision I made to not indulge in bad habits, it fills my heart with great gratitude.

The greatest achievements that have accomplished so far were the opportunities to seek God, the opportunity to change, and the opportunity to take a fast. And my life is transformed and renewed day by day. I am closer to God than I was before. This I believe, is true success. Focus on God and the rest will fall into place. Of course, it is not the end but the beginning of another journey. Remember. whenever things are not going as planned, He is in control, so it will turn out to be better than before.

Your Test will be Your Testimony Your Mess will be Your Message **Believer's Life** 

# MHÖ

## is a real friend?

#### To all of my friends, I wish you a Happy Friendship Day!

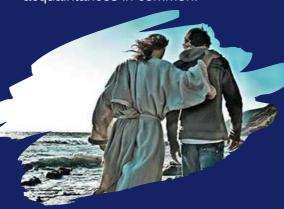
International Friendship Day is observed on July 30th, but in India, we observe Friendship Day on the first Sunday in August. What makes having a buddy and cherishing them so special? Each of us has close friends and special pals that we value and love. On these special days, we send each other greetings and wishes, and some people even come together to celebrate with parties and cakes.

Like other relationship, friendship has its good and bad days. Even the closest relationships can fall apart due to misunderstandings and turn into enemies to the point of endangering the other person. Similar circumstances encountered by the Psalmist as well, which is why he wrote Psalm 41:9.

> Yea, mine own familiar friend, in whom I trusted which did eat of my bread, hath lifted up his heel against me. (KJV)

In this world, there are many different types of friendship. When we look at the life of Jesus Christ, We can see that He travelled with a diverse range of friends. Let's explore them:

 Common Friends: Those who are overly polite, barely converse, but gather in a congregation to greet.
 Jesus had a large number of acquaintances in common.



- Compound Friends: These are those people who are more closely related than common friends. Jesus had 120 compound friends.
- Committed Friends: Jesus had 12 faithful companions who gave up everything to follow Him and be by His side.
- Close Friends: Jesus had three close friends namely John, Peter, and James.



Covenantal Friend: There
was only one covenantal
friend who agreed to Jesus'
teachings and remained in a
covenantal relationship with
him.

Who are our friends, exactly? Some people brag about having many friends, yet it's likely that those friendships will end at some point. In one of Paul's letters, we learn that the Galatian believers initially supported their pastor and were willing to donate their eyes when he had vision problems. However, later on, we learn that the believers turned against the pastor and were even prepared to pluck his eyes. According to the Bible. friendship can last forever.



A worldly friend may claim to be there for us always, but he or she may turn against us if there is a misunderstanding. Worldly relationships only last a few years. Do you know there is an everlasting friendship?

Abraham was referred to as God's "Friend." He had a strong relationship with God, and God was with him. Abraham submitted to God, remained in Him, and followed His ways. God blessed him and refers to him as "His friend." God wants us to be connected to Him, and our highest calling is to be His friends. He is the greatest comforter, advisor, and friend anyone could ask for in this world.

The world celebrates Friendship Day only once a year, but with God, every day is a celebration. As we draw

Abraham was referred to as God's "friend." He had a strong relationship with God, and God was with him.

God's love for us is boundless, and He longs to be close friends with His people. Every day, God came to spend time with Adam and show him His love. He desires for us to love and honour Him because He loves us. This relationship was broken when sin entered the world and distanced us from God, but God did not stop there. God came into this world in order to shed His blood, cleanse us of our sins, and mend our connection with Him. No one in this world could offer their own life for a friend, yet God's love for us is so great that He chose to die in our place.

So, lets draw close to God and He will draw closer to you!

near to God, He also draws near to us, enabling us to feel His unconditional love, care, and comfort throughout our entire journey through this world. Truelove is all about caring and loving the other person as yourself and that is the message that God conveys to each of us today!

DID YOU KXO

In 1714, the Bible was translated into Tamil **Bartholomaus** Ziengenbalg, German missionary, with the Johann Ernst Gründler. His contributions enormous since the events they precipitated—the printing press's importation and the translation of the Bible—have shaped country's history.





# AUSH TO THE RU

Sunday morning of 14th July 2008 started out like any other Sunday. My husband was invited to preach at one church in Chennai. Suddenly, I received an unexpected phone call saying,

"Your husband, Rev. Stanie Charles, is having severe chest pain, so we have brought him to a medical clinic and the doctors have administered medication, but the pain has not yet subsided."

I didn't know what to answer. Then I requested that they will quickly shift him to a hospital near my home in Ambattur, Chennai. I was anxiously waiting beside the road. We immediately rushed him to the hospital, and he was immediately taken to the ICU as he was having intense chest pain. The doctors said,

"Your husband's had a heart attack and the next 24 hours are extremely crucial, and until then, we cannot say anything. Which means, anything can happen."

I have no words to explain my feelings and emotions during that time of uncertainty and distress. However, I was alone and had to make quick decisions and do the needful. Soon after, I went to the pharmacy to get the medications the doctors had prescribed. Upon seeing the prescription, the pharmacist said,

"Madam! Rush to the ICU! This injection means life or death. Your husband must be counting the last few seconds of his life. You can make the payment later."

I ran as quickly as possible towards the ICU. While running, I ignored what other people would think or say about me or whether I could run fast or not, but I sprinted to deliver the medicine. The doctors immediately did the needful. Then, while returning from the ICU to pay the bills, I realized and understood the true meaning of "GO QUICKLY" Matthew 28:7-8, where the angel said to the women,

"Go quickly and tell his disciples that He has risen from the dead. The women ran quickly from the tomb .... rushed to give the disciple the angel's message."



Therefore, whatever your age or gender might be, if you are a true believer in God, run quickly and tell the good news. My dad, Rev. Harris Hilton said,

"Serving God is the most prestigious honor and greatest opportunity in this life. When God gives you the strength and opportunity to run for the gospel, O you better run! A day will come when you have to sit, and at that time you won't be able to run even if you want to."

Mrs. Esther Charles

Our life is precious and short hence, for the sake of the gospel, whatever needs to be said, say it quickly and whatever needs to be done, do it quickly.

I will not go to heaven because I am a preacher,
I am going to heaven entirely on the merit of the
work of Christ

- Billy Graham



#### **GRACE ELEVATOR**

A Joyful 'toon by Mike Waters



For the law was given by Moses, but grace and truth came by Jesus Christ.

# THE MYSTERY FOREST



- Mr. Seikhohao Kipgen

M.Div | HBI & College

Mystery Forest! Mystery Forest!

I heard the sound of 'the Mystery Forest'!

I walked 'in the deep' of 'the Mystery Forest'!

I worn a raggedy clothed, a hat and a tiny rubber bag with sling;

"Oh! The melody of 'the deep' dark Forest" I astonished!

Mystery Forest! Mystery Forest!

Your glory is the tall trees, huge and straight...

And the bird's nests at the top of it, as your crowns!

The waters, the streams and the lakes fall upon you to anoint;

And your deep sounds of the Mystery Forest are "the glory of your voice"!

I rested at the riverbank, "Imagined the beauty of the Natures"

I closed my eyes! Oh! The Mystery Forest!

'I heard' the birds sang! Chwik! Chwik! Chwik!

And I heard, 'the wind blows; I felt my hair moves gently with exuberant'!

I turned around and observed the Mystery Forest;

I felt asleep! I dozed; I saw an eagle a far off! Playing with its beak on a tree trunk!

I aimed and tried to shoot; but flew away with fear...

Then, I got up, and walked inside the deep Mystery Forest!

I saw a deep dark Rocky black Cave with a Banyan roots braided upon it;

I walked towards it and touched gently in my palm, for I knew that's your beauty:

Oh! Mystery Forest! Mystery Forest!!!

I felt something so strange about (you) "I said", "the Natures", I ran with a deep fear;

My flip-flops fell off in the tiny road; I turned back, saw nothing!

I turned my front and hit my face on something,

"Like human wrap in a white garment" I couldn't see'

I fell on my knees, hid my face;

And muted for awhile out of fears; and suddenly'

I saw an old witch passing by the tiny roadside;

"I plunged my fist in my mouth to keep myself mute" for "I was shuddered"

I walked forward bit by bit; for 'my life'

But, I steeped upon the dry leaves 'makes her blink! Blink! Blink'...

'She starred' at me with an egg eye; pointing...

"Who are you"? With a deep voice: Asked the old witch lady;

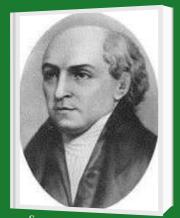
Frightened was I, for I muted and ran away out of feared.

Mystery Forest! Mystery Forest!

I heard the sound of 'the Mystery Forest'!

# Famous Missionary—Ata Giance

Missionaries came to India from all over the world to spread the gospel and support the growth of the local populations.



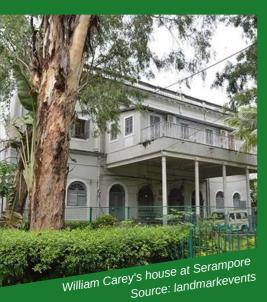
Source: landmarkevents

William Carey was born on August 17, 1761, in Paulerspury, Northamptonshire. Carey studied botany and learned Latin on his own and was a multilingual fluent speaker. He left the Church of England and joined other Dissenters at the Congregational Church. William Carey was sent to India in 1793 to preach the gospel. He didn't see India as a foreign country to be exploited, but one to be loved and served. The East India Company forbade Christian missions in India at the time of Carey's arrival.

He translated the Bible into Bengali, the mother tongue of millions of Indians. He became perhaps the most influential person in the largest outpost of the British Empire.

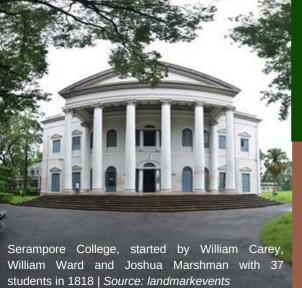
#### **Major Works of William Carey**

- The mission printed and distributed the Bible in 44 different languages.
- Carey established the Agri-Horticultural Society of India in 1820 at Alipore, Kolkata, to spread his passion for botany. He published the first science texts in India and popularized the Linnean system of plant categorization.
- William Carey was an Indian reformer who fought against the oppression of women and introduced schools for all castes and classes for girl. He was also the first man to stand against polygamy, child marriage, sati, and female infanticide, among other atrocities against women in India.



- In ancient India, people with leprosy were often burned alive to cleanse their bodies and prepare for a new rebirth. William Carey actively supported the humane treatment of lepers in India as he believed that God loved them and that they too should be cared for.
- He established the first English periodical "Friend of India" which was the driving force for social-reform movements in Indian society.
- He started many churches and Sunday schools for children.
- Serampore College was the first degree-granting college in Asia. It
  was founded by William Carey, along with William Ward and
  Joshua Marshman, in 1818 with a mission to train new pastors and
  missionaries for the church.

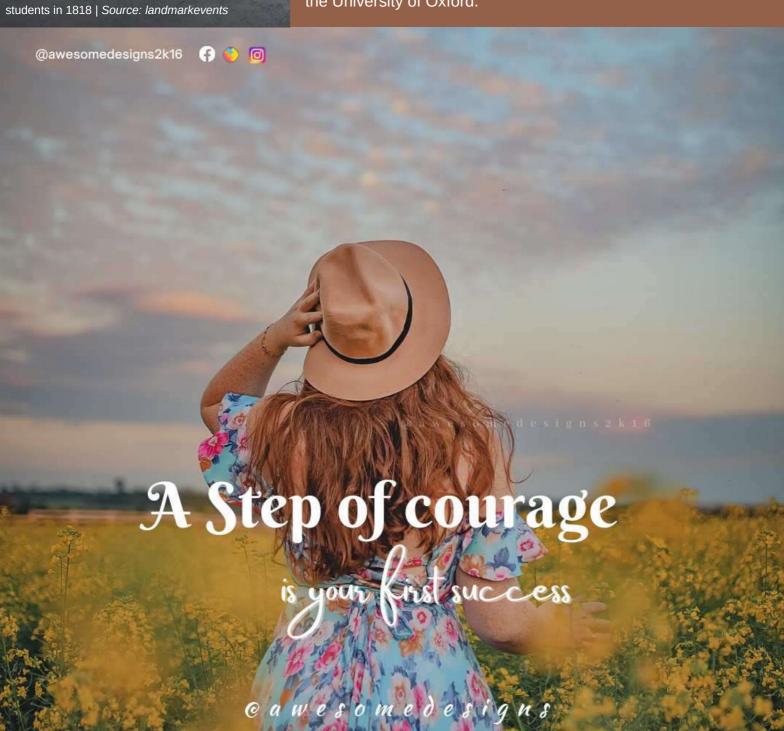
**Preaching** is God's grace for sin forgiveness and assisting people in becoming His children through faith. **Teaching** assists people in understanding the Bible, obeying God, and following His ways. **Healing** is the demonstration of God's love in this hurting and wretched world - Matthew 4:23



# "Expect great things from Jod," attempt great things for Jod."

#### The famous aphorism of William Carey

A cobbler left his bench and followed God's direction to reach out to the people of India. His life and mission are a providential window in history. William Carey was a professor at Serampore College when he passed away in 1834, and the couch he died on is currently on display at Regent's Park College Baptist Hall at the University of Oxford.





#### A Study Among Master's Students of Zeliangrong Christian Fellowship, Shillong

#### - Ms. Gailumliu Gangmei

I'm sure everyone has dealt with anxiety at some point in their lives; it's a common issue that affects a lot of high school and college students who are seeking academic degrees. Academic anxiety refers to the mental state that comes along with practically all of the rigorous academic tasks, such as attending courses and exams, which are the greatest sources of academic anxiety. Naga students are not an exception to this.

What preventive strategies are available for students who experience academic anxiety, which negatively impacts their mental health and wellbeing, and how can this issue among students be resolved? Let's take a closer look at the students' potential intervention needs.



Academic anxiety is caused by three major factors:

- 1) Childhood Trauma
- 2) Low Socioeconomic Status
- 3) Low Level of Spirituality

Not all instances of academic anxiety are detrimental. Low degrees of anxiety are common and, for some students, may even be beneficial because, without any anxiety, most of us wouldn't have the drive to study for tests, complete daily assignments, or write any research papers. However, a little bit of anxiety can actually improve academic performance by boosting drive and morale.

However, extreme anxiety can be a serious issue because it impairs memory and focus, which are essential for academic achievement. Academic performance may suffer as a result of anxiety. Higher anxiety among students is associated with lower academic performance and outcomes. There are a number of serious issues that are documented in students who are under a lot of academic stress, including depression, anxiety, behavioural issues, suicide, etc. Hence, the secret to efficient management is understanding the source.

There haven't been many studies among the Nagas that examine academic anxiety childhood relation to trauma. socioeconomic status, and spiritual wellbeing from a pastoral perspective. Some of the more prevalent factors among the students in the Northeast context include study skill deficits, over involvement in socioreligious activities, low IQ, inappropriate study choice, low spirituality perfectionist personality, anxiety about the uncertainty of future outcomes due employment lack opportunities, childhood trauma, and low socioeconomic status. For these serious issues to be addressed, the church must step in.

Let's examine the three main causes of academic anxiety in more detail.

#### 1) Childhood Trauma

The effects of childhood trauma can last a lifetime, and kids who experience traumatic events as children are more likely to experience behavioural and learning issues, which ultimately cause academic anxiety.





#### 2) Socio-economic Status

The academic stress is significantly influenced by socioeconomic level. Financial stress forces a person to use more of their cognitive resources to try to manage their financial pressures, which leaves less cognitive resources for other fears and negatively affects their academic performance.



#### 3) Spiritual Wellbeing



Pastoral counselling in the church can help heal trauma, pain, and suffering. More mental health programmes should be offered in schools, institutions, universities, and even Sunday schools. They should be encouraged to ask professionals for help with academic work and mental health. The church should start organizing cottage meetings, conferences, workshops, symposiums, etc.,

as well as community opportunities where people can share experiences, resources, and occasions for those going through difficult times in their personal lives, businesses, or emotions.

Just like someone who experiences a secure attachment to a parent, a person who has a secure relationship with God experiences greater comfort when trying situations occur, and greater strength and confidence in everyday life. A lot of students in the Naga environment are left to fight alone due to a lack of assistance from the college and the church. Having a counsellor in a school, college, or university is a required service in many industrialized nations. Pastoral counselling can help close the gap between students and counsellors. Pastoral service requires a holistic approach to healing, reconciliation, reconciling, and nurturing, all of which are lacking in our churches today.

Pastoral care and counselling towards struggling believers and students, for that matter, does not seem to receive due attention in our Naga context. Coping strategies such as individual counseling, mindfulness meditation, self-regulation strategies, and spiritual coping strategies can help reduce anxious tendencies.

The Bible asserts that it is unwise and incorrect to disregard danger or excessive worry. Being constrained by excessive worry is likewise inappropriate and harmful. It can be difficult for people to entrust their burdens to the Lord and to believe that He will provide for their needs. Such uneasiness must be given to God in prayer, who can deliver us from crippling fear or anxiety and enable us to honestly address the needs and welfare of others as well as our own mental health.

Thus, pastoral counselling plays a vital role in helping the North-eastern students who are struggling with academic anxiety as many students seek the help of a pastor over any other professional. Therefore, pastoral counselling services should be an integral part of pastoral ministry and the church should come up with effective intervention strategies to address this grave problem.

#### July Issue - Biblical Puzzle Answers

#### Hidden Books of the Bible

Mark | Luke | Acts | Revelation | James | Ruth | Numbers | Job | Amos | Esther | Judges | Exodus | Titus | Lamentations | Hebrews | Micah | Haggai | Joel | John | Hosea | Jonah | Genesis | Proverbs | Jude | Chronicles | Nahum | Kings







#### - Ms. Rebecca Sunitha



Joseph recognized sin and stayed away. (Genesis 39:9) The real you will be revealed when you're alone (your thoughts and actions).



Daniel is renowned for his wisdom and intelligence. (Daniel 1:20)

When God gives you full freedom to choose anything, be wise and unique.



God rebuilt Job's life. (Job 42:12)

If there's a breaking time in your life, for sure there will be a time of dedication.



Moses gave many excuses to God, but God saw him as a qualified person. (Exodus 3:11&12)

When you think you're unworthy; God sees you as qualified.



Remember, God chose Deborah to be a judge of Israel. (Judges 4:5)

As a woman doesn't underestimate yourself, for you can be a leader or entrepreneur.



Sarah became pregnant and bore a son to Abraham in their old age. (Genesis 21:2)

When you feel it's impossible to overcome or find a way through, remember that our God can turn the impossible into the possible.



Samuel heard the voice of God and obeyed, so he became a prophet and judge over Israel. God chose him to anoint and counsel Israel's kings. (1 Samuel 10:1/1 Samuel 16:13)

He or she who follows the voice of the Holy Spirit will be rewarded by God.



Jonah tried to run away from God's voice, but God's compassion for the people was fulfilled through Jonah. (Jonah 1: 3 & 4: 11)

Though you give excuses to God's call, if God chooses you, know that He will fulfil His purpose and plan through you.



Esther finds favour with both God and the king (Esther 2:17, Esther 5:3).

Those who remain faithful to God during the waiting period will never be ashamed.



Participants can register by visiting: <u>joinmyquiz.com</u> Enter this code: 6373 7085

18 September, 2022: Deadline to complete the quiz





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#### Vision

To be a guiding light to direct people to run their race with perseverance without being wavered by the storms or broken by dangerous perilous rocks.



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