

LIGHTHOUSE

May 2022 | Volume 1 | Issue 2

THE TOMB IS EMPTY

GODLY
WOMAN

DREAM OF
YOUR LIFE

*Communication as Gift of
God in Family Relationship*

BIBLE PUZZLE AND
QUIZ

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12 CRUCIFIXION-A MEDICAL PERSPECTIVE



EDITORS NOTE

God created the world and gave man authority over everything. God created man to have a relationship with him. Bible says that God visited Adam in the garden every evening. But when man sinned against God, the bond between God and man broke. God called Abraham to be His own and promised to bless him for generations to generations and take him to the Promised Land. God kept His word and took the descendants of Abraham to the Promised Land. But they forgot God and began sinning. God gave many laws for the atonement of sins but sin overtook the world. God chose to come down to earth and atone for sin once and for all. He chose to become the sacrificial lamb to save mankind from all sins. For atonement of sins, blood had to be shed and God chose to shed all His blood and he died for us. But it didn't stop there, He rose again on the third day and defeated the darkness. Wages of sin is death and God overcame it to save us. He died and was buried but He rose again.

THE TOMB IS EMPTY!

Now then, stand still
and see
this great thing
the Lord is about to do
before your eyes

- 1 Samuel 12:16



HAPPY
WOMEN'S DAY

Who can find a *virtuous* woman? for
her *price* is far above *rubies*.

- Proverbs 31:10





GODLY WOMAN

DEAR FRIENDS, HAPPY INTERNATIONAL WOMEN'S DAY TO ALL WOMEN.

Is it enough for us to celebrate women on Women's Day alone?

What is God expecting from us?

How should a godly woman be?

Here are a few thoughts about godly women in the light of scriptures.

Shall we examine ourselves with prayer?

We find women being treated special on Women's Day and are not given importance on other days. But every woman is special in the eyes of God. I would like to put forward a few questions.

Who is a Godly Woman?

A godly woman will love others more than herself and serve others with happiness. Mother Theresa is a great example for a godly woman. A godly woman seeks God always, stays true and humble before God and serves God faithfully with all her heart.

God expects and searches for some qualities that pleases Him. They are inner beauty, obedience to God, avoiding gossip, controlling our tongue and using our words for the Glory of God and encouraging others.

- **Proverbs 31** - Godly woman will love the Lord and be faithful in doing her responsibilities.
- **II Corinthians 10: 5 (b)** - Godly woman will control her thoughts and be obedient to God.
- **Ephesians 4:29** - Godly woman will avoid the unpleasant talk.
- **I Timothy 2:9-10** - Godly woman will dress modestly and adorns herself with good deeds.
- **1 Peter 3:2** - Godly woman lives life with reverence and purity.
- **Proverbs 31:30** – Godly woman focuses on her inner self than outer beauty.

Here are some verses that talk about these qualities.

Characters from the Bible

Mary Magdalene (Matthew 27: 56, 61; 28: 1; Mark 15: 40, 47, 16: 1, 9; Luke 8: 2, 24: 10; and John 19: 25, 20: 1, 11, 18)

Mary Magdalene was a sinner, rejected by all. When she met God her life changed and she was relieved of her sins. Even then she would have faced abuse in her life and people would have accused her of her past life but not once did she go back to her sins. She valued her precious calling and served God earnestly. In our lives too, we might be accused by others for something we did in the past. Don't worry about those who discourage you and go forward with God's strength.



Ms. Arin Benitta

Ruth (Ruth 1 - 4)

Ruth was a woman of unwavering faith and had a humble heart. She loved her family and was willing to go with her mother-in-law to a new place without worrying about her future. She was humble and obedient to her mother-in-law. Families are given by God. Even if the members do not understand our struggles and weakness or blame us for everything, don't lose heart. God will honor us if we are good to our family and in-laws.

.....to be continued

Scripture Reading - Matthew 26 - 28

Study sheet

What does this passage tell us about God?

What does this passage tell us about humanity?

What does this passage teach us about our identity in Christ?

Statement to change your daily life to reflect the reality that you have learned

With whom will you share this story?

**Do you know anyone who needs help?
What can we do to help them?**



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Lean on

God

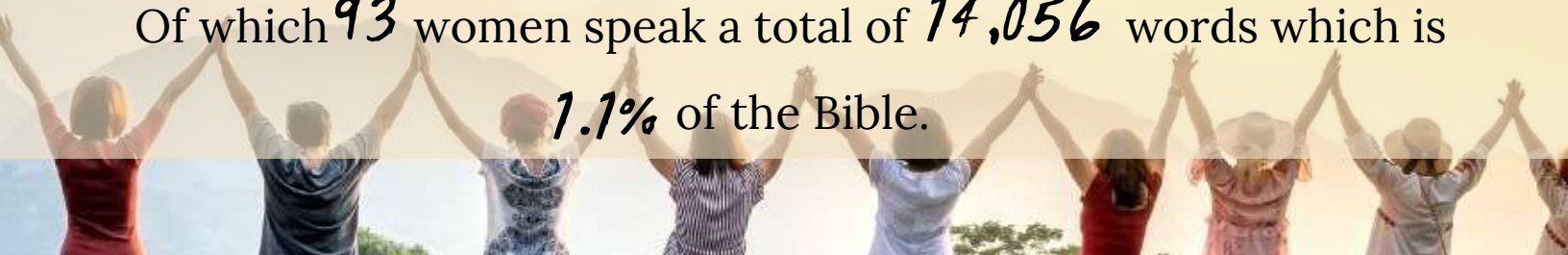
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Princy Kirubha

DID YOU KNOW?

There are **188** named women in the Bible.

Of which **93** women speak a total of **14,056** words which is
1.1% of the Bible.





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"A lot of problems in the world would be solved if we talked to each other instead of about each other."

- Nickey Gumbel

by Mr. John Cerilo

Lack of Communication is one of the most common

problems in a family. It involves both verbal and non-verbal cues and we can easily find out even if there is a small change in the facial expression in the person we have known for a long time.

Men and women communicate differently and loss of communication can make the family life difficult. Healthy communication is the foundation for success in family life.

Loss of communication and the tone of conversation cannot be retrieved. It can make one feel insecure, depressed and want to withdraw. It is also important to remember that it's not always what you say, but how you say it. Negative communication can also include any communication that not only leads to hurt feelings but emotional or physical abuse, as well as non-verbal communication.

Therefore, the ability to communicate is a gift from God to humanity and so He has blessed man with language. The animal cannot communicate, create grammar, sentences, statements and expressions but man can. Triune God speaks with one another and decides to create man and woman.

Communication as Gift of God in Family Relationship

"Then God said, "Let us make man in our image, after our likeness."

- **Genesis 1:26**

God visited Adam and Eve in the evening and communicated with them continuously. He communicates through nature, written word, prophets, signs and wonders, Jesus His Son and Holy Spirit. God created man in His own image and blessed him with the capacity to communicate. This is also a powerful tool to create relationships and family life.

Family is the primary caring institution across the cultures that have contributed significantly to human development, emotional nurturing, fulfilling relational and social needs, and providing a context for the most intimate human interactions. The family was instituted by God and is to be carefully cultivated and protected. It is both the purpose and fulfillment of our human dwelling. The Bible pictures the family as of primary importance. Genesis states with the first family and lays the foundation for the character and purpose of Israel in the experiences and understanding which the families of Patriarchs had with God. The writer of the Old Testament laid great stress on the importance of family life.

Thus, were the descendants of Abraham, Isaac, Jacob and the twelve Patriarchs? Even in the New Testament when Paul listed the advantages belonging to Israel he wrote, theirs are the Patriarchs and from them is traced the human ancestry of Christ (Rom. 9:5).


The pattern of communication indicates the level of mutual respect in the family. When there is mutual respect, affirmation, and a sense of freedom, individuals in the family interact with one another with open communication. If such a thing is missing, self-worth is in question, the individuals take defensive strategies such as blaming, quarreling, comparing, distracting, putting others down, etc. Healthy family relationships cultivate a feeling of love and security for all members of the family. Developing a good relationship can be one of the greatest blessings that parents can give to their children.

For this, they need to promote a nurturing and caring environment to help them to grow into well-balanced, happy, and successful men or women in society. Because family is the first place where a man develops from a biological thing to a social animal or holistic man. Proper communication, quality time at home, appreciation, respect for one another are essentials in building a strong and happy family.

Nothing can be paralleled with a good relationship in the family which is attained only through good communication. Effective communication within the family can be built on a foundation of trust, listening and much more personal level that requires a listening ear, honest opinion and open-mindedness. Learning to express feelings effectively will reduce the arguing and yelling as well as increase satisfaction and sharing feelings. In such a case, all members of the family learn conflict management, problem-solving skills and sharing of thoughts and ideas.

Reaching out to family members in repairing the relationship is a great challenge. But the person concerned must take the first step which leads to a way to reconnect. It requires to be direct in clarifying the issues to be discussed and resolved. Respect, happiness and openness are critical in broken family relationships. The members are supposed to adjust the behaviors and words to reflect on what made the damages.

Good communication leads to a successful relationship among parents, children, spouses, siblings, etc. basically, families face challenges with balancing the needs and wants of every member of the family. It is impossible for everyone's needs to be met all the time but needed to be considered. Compromising does not mean that there is a winner and a loser but there arises the solution for the problem. To maintain a good relationship, family members need good communication skills so that everyone's point of view and suggestions are expressed clearly, heard and considered by other family members. Thus communication, relationship and family are interlinked that requires great attention all the time to produce a blessed family life in society. Doing so we obey God's Ten Commandments, the first half (1-5) vertical relationship with God and second half horizontal relationship with neighbours (family members).



*Whose are the fathers, and of whom
as concerning the flesh Christ came,
who is over all, God blessed forever.
Amen.*

-Romans 9:5

Crucifixion - A Medical Perspective

Crucifixion comes from the Latin word **'crucifixio or crucifixus'** which means 'fixed to a cross'. The Romans used this method to punish the worst criminals, captive armies and traitors.

Jesus Christ was crucified in a t-shaped structure called *Crux Immissa*. When we read Matthew 27: 32 – 56, we understand the sufferings of Jesus on the cross.

Many researchers and theologians have studied and researched to understand the sufferings of Jesus from a medical view.

With the advancement of medical technology, every physical, emotional and psychological pain has been researched and given scientific names. Here are some conditions that medical experts give about the kind of suffering that Jesus suffered on the cross.

Blood as Sweat at Gethsemane

"And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground."

- **Luke 22: 44**

Bible says that Jesus was praying in Gethsemane before He was arrested. Knowing the suffering and pain He has to go through in the next few hours was stressful. We read in Luke 22:44 that His sweat came out as blood.

The medical term for this is called **hematohidrosis** which occurs when a person is under extreme stress or about to face his death. When Jesus was arrested and brought in front of the high priest, Jesus did not answer the questions put forth by the high priest and so they spit on His face and smote him with their palms.

"Then did they spit in his face, and buffeted him; and others smote him with the palms of their hands,"

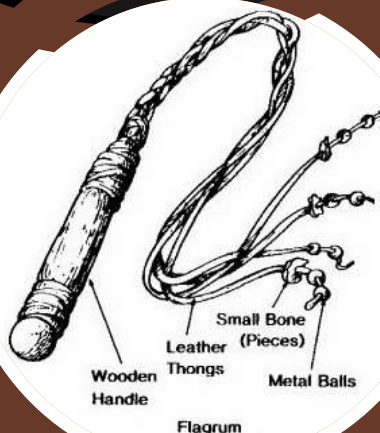
- **Matthew 26:67**

Flogging

"So Pilate then took Jesus and had Him flogged."

- **John 19: 1**

When the Pharisees and the crowd took Jesus to Pilate, he commanded his soldiers to flog Jesus. Flogging is also called Flagellation where a flog/whip is used to blow on the condemned person to create wounds on the body. The flogs used by the Roman soldiers have sharp-edged metal pieces and sheep bones. Flogging aims to cause deep wounds in the body. When Jesus was hit with the flogging and the flog was lifted away from the body, the sharp bones and metals were pulled off the skin and flesh from Jesus' back. Jesus was flogged 39 times. After that Jesus was dragged out from the flogging area. His back resembled a ploughed field with blood and pieces of flesh hanging from his body.



Crown of Thorns

After that, the Roman soldiers put a crown made of thorns on Jesus' head and a purple rope on his torn flesh mocking Him saying "Hail, King of the Jews."

"And the soldiers platted a crown of thorns, and put it on his head, and they put on him a purple robe, And said, Hail, King of the Jews! and they smote him with their hands."

-John 19: 2,3

The thorns were about 2 inches long and when it was pressed on Jesus' head thorns pierced deep into the head which has a huge supply of blood vessels and caused severe blood loss. This is equal to a head injury that caused death immediately.

Carrying the Cross

"Then delivered he him therefore unto them to be crucified. And they took Jesus and led him away. And he bearing his cross went forth into a place called the place of a skull, which is called in the Hebrew Golgotha:"

-John 19: 16,17

The soldiers tied Jesus to the crossbar also called the Patibulum which weighed about 110 pounds and made Jesus walk barefoot up to the skull mountain "Golgotha". When they reached, they tore the robe on Jesus' body. This would have caused a traumatic pain as torn flesh sticking to the cloth with blood would have peeled off.

The uneven wooden cross was pricking on Jesus' open wounds at the back.

What does His Suffering Mean to You?



Nails

The Roman soldiers use nails to crucify the criminals by nailing the hands and feet of the criminals to the crossbar. Jesus was also nailed to the cross. It is explained that the nails must have been pierced in the wrists of Jesus as if the palms were nailed, the weight of the body cannot be balanced.

The median nerve is an important nerve in the hands that connects to the brain. Each time Jesus took a breath, the pain will be excruciating as the nerves are pinched each time by the nails. Jesus spoke the 7 lines on the cross before giving up his last breath. You can read the 7 saying on Jesus in Luke 23.

"And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost."

-Luke 23:46

No human can survive these kinds of excruciating pain and continuous bloodshed. With severe blood loss, the heart muscles weaken and can lead to heart arrest. Many researchers say that the death of Jesus was due to cardiac arrest.



Ms. Suneera Lincy



Dreams of your Life

Every one of us lives with the hope to achieve our dreams, but the difference is how we approach our destiny. The biggest dreams of our lives are determined by our society and the impact we have on our friends. Most of the time, we don't see the ray of hope to progress towards our goals. Often we get frustrated in this process and give up. When you see your friend's progress and you find no way to start your life, exhaustion and disappointments are the only results you gain out of this hectic journey. But the bible says,

“Commit your way to the LORD; trust in him, and he will act.”

-Psalm 37: 5

The common mistake we often do is being autonomous. We seldom like people to direct us, we love to be the boss of our life and we hate accountability.

No wonder we go through such a phase of life when we are stubborn about the prime principles of our life. Committing our ways to the will of God is the key move in our life toward success.

God's will is eternal and He works when we commit to His ways. Jesus says,

“If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

-Matthew 7: 11

Never be in the hurry to take decisions. Find the perfect will of God. He knows what is good for you. He has the best things in-stored for you.

The second important thing in this process is trusting God. Trust requires patience. When you trust God, you would show a lot of patience and composed nature in deciding things. In Romans, Paul writes ,

“And patience produces character, and character produces hope. And this hope will never disappoint us”.

-Romans 5: 4,5

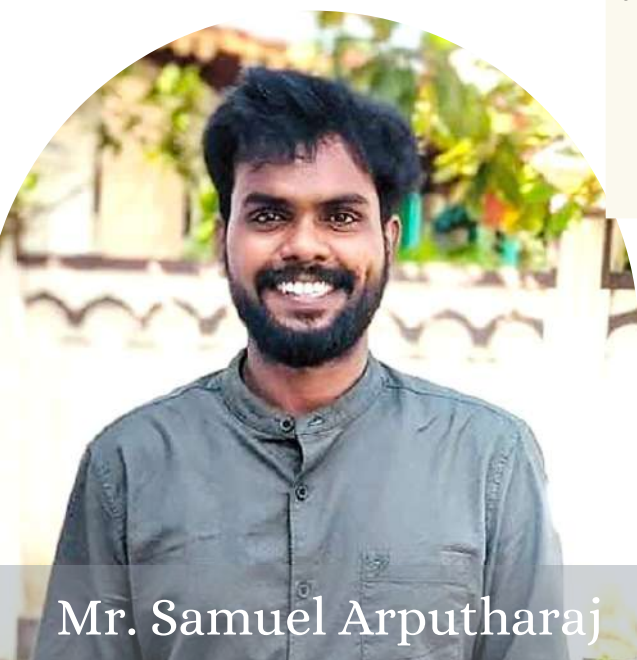
Patience builds a character in you and this develops a maturity to handle the crisis in your life. Finally, Hope is the outcome and God will never disappoint you.

Commit your plans to God and align your dreams to the will of God and wait for the right time. God will make your dreams a reality with his unimaginable acts. When no one helps you, never let your hope. God’s hands are always there to hold you and pick you up in your needy situation. You will witness the hand of God! When you are forsaken, trust in him completely, with all of our heart expect from Him the best.

We are born with desires, dreams, and wishes. When you trust Him completely, you would never get disappointed with the process He takes you through. Success is not an event, it is a process, and only God can get you through this process.



*Dream Big, Trust Big, Commit your ways
and
wait for His actions!*



Mr. Samuel Arputharaj

This would bring a great change in you as a person and you will see wonders happening in your life. Never stop dreaming and never stop trusting the will of God.



She openeth her mouth with
wisdom; and in her tongue is the
law of kindness.

-Proverbs 31:26

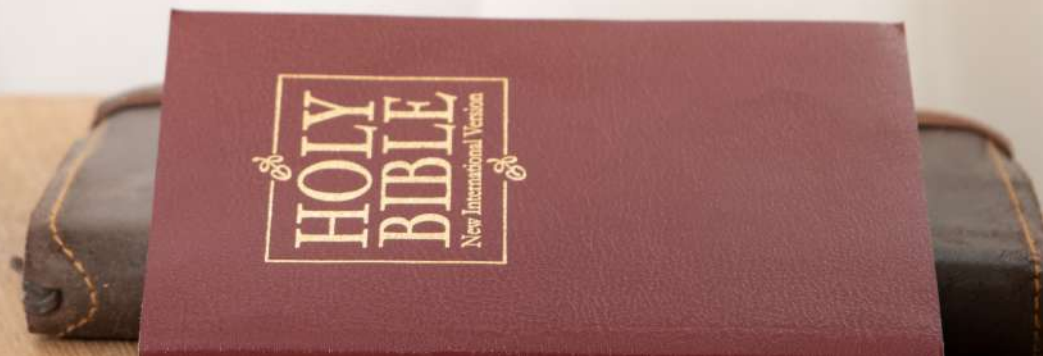
*Happy Mother's
Day*

BIBLE QUIZ

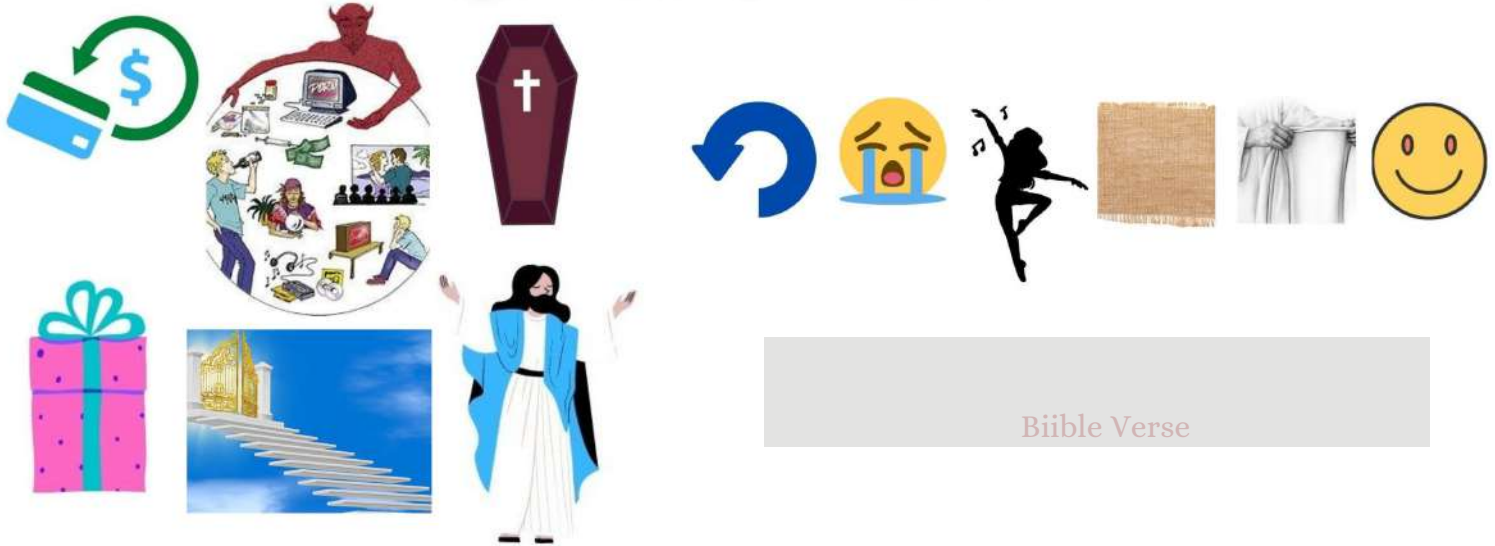
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Bible Puzzle



Biible Verse

Biible Verse



Song Name

Song Name

Last Issue - Biblical Puzzle Answers

Across

3) humbles | 4) disciples | 6) greatest | 11) Capernaum | 13) least | 14) Yes | 17) servant | 18) children

Down

1) believe | 2) first | 5) Jesus | 7) sea | 8) Matthew | 9) name | 10) welcome | 12) child | 15) sin | 16) John

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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.



Editor-in-Chief: Mr. Dev Daniel | **Associate Editor:** Mr. Isaac | **Editor & Designer:** Ms. Suneera Lincy

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