

# THE TRUE WORSHIP MAGAZINE

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The Newfoundland Foundation

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Breast cancer warriors.

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THE NEWFOUNDLAND FOUNDATION INC.  
**PRESENTS**

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**THE MARRIAGE  
ENHANCEMENT  
CONFERENCE**

**A BEAUTIFUL LOVE STORY**

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**FRIDAY, SEPTEMBER 11 TO SUNDAY,  
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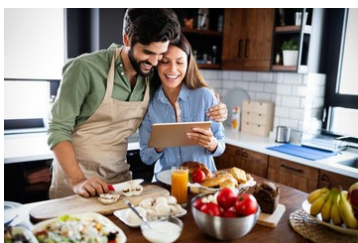
**Key Speaker:  
Dr. Mfon Cyrus-David,  
MBBS, MS.,  
Sugar Land, TX.**

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**Also Speaking:  
Dr. Faith Atai, MD.  
Sugar Land, TX.**

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**Love is demanding, yet truly  
fulfilling. Come and discover,  
rekindle or enhance the love in  
your marriage.**



God's recipe for success is flawless.

**“...in order to be able to form a viable, autonomous entity called the ‘us,’ the new couple should create the appropriate boundaries between themselves and their other pertinent relationships.”**



Leave! Set the appropriate boundaries between your marriage and the other pertinent relationships.

## God's Recipe for Success in Marriage

One thing that I learned earlier in my career was that when one knows something very well, they tend to be able to summarize the pertinent issues with ease, and perhaps even place their thoughts in conceptual frameworks that are portable and easier to understand. Thus, I was curious to know what God, the Author and Creator of the first marriage had to say about what it would take to be successful. My encounter with His Spirit through Genesis 2:24-25 was a light bulb moment. It states,

*<sup>24</sup> That is why a man leaves his father and mother and is united to his wife, and they become one flesh.*

*<sup>25</sup> Adam and his wife were both naked, and they felt no shame. (Genesis 2:24-25 [NIV])*

The words “leave” and “united”, and the phrase, “both naked, and they felt no shame” jumped out and brought me so much joy, because, I had discovered God's recipe for being successful in marriage. However, it did not stop there, because, in Matthew 19:5-6, the last piece of the conceptual framework fell into place (see below).

*<sup>5</sup> and said, For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'*

*<sup>6</sup> So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.” (Matthew 19:5-6 [NIV]).*

The Creator is very clear about this, and this follows the backdrop of the cruelties of the old testament marriages, where a man could just dump his wife by giving her a certificate of divorce (Matthew 19:3-10). Thus, Christ decried this practice by stating that what God had joined together, should be left as such (i.e. permanence). Accordingly, we can summarize the recipe for a successful marriage as follows, leaving, uniting, being intimate and staying permanently. In this edition, I begin this series with the issue of leaving (i.e. boundary setting and maintenance), and will address unity, intimacy and permanence in the following editions.

### LEAVING

What does to leave entail? To leave means to go away from something or someone. In other words, one creates a distance between oneself and the object or issue in question. This is very important because, this is where the failure with leaving starts. Leave means leave! However, God would be contradicting Himself if He instructs us to abandon our parents (Proverbs 29:11), so what He means here is that, in order to be able to form a viable, autonomous entity called the “us,” the new couple should create the appropriate boundaries between themselves and their other pertinent relationships. While, at home or as the ward of

one's parents, one did what they wanted. Often, they were the architects of the most important events in one's world. Probably, this was the case with respect to one's coaches, teachers, pastors, supervisors, among others. However, this level of prominence of others in a marriage would be deleterious, and the Chief Architect said, “Leave.” In other words, one can gain from others' perspectives, but it is one's decision to make. When both spouses or spouses-to-be adhere to this approach, then they have truly left.

Leaving successfully, calls for doing so in the three dimensions of human existence—spiritually, psychologically, and physically. Simply put, marriage is for adult Christians, and as an adult, the husband should be ready to provide the spiritual leadership that the wife and later the children would need. I remember the first week that Faith and I had together, and how my loving mother came over to our suite at 4:30AM to wake us up for morning prayers, as this was the custom for all her children while visiting. We were shocked, and not only did we refuse to go, but made up our minds that we had to move to our permanent home, which we did. During our courtship period, we had built our own altar of worship, but that was not clear to her yet.



## God's Recipe for Success in Marriage

While, she meant well, we were a separate entity, and 4:30AM was not convenient. Psychologically, how hurtful it is to have everything that you both had discussed and agreed upon, be discarded, and replaced by a “superior” opinion, often from a parent set. Physically, even a gift such as money, when placed indiscreetly in the hands of one spouse, can topple the stability of the relationship, through a power shift. Thus, one has to first of all understand the importance of setting the boundaries, and then diligently enforcing such. For example, one can say, “Sweetheart, my mother just gave us \$50,000, and I have deposited the check into our joint account!” This would certainly be a good start. Another common problem is the lack of privacy needed for the couple to have quality times with each other. The examples span from sharing the bedroom with others, to simply being unable to air your thoughts to your spouse outside the earshot of another person. These choke and would eventually kill a marriage. Usually, I tell my trainees to ensure that they have a place to live as adults before they tie the knot.

The pertinent thing to note about setting these all-important boundaries is that one needs not just to set them, at the beginning, but to do so and then maintain these throughout the life of

the marriage. This is important for two reasons. Firstly, we relate in an environment that is always testing these boundaries. The others are not always thoughtful, and as such send incursions into our relationships, which must be kept in check. Secondly, we the primary players change over time, in that we develop new habits, and let go of some often, healthier ones. Thus, we are advised to stay connected in order to identify and modify these changes. Leaving can be viewed in the phases of a married life—the early, the midlife, and the older years. At the very beginning, the couple sets the boundaries to inform others that they are a legitimate and God-approved entity, and as such should be respected, and given the opportunity to make their own decisions, and deal with the implications. They also use these same principles within the marriage to set their preferences, and to create and establish their own civilization. At the midlife stage, typically, entropy (i.e. wear and tear) has set in, as the bills and the child-raising chores pile up, and the job-related demands, including the losses and transfers. Then, the parents take ill, and some pass away, and the changes mount. In such times, there is no better way to deal with things, except to operate in an efficient and effective boundary-based relationship. Without

these effective boundaries, imbalance sets in, as one spouse's priorities override those of the marriage, and the couple gravitates towards a crisis or an existent one deepens. When the odds are against you for whatever reason, do not fail each other by not looking for help, preferably, from someone who has nothing to lose by your success. With the older years come ill-health, retirements with the financial implications, the empty nest, and loss of many friends and relatives. All these scream of change, and one must identify the depth of the impacts of these events, and adapt to them adequately. There was an episode of *Tales of the Unexpected*, where an elderly woman really got tired of going late for things because of her husband. On the day they were to travel to visit the daughter, as usual, her difficult husband *dragged along*, got stuck in the elevator and started yelling for her. Knowing that she would miss her flight, she quietly ignored him, got into the taxi and headed for the airport, and he was left to die where he was. Somewhere along the line, the communication had broken down, or perhaps was never effective, and after many years of hurts, her wounded heart became hardened, and what was left was the *arrangement* that later took his life.



**Boundary-setting is painful but necessary.**

**“Leaving successfully, calls for doing so in the three dimensions of human existence—spiritually, psychologically, and physically.”**



**Good fences make for good neighbors.**

**“Vertically, one learns to love God, and through the process, receives of His virtues. Laterally, one passes this love to one’s spouse.”**

## God’s Recipe for Success in Marriage

Setting effective boundaries, is the only way to truly know and love your spouse, because you cannot relate effectively with each other, except you take the time to know who each person is, what influences or matters to him or her, and then lovingly negotiate a new civilization for the marriage. However, the process of setting boundaries should be a loving one, as indicated in **Matthew 22:37-40 (NKJV)**.

<sup>37</sup> *Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.”*

<sup>38</sup> *This is the first and great commandment.*

<sup>39</sup> *And the second is like it: ‘You shall love your neighbor as your-*

*self.’*

<sup>40</sup> *On these two commandments hang all the Law and the Prophets.”*

Out of the abundance of loving God with all of one’s being, which means to know and obey His commands, one then learns to love his or her neighbor (i.e. your spouse). Vertically, one learns to love God, and through the process, receives of His virtues. Laterally, one passes this love to one’s spouse. Thus, the purpose of God is completed by the effective receipt and then transmission of His love. Thus, love is the fulfillment of the law.

The existence of effective boundaries in a marriage is

obvious, when the spouses enjoy a strong sense of safety and security. Internally, when it is safe to air your thoughts, in that these are cherished, and externally, when the relationship is not porous (i.e. vulnerable to undue external influences). Furthermore, the spouses feel well represented in the relationship (i.e. shared civilization), and boundary-setting is a habit, as they regularly check in with each other, negotiate over pertinent issues, and make as well as accept the needed adjustments. Love strong.

### ABOUT THE AUTHOR

Dr. Mfon Cyrus-David is preacher and teacher of God’s word.

## Concerning the COVID-19 Pandemic

The raging pandemic remains a great concern to me and my family. In view of this, we have not ceased to pray that this disease and the related complications would pass by soon. It is our prayer that we who love God, and put our trust in Him, would come out of this trial stronger in faith, and better equipped to serve Him. In view of the rising

number of new cases in the United States, I and the members of the Organizing Committee for the Marriage Enhancement Conference slated for September 11-13, 2020 are reviewing the feasibility of this date, and will publish and update soon. We are very certain that the proposed conference is of God, and will hold, but this should happen

safely, and in a way that will ensure that all that should be there can make it. God bless and keep you.

Dr. Mfon Cyrus-David

## Damaged? There is Help!

To damage is to inflict a detrimental effect on someone or someone's attribute. With respect to this article, I will define being spiritually damaged, as having been demonized to the point that one loses control of one's life, behaves aberrantly, or becomes dysfunctional. This may be progressive, until one gets to the point where one is unable to relate and function in a normal society. While being spiritually damaged is not synonymous with being psychotic, which is a psychiatric state that can be treated with conventional therapies, in its severe forms do approximate with and become diagnosed as such. In Luke 8:26-39, the man possessed with Legion demonstrated several psychotic features, such as paranoid delusions, in that he thought that Christ came to hurt him; aggression, agitation, hostility, social isolation, lack of restraint, and self-mutilation, to name a few. These very severe forms generate little conflicts about what one is dealing with. It is the milder forms of demonization, where the afflicted persons can act normally most of the times, until a specific trigger generates the loss of control, and the aberrant tendencies manifest, that provide the opportunities for a careful assessment, and interventions. These less obvious forms are still very deleterious to both the person and the society at large, in that

the person's health and pertinent relationships suffer tremendously, and so do the immediate and remote communities that he or she influences, over time (see the True Worship Magazine, Edition 5, Volume 1 on [www.newfoundlandfi.org/media](http://www.newfoundlandfi.org/media)).

How does one know that he or she is spiritually damaged? The typical features include having a family history of the involvement in fetish or idolatrous practices, the lack of a relationship with Christ, or the existence of such a relationship, but which is immature or inconsistent; the personal participation in the worship of Satan through orgies, sorcery, necromancy and the like. Often, there is a sentinel event, such as an initiation ceremony, where one pledges allegiance to Satan or a satanic deity, for the purpose of gaining power and control, and material advantage over others, among other vain ambitions. For born again Christians, the love and desire for God wane, and the call of the world becomes stronger. One becomes inconsistent in the fellowship meetings, may acquire inappropriate relationships, and begins to make ungodly compromises, as he or she descends down into the dungeon of worldliness. For those who never knew Christ as a personal Savior, the response can be varied, such a mild or apparent non-existence of the

damage, while others may be taken by very destructive forces that cause an abrupt change of personality, where anger may turn to rage, sexual desire to an obsession with it, a simple tendency to steal to kleptomania, simple fears to phobias, as the neuroses pile up. Later, as the severity worsens, these neuroses may progress to psychoses.

What is the mechanism behind spiritual damage? The key truth is that the Almighty God, the One that is called *Yeshua*, the One that has no name, Who looked for someone to swear by and found none, and decided to swear by Himself; the tamer of the Pharaoh of Egypt, and King Nebuchadnezzar of Babylon, had set the ORDER OF THINGS in the universe (Daniel 2:20-23, 36-38; 4:24-25; Exodus 12:29-32). He, the Father sent His Son Jesus Christ to establish His kingdom here on earth (Revelation 5:9-10), such that the godhead, together with His angels, the redeemed believers, constitute the kingdom of God. Meanwhile, Satan, his fallen angels, and the unsaved, who have the demi-gods as their human leaders, constitute the kingdom of this world. The kingdom of God is characterized by righteousness, which is the product of a valid relationship and partnership with God, and the bedrock of wisdom.



When your life has been shattered, Christ can repair it.

**“He, the Father sent His Son Jesus Christ to establish His kingdom here on earth (Revelation 5:9-10), such that the godhead, together with His angels, the redeemed believers, constitute the kingdom of God.”**



There is power and deliverance in the wonderful name of Jesus Christ.





Bondage is when one can no longer control oneself.

“The key issue here is that we have one thing that we should not only know of, but should endeavor to never lose, and that is the power to choose.”



Bondage is when natural fears become obsessive.

## Damaged? There is Help!

Furthermore, it is characterized by the strength of God's joy, the peace that is unrelated to one's circumstances, and the unstoppable power of the resurrection that works in all of us who believe, as we become transformed from one glorious state to a higher one until we become just like Him. Hebrews 12:22 (NIV) states,

*22 But you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly, 23 to the church of the firstborn, whose names are written in heaven. You have come to God, the Judge of all, to the spirits of the righteous made perfect, 24 to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.*

We have come to the kingdom of God—we are His. Meanwhile, the kingdom of Satan is about sinfulness, which brings death, the killing of the vulnerable, and the stealing or usurping until one *bites off more than one can chew*. Then one is destroyed, while here on earth, due to the progressive damage of one's self, pertinent relationships, and society at large (see below).

**Proverbs 6:12-15 (NKJV)**

*12 A worthless person, a wicked man, walks with a perverse mouth;*

*13 He winks with his eyes, He shuffles his feet, He points with his fingers;*

*14 Perversity is in his heart, He devises evil continually, He sows discord.*

*15 Therefore his calamity shall come suddenly; Suddenly he shall be broken without remedy.*

**Proverbs 4:19 (NKJV)**

*19 The way of the wicked is like darkness; They do not know what makes them stumble.*

The key issue here is that we have one thing that we should not only know of, but should endeavor to never lose, and that is the power to choose. As human beings, we are not strong on our own, but we have the ability through our decisions to choose Christ, as He is the only one who truly loves us, and is committed to making God's eternal plan for us come to fruition (see below).

**Joshua 24:15 (NKJV)**

*15 And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD."*

If we choose God, we receive His attributes—health, strength, and eternity with Him. On the other hand, if we choose Satan, we receive worldliness, and the death and destruction that are inextricably associated with it (i.e. the spiritual damage).

So, what should be our atti-

tude? Instead of living in denial, or rationalizing the aberrant behaviors, and attempting to create a new normal, we should seek to be delivered. There is something called deliverance from satanic bondage. Deliverance is to cast out demons, set free, and rehabilitate damaged persons by the use of God's authority and power through Jesus Christ, by a born-again Christian (see below).

**Matthew 12:28 (NKJV)**

*28 But if I cast out demons by the Spirit of God, surely the kingdom of God has come upon you.*

**Mark 16:17-18 (NKJV)**

*17 And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; 18 they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."*

While He was here on earth, Jesus Christ demonstrated this power over demons, and cast many out of the oppressed. Before His physical departure, He delegated this authority and power to us, and many mature believers do cast of demons in the course of Christian service. There is help! Why a mature Christian minister? This is because, a mature minister knows that deliverance is the confrontation of Satan and his fallen angels, and as such he or she has to accomplish the following.

## Damaged? There is Help!

1. *The Dismantling of the Supportive Structures (i.e. Satan's Rulership):* In Luke 8:26-39, after Jesus Christ delivered the demoniac, the community asked Him to leave their cities. Later, in Acts 14:8-19, Apostle Paul prayed for a man who was lame from birth, and upon his miraculous healing, the inhabitants determined that Paul and Barnabas were gods, and decided to offer sacrifices to them, which they refused. Later, the same crowd were dissuaded from believing in the apostles' teachings, and they turned around and stoned Paul and left him for dead. It was not the lack of the authority nor the miraculous power that mattered here, but it was the unprepared communities. Rendering intercessory prayers to captivate and subdue the principalities and powers that reign over the damaged persons' world is vital for the feasibility and effective follow up after the deliverance, in that, the domain of adherence should be broken. In Mark 3:27, Christ reminded us that one can only take the goods of the house, after the strongman of the house has been bound (i.e. subdued). Furthermore, through this diligent process, one would get to know the severity of the bondage, and the satanic penetrance in that person's family or community, as this would foster effective follow-up planning.

2. *The Ministration of Deliverance with the Power of the Resurrected Lord:* Whenever possible, a careful assessment, such as an interview, even with a questionnaire can go a long way to ensure that one knows the variety, severity, and the complications of the damage. Just like any other care delivery, building capacity through pre-deliverance counseling would ensure that the person's expectations are aligned with the process and the outcomes. It all comes down to desiring to be free, asking God to set you free, renouncing Satan, his leadership and works in one's life, and then asking Jesus Christ to deliver you. If one is not born again, this would be the right time for such a commitment, as deliverance prayers are most effective when the recipient has a relationship with Jesus Christ. The minister should break the pertinent covenants, cast out the demons in the name of Jesus Christ, pray for healing as would be needed, and then provide post-deliverance counseling and follow up.

3. *The Effective Follow of the Delivered Person (s):* The starting place is Matthew 12:43-45 (NKJV), which states,

<sup>43</sup> *"When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none.*

<sup>44</sup> *Then he says, 'I will return to my house from which I came.' And when he comes, he finds it*

*empty, swept, and put in order: <sup>45</sup> Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. So, shall it also be with this wicked generation."*

The delivered person must be informed that the demons will return to redemonize him or her, and as such they should endeavor to live godly lives. Irrespective of the thoroughness of the ministration, they will return! Thus, returning to the old ways usually brings precarious outcomes, as the damage may be irremediable. Customizing a follow up plan for each individual is preferred, as the problems are usually multidimensional and call for addressing them diligently. However, having regular devotions including reading and meditating on God's word, fellowshiping with other believers, meeting regularly for follow up prayers and counseling, getting the pertinent teachings on how to grow stronger in Christ, all lead to the desired outcome—the redeemed set free.

Just as the Holy Spirit seeks to dwell in all men, in order to guide them to green pastures and still waters, and to heaven eventually; Satan and his demons also seek to do the same, in the effort to deceive, entrap and take them to hell. A thoughtful use of our choices, ensures that we consecrate ourselves to the One who truly loves

**“Deliverance is to cast out demons, set free, and rehabilitate damaged persons by the use of God's authority and power through Jesus Christ, by a born-again Christian.”**



**Counseling provides a customized approach to the deliverance ministry.**

us. He is the only One who can set you free, and with Him, we can truly go over the wall!

### ABOUT THE AUTHOR

Dr. Mfon Cyrus-David is preacher and teacher of God's word.

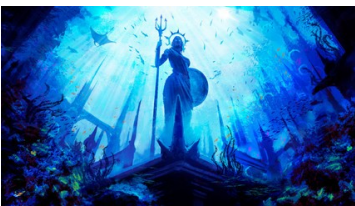


## The Story of Two Kingdoms



The kingdom of God is about righteousness, peace and joy.

**“This is why the most important approach to serving God is to do so from a kingdom perspective, as one will better understand the bases of His commands.”**



The kingdom of this world is about dominating, to kill.

I recall the allures of this world in my younger years, the flashy cars, the beautiful young women, the fine clothes, and the nights out. Today, these things still call out to young man and woman, often, it is all that they live for. However, when reaching out for something, what is often forgotten is that the promise land, a God-appointed breakthrough was in occupied territories (Joshua 24:8-13). The situation is further complicated by the fact that usually, youths are wards of others like parents and guardians, who often do their very best to keep preserve them, and to guide them to the safe harbors of life. Thus, the young persons often find it difficult to determine the key players, and may erroneously attribute their triumphs largely, to their abilities. The result is that they may remain ignorant for a long time, get into things thoughtlessly, and get so badly wounded that it may take a lifetime to recover, if at all. As such, before one stretches his or her hand to take something, one should endeavor to find out who the key stakeholders are, which brings us to the story of two kingdoms.

What every young person should know is that we were born into an ongoing war, a war that the end has already been determined, yet it rages on at the individual’s level (Ephesians 6:10-20; Philipians 2:12). There are two

kingdoms here, the kingdom of this world, and the kingdom of God. We were born straight in the former (Psalm 51:5), and have been (or are to be) reborn into the latter, through the finished work of the Lord Jesus Christ on Calvary’s cross (John 3:3). Adam’s and Eve’s fall in the Garden of Eden, handed the control of the world to Satan and his angels, and established the kingdom of this world on earth (Genesis 3:1-24; 1 Corinthians 15:22). Because, man was doomed to be destroyed, since sin must lead to death (that is, the separation from God, our true life-source); Christ came to reconcile man unto God, by providing a pathway to a spiritual rebirth—salvation.

The pertinent issue is that one must not just know what is in the market place of life, but who displayed these things, and the consequences of one’s choices. The choices that we make, determine in whose kingdom we belong. This is why the most important approach to serving God is to do so from a kingdom perspective, as one will better understand the bases of His commands. If one knows that a simple tryst would lead one to lifelong bondage, where one becomes a shadow of who they could have been, then, one would readily refrain. However, if it is just an issue of having a clear conscience before God, then, one may fall into

the pit of cheap grace, and lead a lukewarm Christian life. On the positive side, our Lord Jesus Christ while preaching in a synagogue, was challenged with regards to whose authority He used to accomplish His task. They (i.e. the religious government) had their source of authority, which was of this world, and wanted Christ to clarify where He got His from. Thus, the war between the two kingdoms rages on even when it comes to serving God, or just doing good deeds. It becomes clear that one can be sucked into the deep pit of willful sins (Proverbs 23:26-28; Psalm 19:13), or be hindered effectively, when trying to do good, if one fails to discern the kingdom in play. Furthermore, if the call of the wild was obviously deleterious, most people would refrain from it. However, it is shrouded in deception, and is best described by this popular excerpt from William Shakespeare’s Merchant of Vernice.

*“All that glisters is not gold;  
Often have you heard that told:  
Many a man his life hath sold  
But my outside to behold:  
Gilded tombs do worms infold.  
Had you been as wise as bold,  
Young in limbs, in judgment old,  
Your answer had not been in-  
scroll’d  
Fare you well; your suit is cold.”*

In Deuteronomy 8:1, we find a concise introduction to the pathway of a believer

## The Story of Two Kingdoms

in God's kingdom (see below).

### **Deuteronomy 8:1 (NKJV)**

*"Every commandment which I command you today you must be careful to observe, that you may live and multiply, and go in and possess the land of which the LORD swore to your fathers.*

From the passage above, it becomes clear that we enter into God's kingdom through His Word, as alluded to in John 1:1, "...and the word was God." Obeying God's word of reconciliation gets us born again, and we become alive in Him. Now, we are the children of God, registered in God's household of faith, and can now make our requests known to Him. And, whatever we ask in His name, that is according to His will be done (John 15:7). Thus, with this new relationship, we start the growth process (i.e. multiply). This is about growing in the knowledge of His word, the fellowship with the Holy Spirit, which results in our gradual sanctification, as the cords of our prior sinful lives, and inherited covenants are broken away. Yet, at this stage, we are still undetermined in terms of who God promised that we would be both individually, and as a body. If one can recall, they children of Israel, left Egypt, and traveled through the scourges of the desert for 40 years, where they gained a better knowledge of this Holy God (i.e. the Com-

mandments), and then the Joshua generation, took up the mantle of office, and the conflicts started, that gave them the access to the promise land (Joshua 1:1-9). Thus, gaining access calls for dying to oneself, becoming more like Jesus Christ, becoming skillful in the use of the weapons of our warfare, and engaging in conflicts with the occupants of your destiny—Satan and his angels (2 Corinthians 10:4-5; Ephesians 3:10). Your breakthrough (i.e. taking possession) is when you stand where you should in God's scheme of things; when you take what is yours; when you are a manifested son or daughter of God; and like King David, when you sing a new song, even praise to His name (Psalm 40:3). Neighbor, creation is groaning in pain, waiting for you to take possession of your place in God's kingdom. The question is, "Will you get there?" This is because a few do, as many turn away to the calls of the wild, the calls of the other kingdom—the kingdom of this world (Mark 4:18-19).

While life in Christ defines God's kingdom, death defines Satan's kingdom, in that, one is separated from the true life-source, God. It is bad enough that one has been born dead, lost in sin, floating like a meteoroid in space, disconnected from his or her maker, and out of sync with his or her true

destiny. However, to descend into the dungeon of depravity, as one begins to conceptualize a life without God is damning! I once engaged a man, who told me that I tend to think that doing good is all there is, but he disagreed. He went further to state that doing evil can serve a greater purpose. He really believed that one should regularly consider the devilish alternative. This man did not only not know God, but had developed concepts to support godless living (Psalm 36:1-4). Furthermore, just like God pulls us towards Him, Satan, and his angels, together with his enforcers (i.e. the demigods), use our needs, wants and desires, materialistic tendencies, false teachings, deception, and so forth, to pull us deeper into an Augean state. The latter, just like the Augean stable, is an immoral state, where one is given over to lasciviousness, as one waddles in the grout-like marshland of sexual immorality, idolatry, revelry, treachery, debauchery, sorcery, and the like. These happen with all the consequences that are commonplace in our society today—high divorce rates, broken lives, damaged communities, dysfunctional organizations, lawlessness, despondency and recalcitrance, with the attendant economic and political breakdowns. The driving factor is that one is getting stronger or higher in Satan's kingdom, with greater authority, power and



An Augean stable.

**“Neighbor, creation is groaning in pain, waiting for you to take possession of your place in God’s kingdom. The question is, ‘Will you get there?’”**



In Greek mythology, the Styx was the river of the underworld (i.e. Hades). Clearly not a place for the redeemed.



Isn't it wonderful to know that one can decide not to participate in darkness?

**“On the other hand, the cons include the reality that sinful pleasures are destructive, deceptive, and last for just a short while.”**



The way of the cross of Calvary is the way of victory.

## The Story of Two Kingdoms

control, with the hope that these would translate into more greatness. However, the truth is that this descent is at a very terrible cost, as death is working in us, a second time around. Every retrogressive step, takes us farther and farther from the light of God and life, until we come, as Apostle Paul put it “twice dead, pulled up by the roots,” unproductive, lost, and destructive to ourselves and others (see below).

### ***Jude 1:12-13 (NKJV)***

*<sup>12</sup> These are spots in your love feasts, while they feast with you without fear, serving only themselves. They are clouds without water, carried about by the winds; late autumn trees without fruit, twice dead, pulled up by the roots;*

*<sup>13</sup> raging waves of the sea, foaming up their own shame; wandering stars for whom is reserved the blackness of darkness forever.*

This is the inglorious end of an ungodly life, where one has transcended the kingdom of darkness to become stygian—extremely perverse or one with the devil, where one (as was alluded to by King David) “makes his bed in hell.” (Psalm 139:8). It is not enough that one was born dead in sin, but even while on earth, they have continued the trip of death until they are twice dead, with no hope of redemption. Sadly enough, they show up in our Christian fellowships as spots (Acts 8:14-24; 13:6-12).

Let me review the pros and cons of being in either of the kingdoms, starting with the kingdom of God. The pros of being in the kingdom of God include eternal life, having a viable supportive relationship with the Holy Spirit and the brethren, and an effective and eternal partnership with the Almighty God, which is phenomenal and often indescribable. Furthermore, all of His attributes are available for the asking—His abundant life (i.e. a sound mind, health and strength and met needs); there is the ever present Holy Spirit, who ensures that one is never alone; one lays up treasures in heaven, while becoming very prominent spiritually here on earth; and one’s life as a manifested son or daughter of God becomes very remarkable, as He promises to make us a lasting legacy and a joy of any generations (see Psalm 60:15). While there are no real cons for being in God’s kingdom, since we are in this world, we must count the costs (i.e. the rebukes, chastisements and scourges). Thus, there is the deprivation of the pleasures of sins that last only for a while, and are too expensive in view of their consequences. Furthermore, because it is about building a relationship and a partnership with God first (i.e. the kingdom of God), there is the initial deprivation of the *non-essential* material things (i.e.

some wants and desires); one will be rejected by the people of this world; one will be persecuted, hunted, set up, falsely accused, imprisoned, and even murdered if God wills it (2 Timothy 3:12); one will be tempted through the lusts of the flesh and of the eyes, and as well as the pride of life (1 John 2:16-17); since God is so high and infinite, and we must be trained to be like Him, there will be the moments of misperceived abandonment, and as such, one will feel lonely; and one will die to oneself as one learns obedience through suffering.

The pros of being in Satan’s kingdom include, the abundance of the pleasures of sin would (e.g. sex at an early age and frequently, alcohol, pornography, mockery, scornfulness, racism, bigotry, etc.); one may be easily connected to others with similar values, for jobs, educational opportunities, etc.; one may be chosen, elevated and favored above others for certain privileges, as such, one may become popular, and wealthy; one may have control over others, and would bear rule; and may have a sense that one is free to do whatever one wants. On the other hand, the cons include the reality that sinful pleasures are destructive, deceptive, and last for just a short while; spiritual death is enshrined in the relationship, and one may not even know



## The Story of Two Kingdoms

that there is a living God, who controls all things and will judge him or her eventually; one's world will be stolen by those that one is subject to, and one will gradually appreciate that he or she is a slave. Furthermore, the reckless lifestyle is predisposed to bad outcomes, such as ill-health, poor, unsupportive or non-existent relationships, financial instability or ruin, and physical death; and one's life on earth may be unremarkable (Proverbs 10:29; Psalm 1:6).

It is pertinent to take note of the fact that the decision to be in God's kingdom is

not a once-and-for-all one, in that people backslide or become stunted by the lusts for this world, and the pride of life (Mark 4:18-19). Thus, after the Israelites had gained access to and possessed the promise land, Joshua the son of Nun challenged them to stay pure and strong with these words:

**Joshua 24:14-15 (NKJV)**  
<sup>14</sup> "Now therefore, fear the LORD, serve Him in sincerity and in truth, and put away the gods which your fathers served on the other side of the River and in Egypt. Serve the LORD!  
<sup>15</sup> And if it seems evil to you to serve the LORD, choose for

*yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the river, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD."*

In summary, it becomes pertinent to ask the all-important question, and that is, "who are you?" In other words, "to whose kingdom do you belong?" The sad truth is that one cannot belong to both, because in Revelation 3:14-16 (NKJV), Jesus Christ stated,

<sup>14</sup> "And to the angel of the church of the Laodiceans write, 'These things says the Amen, the Faithful and

*True Witness, the Beginning of the creation of God:*

*. <sup>15</sup> I know your works, that you are neither cold nor hot. I could wish you were cold or hot. <sup>16</sup> So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.*

Thus, we can only belong to one kingdom at any point in time—God's or this world's. Choose wisely, so that you can remain pure and strong, because this is what you are already doing.

### ABOUT THE AUTHOR

Dr. Mfon Cyrus-David is preacher and teacher of God's word.

## Breast Cancer: The Risk and Protective Factors

Knowing and managing one's breast cancer risk is a bridge that every woman must cross. This is because, all women are at risk of developing breast cancer (except of course, if their breasts have been surgically removed, and that completely). However, this risk is not the same for all women, as it varies by the prevalence of what we call risk and protective factors in a woman's life. Before I review these risk and protective factors, it is pertinent to review the burden of the disease both globally, and in the United States.

*The Burden of Breast Cancer*  
 As of 2018, it was estimated

that there would be 2.1 million newly diagnosed cases of breast cancer, which would account for 1 in 4 cancer cases among women, and over 600,000 deaths, globally. It is pertinent to bear in mind that there is significant underdiagnoses and under-reporting of these cases, especially in resource-poor countries. Putting these figures into perspective, the World Health Organization released the Situation Report for the COVID-19 pandemic for June 29, 2020 (the date this article was written), which indicated that there were 10,000,000 new cases, and 500,000 deaths. While this viral infection pandemic

is spreading rapidly, and is thus very alarming, when the deaths rates are compared, it becomes clear why this more silent pandemic (i.e. breast cancer) should be equally perturbing, especially when one bears in mind that this is just one cancer site. The more perturbing pattern is that while women of European descent are more likely to be diagnosed with breast cancer, when compared to those of African descent, Melanesians and Fijians, the latter are more likely to die from the disease. In the United States, it was estimated that in 2019, over 260,000 new cases would be diagnosed, and about 42,000 women would die due to



**Breast cancer risk is every woman's issue.**

## Breast Cancer: The Risk and Protective Factors

breast cancer. While the trend for the incidence rates show a fluctuation, the mortality rates have been on the decline since 1989. However, this decline has been disparate for various racial/ethnic groups, as the death rates for black women were 41% higher than for whites. Could this disparity be a product of delayed diagnoses due to socioeconomic barriers, or being at risk of virulent subtypes of breast cancer? Perhaps, both. While most women across racial/ethnic groups are at risk of being diagnosed with hormone receptor (i.e. estrogen receptor [ER] and progesterone-receptor [PR]) positive breast cancer subtypes that are more amenable to current therapies, the more refractory subtype (i.e. ER, PR and Her-2 neu negative) is more likely to be diagnosed in women of African descent. In addition, the prevailing low socioeconomic conditions further predispose these women to being diagnosed at advanced stages, which are less amenable to current therapies.

### *The Risk Factors*

So, what are the risk factors for breast cancer? Central to one's understanding of her breast cancer risk, and based on current knowledge is the fact that this risk is the interplay of inherited predispositions, the exposure to estrogen (i.e. both endogenous and exogenous), and ionizing irradiation at vul-

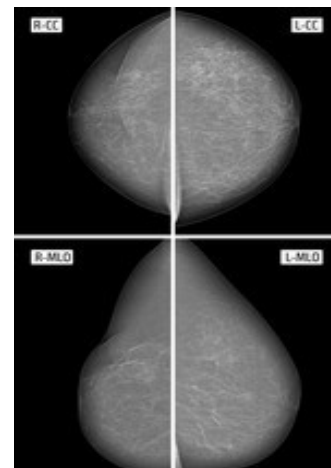
nerable times in a woman's life. Five to 10% of breast cancers arise from carrying defects in the BRCA I and BRCA II genes, and some genetic syndromes, and as such these women have a strong family history of breast and ovarian cancers, often in multiple first-degree relatives (i.e. sister, mother and daughter). Meanwhile, the other proportion of breast cancers is what is termed as sporadic, which are associated with the known risk factors—*an older age* (i.e. 4<sup>th</sup> decade or older), *a personal or family history of breast cancer, a personal history of benign breast disease* (e.g. ductal carcinoma in situ, lobular carcinoma in situ, etc.), *mammographic breast density* (i.e. woman with very dense breast are at increased risk), *menstruation* (i.e. early age of onset and late onset of menopause), *reproduction* (i.e. being nulliparous, late onset of childbirth [after 35 years]), *exogenous hormone intake* (i.e. use of combination hormone replacement therapies), *nutrition* (alcohol intake), *anthropometry* (i.e. obesity), *receiving radiation therapies* in earlier life (e.g. chest irradiation starting at age 10 years or older), and for mutation carriers, the risk of breast cancer is higher in those who were exposed to chest irradiation before age 20 years. Other lifestyle-related risk factors include *obesity in postmenopausal woman* who had not been on HRT, and those who drink alcohol.

### *The Protective Factors*

The protective factors include *early onset of childbirth, breast feeding, having regular vigorous physical activities* (e.g. 4 or more hours a week), in combination with not being obese in premenopausal women. In addition, *using the estrogen replacement therapy* instead of the combination HRT in postmenopausal women was protective for breast cancer. Furthermore, the use of risk reduction therapies has become more prominent in recent times. These include *treatments with drugs like tamoxifen and raloxifene*, which have been found to be effective for reducing the risk of ER+ and PR+ breast cancers in premenopausal and postmenopausal women, respectively. Other drugs which work to reduce the production of estrogen especially outside the ovaries in postmenopausal women, such as *arimidex (anastrozole), letrozole, exemestane, etc.*, have been found to be effective for breast cancer risk reduction. There also exist more invasive therapies for women at very high risk of developing breast cancers, and these include *surgical operations such as the removal of the breast, often both; and the removal or irradiation of the ovaries* to prevent estrogen production.

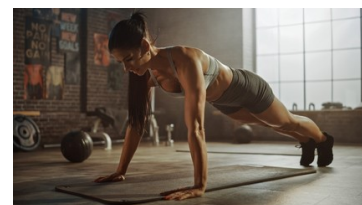
### *Predicting Your Breast Cancer Risk*

The good news is that these decisions are not to be made casually, but in consultation with one's physician, and



Mammograms of a dense breast (right).

**“However, this decline has been disparate for various racial/ethnic groups, as the death rates for black women were 41% higher than for whites.”**



Physical exercise in non-obese women helps.

## Breast Cancer: The Risk and Protective Factors

after thorough assessments of one's risk, and then counseling about the preventive options, as these all can be harmful. In the United States, the National Cancer Institute developed and validated objective methods for assessing a woman's risk of developing breast cancer, together with her physician. The most widely accepted method is the Breast Cancer Risk Assessment Tool, otherwise known as the Gail Model (visit <https://bcrisktool.cancer.gov/>).

Using one's information on various personal attributes, this method can predict the risk of developing breast cancer in the next 5 years, and up to age 90 (i.e. lifetime risk). Typically, a woman at increased risk has the 5-year risk of developing breast cancer of 1.67%, which is the risk for a 60-year-old woman with no other known risk factors.

### *Myths about One's Breast Cancer Risk*

Just like any other life-threatening disease, there are quite a few myths or misinformation about the risk and protective factors for breast cancer. Certainly, having an abortion, falling and injuring your healthy breast, or using underarm deodorants do not cause breast cancer. Furthermore, there is no conclusive evidence to indicate that making dietary changes, such as eating less fatty foods, and more vegetables prevent

breast cancer, by themselves. In addition, current evidence does not indicate that taking a fenretinide (i.e. subtype of vitamin A), cigarette smoking, taking statins, or the bisphosphonates, which are used to treat osteoporosis affect one's breast cancer risk. However, as was stated earlier, raloxifene is not only used to treat osteoporosis, but is being used to lower the risk of breast cancer in postmenopausal women.

### *Conclusion*

The burden of breast cancer is an enormous one, and the fight goes on globally. However, knowing one's personal risk of developing breast cancer, getting counseled and adhering to your physician's recommendations would go a long way to ensure your breast health. It's preventable!

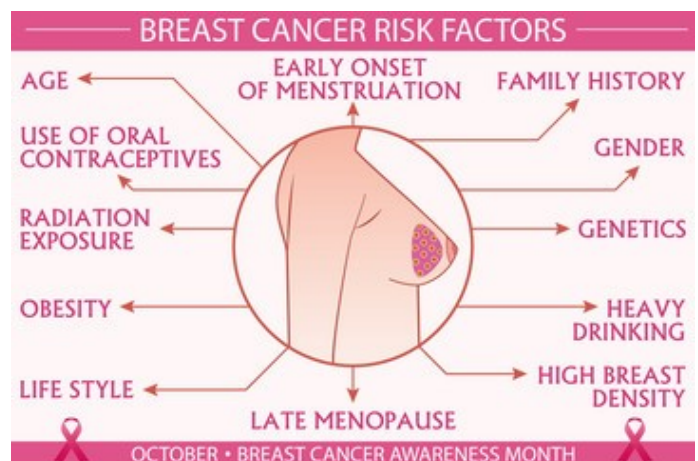
### ABOUT THE AUTHOR

Dr. Mfon Cyrus-David is a Consultant Specialist in Clinical Cancer Prevention, Medical Affairs and Medical Informatics.



You have the self-efficacy to ask your physician about your breast cancer risk.

**“Typically, a woman at increased risk has the 5-year risk of developing breast cancer of 1.67%, which is the risk for a 60-year-old woman with no other known risk factors.”**







The Newfoundland Foundation



WE ARE ALL IN THIS  
*together*

**FROM THE EDITOR'S DESK:** This month's edition has articles from the four arms of our ministry, namely:

The Marriage and Family Ministry - **Love Strong.**

The Christian Life Ministry - **Over the Wall.**

The Young Adults/Singles and Campus-Focused Ministry - **Pure and Strong.**

The Clinical Cancer Prevention program - **It's Preventable!**

These are designed to inform, motivate and revive our spirits, as we continue on our walk with the Holy Spirit.

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