

THE TRUE WORSHIP MAGAZINE

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The Newfoundland Foundation, Inc.

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Uniting to become one.

THE MARRIAGE ENHANCE- MENT CONFERENCE

DATE: September 3-5, 2021

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In this issue:

LOVE STRONG

3. *Uniting to Become One.*

OVER THE WALL

6. *The Lawful Captive: The Conversion of Calibus.*

PURE AND STRONG

10. *Betrayed: The Story of the Young and the Old Prophet.*

IT'S PREVENTABLE!

14. *Breast Cancer: Current Screening Recommendations.*

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THE NEWFOUNDLAND FOUNDATION INC.
PRESENTS

THE MARRIAGE ENHANCEMENT CONFERENCE

A BEAUTIFUL LOVE STORY

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Key Speaker:
**Dr. Mfon Cyrus-David, MBBS,
MS.,
Sugar Land, TX.**

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

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



The marriage covenant is an important one.

“...the wife, while being a competent human being, should willingly and positionally submit to the husband, regardless of her income, aptitude, background, or the like. By doing this, she achieves a very important thing—divine configuration.”



A true love covenant fosters spousal development.

God’s Recipe for Success—Uniting to Become One

Marriage is a trip comprising of travelers from two worlds, civilizations, varying points of view, different aptitudes, physical attributes, hopes, and aspirations. There have been instances where the couples did not even speak the same language. In one case, they literally had to look up the words in a dictionary, in order to communicate with each other. Yet, they found a way. This process of becoming one or being joined as a whole is called uniting. In a dirty and often very divisive world, it not just enough to leave (i.e. set the appropriate boundaries between yourselves and the pertinent others), but one must then spend ample time building the new relationship. And some suggest that it takes many years to build strong bonds, which would need to be repaired from time to time throughout the life of the marriage. One may wonder, “Why build strong bonds?” “Why not just keep it loose, just in case things do not work out?” Psalm 133:1-3 states,

How good and pleasant it is when God’s people live together in unity!

It is like precious oil poured on the head, running down on the beard, running down on Aaron’s beard, down on the collar of his robe.

It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore.

The passage above presents living together in unity as a pleasant and rapturous thing. It hails unity as the trigger that releases God’s anointing for true worship, which in turn unleashes His abundant and eternal life. In other words, unity is a vital and spiritual step

that the married couple needs in order to have God’s presence and power at work in their lives. This is further underscored by Ephesians 4:3, where we are exhorted to endeavor to establish the Spirit of unity by living peaceably with each other. In this same vein, being united is synonymous with having the divine configuration, and as was stated earlier, is a prerequisite for God’s blessing on the marriage. Ephesians 5:21-29 puts more light on this (see below).

Ephesians 5:21-24 (NKJV)
21 submitting to one another in the fear of God.

22 Wives, submit to your own husbands, as to the Lord.

23 For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body.

24 Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything.

This passage places God in the center of the husband-wife relationship, and uses Christ and the Church as an example of the process, and the outcome of this relationship. Simply put, both the husband and the wife should by default mutually submit (i.e. respect, defer to and confer with) to each other. Furthermore, just like Christ, although He was fully God (Philippians 2:6), willingly submitted to God the Father, the wife, while being a competent human being, should willingly and positionally submit to the husband, regardless of her income, aptitude, background, or the like. By doing this, she achieves a very important thing—divine configuration. She sets up her home for God’s blessings or

glory. The word *cabod* is a Hebrew word that means “glory”, as well as “a heavy weight.” Thus, the blessings of God are a heavy weight of glory that can cause the unprepared to sag or collapse. How many marriages have not collapsed under the weight of sudden wealth, a new fabulous job, other seemingly positive changes, that stressed out the already weak relationship to breaking point? Often, positive things like a raise or a bonus at work create power shifts in the home; a promotion that elevates a spouse to a new social class, if poorly managed may alienate the other spouse. Thus, the Creator of marriage, pauses to assess how ready the couple in question is for the impacts of the new blessings or responsibility, before releasing such. This divine configuration, which is not subject to change (i.e. as Christ’s position in the Church is not also subject to change), serves to stabilize the marriage through all the changes that will come. Because she reveres, defers to, and confers with him, they stay in sync through the twists and turns of life. An equally very crucial role in this configuration is that of the husband, in that if he fails, the configuration collapses, and the couple becomes vulnerable (see *Ephesians 5:25-29 (NKJV)* below).

25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her,
26 that He might sanctify and cleanse her with the washing of water by the word,
27 that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

God's Recipe for Success—Uniting to Become One

²⁸ So husbands ought to **love their own wives as their own bodies**; he who loves his wife loves himself.

²⁹ For no one ever **hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.**

While the wife *submits*, the husband *covers*. This he does by loving her, and laying down his life for her. In other words, her needs, wants and desires, become his mission. He is her head, not to lord over her, but to serve and “save” her. In other words, he does just what Christ does to the Church—guides, provides for, protects, enables, inspires, disciplines, and ensures her emancipation (see above). It is impossible for one to protect, guide, or enable someone who does not submit to one’s authority. The mystery of authority is that one submits to a *higher person* (i.e. enters into his or her realm), and then receives the delegated authority to operate with. The virtuous woman of Proverbs 31, settled her issues first and foremost with God and her husband, before going on to innovate, device and assert herself (see Proverbs 31:11-12 & 30). She was a covered woman! The tacky part of this equation is that once the wife does not feel secure, she panics, and often, she steps out of the husband’s realm of authority and loses the configuration. Thus, a husband must do his very best to foster that sense of security, in order to maintain the stability of the marriage. No wonder a job loss often impedes sexual fulfillment, and as soon as he gets a new job and things stabilize, the fun returns to the bedroom. In 1 Corinthians 11:7-10, the Apostle Paul warns of the vulnerability that results

from a wife behaving as an uncovered woman.

1 Corinthians 11:7-10 (NKJV)

⁷ For a man indeed ought not to cover his head, since he is the image and glory of God; but woman is the glory of man.

⁸ For man is not from woman, but woman from man.

⁹ Nor was man created for the woman, but woman for the man.

¹⁰ For this reason the woman ought to have a symbol of authority on her head, **because of the angels.**

If one bears in mind that the angels are either the ministering spirits of God or the fallen angels (i.e. Satan and his throng of demons), then, one can better understand the depth of this vulnerability. The servants of God come to encourage, defend, comfort, inform, heal, and the like. However, as was stated earlier, in a marriage context, this works best when the spouses are aligned instead of fractured (1 Peter 3:1). Meanwhile, according to John 10:10, the devil (i.e. a fallen angel) comes to steal, kill and destroy. What do predators do to the herds of herbivores? They scatter the heard, create chaos, identify the vulnerable ones (i.e. the young or weak ones), and hunt those down. Apostle Paul recommended that women should stay under cover *because of the angels!* In Genesis 3:1-4, Eve failed to heed this warning from her conscience (see below).

Genesis 3:1-4 (NKJV)

¹ Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden'?"

² And the woman said to the serpent, "We may eat the fruit of the trees of the garden;

³ but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.' "

⁴ Then the serpent said to the woman, "You will not surely die.

Satan had spotted the newbie, and seen through her vulnerabilities. When the time was right, he made his move, cornered her, challenged her beliefs, and then killed her—she died spiritually (i.e. was separated from God), the day that she sinned. She was a headless wife on that day because, she did not defer to, confer with, nor revere her husband, especially on such an important issue. On the other hand, as was alluded to by the Apostle Paul, an uncaring husband is someone that does not care for himself, because his wife is himself! Failing to diligently care for one’s wife triggers in-depth despair, and often (i.e. a for Christian woman), it gets to God’s ears, and as the tears flood the altar of prayer, the heavens close to the husband’s prayer, and the blessings cease. No one wins, when godly covenants are broken (see below).

Malachi 2:13-14 (NKJV)

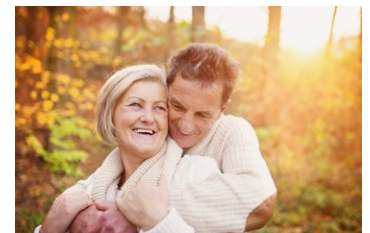
¹³ And this is the second thing you do: You cover the altar of the LORD with tears, with weeping and crying; so, **He does not regard the offering anymore, nor receive it with goodwill from your hands.**

¹⁴ Yet you say, "For what reason?" **Because the LORD has been witness between you and the wife of your youth, with whom you have dealt treacherously; Yet she is your companion and your wife by covenant.**



Love nourishes.

“An equally very crucial role in this configuration is that of the husband, in that if he fails, the configuration collapses, and the couple becomes vulnerable.”



Love cherishes.



Misaligned relationships hurt deeply, and need repairs.

“If marriage can be likened to a marathon, then staying united should be assessed at every pitstop for the invisible and visible cracks, and these should be repaired diligently.”



Loved and cherished for honor

God's Recipe for Success—Uniting to Become One

1 Peter 3:7 (NKJV)

*⁷Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, **that your prayers may not be hindered.***

Unity in marriage is often mistaken for misalignments, such as coercive and nefarious partnerships. In the coercive variety, one spouse dominates the other, and the latter's thoughts, preferences, gifts and talents are basically disregarded or misused. The couple appear to be one, but it is a harmful relationship, and sooner or later, it breaks down. The nefarious type, is a partnership that is designed to achieve ungodly objectives. For example, Ananias and Sapphira (Acts 5:1-11), and King Ahab and Queen Jezebel (I Kings 21:1-16). Often, these are codependent relationships, where one's improprieties provide the opportunities for the other partner to feel relevant and to assert control. Thus, they both feel useful, and unwittingly foster the dysfunctional behavior. Once again, this is not helpful to either of them, and as did the infamous Bonnie and Clyde, they often crash in a hailstorm. Then, there is the covenantal relationship, where the partners stand upon the eternal covenant sealed with the blood of the Risen Lord (i.e. first as believers), and then they agree to marry on the premises of love, cherish, commitment, and the worship of God for a lifetime. In this type of marriage, one endeavors to know and be known by the other. And their assets and liabilities are taken into consideration as the build the new civilization, and foster the attainment of their matrimonial and individual objec-

tives. It is essentially a do-no-harm type of partnership, and it exemplifies God's love, in that it is safe and secure.

Contingent upon a couple's ability to achieve and maintain unity is the understanding that it is multidimensional—spiritual, psychological and physical. From a spiritual perspective, the marriage should be founded upon their faith in Jesus Christ. In other words, they should be born again Christians (i.e. of one Lord, Spirit, baptism, faith, and hope [Ephesians 4:1-6]). This is crucial, as it is the key to developing and maintaining the divine configuration. Psychologically, unity is demonstrated by being emotionally connected. Here, there is the sense of belonging, and awareness of the other person, which is fostered and maintained by intimacy. Physical unity is about sexual and non-sexual contacts, and the sharing of other assets and liabilities. Since by default, we tend to be in strife with our mates, God, in His infinite wisdom, has given us His Holy Spirit, the Spirit of Unity to serve as the glue (Ephesians 4:3). This Spirit of Love

(Romans 5:5) pours God's love anew into our hearts, helps us through God's word and presence to renew our minds; convicts us unto repentance, when we transgress His commands or hurt each other; helps us to gain from not just His perspectives, but those of our mates and our counselors (Philippians 2:1-4); and by His power and our prayers, we ward off the divisive forces of strife and divorce (2 Corinthians 10:4-5). Thank God for His Holy Spirit! Thus, the closer we are to Him, the more loving we become as spouses (see 1 Corinthians 13:1-7; Galatians 5:22-23).

If marriage can be likened to a marathon, then staying united should be assessed at every pitstop for the invisible and visible cracks, and these should be repaired diligently. Thus, in order to achieve and maintain the crucial configuration for God's abundance, every resource that is needed should be acquired and used to cement and recement the relationship through all its phases. Love Strong.

—Dr. Mfon Cyrus-David



Satan said, “You will not surely die.” But this was a lie. Keep God's configuration.

The Lawful Captive: The Conversion of Calibus

Calibus? Who was *Calibus*? Calibus hailed from Greek mythology as a human being, who got cursed for being very wicked, in that he had the tendency to be cruel to his enemies, and to hunt down and destroy rare creatures like the flying horses. The meat of the story is that the curse worked in such a way that he and his followers, who were already so wicked, were turned to stones when exposed to the sunlight, dwelt in darkness, and as such became very fearsome, that the human beings found then to be abhorrent. Generations later, even when the curse was lifted, and they were given the opportunity to revert to being human beings, some refused. Can those who have passed through such satanic transformations become born again Christians? In other words, “Can these dry bones live?” In Ezekiel 37:1-3, the Great One asked His son (i.e. Prophet Ezekiel), this pertinent question (see below).

Ezekiel 37:1-3 (NKJV)

¹ The hand of the LORD came upon me and brought me out in the Spirit of the LORD, and set me down in the midst of the valley; and it was full of bones.

² Then He caused me to pass by them all around, and behold, there were very many in the open valley; and indeed, they were very dry.

³ And He said to me, **“Son of man, can these bones live?”** So, I answered, **“O Lord GOD, You know.”**

It was a valley, and it was full of dead men’s bones, dry and bleached through the changes of time. Yet, the answer was appropriate, as it came out of the prophet’s deep revelation of the Person who asked the

question. He did not say yes or no, He just responded based on his understanding of the Person’s omnipotence and omniscience, “Lord, only You truly know (my version).” Maybe you are currently in the valley of despair and despondency, having lost your job, or business, or perhaps a relative, or even the love of your life. And you think that all is lost, and there is no way forward. Before you hang up your gloves, know that there is the Creator of all things, and He has the capacity to recreate even that which has been damaged beyond repair. He came in order to cause you to rise up and have an unbelievable life. “Are you in bondage, buried in the deepest dungeon without any light?” “Are you held captive by the strongest of foes?” “Did you sign away your life in a desperate moment, and you think that you are done for?” He thinks differently! See below.

Isaiah 49:24-26 (NKJV)

²⁴ **Shall the prey be taken from the mighty, or the captives of the righteous be delivered?**

²⁵ But thus says the LORD: “Even the captives of the mighty shall be taken away, and the prey of the terrible be delivered; For I will contend with him who contends with you, And I will save your children.

²⁶ I will feed those who oppress you with their own flesh, and they shall be drunk with their own blood as with sweet wine. All flesh shall know that I, the LORD, am your Savior, and your Redeemer, the Mighty One of Jacob.”

It is one thing to be imprisoned by a strong fearsome enemy, and yet another, when one is there lawfully. In other words, the captor has the legal premise for imprisoning you. However, over two thousand years ago, a sinless man died to set the captives free.

His shed blood paid for every sin, and by His resurrection, He wiped out all the ordinances that were against sinners and the captives (Colossians 2:14-15), so that in His name, they should all be free. On the cross of Calvary, before releasing His life, he declared “It is finished!” What He meant was that all that pertains to life and godliness is now available to those who will (2 Peter 1:2-4). However, sometimes the gravity of the adversities is such that one finds it hard to believe that things could ever be better. But there was a man who faced such barren hopelessness, and yet believed—he hoped against hope. His name was Abraham (see below).

Romans 4:17-22 (KJV)

¹⁷ (As it is written, I have made thee a father of many nations,) before him whom he believed, even God, who quickeneth the dead, and calleth those things which be not as though they were.

¹⁸ **Who against hope believed in hope, that he might become the father of many nations, according to that which was spoken, so shall thy seed be.**

¹⁹ And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara’s womb:

²⁰ **He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God;**

²¹ **And being fully persuaded that, what he had promised, he was able also to perform.**

²² **And therefore it was imputed to him for righteousness.**

He received a promise that he would be a father of many nations, indicating that he would



Calibus, altered by a curse.

“What He meant was that all that pertains to life and godliness is now available to those who will (2 Peter 1:2-4).”



“Yes, it happened. Bones this dead came back to life!”



Arise, for He said, "...He who believes in me, though he may die, he shall live."

**"If suicide is a sin,
then the sense of
hopelessness that
leads one to
contemplate or
commit suicide
has to be
subjective."**



"Yes, I can!"

The Lawful Captive: The Conversion of Calibus

have many children. Yet, as time passed, he became 100 years old, and his body *died*, as did Sarah's, his wife. Instead of quitting on God's promise, it is stated that he "staggered not", but was resolute, and lived like those promises would come to pass. So great was his faith in that, he saw God as the One Who gives life to the dead, and calls the things that are nonexistent into being, that God declared him a righteous man. His faith defeated andropause and menopause, and they had a bouncing baby boy, and became the patriarch and matriarch of many nations.

Maybe you have been cut off from what is rightfully yours. Well, you are not alone (see below).

2 Samuel 23:15-16 (KJV)

¹⁵ And David longed, and said, oh that one would give me drink of the water of the well of Bethlehem, which is by the gate!

¹⁶ And the three mighty men brake through the host of the Philistines, and drew water out of the well of Bethlehem, that was by the gate, and took it, and brought it to David: nevertheless, he would not drink thereof, but poured it out unto the LORD.

While running from King Saul, David was cut off from the territories of Israel, and he longed for his homeland even more, when he was near to the wells of Jerusalem. His desire for just a drink from that well resonated with his great warriors that they fought through a band of Philistine soldiers just to fetch him a drink of water. There are various ways to respond to a bad situation. One can be fearful and run, become despondent and loaf around, or one can become invigorated

to fight for what is rightfully his or hers. One thing that these "fighter" had in common, was that they were on God's side, and that He had the ability to change their circumstances. Abraham's and Sarah's strength was God, and so was the case with David and his men. The good news is that that God eagerly wants us to have access to and enjoy his strength, as Jesus Christ demonstrated in Matthew 21:18-22 below.

Matthew 21:18-22 (NKJV)

¹⁸ Now in the morning, as He returned to the city, He was hungry.

¹⁹ And seeing a fig tree by the road, He came to it and found nothing on it but leaves, and said to it, "Let no fruit grow on you ever again." Immediately the fig tree withered away.

²⁰ And when the disciples saw it, they marveled, saying, "How did the fig tree wither away so soon?"

*²¹ So Jesus answered and said to them, "**Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, 'Be removed and be cast into the sea,' it will be done.***

²² And whatever things you ask in prayer, believing, you will receive."

If suicide is a sin, then the sense of hopelessness that leads one to contemplate or commit suicide has to be subjective. Our God can change the course of nature by causing a barren and post-menopausal womb to start functioning fully; He can also demand fruits from a fig tree that is out of season, knowing that there would be no fruits, just so that He can kill it in order to demonstrate His power over nature. He is God! This fact was demonstrated again in

John 11:21-27, when Jesus Christ deliberately stayed back for a couple of days after hearing that Lazarus, Martha's brother was gravely ill (see below).

John 11:21-27 (NKJV)

²¹ Then Martha said to Jesus, "Lord, if You had been here, my brother would not have died.

²² But even now I know that whatever You ask of God, God will give You."

²³ Jesus said to her, "Your brother will rise again."

²⁴ Martha said to Him, "I know that he will rise again in the resurrection at the last day."

*²⁵ Jesus said to her, "**I am the resurrection and the life. He who believes in Me, though he may die, he shall live.***

²⁶ And whoever lives and believes in Me shall never die. Do you believe this?"

²⁷ She said to Him, "Yes, Lord, I believe that You are the Christ, the Son of God, who is to come into the world."

He waited until Lazarus passed, then, he came to demonstrate His deity by His ability to bring Lazarus back from the dead, and to train us to not just know this, but to live like He does (John 11:1-15). Do we need to be reminded of how he paid His tax to Caesar by casting a line, pulling out a fish, that had swallowed a coin of the value that was needed to keep Him out of jail (Matthew 17:27)? He is able!

One may doubt that having fallen so far from God, gone so deep into darkness, he or she can truly be redeemed. The truth is that it has been demonstrated that God can raised the dead, and not just the dead, but can reassemble the dead and

The Lawful Captive: The Conversion of Calibus

dry bones, and then call them back to live. So, the resurrection is not just possible, but defines Him as the Almighty God. This leaves us with the human factor, which is how far one may have gone in view of God's immutable word, and what one desires. There are sins that once committed leave one unredeemable (see 1 John 5:16-17; Luke 12:10; Hebrews 6:4-6).

1 John 5:16-17 (NKJV)

¹⁶ If anyone sees his brother sinning a sin which does not lead to death, he will ask, and He will give him life for those who commit sin not leading to death. **There is sin leading to death. I do not say that he should pray about that.**

¹⁷ **All unrighteousness is sin, and there is sin not leading to death.**

Luke 12:10 (NKJV)

¹⁰ And anyone who speaks a word against the Son of Man, it will be forgiven him; but to him who blasphemes against the Holy Spirit, it will not be forgiven.

In the passage above John tells us who to pray for and who we should ignore; and the latter is the person that has sinned the sin that is unto death. In other words, the type which when committed becomes impossible to help reconnect him or her with the kingdom of God. Luke goes further to shade more light on this, by stating very clearly that blaspheming against the Holy Spirit ends the trip on Calvary road. It is pertinent to note that the blasphemy against the Holy Spirit is not readily done by the ignorant or the unbeliever. It takes knowing Him, and enjoying His comfort, presence, and guidance; then willingly disre-

garding His commands, by one's statement or action. It is like making a false claim with respect to His functions or attributes. A classic case was that of Ananias and Sapphira, who claimed that they had been led by the Holy Spirit to sell their land and give all the money to the Church, but gave only a portion. It was the last lie that they told (Act 5:5). These were resident believers in a thriving Spirit-filled fellowship, where they experienced the tangible presence of the Holy Spirit, worshiped Him, and were guided by Him with signs and wonders. It was sacrilegious! The everyday person does not commit this type of sin (see below).

Hebrews 6:4-6 (NKJV)

⁴ For it is impossible for those who were once enlightened, and have tasted the heavenly gift, and have become partakers of the Holy Spirit, ⁵ and have tasted the good word of God and the powers of the age to come, ⁶ if they fall away, to renew them again to repentance, since they crucify again for themselves the Son of God, and put Him to an open shame.

The kingdom of God is a real universal family, with God as the Creator and Ruler, then His holy angels, and then the redeemed persons. When one gets in as a born-again Christian, one starts the upward journey of getting to know Him, one's place in the kingdom, and to be like Him. Thus, after having matured in this kingdom, enjoyed the immeasurable power, grace, wisdom and glory, the decision to turn away becomes a willful one, and impossible to remedy. This is because, God rejects you totally, and Satan takes you totally. Typically, such persons

do not desire to be godly, to worship God or to hang out with Christians (i.e. except they are committed Satanists, who are on the hunt) (see Philippians 2:13; John 16:7-11 and Isaiah 1:18-20 below).

Philippians 2:13 (NKJV)

¹³ for it is God who **works in you both to will and to do for His good pleasure.**

John 16:7-11 (NKJV)

⁷ Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.

⁸ And when He has come, He will **convict the world of sin, and of righteousness, and of judgment:**

⁹ of sin, because they do not believe in Me;

¹⁰ of righteousness, because I go to My Father and you see Me no more;

¹¹ of judgment, because the ruler of this world is judged.

Isaiah 1:18-20 (NKJV)

¹⁸ **"Come now, and let us reason together,"** Says the LORD, "Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool.

¹⁹ **If you are willing and obedient, you shall eat the good of the land;**

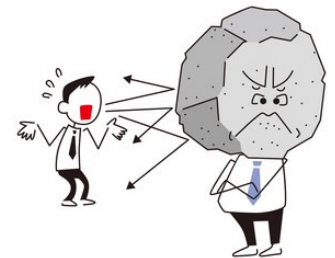
²⁰ **But if you refuse and rebel, you shall be devoured by the sword"; For the mouth of the LORD has spoken.**

Contrary to what some Christians may believe, our desire for God, and the passion to help others is Spirit-induced. It is the Holy Spirit who causes us to want to obey God and to actually do so! One of the ways you know that you are derailed, is that you start to lose the desire to read the word of



The sin unto death is without redemption, but is uncommon.

“Thus, after having matured in this kingdom, enjoyed the immeasurable power, grace, wisdom and glory, the decision to turn away becomes a willful one, and impossible to remedy.”



Do not be obstinate.

The Lawful Captive: The Conversion of Calibus

God, and to pray or fellowship with other believers. Thus, when He steps away the desire leaves, and one becomes a hardened unbeliever. One is hardened because one is no longer convicted by the Holy Spirit, no longer feels remorseful if he or she sins or hurts another, and has no objective to stay in the *straight and narrow*, and as such becomes recalcitrant. However, one should not lose hope, because God is in the business of saving souls, and bringing many sons and daughters to maturity. Thus, regardless of how far one may have fallen away, or what terrible deeds one had done, if the desire is still there for God, and one still feels convicted to make his or her way right, then there is hope. We should be willing and obedient to take our dirty scarlet loincloths to the throne of grace, to be made as white as snow. In addition, we should be careful to distinguish between salvation and sanctification. Through salvation one comes into God's kingdom by being repentant of one's sinful life, and deciding to live for God. Once you have confessed your sins and asked for Him to come into your life sincerely, then He does just that, and you become saved. However, you still retain some of your old habits, and the spiritual bondage that came with them (see John 11:43-44 below).

John 11:43-44 (KJV)

⁴³ And when he thus had spoken, **he cried with a loud voice, Lazarus, come forth.**

⁴⁴ And he that was dead came forth, bound hand and foot with graveclothes: and his face was bound about with a napkin. Jesus saith unto them, **loose him, and let**

him go.

With a loud command, Jesus Christ called Lazarus from the grave, which depicts being born again. However, he was bound and blinded by the grave clothes—the chains of one's sinful pasts, and Christ ordered that one should be delivered from these. This process calls for being taught God's word, exposed to the sanctifying work of the Holy Spirit, the examples and the ministries of other seasoned believers and mentors, and the sufferings of that comes from being disobedient. This process gradually washes and cleanses you inside the kingdom, as you grow into maturity. This is sanctification.

Would it be possible to convert Calibus? Can dry bones live again? Just like in the past, my answer is "O Lord God, You know." However, I exhort you to look within your heart for the calls of the Holy Spirit, and determine within yourself to go

ABOUT THE AUTHOR

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



No matter how dark it is today, with willingness and obedience to God, you can breakthrough.

“Thus, regardless of how far one may have fallen away, or what terrible deeds one had done, if the desire is still there for God, and one still feels convicted to make his or her way right, then there is hope.”

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Betrayed: The Story of the Young and the Old Prophets

Why do people willingly betray others? It could be that they are jealous, or have a conflict of interest, in that they want the same things. It could also be that they are unscrupulous, and can be bribed to sell out. In 1 Kings 13:1-32, there is a particularly sad story of a gifted young prophet, who was hired and groomed to deliver a very important message (see below).

The Sad Story of the Young and the Old Prophets

1 Kings 13:1-9 (NKJV)

¹ And behold, a man of God went from Judah to Bethel by the word of the LORD, and Jeroboam stood by the altar to burn incense.

² Then he cried out against the altar by the word of the LORD, and said, "O altar, altar! Thus, says the LORD: 'Behold, a child, Josiah by name, shall be born to the house of David; and on you he shall sacrifice the priests of the high places who burn incense on you, and men's bones shall be burned on you.'"

³ And he gave a sign the same day, saying, "This is the sign which the LORD has spoken: Surely the altar shall split apart, and the ashes on it shall be poured out."

⁴ So it came to pass when King Jeroboam heard the saying of the man of God, who cried out against the altar in Bethel, that he stretched out his hand from the altar, saying, "Arrest him!" Then his hand, which he stretched out toward him, withered, so that he could not pull it back to himself.

⁵ The altar also was split apart, and the ashes poured out from the altar, according to the sign which the man of God had given by the word of the LORD.

⁶ Then the king answered and said to the man of God, "Please entreat the favor of the LORD your God, and pray for me, that my hand may be restored to me." So, the man of God entreated the LORD, and the king's hand was restored to him,

and became as before.

⁷ Then the king said to the man of God, "Come home with me and refresh yourself, and I will give you a reward."

⁸ But the man of God said to the king, "If you were to give me half your house, I would not go in with you; nor would I eat bread nor drink water in this place.

⁹ For so it was commanded me by the word of the LORD, saying, 'You shall not eat bread, nor drink water, nor return by the same way you came.'"

As the story above indicates, this young prophet was an example of a gifted man of God. He had the Spirit of God, and was in a strong partnership with Him. He delivered the message with precision and authority, in a place where the average person fears to tread—the presence of the reigning king. Many a messenger have had their heads cut off for the messages that they bore, but this was not the case with this young man. When the king ventured to accost him, his hand withered instantaneously. This is how much God was with this young man. However, the demonstration of the Spirit and power of God was not enough then, and is the case today. For, while the young prophet wisely and adamantly refused the king's overtures, he failed to do the same, when he encountered the old prophet (see below).

1 Kings 13:11-22 (NKJV)

¹¹ Now an old prophet dwelt in Bethel, and his sons came and told him all the works that the man of God had done that day in Bethel; they also told their father the words which he had spoken to the king.

¹² And their father said to them, "Which way did he go?" For his

sons had seen which way the man of God went who came from Judah.

¹³ Then he said to his sons, "Saddle the donkey for me." So, they saddled the donkey for him; and he rode on it,

¹⁴ and went after the man of God, and found him sitting under an oak. Then he said to him, "Are you the man of God who came from Judah?" And he said, "I am."

¹⁵ Then he said to him, "Come home with me and eat bread."

¹⁶ And he said, "I cannot return with you nor go in with you; neither can I eat bread nor drink water with you in this place.

¹⁷ For I have been told by the word of the LORD, 'You shall not eat bread nor drink water there, nor return by going the way you came.'"

¹⁸ He said to him, "I too am a prophet as you are, and an angel spoke to me by the word of the LORD, saying, 'Bring him back with you to your house, that he may eat bread and drink water.'"

¹⁹ So he went back with him, and ate bread in his house, and drank water.

²⁰ Now it happened, as they sat at the table, that the word of the LORD came to the prophet who had brought him back;

²¹ and he cried out to the man of God who came from Judah, saying, "Thus says the LORD: 'Because you have disobeyed the word of the LORD, and have not kept the commandment which the LORD your God commanded you,

²² but you came back, ate bread, and drank water in the place of which the Lord said to you, 'Eat no bread and drink no water,' your corpse shall not come to the tomb of your fathers.'"



Betrayed.

“However, the demonstration of the Spirit and power of God was not enough then, and is the case today.”



Life is all about decision-making, and only the resourceful thrive.



Why do people knowingly, mislead others?

“These imply that it is one’s duty to have pertinent relationships, yet to also take the time to determine the levels of importance of these in one’s life and endeavors.”



A good mentor is treasure chest.

Betrayed: The Story of the Young and the Old Prophets

The young prophet must have reasoned that the king had fallen from grace, and it was clear that the message indicated that his throne had been passed to another. However, this old prophet was a comrade, an old hand in the business of prophesying, and a veteran of many errands. But, what the young man failed to take into consideration was that God bypassed the old prophet, who obviously lived nearby King Jeroboam to use him, which would have suggested that the prophet was at the very least not preferred, and at the very worst apostate. This assertion is consistent with the fact that he (i.e. the old prophet) flat out lied to the young man that God’s angel told him to prepare him a meal (1 Kings 13:18). As a matter of fact, immediately the old prophet heard of the young man’s prowess, he saddled a horse to meet him. Numerous questions arise, such as “Why?” “Did he go to snuff out his light?” “Was he afraid that he had lost control, and needed to assess his competitor?” Whatever the case may have been, he was not a good mentor (i.e. an experienced and trusted advisor) for him. He looked the part, had the years, and the grey hairs to show for it; today it would be his curriculum vita, yet he was totally wrong for the young man, in that he got him killed. “Young ones, who moves you?” Since I became a believer in Christ Jesus, I have followed many, been taught by many, yet I cannot recall any person who misled me to the point that I got seriously damaged. God has always preserved me, often He uses Faith (my wife) and others to call me away from the edge. Neighbor, who is out

there for you? Interestingly, the old prophet was the very person who prophesied his doom, showed him his error, and after he was killed, buried him. What do these events imply? These imply that it is one’s duty to have pertinent relationships, yet to also take the time to determine the levels of importance of these in one’s life and endeavors. Where God is preeminent, then following Him completely is the wisest thing to do.

The Betrayal of Absalom

Another very subtle form of betrayal of mentees is what happens in families, as was the case of King David and Absalom, his son. While most of Christendom view Absalom as a father’s nightmare, and indeed he was, a look at the events that preceded his demise will show that he was also the victim of poor mentoring. If those little eyes follow you all over the place, watching your every move, idolizing you, and more so as a very successful and prominent person (as was the case with King David), then it becomes clear that Absalom was set up with quite a few assaults on his personality. King David grew war-weary, and was sent home to rest (2 Samuel 21: 15-17). When he got home, he found himself with women, children, the disabled and the elderly. Bored stiff and pacing around his home, he saw a sight that most God-fearing men cringe from, the naked body of a beautiful woman bathing, and that was the end of peace for him (2 Samuel 11:1-5). He took her, and she got pregnant, and being a man who attracted honorable men, Uriah (i.e. Bathsheba’s husband) refused to have fun in the midst of a bat-

tle, so the plot to cover up the adultery thickened. He had committed adultery with the wife of one of his great warriors, and the gossip was spreading like wild fire in the palace. Now, he ordered him killed, and poor Uriah was murdered, and Absalom watched on. Perhaps, as his mother and the other wives grumbled, the distance between the king and his household widened. Absalom must have wondered what had gotten into his great dad. Things were to turn for the worst, in that after Nathan the prophet had finished delivering God’s verdict to David, the illegitimate baby was to die, and conflicts and sexual mishaps were to be personified in his house. For, shortly afterwards, Amnon raped Tamar (Absalom’s sister), and refused to make things right; and Absalom determined that Amnon, regardless of the crazy David, will not see the light of another day. The dye was cast, and Absalom had had enough of this man, who did just what he wanted, hurt those who trusted him, and perverted justice. He was betrayed. If you bear in mind that in that custom, Tamar, once raped was damaged goods, then you can understand how deeply distraught Absalom was about that event, and how it was handled. Furthermore, when a mentor does something very inappropriate, one either responds by adopting that behavior, or refrains from it. In the case of Absalom, he washed off his father as a viable king, rebelled against him, and sought to dethrone him (2 Samuel 15-18). His disdain for his father was best demonstrated by the fact that during the rebellion, he literally raped the king’s concubines publicly. It was as

Betrayed: The Story of the Young and the Old Prophets

if he had had enough, and thought that others would agree with him. However, they did not, because they defeated his counsel, and then beheaded him, for his father was God's anointed king! While some may argue that King David had other sons, who passed through the same experiences and they did not react in the same ways, the fact is that Absalom and David had a close relationship (2 Samuel 13:39; 18:5, 32-33; 19:4-6), and that he was a very princely person, and but for God's choice of Solomon could have been the heir to the throne of Israel (2 Samuel 14:25-26). Furthermore, in spite of the fact that Absalom died while rebelling against his father, King David wept sore, and was inconsolable (see below).

2 Samuel 18:33 (NKJV)

³³ Then the king was deeply moved, and went up to the chamber over the gate, and wept. And as he went, he said thus: "O my son Absalom --my son, my son Absalom-- if only I had died in your place! O Absalom my son, my son!"

2 Samuel 19:4-6 (NKJV)

⁴ But the king covered his face, and the king cried out with a loud voice, "O my son Absalom! O Absalom, my son, my son!"

⁵ Then Joab came into the house to the king, and said, "Today you have disgraced all your servants who today have saved your life, the lives of your sons and daughters, the lives of your wives and the lives of your concubines,

⁶ in that you love your enemies and hate your friends. For you have declared today that you regard neither princes nor servants; for today I perceive that if Absalom had lived and all of us had died today, then it

would have pleased you well.

Could it be that he felt remorseful about how his misdeeds misguided that young man to his demise? Or was it that he was just a father who had lost a child? The mere fact that his men became mad at him suggests that his affect was inappropriate, and as such, he was grieving for more than just the loss of Absalom, he was grieving over the consequences of his personal failures. One's decisions at a very personal level can bring a lot of pain and perhaps damage those who are vulnerable to him or her for a lifetime. Thus, it is always important to have an impact analysis included in the decision-making process, as the subsequent events, would serve as cues not just to the consequences of such decisions, but also to the *bents* of those you influence.

How to Identify a Good Mentor or Role Model

Before I address what one should look for in a mentor or role model, it is important to first understand our natural predilections, or what I term as our bents. These are our inherent traits or tendencies, which may be modified by sociocultural influences, including our spiritual attributes. For example, one child walks into the room and sees the mother crying with a broken heart, because her beloved husband has cheated on her again. He corks his head and walks away wondering, "Hmm, so dad has illicit fun, interesting!" He plans to go out and do the same. Meanwhile, another child walks into the same situation, and expresses expletives about murdering the dad, which the mother cautions

against. After comforting the mom, he goes out resolved to never do such a thing to his wife, when he gets married, eventually. Two separate responses, from children born and raised in the same family. It becomes clear that one tends to go towards what one has the predisposition for. Thus, the search for a mentor or a role model should be informed by what makes one whole (see below).

2 Timothy 2:22 (NKJV)

²² Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

In the passage above, the Apostle Paul exhorted Timothy his son in the Lord, first of all, to turn away from the things that distract and destroy; and then secondly, to turn towards that which makes for wholesome living; and then to make packs with others who chase after the true life source, Jesus Christ. Thus, if your prospective role model is luring you towards sexual immorality or materialism, then he or she is the type to avoid. On the other hand, if someone wakes you up at 5:30 AM for a prayer meeting, and tells you, like I was told, "let's make something happen," then, that is the type of person to walk with. The questions are, "What are you looking for?" "Who has it?" "Is he or she interested in helping you?" It is important to bear in mind that one does not have to have an in-person relationship with a person to be influenced. A man's books, teachings on DVDs or CDs, when well used, can turn your life around, even though you have never, and may never meet him in person.

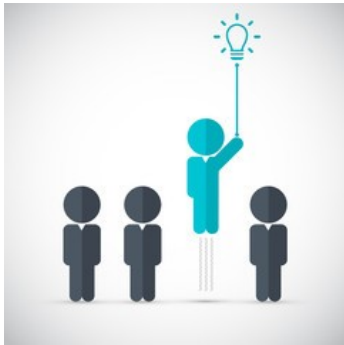


The demise of Absalom.

"The dye was cast, and Absalom had had enough of this man, who did just what he wanted, hurt those who trusted him, and perverted justice. He was betrayed."



Mentoring is an important and delicate task.



Role Models: Christianity is all about modelling after Christ.

“One must follow after God, but be open to learning from those pertinent persons (i.e. the gifts) that He sends one’s way.”



Betrayed: The Story of the Young and the Old Prophets

The Limits of All Mentors and Role Models

A role model is someone that one imitates, and not someone whose whole writes one’s life story. This is because they are human beings, and as such are limited in vision and knowledge, but God is the Creator and Designer of His kingdom, and the Author and Finisher of our faith (Hebrews 12:2). This is why in 1 Corinthians 11:1-2, the Apostle Paul stated,

1 Corinthians 11:1-2 (KJV)

¹ Be ye followers of me, even as I also am of Christ.

² Now I praise you, brethren, that ye remember me in all things, and keep the ordinances, as I delivered them to you.

He meant that the believers should not follow him blindly, but should emulate that which aligns with the scriptures or the teachings and examples of Christ. A pastor friend of mine preached very strongly on tithing and the giving of offerings to the Church, which I believe in and practice. But the emphasis became so vehement that I started to feel guilty about having a bank account. However, I knew that wisdom demanded that I should learn from the ants, who gather and store their victuals for the winter periods, and do likewise. And this we not only did, but encouraged others to do as well. It took a lot out of me because he had a strong character, and I knew him to be very anointed. However, as time passed, I became very certain that I had done the right thing. One must follow after God, but be open to learning from those pertinent persons (i.e. the gifts) that He sends one’s way. In the academia, we speak of one’s strong suit, which is the area of

one’s expertise—where one is an authority. Thus, when one is looking for help, one is often advised to engage the person who has the expertise in a specific area, as that is usually more effective and efficient. Take what is good, and where there are contradictions, defer to the more authentic source. The Apostle Peter in Acts 5:29, alluded to this, when asked not to teach in the name of Jesus Christ (see below).

Acts 5:29 (NKJV)

²⁹ But Peter and the other apostles answered and said: "We ought to obey God rather than men."

The Best Role Model of All is Jesus Christ

In John 14:6, Jesus Christ declared,

"...I am the way, the truth, and the life. No one comes to the Father except through Me."

He is the first and foremost mentor and role model that any man can have in this world. This is because, he was there at creation, knows our bents (John 2:24-25), made

available to us the way out of our sinfulness, and still intercedes for us who believe even now that He is in glory. He is all powerful, all wise, and His Holy Spirit is ever present, thus, we have Him at all times, and to the very end. He is excellent, and with Him, all that is godly and wholesome is possible. No one loves man more than Himself, and no one has given more. I like to win, and as such I am with Him, for He is my mentor and primary role model. What one should do is first of all to know Him (i.e. be born again), and then to know Him well, by studying to be approved of Him with His manifested presence—the presence of the Holy Spirit. Then, one should find one’s place in God’s scheme of things (i.e. in His kingdom), and follow Him to the very end, for this is how one becomes a good role model, and remains pure and strong.

ABOUT THE AUTHOR

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

“For in Scripture it says:
‘See, I lay a stone in Zion,
a chosen and precious corner-
stone,
and the one who trusts in him
will never be put to shame.’”

I Peter 2:6 (NIV)

Breast Cancer: Current Screening Recommendations

In the last edition of the True Worship Magazine (i.e. Edition 6, Volume 1), I addressed the risk and protective factors for breast cancer. In this edition, the focus is on the current recommendations for breast cancer screening. The fact that in 2018, it was estimated that over 2 million new cases would occur, and that over 600,000 women would die from the disease globally, indicates the ongoing need to intervene with early detection, and timely and adequate therapeutic interventions. Furthermore, in the United States in 2019, it was estimated that over 260,000 women would be diagnosed with this disease, and over 41,000 would die from it. The good news is that there are screening tests that are proven to prevent deaths from breast cancer, and to foster the diagnoses of the disease at earlier stages, when these are more treatable. For certain organizations, such as the American Cancer Society, the benefits of screening as recommended outweigh the risks. However, it is pertinent to know that there are levels of risks for breast cancer, and these are the average- and the high- or increased-risk persons, which are defined as follows.

High- or increased-risk for breast cancer is defined as having the following attributes

- ⇒ Being a carrier of the breast cancer susceptibility genes (i.e. BRCA I or BRCA II gene mutations), which confer a significant increase in one's lifetime risk of developing the disease.
- ⇒ Having a history of BRCA mutation in a first-degree relative (i.e. mother, sister or daughter).

- ⇒ A personal history of genetic syndromes such as Li-Fraumeni, Cowden, and Bannayan-Riley-Ruvalca syndromes, or in one's first-degree relatives, and
- ⇒ Having had radiation treatment to the chest before being 30 years old.

The average-risk woman is the one who does not have the features listed above, but has the known risk factors for sporadic breast cancer (see Edition 6, Volume 1). In view of this risk classification, it becomes pertinent to address the screening methods in current use.

Types of Screening Methods

Currently, the screening methods in use are as follows.

- ⇒ **Conventional Mammography:** This may be the film or digital mammography. The latter has gradually replaced the former. A mammogram is an x-ray picture of the breast.
- ⇒ **Breast Magnetic Resonance Imaging (MRI):** This is reserved for the women at high or increased risk for breast cancer.
- ⇒ **Breast Ultrasonography.**
- ⇒ **Digital Breast Tomosynthesis (DBT).**
- ⇒ **Clinical Breast Examination (CBE):** This is recommended as a screening method by the World Health Organization for resource-limited areas of the world, and it is to be performed by a qualified health care professional. Typically, a doctor performs a bimanual palpation of the breast, in a systematic manner.

It is pertinent to note that not

all these methods are recommended for routine use, but may become recommended for the women with certain attributes. So, what does one expect when anticipating going for breast cancer screening? The process of preparing for, getting screened, and following up with the test results can be divided into three phases—the pre-intervention, the intervention and the post-intervention phases (see below).

Pre-Intervention Phase

One steps into this phase when one is informed that she needs to get screened. For a beginner or even those with prior screening experience, there are going to be fears or uncertainties about what to expect, what the results would be, and the implications of these. These are very important concerns because, it is not just okay to start screening, but one must adhere to the recommended regimen, in order to stay healthy. Thus, the objective of the healthcare provider is to ensure that one is satisfied with the screening experience, through all the phases of the intervention. And this calls for a teamwork, which includes the one who needs screening, those who support her to get screened, and the health care team who provides the services. If the expectations are appropriate, then even with a less than comfortable screening experience, the person will more likely be satisfied with the care she received. There are several thoughts about what drives a woman to get screened for breast cancer, and these include the following.

- ⇒ If a woman is confronted with the question, “Are you susceptible to breast cancer?” And her answer



Mammography in progress

“However, it is pertinent to know that there are levels of risks for breast cancer, and these are the average- and the high- or increased-risk types...”



With respect to adopting and adhering to screening recommendations, one's perceptions are important.

Breast Cancer: Current Screening Recommendations



The value of the tests provide one with the important decision making tools.

“In order to make good decisions, one must know the value of the tests, the benefits and harms of screening, and the importance of participating in the decision-making process.”



Shared Decision Making:
Your preferences matter, get into it!

- ⇒ is yes, then, she would more likely adopt screening. If on the other hand, for whatever reason, she feels that she cannot be diagnosed with the disease, she will more likely brush off the invitation to screen.
- ⇒ If a woman perceives breast cancer as a life-threatening disease, she would more likely want to take up screening.
- ⇒ If a woman perceives getting a mammogram as beneficial, then she would likely go for it.
- ⇒ If a woman perceives getting a mammogram as too expensive or the process is too cumbersome, then she would tend to procrastinate or refuse to bother all together.
- ⇒ If a woman feels encouraged by her family, personal physician, a navigator, or the availability of an easy access to care, she would more readily get screened. It is well published, that women who are invited to screen have better outcomes than those who do routine screening. These cues to action, also include getting adequately informed about the benefits, harms, access barriers, and how to overcome the negatives, while enhancing the positives, in order to enhance one’s overall satisfaction.
- ⇒ Another very important factor is that of believing that one has the innate ability to take up the task of getting screened, and then following through. This is termed self-efficacy. I affirm, “Yes, you can!”

All of these thoughts, are influenced by one’s ability to understand her risk, the severity of the disease, the challenges of getting the care she needs in order to stay healthy; and what she can do to boost her self-confidence in order to gain access to and engage the health care system effectively and efficiently. This is health literacy, which is the ability to obtain, read, understand, and use health care information, in order to make appropriate health decisions and follow instructions for treatment. The good news is that there are booklets, and other tools that one can use to enhance one’s understanding of one’s risk, the disease, the planned health care service, and the process of obtaining it. These may be obtained in one’s doctor’s office, through the websites of various health care organizations, such as the Center for Disease Prevention and Control’s National Breast and Cervical Cancer Early Detection Program (NBCCEDP), the American Cancer Society, Avon, and one’s state and county health care department, in the United States. Outside

the United States, the World Health Organization, and the health departments of the national, state, and local governments of most countries also have the needed information on how to obtain these resources. In the same vein, some of these organizations set aside the resources to address the transportation needs, as well as the costs of care.

It is one thing to have access to screening services, and another to be able to make informed decision about receiving such services. In order to make good decisions, one must know the value of the tests, the benefits and harms of screening, and the importance of participating in the decision-making process. Table 1 below shows how valid and reliable the tests used for breast cancer screening are. Remember that a more sensitive test has the highly likelihood of its positive test being truly positive (i.e. one has the disease), while a more reliable tests has the higher likelihood of its negative test being truly negative (i.e. one does not have the disease).

Table 1. The Sensitivity and Specificity Rates for Selected Breast Cancer Screening Tests

Test	Sensitivity (%)	Specificity (%)	Comments
Screening mammography	77-95	94-97	Highly valid and reliable
Handheld Ultrasonography	80-83	86-94	Valid and reliable
MRI (i.e. high-risk women)	75-100	78-89	Valid and reliable, but with increased rate of false positive tests.

Fear Not

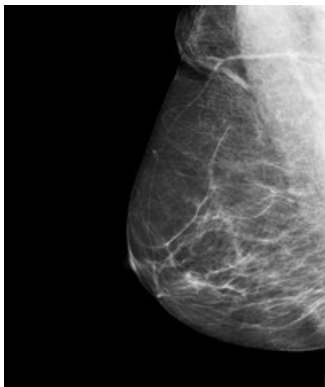
The risk of breast cancer is just a probability. 1 in 8 women means that almost 90% of the women will not be diagnosed with it in their lifetime.

Breast Cancer: Current Screening Recommendations



The clinical encounters with your physician are a vital part of breast cancer screening.

“Breast cancer screening saves lives, fosters the diagnoses of the disease at earlier stages, thus reducing how sick women can be, and the complications of the disease, as well as the treatments.”



A normal mammogram

Based on current data, the Digital Breast Tomosynthesis, with a low positive predictive value of 4.6% - 10.1% (i.e. the proportion of positive tests that are truly positive), is not reliable for routine breast cancer screening. These figures and their meanings help one to know the likelihood of actually getting the outcomes that one desires. This takes us to the benefits and harms of screening.

Breast cancer screening saves lives, fosters the diagnoses of the disease at earlier stages, thus reducing how sick women can be, and the complications of the disease, as well as of the treatments. However, the early detection of pre-malignant lesions that would not have manifested as overt cancers (i.e. overdiagnosis), and the eventual treatments (i.e. overtreatment), with the attendant complications, remain the serious potential harms of screening. In addition, there are the anxiety states caused by false positive tests, and the risks of the invasive procedures that often follow. Conversely, false negative tests also convey a false confidence, and may lead to eventual advanced-stage diagnoses, and poorer outcomes. There is also the issue of the exposure to radiation, as in the case of DBT, which is twice the amount of that of mammography. Thus, it becomes necessary to bear these in mind, and to arm oneself with the knowledge with which to hold gainful discussions with one's physicians.

The Intervention Phase

Since the focus here is on breast cancer screening, I will address the recommendations by several organizations (i.e.

the American Cancer Society [2019], the US Preventive Task Force [2016], and the National Comprehensive Cancer Network [2019]) (see Table 2 below).

From Table 2, one can garner a few points, as follows.

- ⇒ There are significant differences in the recommendations, which reflect the different inferences of often, the same research evidence. However, it is pertinent to note that clinical decisions take into consideration, not just the research evidence, but the patient's unique attributes and preferences, as well as the clinical judgement of the physician, and practice setting issues.
- ⇒ Annual screening mammograms foster early detection better than biennial, but are more likely to cause the stated harms. Thus, some recommend biennial as the best balance between the risks and the benefits. As such, it becomes a matter of what the patient perceives as more important to her, when it comes to the frequency of screening.
- ⇒ The use of adjunct screening tests like the breast MRI and DBT is not recommended for average risk women, either due to inadequate or negative evidence. Once, again, one has to confer with one's care provider and make a joint decision, while taking into consideration the regulatory restrictions.
- ⇒ Clinical breast examination, while not recommended by most of the organizations as a screening test, for want of suffi-

cient evidence, is still a part of the clinical encounter, and should be performed by a qualified physician. However, in countries with limited resources, where organized population-based screening is limited, the WHO suggests the performance of CBE by a qualified physician.

⇒ For the women who are at high-or increased risk as defined above, the complexities of the risk assessments, counseling and interventions call for being managed in a specialize clinical cancer prevention center.

The Post-Intervention Phase

The key issue in this phase is handling the results of your screening tests. If all is well (i.e. your test results indicate normalcy), then you can go about your business, or if you were anxious, you may choose to stop by a burger or salad joint for a little comfort food. On the other hand, if you are informed that you have an abnormal test result, then you would have to work with your health care team to ascertain the actual finding (e.g. benign or malignant), and then the confirmatory diagnostic tests would follow, and subsequently treatment plans, as would be indicated.

The thought of screening for breast cancer may be a scary one, but the risk of the disease is real, and calls for being circumspect. Thus, one should gird oneself with knowledge, personal determination, and all the assistance available, because it is preventable!

—Dr. Mfon Cyrus-David

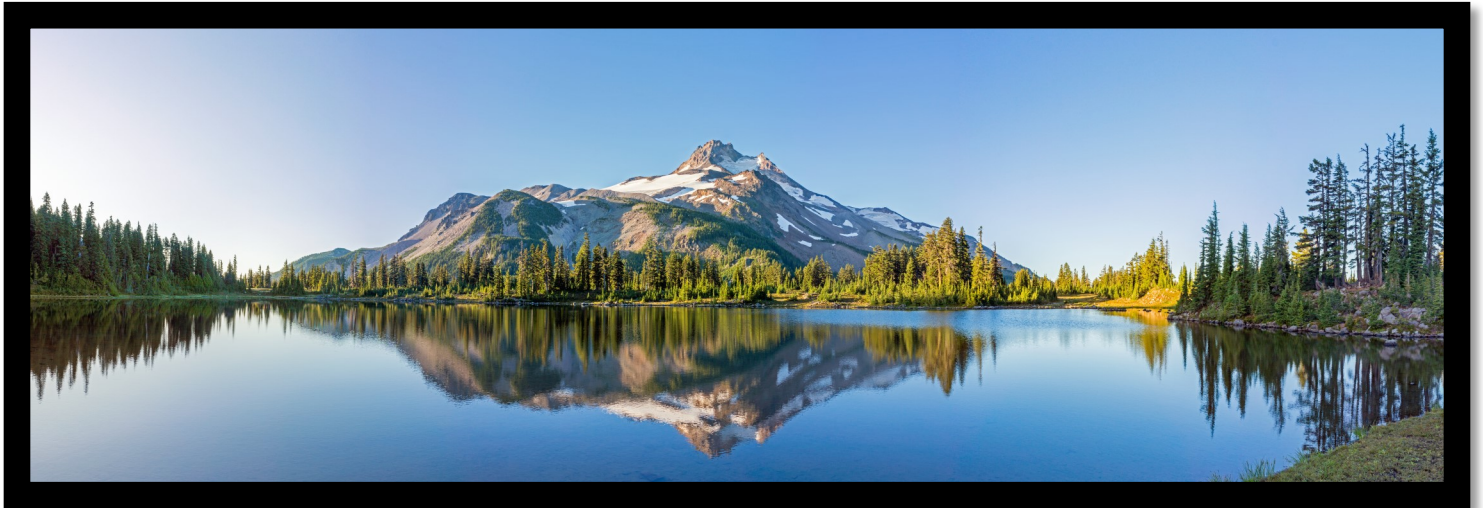
Table 2. A Summary of the Current Recommendations for Breast Cancer Screening by the American Cancer Society (ACS; 2019), the US Preventive Task Force (USPTF; 2016), the National Comprehensive Cancer Network (NCCN; 2019), and the World Health Organization.

THE AVERAGE-RISK WOMEN			
Age Category	Screening Method	Intervals	Comments
ACS			
40 – 44 years	Conventional mammography	Annually	May choose to start screening.
45 – 54 years	Conventional mammography	Annually	Screening is recommended.
≥55 years	Conventional mammography	Biennially. However, may choose to screen annually.	May continue if healthy, and has 10 years of life expectancy*.
(>70 years)	Conventional mammography		
USPTF			
40 – 49 years	Conventional mammography	Biennially	May choose to start screening.
50 – 74 years	Conventional mammography	Biennially	Screening is recommended.
≥ 75 years	Not recommended	Not recommended.	Screening is not recommended.
NCCN			
≥25 – <40 years	Clinical encounter, breast awareness.	Every 1-3 years.	Clinical encounter includes history taking, risk assessment, risk reduction counseling and CBE. May also use DBT.
≥40 years	Clinical encounter, conventional mammography, breast awareness.	Annually	Should consider DBT.
THE HIGH-/INCREASED-RISK WOMEN			
ACS (2007; Currently under review)			
≥ 30 years	Conventional Mammography & Breast MRI.	Annually.	It is recommended.
NCCN			
≥21 years	Clinical encounter.	Every 6-12 months.	Referral for genetic counseling, if not already done.
≥30 years or older	Conventional mammography.	Annually.	Possible use of DBT.
≥25 years	Breast MRI.	Annually.	Should consider risk reduction strategies and breast awareness.
NCCN for High/Increased Risk Persons Who Received Chest RT between Ages 10 and 30 years.			
<25 years	Clinical encounter and breast awareness.	Annually.	Begin 10 years after RT.
≥25 years	Clinical encounter and breast awareness.	6-12 months.	Begin 10 years after RT.
	Conventional mammogram.	Annually.	Begin 10 years after RT, but not before 30 years of age.
	Breast MRI.	Annually.	Begin 10 years after RT, but not before 25 years of age.

Abbreviations: CBE, Clinical Breast Examination; DBT, Digital Breast Tomosynthesis; RT, Radiation Therapy.



The Newfoundland Foundation



“...For such a time as this.”

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.

ABOUT THE NEWFOUNDLAND FOUNDATION, INC.: Our mission is to live our lives and to carry out His commands in such a way that would demonstrate God's sovereignty through His interventions in the lives of individuals or nations; His unfailing love through the salvation of souls, and the meeting of various needs, and to prepare our world for His return by building the body of Christ unto maturity.

CONTACT INFORMATION: For further information, visit www.newfoundlandfi.org, or send an email to miscd@newfoundlandfi.org.

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