

TRUE WORSHIP MAGAZINE



LOVE STRONG

Rethink Marriage: Roses and Lit Candles

By Dr. Mfon Cyrus-David

While this may vary depending on one's cultural background, we tend to get married in order to settle down and raise a family or plan a future together. Today, marital health tends to be defined based on how sizzling the romance is, and once the bedroom is not as it should be, the marriage is deemed to be unhealthy. But is this really the case? Do not get me wrong, I believe and teach that romance is important in marriage. King Solomon (Songs of Solomon 1:2) spoke of the desire to be kissed on the lips, because the beloved's love was "more delightful than wine". Romance is the icing on the "wholesome" cake of marriage. It says, "we've got it, and

we are celebrating it!" It spurs us on, and tells us that we cherish each other. Yet, just like the icing is not the whole cake, marriage is far more than the romance. It is important to note that the setting of marriage is in this perverse world—an adverse and often unsupportive environment. Furthermore, we as the primaries are imperfect, and are quite susceptible to the environmental factors, and worst of all, often, we are unaware of these. This is why the Author of marriage designed it to be far more than just for romance, but to be redemptive! (See Ephesians 5:22-28 below).

COMING SOON

The Newfoundland Foundation presents "A BEAUTIFUL LOVE STORY", the first in a series of Marriage Enhancement Conferences. Date: June 19 to 21, 2020 at the Double Tree by Hilton Hotel, Humble, TX 15747 JFK Blvd., Houston TX 77032.

Speakers: Dr. Mfon Cyrus-David and Dr. Faith Atai.

Learn More at www.newfoundlandfi.org

22Wives, submit yourselves to your own husbands as you do to the Lord. 23For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. 24Now as the church submits to Christ, so also wives should submit to their husbands in everything.

25Husbands, love your wives, just as Christ loved the church and gave himself up for her 26to make her holy, cleansing her by the washing with water through the word, 27and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. (Ephesians 5:22-28 [NIV])

The excerpt speaks of a different kind of love—agape (God’s kind of love). It is pertinent to bear in mind that while being married, we go to work, and deal with the often difficult stakeholders, who have little or no interest in our wellbeing; we pay the bills that never stop coming; deal with the object losses that tend to increase with age,

and are often very traumatic; face global crises, such as the epidemics, and wars; we fall sick, and often get a permanent change of health status (e.g. from healthy to chronically ill); and we grow old, and things cease to work as they used to. These things do not foster a sizzling romance, yet these happen to us while married! These things happen not to discourage us, but to foster in us the consciousness about God, and the growth to spiritual maturity. These lead us to overcome in life, which in turn validates our marriage, and ensures that we will join Him at His appearing.

Let us rethink marriage as a covenantal companionship that is dauntless in its mutual support and nurture, as we address the challenges of accomplishing life’s objectives, and as we follow the One who knows best. “Yes, send the roses and light the candles; set the boundaries, get all the counsels you need, in order to gain the understanding that fosters relational competence. Love Strong!



OVER THE WALL

God is Sovereign by Dr. Mfon Cyrus-David

To be sovereign is to be a supreme ruler or someone who possesses supreme or ultimate power. Is this true that God is supreme? He was at the very beginning, yet has no beginning and no end (Genesis 1:1; 21:33). He created all things, and these are for Him, through Him, and will all return to His dictate (Ephesians 4:6; 1 Corinthians 15:22-26). In power, He is omnipotent (Revelation 19:6), in knowledge He is omniscient (1 John 3:20; Romans 11:33-36), and in terms of presence, He is everywhere and transcends the whole universe (Psalm 97:5). Concerning His omnipresence, King David asked these questions, “⁷Where can I go from Your Spirit? Or where can I flee from Your presence?” (Psalm 139:7). Furthermore, in time, He is eternal (Deuteronomy 33:27). He can change all that should be changed, yet He and His word never change. The truth is that He is the CULMINATION OF ALL THINGS. This is why absence from God defines spiritual death, and the distance between a Christian and the Holy Spirit

defines spiritual wellness, because in Him we live, we move and have our being—He is the essence of our existence (Acts 17:28).

But the world says that God is not the one who calls the shots. In the midst of our challenges, and failures, there is increasing despondency and recalcitrance, as we have turned to the Evil One for answers. Now, it is no longer about reparation or positive changes (i.e. “who we should be”), it is about the status quo or further decay (i.e. “who we are”).

God is alive and well, but He is also sovereign, and as such, we must do things His way--wait on Him and for Him. In Luke 18:8, the pertinent question is, “...Nevertheless, when the Son of Man comes, will He really find faith on the earth?” In other words, do we have the faith to break this downward slid to global bankruptcy, by turning to the Almighty God for help?



PURE & STRONG Purity? Lol!

By Dr. Mfon Cyrus-David

In 1 Timothy 5:22, the Apostle Paul exhorted his godson Timothy, “keep yourself pure.” While this advice was about holistic purity, we know that the greatest challenge in terms of purity among young people is the sexual type. In the circular world, for example, here in the United States in 2010, >42% (4.3 million) of never-married female teenagers and 43% (4.5 million) of never-married male teenagers had had at least one sexual intercourse. Bear in mind that these are teenagers! It makes sense to expect that as they move away from the consenting age, towards young adulthood, this tendency would become more prevalent. Among Christians today, it has been reported that over 90% of married couples had pre-marital sex, indicating that we are tending towards the world’s way. Some truly believe that the concept of sexual abstinence or waiting to be married prior to having sex is laughable!

Why should we be pure? The answer is clear and straight to the point, “impure living destroys lives”. According to 1 Corinthians 6:16, sex is more than just a simple expression of sexual desires between two people, it has far reaching implications spiritually, psychologically and physically. It creates bonds, and fosters vulnerabilities, which are safeguarded in the covenantal relationship of marriage. However, when done casually, these become encumbrances, as follows. Spiritually, it fosters the distance from God (as He rejects unholiness), and as such from freedom. Meanwhile, it is an open invitation to Satan to come in and subordinate, and then imprison (see Proverbs 5:1-

11). No wonder one loses his worth and years of life to “the cruel” (Proverbs 5:9-11). Psychologically, after engaging in immoral acts, there is the tendency to feel humiliated at a later date. You literally feel degraded. Physically, well it happened! Often, your life partner was not the one. That gift was not in the package--an important bonding cue, which often reassures one throughout a marriage that the other person has the tendency to be chaste. Beyond this are the high risks of all the sexually transmitted diseases (e.g. human immunodeficiency virus [HIV], human papillomavirus [HPV], hepatitis C virus, the hepatitis B virus, syphilis, etc.), and their complications, such as the loss of one’s obstetric career (infertility), cervical cancer, >30% of oropharyngeal cancers, etc., some of which can kill.

In Psalm 119:9-11, King David stated, **9** *How can a young person stay on the path of purity? By living according to your word.* **10** *I seek you with all my heart; do not let me stray from your commands.* **11** *I have hidden your word in my heart that I might not sin against you.*

As a young man, I desired to please God, but had quite some challenges meeting all His expectations. So, I asked Him for a short-cut. Guess what He told me? “Keep yourself pure!” It turned out that as I endeavored to accomplish this task, I found out that it sufficed for all aspects of our relationship. In John 14:15, He says, “...if you love Me, keep my commandments.” Neighbor, loving God is keeping yourself pure. Stay pure and strong!



IT'S PREVENTABLE! Introducing Clinical Cancer Prevention

By Dr. Mfon Cyrus-David

This is a segment that is designed to inform, inspire, and motivate us to take command of our health, and join the cancer prevention war. Believe, me that it is not pretty, in that not only is the thought of having cancer a scary one, the information about these methods are often confusing. So, that is why we will stick to only what is evidence-based (i.e. factual). Over time, we and other experts in various fields of clinical cancer prevention will write to accomplish the aforementioned objectives. Read along with us, send your thoughts, ask your questions, and win this war for yourself and others. Before I define clinical cancer prevention, I will first break down and define the components, then bring them together again.

What Is Clinical?

“Clinical” is a term that defines what a health care worker does with patients (i.e. those who are at high risk or have been diagnosed with the disease). It includes counseling, clerking, examining, diagnosing or treating a patient. These are things that are proven to be effective by research evidence.

What Is A Cancer?

It is a new growth that has cells that have crossed the basic boundaries that normal cells do not cross. It may do so locally, or spread to near or distant regions (metastasis). No matter where it starts, because it has to do with growth, there are abnormal genes associated, some of which were inherited from the previous generation or acquired within a generation. It is pretty

bad, and calls for addressing one’s risks ACTIVELY. This leads us to the next term—prevention.

What Is Prevention?

The things that one does to promote wellness, reduce the chance of developing a disease (e.g. cancer), or the departure from health, and to minimize suffering and distress, all constitute prevention. It is best described in three subcategories as follows.

1. **Primary Cancer Prevention:** Consider yourself to be undiagnosed with a specific cancer. You do things to promote health (e.g. walk out regularly, abstain from smoking, etc.), you get vaccinated against the viruses known to cause or promote getting that cancer (e.g. the polyvalent HPV vaccine for cervical cancer), and you get educated on the risk factors for that cancer. These are primary prevention efforts.
2. **Secondary Cancer Prevention:** You are still not diagnosed with the specific cancer, but you have risk factors for it, and are screened in order to foster the early detection of pre-malignant lesions. These are abnormal changes (i.e. new growths) that signal that you may be diagnosed with this cancer later. These are crucial as they can save your life through timely interventions (e.g. excision biopsies, where the doctor takes it out for studies and counseling). Not all cancers have the proven screening tests, but a lot of the common ones do.
3. **Tertiary Cancer Prevention:** Having been diagnosed with cancer, everything that is done to foster a timely and adequate intervention to

reduce the complications of the disease and its treatments, including reducing the risk of recurrence, and physical, psychological and economic impairments, all constitute tertiary prevention.

Thus, clinical cancer prevention is the delivery of primary, secondary and tertiary prevention services to persons at high risk of being diagnosed with cancers or cancer patients.

In future volumes, we'll tackle interesting topics such as:

- The points and counterpoints of vaccinating sexually underaged girls against HPV.
- The prostate-specific antigen (PSA) test and what the Urologists actually do.
- What is new in breast cancer prevention: A focus on chemoprevention therapies.
- The prospects of the anti-programmed death-1 receptor and its binding protein L1 (PD-1 L1)-based therapies.

So, what out!

OUR MESSAGE IS THAT GOD IS SOVEREIGN, WE SHOULD WORSHIP HIM; HIS LOVE IS UNFAILING, WE SHOULD TRUST HIM; GET READY FOR HIS IS COMING BACK.



THE NEWFOUNDLAND FOUNDATION, INC.

"...He'll be there."

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 mcsd@newfoundlandfi.org.

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