

## What is best for me

We usually say that "everything is going well" in our life when we are healthy, have a proper and stable economic situation, get along with everyone and have good friends.

If we add that we have achieved our purposed goals and objectives, we can say that we are happy.

However, will it be true?

There is a difference of opinion about what it really means to have a happy life. Happiness is difficult to define because we each have different values or concepts of what is happiness, or what would make us happy. Many only deal with what they would like to have or do, and lose sight of genuine happiness..

Shalom is a a multi-faceted Hebrew word that could sum up all the conditions of a happy life. It is used as a greeting of "peace" when people meet on the street or enter each others' homes. Also used as a farewell, it is a desire for health, prosperity and happiness.

It applies both to inner life and to material values. It expresses all that is desirable in life, not only for now, but forever. Shalom also refers to one's physical and spiritual health, somewhat like the term "abundant life".

In the New Testament, the word "salvation"



is similar to shalom, but also includes the act of deliverance from eternal punishment for sins.

It has to do with the complete development of the person.

The "saved person" is one who has peace with oneself, with God and with one's neighbor. This integral health begins when we give place to Jesus in our life. It begins when we acknowledge our sin and come to Him repentant, accepting the forgiveness He offers us which was accomplished when He died on our behalf on the cross. It is not an escape from the problems that are part of life. Instead it is the ability to face whatever may happen without fear because our greatest problem and actually the root of our fear, which is sin, has been removed forever.

That is why Jesus could say: *"Peace I leave with you, my peace I give you; I do not give it to you as the world (society) gives it. Let not your heart be troubled, nor be afraid"* (John 14:27).

*Shalom!* is our desire for you.

# DRUG ADDICTION



**R**ehabilitation of a person who is addicted to drugs is not easy. The percentage of those who are cured does not give much optimism, despite the investment of time and money.

The chances of being healed and quitting drugs are much greater among addicts who have an authentic spiritual experience.

A great deal of effort has been devoted to finding out why some people begin to use drugs. The typical addict has negative memories and attitudes about his family. He is afraid of life, feels lonely, does not believe in himself and has not developed confidence in his ability to make correct decisions and accept responsibilities.

On the other hand, he who does not take drugs has a healthier attitude about himself and life. When asked why he does not use drugs, his answer is: "I do not need them ..."

All human beings have a built-in spiritual hunger, also known as, "the meaning of life". There are many who seek to satisfy that hunger through false religions, free sex, or drug abuse. Only God can completely

satisfy spiritual hunger. If one has a healthy relationship with God, there is no need for artificial solutions.

In order to overcome addiction, a person needs a strong motivation. If his problem began with an internal emptiness, it will not heal unless he finds a relationship that satisfies his spiritual hunger. There we have the explanation of the success of the gospel in the rehabilitation of these people. Through Christ, they experience not only the liberation from addiction, but also the reason for living. Through Christ, they can have that healthy relationship with God.

Drug addiction should not be treated without addressing the emptiness that motivated it. All crime and many vices have the same origin; they are the products of an empty, incomplete and hungry soul. It is dangerous to live without God. We must be filled with a relationship with God. If we do not allow it to be with God, then we will look for artificial things.

Jesus said, *"Come unto me, all ye that labor and are heavy laden, and I will give you rest"* (Matthew 11:28). □



# VITAMINS FOR THE SOUL

For some, the Bible is a collection of religious thoughts from ancient times and the history of the Jewish people. From a purely human point of view, we must acknowledge that it is a great literary work. However, it is much more. Its authors wrote the words of God, and its central message is directed to all people for all time.

When we read the Bible, we find that it has a special power. It touches the deepest secrets of our personality, analyzes our motivations and generates hope and faith. Truly, it has words of eternal life.

Some come to this book only when they are in trouble. That is, they use it as medicine for their emotional and spiritual illnesses. And

they do well, because it is always appropriate to treat ailments at their point of origin; in this case, spiritual conflicts.

But the Bible is more than "medicine"; it is "food," an essential part of our daily diet. If we meditate properly on this treasure of inspiration and instruction, it is like taking "vitamins" to strengthen ourselves, to move forward and to overcome the negative situations that may arise.

It is always better to eat well and maintain health, than merely treat a disease. *"All Scripture is inspired by God and profitable ..."* (2 Timothy 3:16). **Let's read the Bible!**

## Study the Bible!

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# DISOBEDIENT CHILDREN

**W**e live in an age when all authority is questioned, affecting how children respond to the authority of parents.

Although the Bible is an ancient book, book, it contains basic precepts, regarding parents' interactions with children and family relationships, which are valid for our current times.

Knowing how to correct and guide children produces good results if such knowledge is based on the wisdom of God.

Children should know that if they obey, they will get approval and help from their parents. On the other hand, they must understand the consequences of disobeying.

The Bible teaches that all human beings receive correction and discipline from God. The difference is that the discipline that we offer our children is far from perfect, in contrast to God's perfect discipline.

In the New Testament there is a letter addressed to Christians in which the author says on God's behalf: *"My son, do not despise the discipline of the Lord, nor be dismayed when*



*you are rebuked by Him, for whom the Lord loves, He disciplines, And punishes every one that He receives as a son. If you receive the discipline of God, God is treating you as his children."*

God instructs us, through the teachings of the Bible, that if we do not have the forgiveness of our sins, we will receive an inescapable punishment.

However, God wants the best for us and therefore we must love and respect His word. Centuries before the coming of Jesus Christ, He wrote: *"You shall love your God with all your heart, and with all your soul and with all your might. And these words which I command you this day shall be upon your heart; And you shall repeat them to your children, and you shall speak of them when you are in your house, and when you walk along the road, and when you lie down and when you get up."*

God helps us discipline our children, if we begin by obeying the Word of God.