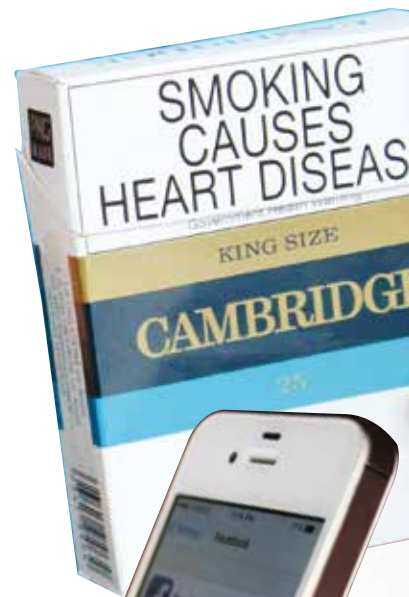


# TULAIT

Tok bilong God i olsem lait bilong soim rot long mi



## Breaking the Power of Addiction



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## Jesus Christ is Greater than Your Addiction

This magazine is all about addictions. Addictions to drugs, tobacco, buai, alcohol, gambling, sex, and other addictions are destroying the lives of many in PNG. I don't need to show you the statistics, because you can see it every day for yourself in your block, settlement, village, and community. Maybe at this moment an addiction is destroying your life too. This can happen quickly, as in the case of some drugs and excessive use of alcohol, or it can happen slowly, as in the case of smoking and chewing buai. But in either case, addictions destroy lives.

Addictions are a tool of Satan. He is the person that the Lord Jesus speaks about in John 10:10 who, "only comes to steal and kill and destroy." He wants to destroy your life. He loves it when you continue to drink beer, smoke drugs, and play bingo because he knows that these things will never bring you true happiness. Instead, they will slowly suck the happiness out of your life, your body, and the lives of those people who you love.

Your addiction is killing you. But how will you fight against it? How will you get rid of it?

One of the most powerful thoughts you have when you are addicted is that you cannot live without your addiction. You think:

*"I need a smoke."*

*"One more drink will be so good."*

*"I am dying for some marijuana."*

Often, these strong desires are coupled with head or body pain, brain fog, tiredness, and irritability if you don't have that smoke, beer, or joint. It can be so hard to resist. It is so easy to give in. Plus, after trying to quit but failing, you feel so powerless. "How will I ever be able to quit? It is so hard. It feels impossible." These are exactly the kinds of lies that Satan loves to have us believe.

But here is the truth of God's Word and the good news for addicts:

- ▶ It is not impossible.
- ▶ It is not too hard.
- ▶ You are able to quit.
- ▶ You don't have to give in.
- ▶ You are able to resist.

You can live without your addiction.

### Addictions to drugs, tobacco, buai, alcohol, gambling, sex, and other addictions are destroying the lives of many in PNG

In fact, when you leave your addiction and come to Jesus Christ, you will experience the beauty and joy of true life and happiness.

While Satan destroys and deceives, Jesus Christ has come to give us life, even abundant life (John 10:10). He has come to free us from the power of addiction, wash us



from the guilt of addiction, lift us from the shame of addiction, and empower us against the pull of addiction. Jesus Christ saves from the prison of addiction.

Are you ready to believe Him? Are you ready to trust Him? Are you ready to obey Him? If you are an addict, then you need to repent of your sin of allowing something other than Jesus Christ to rule your life. You need to believe that Jesus is able and willing to wash you clean of sin. You need to trust that He will give you the strength to stand when the temptation to give in is the strongest, and you need to obey Him completely, even if that means making major changes in your life.

Do you know what you also need to believe? You need to believe that if you fall into sin again, He is ready to forgive you again, ready to restore you again, and ready to strengthen you again.

Jesus Christ is stronger than your addiction. May this magazine help strengthen your faith in Him and equip you to fight against addiction.



## Jisas Krais i Winim Adiksen

Dispela magasin yu holim long han bilong yu em i pulap long toktok bilong ol adiksen. Ol adiksen i kain samting olsem smok drag olsem mariwana, smok sigaret or brus, kaikai buai, dring bia, pilai laki, lukim ol piksa nogut, na kainkain ol arapela adiksen. Dispela ol adiksen i wok long bagarapim planti bilong yumi long PNG. Maski yu wok long stadiim ol adiksen o nogat, yumi olgeta save long dispela samting pinis, bikos yu wok long lukim kaikai bilong ol adiksen i kamap long ol blok, setelmen, ples, na komuniti bilong yumi pinis.

Nogat wanpela adiksen i wok long bagarapim laip bilong yu yet. Sampela taim bagarap i kamap hariap, olsem taim yu smok planti drag or dring bia olgeta taim. Sampela taim em bai bagarapim yu isi isi, olsem taim yu kaikai buai o pulim smok. Tasol maski em i bagarapim yu isi isi o hariap, em i wok long bagarapim yu yet.

Satan i save usim ol adiksen long mekim wok bilong em long kilim yu dai. Em yet em i dispela man Jisas i toktok long em long Jon 10:10, husait i "kam bilong stilim ol sipsip, na bilong kilim ol i dai, na bilong bagarapim ol." Em i laik bagarapim laip bilong yu. Em i amamas tru taim yu wok long dring bia, smok drag, na pilai laki bikos em i save olsem ol dispela samting bai i no inap long givim trupela amamas long yu. Tru, em bai givim giaman amamas long yu sotpela taim, tasol bihain ol dispela samting i save rausim ol amamas long laip bilong yu, bodi bilong yu, na laip bilong ol lain i stap klostu long yu.

Adiksen bilong yu i wok long kilim yu. Tasol hau bai yu pait wantaim em? Hau bai yu pinisim dispela samting?

Wanpela strongpela tingting bilong ol adikt lain, ol i save ting olsem ol i nidim stret dispela samting we ol i adikt long em.

*"Mi nidim stret wanpela smok."*

*"Wanpela moa bia bai swit moa yet."*

*"Mi bagarap stret long smok marawana."*

Planti taim, sapos yu laik lusim smok o drag nau, yu bai pilim het pen, bodi pen, na ai slip. Dispela ol samting i kamap, na bai yu laik smok na dring gen. Em i had stret long lusim. Em i isi stret long mekim gen.

Na tu, sapos yu traim long lusim, tasol yu no inap, yu bai pilim olsem yu no inap olgeta. *"Mi no inap tru long lusim. Em i had tumas."* Satan i save amamas long giamanim yumi wantaim dispela ol kain giaman.

Tasol harim na harim gut. Dispela em i tok tru bilong God na gutnius i go long ol adikt lain:

- ▶ Em i no had tumas.
- ▶ Em i no bikpela samting tumas.
- ▶ Yu inap long lusim.
- ▶ Yu no nid long mekim gen.
- ▶ Yu inap long tok nogat.
- ▶ Yu inap long amamas taim yu lusim dispela pasin.

Taim yu lusim adiksen bilong yu na kam long Jisas Krais, yu bai save tru wanem samting em i trupela laip na trupela amamas.

Satan em i man bilong bagarap na man bilong giaman, tasol Jisas Krais em i kam long yumi i ken kisim laip, na laip i ken pulap long yumi (John 10:10). Em i kam bilong mekim yumi kamap fri long strong bilong adiksen, wasim yu long asua bilong adiksen, pinisim

sem bilong adiksen long yumi, na strongim yumi long tok nogat taim ol samting i wok long pulim yumi. Jisas Krais i kisim bek yumi long kalabus bilong adiksen.

### Satan em i man bilong bagarap na man bilong giaman, tasol Jisas Krais em i kam long yumi i ken kisim laip, na laip i ken pulap long yumi

Bai yu bilip long Em? Bai yu trastim Em? Bai yu bihainim Em? Sapos yu wanpela man bilong putim adiksen bilong yu i go pas long laip bilong yu, yu mas tanim bel. Yu mas bilip olsem Jisas i ken wasim olgeta sin bilong yu. Yu mas save olsem Krais i ken strongim yu taim yu gat bikpela laik long bihainim dispela adiksen bilong yu gen, na yu mas bihainim Em wanpela tasol wantaim olgeta samting yu laik mekim, na bai em mekim bikpela senis long laip bilong yu.

Na yu save long narapela samting we yu mas bilip long em? Yu mas save olsem taim yu pundaun long sin na mekim dispela pasin gen, Jisas em i redi pinis long lusim sin bilong yu na stretim laip bilong yu gen.

No ken giv ap. Jisas Krais em i strongpela moa long adiksen bilong yu. Dispela magasin i ken strongim bilip bilong yu na helpim yu long pait wantaim wanem samting i wok long bagarapim laip bilong yu.

# What is Ruling Your Life?

## Pastor Aisi Kosa

Have you heard this before?

"I can do whatever I want to because in Genesis 1:31 God declared all things good."

"The Bible doesn't say that what I'm doing is sin."

"Everyone is doing it, so it must be okay."

Listen! If you talk like this, I would like to ask you this: this thing that you are doing, are you doing it in the name of God the Father and Jesus Christ? Are you doing it to give glory, honour, and praise to Christ? Colossians 3:17 says, "And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father." Why do you do what you do?

I want to talk about something that many of us do that many other Christians and even non-Christians find offensive. What am I talking about? Chewing buai and smoking. Do you think it is okay for a Christian to chew buai and smoke? Is this a sin or not?

What does the Bible say? We need to know what God thinks about these habits. First, we need to understand that God has created us. God made our bodies and our spirit, and He made us in His own image (Genesis 1:26-27). This means that we must use our body and spirit to worship God, pray to Him, and obey Him. These are God's highest priorities for us, and this is how God receives glory, honour, and praise forever.

But sin has come and messed up our lives. Sin brings death and all kinds of pain and suffering to our body and spirit. And because of sin, men and women do all kinds of things to bring pain and suffering to their own bodies. The habit of chewing buai and smoking is one of the things that destroys our bodies. Chewing buai causes mouth cancer, tooth decay, ulcers, gum disease,

heart disease, and even death. Smoking is similar. It causes lung cancer, mouth cancer, tooth and gum disease, eye infection, diabetes, and death.

Think about it. If you chew buai and smoke, who are you going to blame when you become sick or you have pain in your body? Will you blame God? Will you blame someone else? It is not anyone else's fault, it is your own. You didn't listen and wanted to do as you pleased.

Maybe you will say to me, "No, buai and smoking aren't ruling my life. I only chew (or smoke) for fun." But how do you know if this thing is ruling your life?

- ▶ If it is making you sick and destroying your body, but you are still chewing buai and smoking, then it is ruling your life! It is an addiction! You are destroying the very body that God has given you.
- ▶ If you don't listen to the instructions of your church leaders and you chew buai and smoke on your church property, it is clear that this habit is ruling you. God has given authority to the church leaders but you aren't willing to submit to them (Hebrews 13:7-8).
- ▶ If you ignore the laws about where you are not allowed to smoke or about not chewing and spitting buai in public places, then it is clear that it is ruling your life. God has appointed our political leaders, but you refuse to listen to them (Romans 13:1-2).
- ▶ If you buy buai or tobacco or cigarettes, but you don't have enough money to support your family and buy food, school fees, medicine, etc, then it is clear that buai and smoking are ruling your life. God has given you the responsibility of looking after the needs of your family (Ephesians 6:4, 1 Timothy 5:8).

If your chewing buai and smoking is a stumbling block to another brother or sister and is causing them to sin, then God calls you to quit. God wants us to care about the spiritual well-being of our brothers and sisters in Christ.

Some Christians will say that whatever they put in their mouth goes to their stomach, not their heart, so it isn't sin because they will remove it later when they use the toilet. But what is in the heart comes out of the mouth so it is sin. They will say that God has declared all foods clean. This comes from Mark 7:18-23. But Jesus is speaking about all foods that are good for you. He isn't saying you can eat poison, which will kill you if you eat it. It is true that chewing buai and smoking a spear isn't sin. That is true, but if buai or tobacco is ruling your life, then it has become a false god for you, and serving false gods is definitely sin.

I myself consumed drugs, chewed buai, smoked, and drank beer for 16 years, but when Christ called me to believe in Him, I prayed hard for him to remove all these addictions because they were ruling my life. I had become a slave of them, and they were destroying my body and ruining my spiritual life. Thanks to the love of God, He heard my prayer and now I am finished with all these things. They won't destroy my life any more!

Listen! Brother and sister, come to Christ and He will help you. Are you locked in the prison of addiction? Are buai and smoke ruling your life? Do you want God to rule your life? Are you ready to quit them in the name of Jesus? Come to Christ now! Let Christ rule your life! He is the greatest master, and He greatly desires to help you!

# Husat i Bosim Laip Bilong Yu?

Yu harim kain tok olsem dispela bipo a?

"Olgeta samting i orait long mi mekim long wanem God i tok long Genesis 1:31 olsem olgeta samting God i wokim em i gutpela."

"Baibel i no tokaut em i sin long dispela pasin mi mekim."

"Olgeta manmeri i save mekim dispela pasin, so sapos mi mekim, em i orait, em i no rong pasin mi mekim."

Harim! Sapos yu save i gat kain tingting o mekim kain tok olsem, mi laik askim yu: Yu save mekim dispela pasin long nem bilong God na Krai Jisas? Yu save mekim dispela long givim biknem, hona, prais long Krai? Kolosi 3:17 i tok olsem, "Long toktok bilong yupela... wok bilong yupela... olgeta samting yupela i mekim, yupela i mas mekim long nem bilong Bikpela Jisas. Na long nem bilong Em yupela i mas tenkyu long God Papa." Yu mekim dispela pasin long wanem as tru?

Mi laik autim wanpela pasin we i no save givim gutpela bel long ol arapela Kristen na haiden lain tu, taim ol i lukim ol Kristen i mekim dispela pasin. Mi toktok long wanem pasin? Em pasin bilong kaikai buai na pulim simuk. Yu ting em i orait long wanpela Kristen i kaikai buai na pulim simuk? Yu ting em i sin o nogat?

Mi bai autim sampela tingting klia long Baibel. God i gat wanem tingting long dispela pasin? Pastaim yumi mas save olsem God i wokim yumi. Bodi na spirit bilong yumi God i wokim. Em i wokim yumi long stap olsem piksa bilong em yet (Stat 1:26-27). Dispela i min olsem long bodi na spirit bilong yumi, yumi mas lotu long God, aninit na prea long God, na bihainim tok bilong Em. Dispela em i nambawan laik bilong God long yumi man. Na long dispela pasin God inap kisim biknem, hona, na prais oltaim.

Tasol sin i kam long graun, na sin i bagarapim laip bilong yumi. Sin i bringim dai na kainkain pen na hevi long bodi na spirit bilong yumi. Olsem na man na meri i save mekim kainkain pasin long bagarapim bodi na spirit bilong ol yet. Pasin bilong kaikai buai na pulim simok

tu i wok long bagarapim bodi bilong man. Sapos yu save kaikai buai yu inap kisim mous kensa na planti ol arapela sik tu olsem tit i bagarap, sua nogut long bel, sik bilong gam, sik bilong klok, na iven yu ken dai tu. Sapos yu pulim smok tu bai yu inap kisim kensa long wetlewa na arapela bagarap long bodi tu. Kain olsem kensa long maus, tit i bagarap, strok, ai bagarap, daiabetes, na yu inap dai tu long ol dispela samting.

Sapos yu yet save mekim dispela pasin, taim yu sik, pilim pen o karim hevi, husait bai yu sutim tok long em? Bai yu sutim tok long God? Bai yu sutim tok long narapela lain? Em i asua bilong yu yet long sakim tok na bikhet.

Nogut yu bai tok olsem, "Nogat, dispela samting i no bosim mi. Mi kisim bilong amamas tasol!" Bai yumi save olsem dispela samting i wok long bosim yumi olsem wanem?

- ▶ Sapos yu gat dispela ol sik, pen, hevi long bodi bilong yu, tasol yu go yet na kisim buai na smok, orait em i olsem dispela samting i wok lon g bosim yu. Em i wanpela adiksen. Harim gut: God yet i wokim yu olsem Em yet na bodi na spirit i mas givim glori long Em wanpela tasol, tasol yu yet wok long bagarapim dispela bodi God i givim long yu.
- ▶ Sapos yu sakim tok bilong sios lida na kaikai buai na smok long sios eria, em i klia olsem dispela pasin i bosim yu. God i makim ol long lukautim sios tasol yu wok long sakim tok bilong ol (Hibru 13:7-8).
- ▶ Sapos yu no bihainim tok bilong gavman long noken kaikai buai long publik ples o tromoi ol pipia bilong smok o spetim buai nabaut long rot, o yu kaikai buai na simok long taim bilong wok, dispela ol samting i bosim laip bilong yu. God i makim gavman long mekim lo, tasol yu les long harim tok bilong ol (Rom 13:1-2).
- ▶ Sapos yu baim buai na smok tasol yu sot long mani bilong sapatim nid bilong femili olsem kaikai, skul fi, klos, marasin, etc, i kamap ples klia olsem dispela samting i bosim yu na i kamap olsem giaman god bilong yu. God i makim ol papamama long lukautim gut femili bilong ol (Efesus 6:4; 1 Timoti 5:8).

▶ Sapos pasin bilong kaikai buai o simok i wok long givim bel hevi long narapela long bilip bilong em na pasim narapela long kam lotu, mobeta yu lusim bikos yu no soim long pasim bilong laikim brata o susa bilong yu (Rom 14:15,19).

Sampela Kristen i tok, wanem samting ol i putim long maus i go long bel, em i no sin bilong em i go kamap pekpek na go long toilet. Tasol wanem samting i stap insait na kam ausait long maus i sin. Na tu, ol bai tok olsem olgeta kaikai God i wokim i klin na gutpela (Mark 7:18-23). Tasol Jisas i tok long ol kaikai i helpim bodi. Yes, em i tru olsem pasin bilong kaikai buai na pulim smok i no sin, tasol sapos em i bosim laip bilong yu, i olsem dispela samting i kamap giaman god bilong yu, na pasin bilong lotuim ol giaman god em i sin.

**S**apos yu yet save mekim dispela pasin, taim yu sik, pilim pen o karim hevi, husait bai yu sutim tok long em?

Mi yet i bin kisim drug, buai, simok, na bia long 16pela krismas, tasol taim Krai i singautim mi long bilip long em, mi bin beten strong long rausim dispela ol pasin bikos ol tu i bosim mi na mi kamap olsem slave bilong ol dispela samting i bagarapim bodi na spiritual laip bilong mi. Tenk yu long lav na marimari bilong God, em i harim beten bilong mi na mi no inap kisim dispela samting long bagarapim laip bilong mi gen.

Harim! Brata na susa, yu tu ken kam long Krai na em bai i helpim yu. Yu stap long kalabus bilong buai na simok? Ol i wok long bosim yu? O yu laik God i bosim yu? Yu redi long lusim long nem bilong Krai? Kam long em nau! Larim Krai bosim yu. Em i nambawan bosman, na em i laikim tumas long helpim yu.

# What does the Bible say about

## Drunkenness?

### Ephesians 5:18

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.

*Yupela i no ken dring planti na spak. Nogat. Dispela kain pasin i save bagarapim yupela. Yupela i mas larim Spirit bilong God i pulap long yupela.*

### 1 Thessalonians 5:6–8

So be on your guard, not asleep like the others. Stay alert and be clear headed. Night is the time when people sleep and drinkers get drunk. But let us who live in the light be clear headed, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation.

*Olsem na nogut yumi slip, olsem ol arapela man. Mobeta ai bilong yumi i op i stap, na tingting bilong yumi i klia. Yumi save, ol man bilong slip, ol i save slip long nait. Na ol man bilong spak, ol i save spak long nait. Tasol yumi ol lain bilong san, yumi mas tingting klia. Yumi mas kisim pasin bilong bilip long God na pasin bilong laikim tru ol arapela, na pasim dispela pasin olsem siot kapa. Na pasin bilong wetim God i kisim bek yumi, em yumi mas putim olsem hat kapa, na yumi mas sanap strong na was gut.*

### 1 Corinthians 6:9–11

Don't you realize that those who do wrong will not inherit the Kingdom of God? Don't fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality, or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God. Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.

*Ol man i save mekim pasin nogut, ol bai i no inap i go insait long kingdom bilong God. Ating yupela i no save long dispela, a? Nogut yupela i giamanim bel bilong yupela yet. Ol man i save mekim pasin pamuk, na ol man i save lotu long ol giaman god, na ol man i trabel long ol maritmeri, na ol man i save mekim ol kain kain pasin i gat sem wantaim ol arapela man, na ol stilman, na ol man i save mangal long ol samting bilong ol arapela man, na ol man i save spak, na ol man i save tok bilas long ol arapela man, na ol man i save pulim samting bilong ol arapela man, olgeta dispela kain man bai i no inap i go insait long kingdom bilong God. Na bipo sampela bilong yupela i stap kain man olsem. Tasol God i wasim yupela pinis na mekim yupela i kamap lain manmeri bilong em stret. Yupela i kisim nem stretpela man pinis. Na long nem bilong Bikpela Jisas Krai na long strong bilong Spirit bilong God yet, God i mekim yupela i kamap stretpela manmeri long ai bilong en.*

### Romans 13:13–14

Because we belong to the day, we must live decent lives for all to see. Don't participate in the darkness of wild parties and drunkenness, or in sexual promiscuity and immoral living, or in quarreling and jealousy. Instead, clothe yourself with the presence of the Lord Jesus Christ. And don't let yourself think about ways to indulge your evil desires.

*Yumi mas wokabout stret, olsem man i wokabout long san. Yumi no ken hambak nabaut na spak. Yumi no ken mekim pasin pamuk na pilai nabaut long pasin doti. Yumi no ken kros nabaut na bel nogut long ol arapela man. Yupela i mas kisim Bikpela Jisas Krai na pasim em olsem klos pait bilong yupela. Na yupela i no ken tingting long bhainim laik nogut bilong bodi.*

### Proverbs 20:1

Wine produces mockers; alcohol leads to brawls. Those led astray by drink cannot be wise.

*Man i dringim planti bia, em bai i tok bilas na tok nogut na pait nabaut. Sapos man i larim bia i bosim em, orait em i no gat gutpela tingting.*

### Proverbs 23:20–21

Do not carouse with drunkards or feast with gluttons, for they are on their way to poverty, and too much sleep clothes them in rags.

*Yu no ken poroman wantaim ol man i save dring planti wain na kaikai planti. Ol spakman na ol man bilong kaikai planti, ol bai i kamap rabisman tru. Sapos man i kaikai na i slip tasol, i no longtaim na em bai i gat pipia laplap tasol bilong karamapim skin bilong en.*

### Luke 21:34–36

"Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of this life. Don't let that day catch you unaware, like a trap. For that day will come upon everyone living on the earth. Keep alert at all times. And pray that you might be strong enough to escape these coming horrors and stand before the Son of Man."

*Jisas i tok moa olsem, "Tasol yupela lukaut gut. Nogut yupela i dring nabaut oltaim na yupela i spak. Na nogut yupela i wari long ol samting bilong bodi. Sapos kain pasin olsem i daunim yupela, orait dispela de bilong Bikpela bai i kamap long yupela wantu tasol, olsem umben i save holimpas abus, long wanem, dispela de bai i kamap long olgeta manmeri i stap long olgeta hap bilong graun. Oltaim oltaim yupela i mas was i stap. Na yupela i mas beten oltaim long God i givim strong long yupela. Olsem na bai yupela i abrusim olgeta dispela samting i laik kamap, na bai yupela i sanap long ai bilong Pikinini Bilong Man."*

## ASK A PASTOR

### Can a Christian chew buai?

It is better that a Christian does not chew buai because I think chewing buai is one of the patterns of the world that God's Word teaches us to reject (Romans 12:2). We are set apart and so we do not have to follow the ways of the world. Also I think chewing buai does not give glory to God (1 Corinthians 10:31). – **Pastor Isidore**

In short: No! Because you are not your own but belong to Jesus Christ both body and soul. You are an image bearer of God. God gave you beautiful white teeth to smile a God-glorifying smile. We can argue that betel nut and mustard are natural plants, but the lime is a foreign substance that harms our body. The red spittle stains your teeth and your teeth decay. We spend lots of money on this nut. The apostle Paul says, "Everything is permissible but not everything is beneficial. Everything is permissible but I will not be mastered by anything" (1 Corinthians 6:12). Anything that masters you and controls you is your god. When I realized this as a Christian, I decided to quit the practice for good. – **Pastor Tony**



# I Must Not Become a Slave to Anything

Pastor Tony O. Aufa

A young man, 18 years old, was asked by the members of his church to go to Bible College to learn more about God's Word. But he thought, "I'm a man too, and I have things I want to do. I'm still young, so let me live my life and have some fun first." After this, he still went to church, but only once in a while. At the same time, he discovered the joy of sex and started sleeping with as many girls as he could. It wasn't long before he contracted AIDs and died.

Maybe you know a story like this too?

We all like to follow our own desires, don't we? When other people tell us to stop doing something and start doing what they want us to do, we say, "Leave me alone. Let me do what I want to do." Sound familiar? But we need to remember that it is God who made us, and Christ Jesus who rescued us with His blood to make us his own.

Often our desires follow Satan's desires! Think of Adam and Eve. They followed their own desires and brought disaster upon themselves. Likewise, if we follow our own

desires we too will bring disaster upon ourselves. HIV/AIDs, gonorrhea, and other sexually transmitted infections come from us following our desires for sex. Mouth cancer, TB, and rotten teeth come from our desire to chew buai, kembang, and daka. Too much sugar gives us diabetes. Lung cancer comes from smoking. There are too many examples! So many sicknesses afflict us because we don't do what God wants us to do.

## We must not become a slave to anything

God wants us to have dominion over everything He made (Genesis 1:26-28). That means He doesn't want those things to have dominion over us. Sex and lust can't rule us. To put it another way we might say that those things can't motivate us. Christ motivates us to rule over our bodies. He strengthens us to overcome our old self and have self-control.

Therefore Paul says "I must not become a slave to anything" (1 Corinthians 6:12).

We always make excuses to follow our sinful desires. Just like the Corinthians we say, "I am allowed to do anything." I can drink, I can chew, I do whatever. It's my body, my money; if I want something, I'll get it!

We say, "It's a plant, ya! How can you tell me I can't chew it?" Good question. But don't you think it's better if we ask: "How is this thing helping me?" Think about it. You are wasting your money on it every day and yet you don't have enough money for food, you go hungry, and then you dinau to get more money to buy more buai. Examine your own actions and you'll see that you are killing yourself!

Some of us say, "These are problems of this world, it's not a big deal." Listen! We are creating the problems, not the world. The Lord has given us eyes and brains to examine our lives and how we live. Are we going to walk around like blind men? Like crazy people?

Paul told the Corinthians that the sexually immoral, idolaters, greedy, and drunkards will not inherit the Kingdom of God (1 Corinthians 6:9-10). Some of the believers had lived that kind of lifestyle before. But now God has washed them in the blood of Christ and they belong to Him (v. 11). Therefore, they must not do these things anymore.

Christ has not redeemed our body to make it a temple for beer or adultery. Absolutely not! It is the temple of the Holy Spirit (v.19)! We need to let the Holy Spirit control our desires.

Listen! Christ Jesus came to this earth and followed the desires of God the Father all the way to his own death. Then he rose from the grave in power. Therefore, He can change you, just as He has changed me! Come to Jesus! He will give you new desires and you will follow His will so that He becomes your master forever. We must not become the slave of anything except Jesus Christ.



## Nau Yumi No Ken Larim

Pastor Tony O. Aufa

# Wanpela Samting i Bosim Yumi

Wanpela yangpela man, krismas bilong en i 18. Ol lain long sios i askim em long go skul long Tok bilong God na em ting: "Mi man tu, yah, na mi gat laik blo mi yet. Mi yangpla yet so larim mi amamasim laif blo mi pastaim." Em i save go lotu wan wan taim. Tasol long hait em i save raun wantaim planti meri na em i kisim AIDS na i dai. Ating yu gat stori olsem tu?

Yumi olgeta i save laik bihainim laik bilong yumi yet, a? Planti taim sapos narapela lain i tokim yumi long lusim ol samting yumi laikim na bihainim laik bilong ol, bai yumi tok, "Larim mi mekim laiks blo mi yet." Yumi klia long dispela Tok Pisin, a? Tasol yumi mas save gut olsem Bikpela i mekim yumi bilong Em yet. Krai i baim yumi pinis long blut bilong Em yet na yumi bilong Em tasol.

Yu save tu olsem planti taim laik bilong yumi save bihainim laik bilong Satan. Tingim Adam na Iv! Ol i bihainim laik bilong ol yet

## Wanem samting bosim yu?

na bungim hevi. Olsem tasol sapos yumi bihainim laik bilong yumi yet bai yumi bungim bagarap.

HIV/Aids, gonorrhea na kain sik olsem i kamap long pasin bilong bungim bodi wantaim planti man o meri. Maus kensa na tit bagarap long kaikai planti kembang, daka

na buai. Planti suga i save kamapim sik suga (diabetes). Lang kensa i kamap long smok. Yumi no gat spes long toktok long olgeta sik. Tasol em i tru olsem olgeta sik na sin i kamap long yumi bikos yumi no bihainim laik bilong Bikpela (Stat 3).

## Nau yumi, yumi no ken larim wanpela samting i bosim yumi

Bikpela i tok long yumi bosim ol samting Em i mekim (Stat 1:26-28). Em i no tok bai ol dispela samting mas bosim yumi. Goap na tingting nogut i no ken bosim yumi. Yumi putim long Tok Pisin bilong nau: Dispela ol samting i no ken pawarim mi. Krai i givim mi pawa pinis long bosim laik bilong bodi. Em i givim yumi strong inap long daunim laik bilong olupela bel o "self-control" olsem wanpela sid bilong kaikai bilong Holy Spirit (Galesia 5:23).

Olsem na Pol i tok: "Mi no ken larim wanpela samting i bosim mi" (1 Korin 6:12). Wanem samting bosim yu?

Planti taim yumi save mekim ekskius long bihainim laik nogut bilong bodi olsem ol Korin tok, "Olgeta samting i orait long mi mekim." Mi ken dring dispela, mi ken kaikai dispela, mi ken mekim olsem. Em bodi blo mi yet, em moni blo mi yet, mi laik baim wanem, bai mi baim long laiks blo mi yet.

"Em diwai ya, hau yu tok mi no ken kaikai?" Gutpela askim. Tasol em i moa gut yu askim yu yet: Dispela samting bai helpim mi olsem wanem? Skelim, yu westim mani, yu sot, hangre bihain na dinau gen. Skelim yu yet

gut na bai yu lukim olsem yu wok long kilim yu yet stap.

Sampela bilong yumi save tok, "Em ol hevi bilong graun, i no wanpela samting." Harim, yumi yet i save kamapim hevi, i no graun. Bikpela i givim ai na tingting long lukluk na skelim gut laip na nogut bai yumi wokabout olsem aipas na nogat gutpela tingting.

Pol i tokim ol Korin olsem ol manmeri i save pamuk, lotuim ol god giaman, gridi na spak longlong nabaut bai i no inap kisim Kingdom bilong Heven (1 Korin 6: 9-10).

Sampela bilong ol i bin stap olsem bifo. Tasol nau God wasim ol long blut bilong Krai (v. 11) na ol i bilong Em yet. Olsem na ol i no ken sin moa.

Bodi bilong yumi i no haus bia o haus pamuk. Nogat tru! Em i haus bilong Holy Spirit yet (v.19)! Yumi mas larim Holy Spirit i bosim laik bilong yumi.

Harim gut, Krai Jisas i kam long graun na i bihainim laik bilong God Papa i go inap long Em i dai. Em i kirap long dai wantaim pawa. Olsem na Em i ken senisim yu bikos Em senisim mi. Yu kam long Jisas! Em bai givim yu nupela laik na bai yu bihainim laik bilong Em na Em bai i stap bosman bilong yumi oltaim.



# My Freedom from the Addiction of Marijuana

**Pastor Tony O. Aufa**

I started smoking marijuana at around 13 years of age right through to 30. I've had a few other addictions too, but marijuana topped the list. The practice got the better of me when I planted my own gardens. I thought I'd never quit. I even said there's nothing wrong with smoking marijuana because it's only a plant.

But I was totally wrong. Just because God made something, it doesn't mean it is for us to ingest. Should we eat poisonous plants? Thank God, I finally stopped. I know you can quit too.

Looking back, I've realised that the practice was killing me inside out. There were a whole lot of other things happening within and around me. Firstly, I was abusing the plant. Maybe God created this plant for another use which I hold we haven't found out yet. Secondly, my health was declining because all I ever wanted was to smoke. I wasn't doing anything good for my own life. I was pouring out my life into a ditch. I wasn't controlling my life.

The addiction was enslaving me. I wanted to be free of addiction and use my God-given brains. Sometimes I felt like I was some kind of machine that needed some fuel to run. But I'm not a machine; I am an image bearer of Christ. When I realized that the good feeling the addiction gave didn't last, only feigned life, and were only leaving me with scars of emptiness, I wanted to be free of it.

**You can be free of anything that enslaves you**

The quitting process didn't come easy. Firstly, I laid my burden before the Lord in prayer. I tried to fill my mind with the Word of God. I disassociated myself from the addicts I used to hang out with. I stopped going places that would only put me at risk. When the urge arose, I had a good bath and had a nap.

After some months of doing this, the urge of smoking went away.

You can't just pray and expect a miracle to happen. You'll have to make it happen. You pray for a change and make change. If you pray but visit places or people who would only put you at risk then you're never going to win. You will go back to your old self again. Therefore: 1. Pray; 2. Keep away from people who are still in the practice.

Why should you quit? First, because you're an image of your Creator. Second, because addiction is sin. Titus was urged to educate the older women to stop taking much wine. In the NIV it says, "addicted to much wine". The ESV reads, "... slaves to much wine" (Titus 2:3). I understand that the passage isn't talking about marijuana but the same principle applies here. You shouldn't let anything enslave you.

Christ Jesus has purchased our freedom on the cross. You can be free of anything that enslaves you. I'm a free man in Christ Jesus, my Master and Saviour!

# Fridom Bilong Mi Long Kalabus Bilong Mariwana

**Pastor Tony O. Aufa**

Mi stat long smokim mariwana long taim mi olsem 13pela krismas na mi smok olsem pela krismas olgeta. Mi traim ol narapela samting tu, olsem bia na brus, tasol mariwana em i winim ol. Mi smok planti taim mi planim gaden bilong mi yet. Mi ting olsem mi no inap tru long lusim dispela pasin. Mi tokim ol lain i tokim mi long lusim mariwana olsem em i wanpela diwai Bikpela yet i kamapim olsem ol narapela diwai. Tasol mi rong na kranki olgeta. I no bikos God i kamapim wanpela samting yumi ken smokim.

God i no mekim olgeta samting bilong yumi mas kaikai, dring o smok. Yumi i mas kaikaim ol lif i gat poisen o nogat? Nogat tru ya! Mi tok tenk yu long God olsem mi stop long smok. Mi save yu ken lusim tu.

Nau mi lukim olsem taim mi smokim mariwana em i bin wok long kilim mi. I gat ol narapela samting tu i bin wok long bagarapim tingting na sindaun bilong mi. Pastaim, mi abusim o mi no yusim dispela samting long laik bilong Bikpela. Ating God i mekim mariwana bilong mekim narapela wok tasol mi bilip yumi i no painimaut yet. Na tu, mi bagarapim bodi bilong mi long smokim mariwana tasol. Mi no mekim wanpela gutpela samting bilong laik bilong mi yet. I olsem mi tromoi laik bilong mi long wanpela bikpela baret na bai wara i karim i

go. Mi no bosim laip gut. Pasin bilong smok i kalabusim mi. Na mi laik lusim dispela kalabus bilong smokim mariwana na yusim save God i givim mi. Sampela taim mi pilim olsem mi wanpela masin i nidim fuel long wok. Tasol mi no wanpela kain masin olsem kar; God i wokim mi long piksa o image bilong Em yet. Taim mi klia nau olsem dispela liklik amamas mariwana i save givim i no save stap long taim, em i save giaman tasol, na givim mi moa trabel, mi laik lusim olgeta.

**Wok bilong lusim mariwana i no kam isi**

Wok bilong lusim mariwana i no kam isi. Pastaim, mi karim ol hevi bilong mi i go long Bikpela long beten. Mi traim long ridim Tok bilong God planti. Mi no poromanim ol lain i save smok. Na mi no planim mariwana moa. Mi no go long ol hap ol i save salim mariwana tu. Taim laik bilong smok i kirap mi waswas pinis na slip. Sampela mun bihain, laik bilong smok em i lusim mi.

Yu no ken prea tasol na ting mirakol bai kamap. Yu mas mekim wok long lusim wanem samting i wok long bagarapim yu.

Yu prea long senis na yu mas mekim senis i kamap. Sapos yu wok long prea na go long hap ol i save salim o smokim mariwana, yu i no inap tru long kam autsait long dispela kalabus. Yu bai go bek gen long olpla pasin bilong yu. Olsem na: 1. Yu mas prea; 2. No ken poromanim ol hap na lain i gat mariwana.

Bilong wanem yu mas lusim mariwana? 1: Bikos God i mekim yu long piksa bilong Em yet. 2: Adiksen o pasin bilong laikim tumas wanpela samting olsem mariwana em i sin. Aposel Pol i tokim Taitus long tokim ol lapun man na lapun meri long ol i no ken spak tumas. Long NIV Baibel em i tok, "addicted to much wine. Na ESV Baibel i tok, "slaves to much wine." Mi laik putim long Tok Pisin bilong mi yet: No ken larim wain i kalabusim yupela (Taitus 2: 2-3). Mi klia tru olsem dispela teks i no toktok long mariwana, tasol yumi ken mekim wankain pasin long ol narapela samting olsem mariwana. Yu i no ken larim wanpela samting i kalabusim yu na bosim laip bilong yu.

Krais Jisas i baim pinis fridom bilong yumi long diwai kros. Yu ken lusim wanem samting i save kalabusim yu na bosim yu. Mi fri nau insait long Krais Jisas, Bikpela na Sevia bilong mi.



## 1 Corinthians 6:12

You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything.

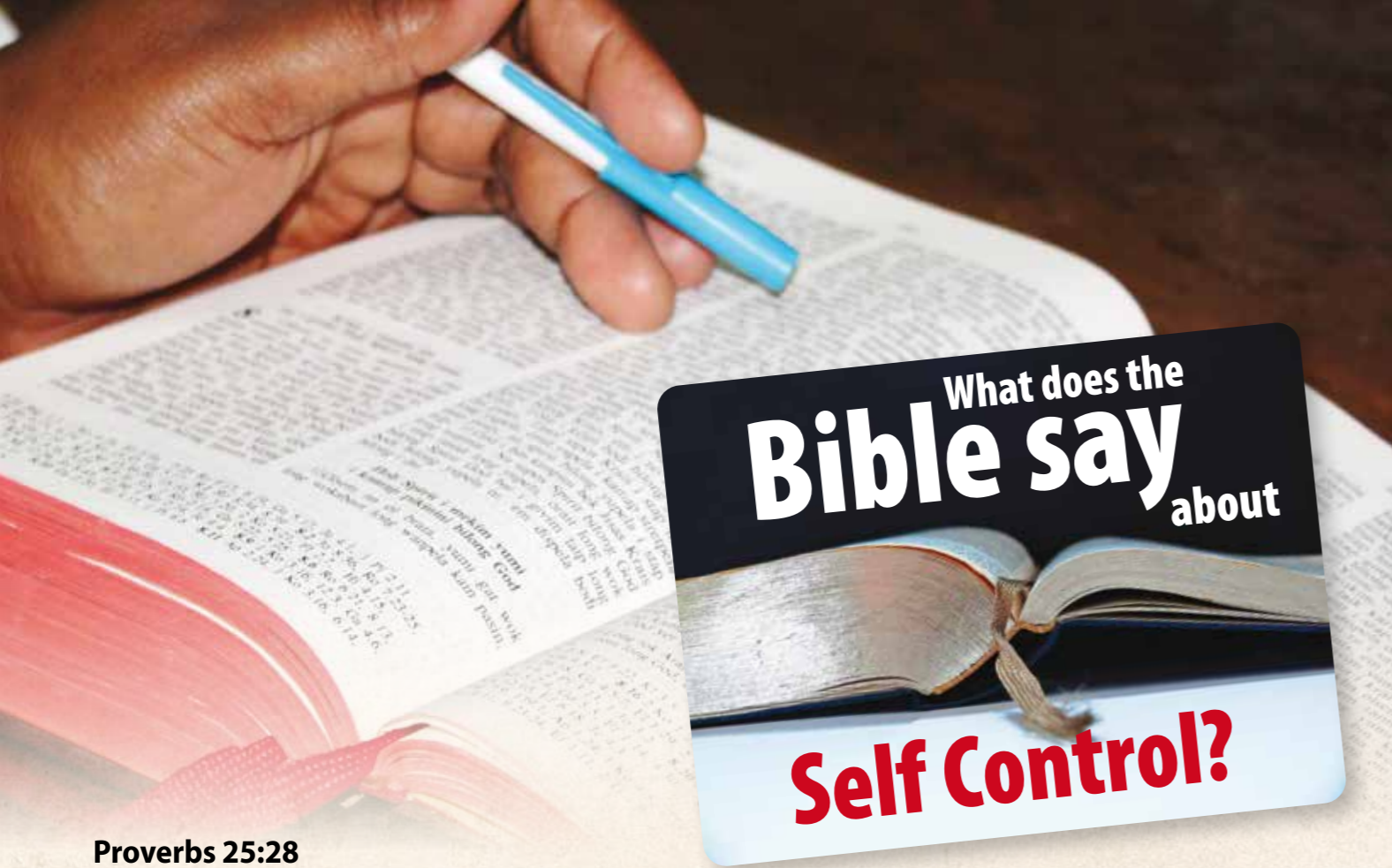
*Sampela man i save tok, "Olgeta samting i orait long mi mekim." Dispela tok em i tru, tasol i no olgeta samting i save helpim yu long i stap gut. Olgeta samting i orait long mi mekim, tasol mi no ken larim wanpela samting i bosim mi.*

## 2 Peter 2:19

They promise freedom, but they themselves are slaves of sin and corruption. For you are a slave to whatever controls you.

*Ol dispela man nogut i save tok, "Sapos yupela i bihainim mipela, yupela bai i stap fri, na yupela i ken mekim olgeta samting long laik bilong yupela." Tasol ol yet i stap olsem ol wokboi nating bilong pasin bilong bagarap, long wanem, sapos wanpela man i larim wanpela samting i bosim em, dispela man i stap olsem wokboi nating bilong dispela samting.*





**Proverbs 25:28**

A person without self-control is like a city with broken-down walls.

*Sapos man i no inap pasim belhat bilong en, orait ol arapela man inap daunim em. Dispela kain man i olsem wanpela taun i no gat banis, na ol birua inap i go insait na bagarapim.*

**1 Corinthians 9:25**

All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

*Na olgeta man i laik win long resis, ol i save daunim olgeta laik bilong bodi, na wok strong bilong kisim prais. Ol dispela prais ol i kisim, bihain bai ol i bagarap. Tasol prais yumi ting long kisim, em i no save bagarap.*

**1 Timothy 3:2-3**

So a church leader must be a man whose life is above reproach. He must be faithful to his wife. He must exercise self-control, live wisely, and have a good reputation. He must enjoy having guests in his home, and he must be able to teach. He must not be a heavy drinker or be violent. He must be gentle, not quarrelsome, and not love money.

*Man i kamap wasman em i mas bihainim ol stretpela pasin tasol, bai ol man i no inap lukim wanpela rong long em. Em i mas i stap man bilong wanpela meri tasol. Em i mas sindaun gut na bihainim ol gutpela tingting tasol na mekim ol gutpela pasin. Em i mas lukautim gut ol man i kam long haus bilong en. Em i mas save gut long pasin bilong skulim ol manmeri long pasin God i laikim. Em i no ken spak. Em i no ken belhat kwik na pait long ol arapela man. Nogat. Em i mas isi long ol. Em i no ken laikim tumas long kisim mani.*

**Titus 2:11-12**

For the grace of God has been revealed, bringing salvation to all people. And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God,

*Yumi save, marimari bilong God em i kamap ples klia pinis, na em inap long kisim bek olgeta manmeri. Dispela marimari bilong God em i save skulim yumi long lusim pasin bilong givim baksait long God na long lusim olgeta laik nogut bilong dispela graun, na em i skulim yumi long tingting gut na wokabaut stret. Tru, yumi stap namel long ol manmeri bilong dispela graun, tasol marimari bilong God i skulim yumi long bihainim pasin bilong God.*

**1 Peter 4:7**

The end of the world is coming soon. Therefore, be earnest and disciplined in your prayers.

*Taim bilong olgeta samting i laik pinis em i klostu nau. Olsem na yupela i mas tingting gut, na bosim gut ol pasin bilong yupela, bai yupela i ken prea gut.*

# ASK A PASTOR

**My brother has a wife and two children. The problem is that he drinks beer every night after work and is destroying his life and his family. What can I do to make him stop? How can I help him?**

As a brother, I would ask him or even invite him kindly if we could sit down and talk about life issues affecting our personal lives and families. During this conversation, I would address the issues of drinking beer and how it affects one's life and family as well. I would also bring in the Word of God to encourage him and hold him accountable for what he has been doing. I would also show him from Scripture that drinking beer is something that brings destruction to oneself and also to the family. If he was open to it, I would pray with him for God's strength and guidance in this. Continue to hold him in prayer and encourage him to give his life to God (Romans 13:13; 1 Corinthians 6:10; Galatians 5:21). – **Pastor Isidore**

Pastor Tony: Only God can change someone's heart, and so first and foremost pray for your brother everyday. If it's possible, ask to pray with him. Talk about the dangers he's putting himself and his family through openly, but lovingly. He needs to think hard about what he's doing right now because as fathers we are required to set good examples for our children. It is our responsibility to provide for our families. Do not try to fight him. Let him know that as a brother you are concerned about him and his family, and that if he doesn't stop he will destroy himself and his family altogether. It would do well if you also bring the Word of God to him. The Bible says that drunks will not inherit the Kingdom of heaven (Galatians 5:20-21). Show him his need for Jesus. – **Pastor Tony**

**I have been smoking marijuana for a long time and it helps me feel good. Now that I want to quit, I am not able to. What should I do?**

I was once a drug addict for 20 years and I speak from experience. You cannot do it in your own strength. Jesus has the power to help you overcome marijuana. His power is greater than that of marijuana and all evil and sin (Romans 6). Give yourself to Him as a living sacrifice (Romans 12:1). Read His Word, pray and work at it - say no to drugs and yes to the Lord. When He opens your eyes by His Word and Spirit, you will see that what He has done for you is more worthy than any other thing in your life. And that will be enough for you to give your whole life to Him alone and nothing else in this life, including marijuana. – **Pastor Isidore**

Firstly, pray and ask the Lord for strength everyday. Do not go to places that would only put you at risk, and do not hang around with the people you used to smoke with. This will hurt a little for the first few weeks, but after some time you will get used to the new you. It isn't very hard after all. I say this with confidence because I was a marijuana addict and thought I'd never quit, but I did. I haven't been smoking for 10 years now. You need the strength of the Lord to do this. Cast your burdens unto Jesus for He cares for you. – **Pastor Tony**



**I read my Bible and pray every day to God, but still I look at pornography regularly. Why won't God help me overcome this sin?**

Many Christians fall in this area. It is very tempting these days especially when we have access to smartphones and the internet. The desire for pornography is very high and captures many people, even Christians. Pray and fight against this sin. Remember, pornography might seem sweet, but it is a poison killing your relationship with God and your wife and your family. Remember these passages: "Flee youthful passions and pursue righteousness" (2 Timothy 2:22); "Make no provision for the flesh to gratify its desires" (Romans 13:14); "Resist the devil and he will flee from you" (James 4:7). As a man named John Owen once said, "Be killing sin or it will be killing you." – **Pastor Isidore**

You can't just pray and expect some miracle to happen. You are doing fine by reading the Bible and praying everyday, but don't expect God to help you with pornography if you're not willing to give it up yourself. The pastor James writes, "Submit yourselves, then, to God. Resist the devil and he will flee from you" (James 4:7). Go more earnestly to God, and flee more earnestly from sin! – **Pastor Tony**

**Pastor, I am a highway truck driver and have a wife who lives in Lae. When I am on the road for days, my desire for sex often overwhelms me, and I commit adultery. Will God forgive me for this?**

Our God is a God of love and forgiveness. He is faithful to His promises and forgives those who come to Him in repentance and asking for forgiveness (1 John 1:8-2:2). But always remember these words that He said to the adulteress woman, "Go, and do not commit this sin again" (John 8:11). Committing adultery is against God's law and deserves condemnation, and if you do not turn from your sin then this will be your punishment. But God is merciful to forgive your sins in Jesus our Lord. Therefore, you need to repent of your sins, say sorry to God and your wife, and bring your marriage to God. He is able to bless your marriage and help you to fight the temptation of adultery. – **Pastor Isidore**

He who sins sexually sins against his own body (1 Corinthians 6:18b). If you unite your body with an adulterous woman, you become one with her. The Word of the Lord says the sexual immoral will not enter the Kingdom of Heaven. Sexual sins are actually against the Holy Spirit because our bodies are a temple of the Holy Spirit. The Good News is that if Jesus could forgive an adulterous woman, He can forgive you too (John 8:11). He shed His blood on the cross for a man like you. Repent, seek His forgiveness, and ask the Lord to guide your path to running away altogether from this deadly sin. If that means getting a job that won't put you at such risk, then that is what you need to do. Pray constantly for His strength! – **Pastor Tony**



# Principles for Recovery based on the Beatitudes

**R**ealize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

*"Blessed are those who know that they are spiritually poor."* Matthew 5:3a ESV/TEV

**E**arnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

*"Blessed are those who mourn, for they shall be comforted."* Matthew 5:4 ESV

**C**onsciously choose to commit all my life and will to Christ's care and control.

*"Blessed are the meek."* Matthew 5:5a ESV

**O**penly examine and confess my faults to myself, to God, and to someone I trust.

*"Blessed are the pure in heart."* Matthew 5:8a ESV

**V**oluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.

*"Blessed are those whose greatest desire is to do what God requires"* Matthew 5:6a ESV/TEV

**E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.

*"Blessed are the merciful... Blessed are the peacemakers"* Matthew 5: 7a and 9 ESV

**R**eserve a daily time with God for self-examination, Bible reading, and prayer in order to know God, His will for my life and to gain the power to follow His will.

**Y**ield myself to God to be used to bring this Good News to others, both by my example and my words.

*"Blessed are those who are persecuted because they do what God requires."* Matthew 5:10 ESV/TEV

(Accessed from [www.celebraterecovery.com/resources/cr-tools/8principles](http://www.celebraterecovery.com/resources/cr-tools/8principles))



What does the  
**Bible say**  
about

**Doing all things for  
God's glory?**

## 1 Corinthians 3:16-17

Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple.

*Yupela i haus bilong God yet, na Spirit bilong God i stap insait long yupela. Ating yupela i no save long dispela? Sapos wanpela man i bagarapim haus bilong God, orait God bai i bagarapim dispela man, long wanem, haus bilong God em i samting God i makim bilong em yet. Na dispela haus, em yupela tasol.*

## 1 Corinthians 6:19-20

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

*Ating yupela i no save olsem, bodi bilong yupela em i haus bilong Holi Spirit. God i givim Spirit pinis long yupela, na em i stap insait long yupela. Yupela i no bilong yupela yet. Nogat. God i bin baim bek yupela long bikpela pe tumas. Olsem na olgeta samting yupela i mekim long bodi bilong yupela, yupela i mas mekim bilong litimapim nem bilong God.*

## Colossians 3:17

And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

*Long toktok bilong yupela na long wok bilong yupela na long olgeta samting yupela i mekim, yupela i mas mekim long nem bilong Bikpela Jisas. Na long nem bilong em yupela i mas tenkyu long God Papa.*

## ASK A PASTOR

**Every day, people in my settlement play bingo right beside my house. I don't want to join them, but when I am spiritually weak, I often do. Is this wrong? If so, how can I stop?**

Yes, of course it is wrong. I believe that playing bingo is sin because when playing you covet other people's money and you steal (Exodus 20:15;17). It is also a lazy and dishonest way of getting money. God wants us to work for our pay (Ephesians 4:28). Playing bingo leads us to sin and away from God. It makes us lazy, and whatever money we win goes away quickly (Proverbs 13:11). Satan uses bingo and other forms of gambling to imprison many people and so we Christians are called to flee from this before it captures us and brings us under its control, where we ourselves are lost. – **Pastor Isidore**

One doesn't need to do something bad many times for it to be considered wrong in the eyes of the Lord. It is wrong even if you just play once. The Bible talks about dishonest gains in quite a few places. Jeremiah 22:17 reads, *"But your eyes and your heart are set only on dishonest gain."* Bingo is dishonest gain because you get money that someone worked hard for or you waste your hard earned money by giving it to someone who has not worked for it. If you are being tempted, it may be because you are doing nothing. So find other ways to make money instead. Maybe, look for a job or sell some goods. If there is no way for you to earn money, then volunteer your time at your church, local school, or a family nearby that needs help. Best of all, pray earnestly for the Lord's strength to fight against your sinful desires. – **Pastor Tony**





A Short Sermon  
on Romans 6:5-23  
Pastor Isidore Aufa

## Who are You Serving? **SIN OR CHRIST?**

It is true that there are only two masters in life. One master is sin and the other is Jesus Christ. Who is ruling your life? Sin? Or the Lord Jesus Christ? We are all servants of one of these two. Who are you a servant of - sin or Christ?

Romans 6 speaks about these two masters. Sin is a cruel master. It seeks to destroy us, to kill us, and make us suffer in hell. When we are ruled by the old nature - before we believe in Jesus Christ - all of us live under the rule of this evil master, sin (vv. 6, 7, 23).

Sin imprisons us, takes over our lives, and makes us become its servants. The evil tyrant sin wants to rule over us until we die and suffer in hell forever (vv. 6, 19).

If you are a man or woman who lives a life of sin, such as getting drunk, smoking marijuana, beating your wife, committing adultery, watching pornography, stealing, murder, anger, fighting, rape, greed, fraud, swearing, slander, gossip, and many other sins, then you must listen to this. Sin is like a man that puts a chain around your neck and forces you to do what he wants you to do. "You do this, do that, do this. Ha ha ha ha." Sin imprisons you and Satan laughs and enjoys seeing you become a servant of his. If you are a servant of sin, you are a servant of Satan and he is an evil master.

Romans 6:12 says, "So don't let sin rule your body, which is going to die. Don't obey its evil longings" (NIV).

The desires of our bodies are not good desires. Our bodies love committing sin. Therefore, we can't give our bodies to sin because sin will very quickly imprison our

bodies and use our desires against us in order to destroy us (vv. 12-13, 19-20).

This word, "reign," means, "rule," or "master." It is like we have a throne in our bodies, which must have a master or king sitting on it. The question that we need to ask ourselves is this: Who is sitting on the throne of your body and ruling over your life? Jesus or sin?

Romans 6:12 tells us that we can't let sin sit down on this throne because if we do, it will rule over our body and direct our bodies to unrighteousness. It will direct your hand, leg, mouth, ear, brain, even your private parts. Your whole body will be under its rule and it will use every part of your body like slaves for more and more wickedness.

I'm sorry to say this, but I must be honest and say that sin is already the master of many people. Many people are slaves to sin and on the road to hell.

But brother and sister, I want to talk to you about the other master, the good one, the

**Sin is like a man that  
sputs a chain around  
your neck and forces  
you to do what he  
wants you to do**

Lord Jesus Christ. God loves us so much that he sent His Son Jesus Christ to rescue this world, this world that is busy serving their evil master, sin (John 3:16).

Jesus Christ is gracious and He gave His own life on the cross for everyone who believes in

Him. By His death, He has set us free from the prison of sin. Yes, it is true that sin still has a lot of power to influence us, but the power of Jesus is greater and stronger than the power of sin.

When the Roman soldiers nailed Jesus to the cross, God was nailing our sins to the cross (Colossians 2:13). On the cross, Jesus suffered the penalty for our sins and suffered under the anger of the Father. When Jesus died, the power of sin over us died too, so that sin is no longer our master.

Therefore, we must now give our bodies to Jesus Christ as an offer of praise and thanks (Romans 12:1). Let Him rule over your body, your desires, your heart, and your mind. He is a good master.

By His grace, He has saved you from the death and destruction of sin. Leave sin behind! How can you go back to sin and let it destroy your life again (vv. 1, 15)?

If we give ourselves over to sin, then we will become slaves of Satan and sin. But if we give ourselves to Jesus, then we will become slaves of Christ and His beautiful righteousness (v. 16).

All of us used to be servants of sin and we were all trapped in the prison of sin, but God saved us through the work of Jesus Christ and has made us servants of righteousness!

So, who do you want to serve? Sin? Sin is going to destroy you, shame you, suck all the joy out of your life now and then later when you die, spit you out into hell and eternal suffering. Those are the wages of sin (vv. 19, 21, 23). Why would you serve sin?

Or do you want to serve Jesus? The Lord Jesus is a kind master. He will wash you clean from your sin, wash away your guilt, and remove your shame. He will make you holy and cause His own righteousness to grow in your life. And what's more, he will give you the amazing gift of eternal life with Him forever (vv. 22, 23).

Who will be the king of your life?

# Yumi Olgeta i Stap Wokboi Bilong Sin O Krai

Wanpela Sotpela Autim Tok long Buk Rom 6:5-23

Pastor Isidore Aufa

I tru tumas olsem i gat tupela bosman tasol i stap insait long dispela laif bilong yumi. Wanpela bosman em i sin na narapela bosman em i Jisas Krai. Husait em i bosim laip bilong yu? Sin? O Bikpela Jisas? Yumi olgeta manmeri bilong dispela graun i stap wokboi bilong dispela tupela bos. Yu wokboi bilong sin? O yu wokboi bilong Jisas Krai?

Romans 6 em i toktok long dispela tupela bosman. Sin em i no wanpela gutpela bosman. Em i save bringim yumi long bagarap, dai na hel tasol. Bipo, taim yumi bin stap long olupela bel, yumi bin stap aninit long dispela bosman nogut, sin (vv. 6, 7, 23).

Sin i bin kalabusim yumi na bosim olgeta laip bilong yumi na yumi bin kamap wokboi bilong em stret. Sin i gat strong na pawa long holim yu olsem kalabus man bilong em na mekim yu i kamap wokboi natin bilong em i go inap yu dai na pinis long hel oltaim (vv. 6, 19).

Sapos yu wanpela man o meri i save givim yu yet long mekim sin - yu save spak, smukim spak brus, paitim meri, mekim pasin pamuk, lukim ol piksa nogut, stil nabaut, kilim man, kros, pait, rape, mekim moni i kamap nambawan long laip bilong yu, kisim moni long ol rot nogut, tok nogut, daunim na bagarapim ol arapela, na planti ol arapela sin - yupela i mas harim na tingim gut dispela. Sin em i olsem wanpela man i kam na putim sen long nek bilong yu na fosim yu long baihinim laik bilong em. "Yu mekim dispela, mekim dispela, mekim dispela. Ha ha ha ha." Sin i kalabusim yu na Satan em i lap na amamas long lukim yu stap wokboi bilong em. Em i bosman nogut.

Rom 6:12 i tok olsem, "Yupela i no ken larim sin i bosim bodi bilong yupela, dispela bodi i save dai. Nogut sin i pulim yupela i bihainim laik nogut bilong bodi."

Laik bilong bodi bilong yumi em i no gutpela. Bodi bilong yumi i save laikim tru long mekim sin tasol. Olsem na yumi i noken givim bodi bilong yumi long sin bikos sin bai hariap tru na kalabusim bodi bilong yumi na bringim yumi long bagarap tasol (vv. 12, 13, 19, 20).

Long Inglis (NIV) em i tok olsem, "Do not let sin reign in your mortal body so that you obey it's evil desires." Dispela word reign em i min olsem bosim, o stap olsem king o masta bilong wanpela samting. I luk olsem i gat wanpela sia king i stap insait long bodi bilong yumi. Olsem na askim i kam long yumi - Husait em i sindaun long sia king insait long bodi bilong yu na i bosim laip bilong yu? Bikpela Jisas? O sin?

Rom 6:12 em i tokim yumi olsem yumi i noken larim sin i sindaun long kinsia insait long bodi bilong yumi bilong wanem em bai bosim olgeta bodi bilong yumi. Em bai bosim han, lek, ai, maus, yau, tingting, na even ples sem bilong yumi na tu olgeta hap bilong bodi bilong yumi na yusim ol olsem wokboi bilong em tasol long mekim sin.

Mi sori tru tasol, mi ken tok stret olsem sin i stap olsem bosman bilong planti man na meri. Planti lain i stap olsem ol wokboi na wokmeri nating bilong sin. Olgeta i stap long dispela rot bai i go long hel tasol.

Tasol brata na susa, mi laik toktok long dispela gutpela bosman bilong yumi, em i Bikpela bilong yumi Jisas Krai. God i laikim yumi tumas olsem na Em i salim pikinini bilong En Jisas Krai i kam long dispela graun long kisim bek yumi olgeta manmeri i bilip tru long em long dispela bosman nogut sin (Jon 3:16).

Jisas Krai i marimari tru long yumi na givim laip bilong Em yet long yumi olgeta bilip manmeri long dispela graun taim Em i dai long yumi antap long diwai kros.

Long dai bilong En, Em i rausim yumi long kalabus bilong sin. Em i kisim bek yumi long strong na pawa bilong sin. Yes, i tru olsem sin i gat bikpela strong long bosim yumi, tasol pawa na strong bilong Jisas em i narapela kain tru na i winim tru strong bilong sin.

Taim ol soldia i nilim bodi bilong Jisas antap long diwai kros, i olsem God i nilim ol sin bilong yumi long diwai kros (Kolosi 2:13). Sin bilong yumi i dai wantaim Jisas long diwai kros na em i no moa i bosim yumi nau (vv. 5-11).

Long diwai kros, Jisas i pinisim strong bilong sin insait long yumi. Nau, sin em i dai pinis na i nogat strong na pawa moa long bosim yumi ol Kristen. Tude, Jisas Krai Bikpela bilong yumi Em tasol i mas bosim laip bilong yumi.

Olsem na yumi mas givim bodi bilong yumi yet olsem ofa i go long Bikpela Jisas (Rom 12:1). Em yet i ken bosim bodi na bel na tingting na spirit bilong yumi wantaim. Em i gutpela bosman.

Long marimari bilong en, em i kisim bek yumi long bagarap bilong sin olsem tasol yumi i noken go bek moa long sin na givim yumi yet long en bai em i bagarapim laip bilong yumi (vv. 1, 15).

Sapos yumi givim yumi yet long sin, bai yumi kamap wokboi bilong Satan na sin. Tasol sapos yumi givim yumi yet long Jisas, bai yumi i kamap wokboi bilong Em na stretpela pasin bilong Em (v. 16).

Tru, bipo yumi i stap wokboi bilong sin, yumi i bin i stap olsem ol kalabusman bilong sin, tasol God i bin kisim bek yumi insait long wok bilong Jisas na mekim yumi i stap wokboi bilong stretpela pasin (vv. 17, 18).

Olsem tasol, yu laik stap wokboi bilong husait? Sin? Sin bai bringim yu long bagarap, dai na hel. Dispela em pe bilong em long yu (vv. 19, 21, 23).

O Bikpela Jisas? Bikpela Jisas em i gutpela bosman. Em bai mekim yu i kamap holi na stretpela pasin bilong em bai kamap long yu. Na antap moa long en, Em bai givim yu pe bilong laip i stap gut oltaim (vv. 22, 23).

Husait em i bosim laip bilong yu? Husait em i king long laip bilong yu?



# How God Rescued Me From Addiction

Pastor Isidore Aufa

Greetings to all who are reading this. May God bless you. My name is Isidore Aufa, and I am the pastor of Living Water Reformed Church in Kamkumung, Lae.

I would like to share my testimony with you. I can be honest with you that I am not a good or righteous man. I am a sinner. In the past, there were many things that were imprisoning me and ruling my life.

I have known God since I was a little boy. But as I grew up, sin trapped me and completely ruled over me. I was completely given over to a life of sin. I was an adulterer, a porn-user, a thief, I used to swear, get angry, fight, chew buai, smoke marijuana and tobacco, and drink. These and many other sins were completely ruling my life and destroying me at the same time.

Two things in particular really messed me up: alcohol and drugs. I was a complete drunkard. I tried everything - from SP to hard liquor to homebrew to steam. I tried it all.

Alcohol totally ruled me. And it destroyed me at the same time. Many times I only wanted to drink. If I had even a little bit of money, I would use it to buy alcohol and nothing else.

What made it worse, every time I would drink, I

me. I was completely imprisoned by alcohol even as it was destroying my life and my relationships.

Another thing that messed up my life was drugs, especially marijuana. I was completely enslaved to marijuana, as I smoked it for 20 years. It was my life, and I would even say as I smoked it, "This is life, ya."

If I didn't have marijuana to smoke, I would feel sick, and I would do anything to get some again. I felt like if I didn't have marijuana in me, I would die. When I would smoke, my eyes would go red, I wouldn't talk to anyone, and I would just sit and think, like I was living in a dream.

Many people thought I was losing my mind.

Because of marijuana, I never finished school. In 1992, I was expelled from Dela Salle High School in Bomana because of marijuana. Up to this day, I still haven't finished High School.

Satan used these two things to control me and at the same time destroy my life. But even as I could see that my life was being ruined, I felt powerless to do anything. I was trapped.

But praise God for His grace to me. I started to read the Word of God in 2006 and God opened my eyes to be able to see Him. I started to pray to God to help me give my life to Him.

In His grace, He heard my prayer and helped me. He allowed me to enter the Reformed Churches Bible College at 14 Mile, Port Moresby. There I learned many things about God and His Word. Even more, I repented of my sins and He completely changed my life.

By His grace, I finished 5 years at the RCBC and God called me to serve as a pastor in Lae. Now, alcohol and drugs no longer have power over me. Christ, and Christ alone, rule over me. Therefore, I am compelled to praise Him and preach His great Name alone.

God has truly blessed me now with a good wife and four children. I have been working in Lae as a pastor for six years.

Thank you for reading, and may God bless you.



# Hau God i bin Kisim Bek Mi Long Kalabus Bilong Adiksen

Pastor Isidore Aufa

Gude long yupela olgeta manmeri i ritim dispela. God i ken marimari long yupela na mekim gut long yupela. Nem bilong mi em Isidore Aufa. Tude, mi mekim wok pasto long Living Water Reformed Church long Kamkumung Lae.

Mi laik serim liklik testimoni bilong mi wantaim yupela. Mi ken tok stret long yupela olsem mi no wanpela gutpela o stretpela man. Mi sinman tasol. Bipo planti samting i kalabusim mi na bosim laip bilong mi stret.

Mi bin save long God em i husait tru taim mi stap liklik mangi yet. Tasol taim mi gro kamap bikpela, sin i wok long pulim mi na bosim laip bilong mi narapela kain. Mi bin bagarap olgeta insait long laip bilong sin.

Mi bin stap olsem wanpela pamuk man, man bilong lukim piksa nogut, stilman, man bilong tok nogut, kros, belhat, pait, kaikai buai, smok mariwana na sigaret, na spak. Dispela ol samting na planti ol arapela samting tu i bosim mi stret na i wok long bagarapim tru laip bilong mi.

Mi laik stori long tupela samting tasol we i bagarapim laip bilong mi stret. Dispela ol samting em alkohol na drak. Mi bin stap olsem wanpela man bilong spak stret. Mi bin traim olgeta kain bia yu ken tingim long en - SP i go long ol hard stuffs i go long hombrubru na stim wantaim.

Alkohol i wok long winim mi na bosim mi stret. Em i bagarapim tru laip bilong mi. Planti taim mi wok long spak tasol. Liklik moni mi save holim i save pinis long spak tasol na mi stap tarangu tasol.

Na antap moa long en, taim mi save spak, mi save mekim planti ol kainkain samting nogut - tok nogut, pait, kros, belhat, bagarapim ol man natin, mekim trabel, na olgeta kainkain samting nogut yu ken tingim. Iven mi bin go long sel long wanpela taim bikos long spak tasol.

Spak pasin bilong mi i mekim na planti manmeri i save les long mi, even ol femili tru bilong mi tu i les long dispela kain pasin bilong mi. Na tu mi bin mekim planti birua long pasin bilong spak tasol. Spak i bin kalabusim mi na bosim laip bilong mi na i wok long bagarapim tru laip bilong mi.

Narapela samting em drak, o spak brus. Spak brus tu i bin bosim laip bilong mi stret. Mi bin pas tru long spak brus. Mi bin smukim spak brus 20pela yia olgeta. Mariwana i bin kamap olsem laip bilong mi stret. Mi save tok, "Em laip ya."

Mi save sik taim mi nogat mariwana, na mi mas painim yet, maski mi mas wokabout longwe long kisim. Mariwana i bin go insait tru long blut bilong mi na mi bin ting olsem, sapos mi nogat spak brus, bai mi dai ya.

Taim mi save smok, ai bilong mi i save go ret olgeta na mi no save toktok planti. Mi save tingting planti long ol kainkain samting olsem driman tasol. Planti manmeri i lukim mi olsem mi wanpela longlong man tasol.

Na antap long en, ol drak i bin bagarapim skul bilong mi tu. Long 1992, ol i bin rausim mi long Dela Salle High School long Bomana bikos long spak brus tasol. I kam inap long nau mi no pinisim High School bilong mi.

Satan i wok long yusim dispela tupela samting long bosim laip bilong mi tru na i wok long bagarapim mi narapela kain tru. I luk olsem mi bin nogat hop long kamaut long dispela kalabus bilong Satan.

Tasol mi laik tenkyu long God long marimari bilong em. Mi bin stat long ritim Tok bilong God long 2006 na Em i opim ai bilong mi long luksave long Em. Mi bin stat long beten long Bikpela long helpim mi long givim laip bilong mi long Em.

Na long marimari bilong Em, God i helpim mi. Em i opim we bilong mi i go skul long Reformed Churches Bible College long 14

Mile Port Moresby. God i helpim mi long lainim planti samting long Em yet. Na antap moa long en, Em yet i tainim bel bilong mi stret.

Long marimari bilong God, mi pinisim Spela yia long College na Em i singautim mi kam mekim wok pasto long Lae. Nau yet, alkohol na drak i no moa bosim na kalabusim mi. Nogat, Krai i bosim mi. Olsem na mi mas givim biknem long Em na autim nem bilong Em tasol.

God i blesim mi wantaim wanpela gutpela meri tru na foapela pikinini. Tude em i namba six yia bilong mi long wok pasto long Lae. Tenkyu na God i ken mekim gut long yupela.



I was completely imprisoned by alcohol even as it was destroying my life and my relationships

would do all kinds of other terrible things like swear, fight, get angry, be a nuisance, and all kinds of other trouble. I even went to jail because of my drinking.

Because of my drinking, many people didn't want to associate with me. Even my own family became tired of my drinking and distanced themselves from



# Breaking the Power of Addictions

Pastor Cornelis Kleyn

Bill was 60 years old and very addicted to alcohol and gambling. Every day he would spend all his money on his addictions. He regularly asked his wife for money too. For a while, she was honest and said that she had money, but was unwilling to give it because it fed his addictions. But when she said that, he became so angry that after a while she turned to lying about the situation. "No, I don't have any money!"

As the situation dragged on, everyone in the family wanted it to end. They were sick of the lying, the angry outbursts, and the wasting of money. But what could they do? How could Bill actually overcome his addictions?

This is an important question when we are stuck with an addiction, whether that is substance abuse such as with alcohol and drugs like marijuana and betelnut or behavioural addictions such as pornography, gambling or even workaholicism and media addictions. How do we overcome these harmful addictions and live a changed life?

## Admit Your Sin

If you want to beat an addiction, you first have to understand that what you are doing is wrong. It is only when we see how the addiction is ruining us, ruining our family, ruining our community, and most importantly, ruining our relationship with God, that we can start to change. Admit you are wrong and say sorry! Repent to God, and say sorry to those you have hurt.

## Get Help

But often that is not enough to beat an addiction that has lasted for a long time already. We need the help of others! And the best kind of help often has many aspects to it and could include the following:

- ▶ Seeing a medical doctor
- ▶ Seeing your local pastor
- ▶ Involving your family and friends who will help you
- ▶ Involving the church community to help you
- ▶ Prayer
- ▶ Talking to a counselor
- ▶ Joining a group that deals with the particular addiction you have (eg. AA for alcoholics)

Most of all, we need to understand what the prophet Jeremiah said, "The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?" (Jeremiah 17:9). We need the help of God to overcome our addiction.

## Change Your Life

When we work to get rid of addictions, we also need to put something in its place. We must not only "throw off your old sinful nature and your former way of life, which is corrupted by lust and deception," we also need to "put on your new nature, created to be like God - truly righteous and holy" (Ephesians 4:22-23).

When the urge to engage in the addiction comes up, we need to learn to say: "STOP!" and then do something that is helpful instead. Smokers have sometimes said chewing gum can be a helpful replacement for a while. For those with alcohol and substance addictions certain foods may be helpful, whereas for behaviour addictions, doing something else may work.

## Avoid Temptation

Another aspect of this is avoiding tempting situations. The Bible tells us to 'flee from

temptations'. Gamblers should avoid gambling corners, those addicted to pornography should avoid media usage or do it only in a public area, and alcoholics are best off avoiding people that encourage them to drink or places like parties that encourage the bad habit.

Good habits need to be developed to replace old bad ones. For example addiction to TV and media can happen because we find it hard to talk to people. We can learn good conversation starters and learn to start talking more with different kinds of people. Some addictions can also come because we don't deal well with stress and problems in our lives. And so we need to learn stress management skills such as taking time out, relaxing, exercise and sharing the burdens we have with others. This needs to happen also so that we don't fall back into old habits again. Although relapses into the addiction are common, by God's grace we can begin to do what is right and overcome wrong.

## Serve the Lord

The best thing that we can do to fight the temptation of addiction is to be busy with the Lord, His work, and His ways. Wake up in the morning and start with God's Word and prayer. Then make a plan: how am I going to serve God today? Keep yourself busy with good things. Work is one of God's remedies for addiction (Proverbs 23:19-21). Is there a time that you particularly struggle? Then make other plans for that time: visit with a mature Christian, make a meal for someone who is sick, visit someone who is lonely, volunteer to cut the grass or trim the flowers at your church. Throughout the day, pray continually (1 Thessalonians 5:17). Then, at the end of the day, reflect on God's Word again, count your blessings and thank God

for them, and then get a good night's sleep so you can devote yourself to God again tomorrow.

## How God Rescued Bill

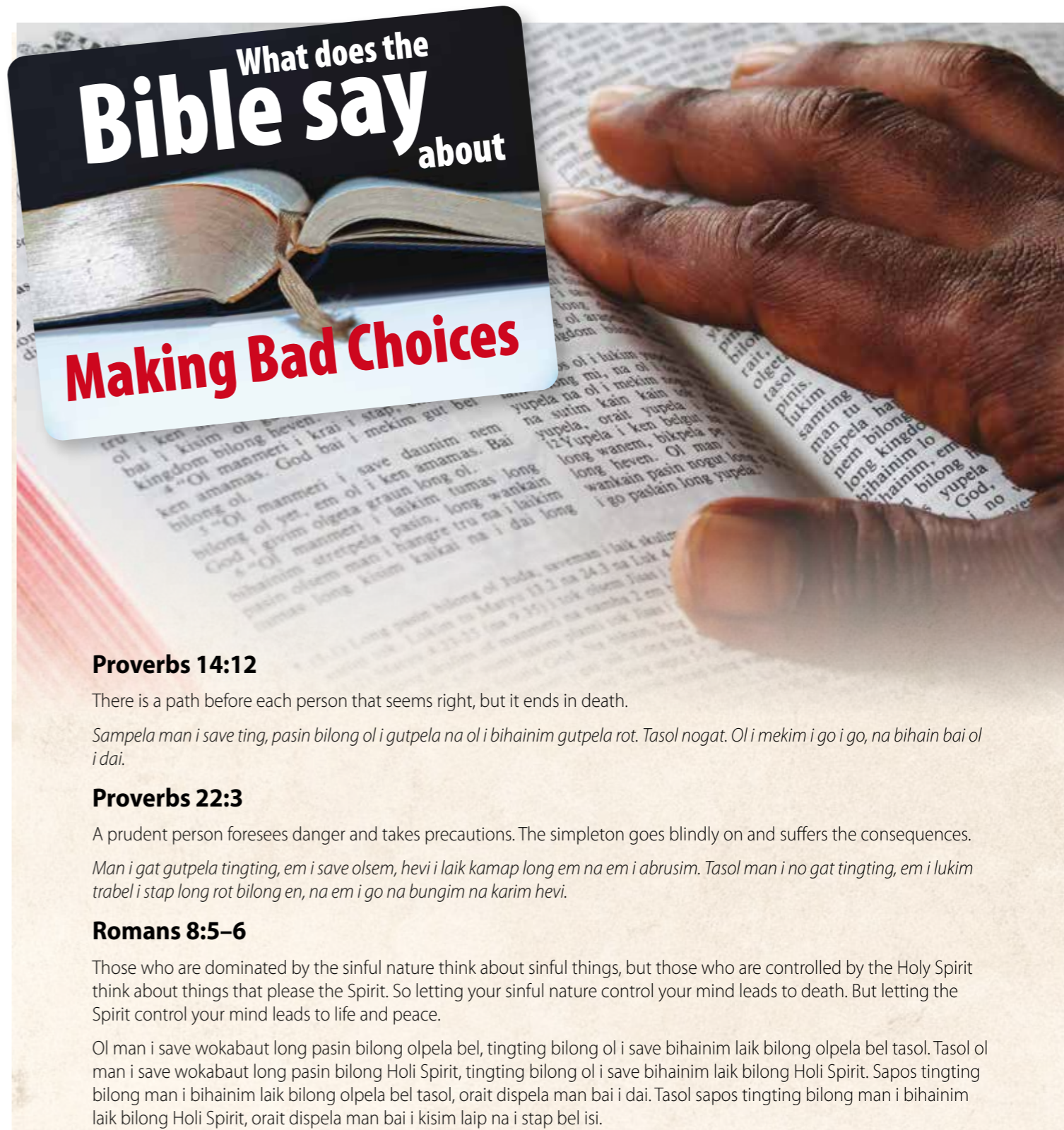
Bill was seriously addicted to alcohol and gambling. He spent all the money he received on these addictive habits and frustrated his family to no end. Finally, his wife had had enough. She thought the only way Bill could overcome his lifestyle was if he got

seriously ill and thought he was going to die. He is not ready to face his Judge! So she and one of her sons actually prayed, "Lord make Bill sick; seriously sick so that he realizes he needs to stop his addictive lifestyle! So that he sees that his life is empty and meaningless without You!"

The Lord answered that prayer. Bill got seriously sick for several months. The doctor told him that he was not allowed to drink and because he was bed-ridden, he also was

unable to gamble. Bill thought he was going to die and turned to the Lord in his time of need. Today Bill sits in church and his wife says again and again with a smile, "He is a changed man!"

To the Christians who struggle with addictions: remember that at the end of the day it is the grace of God that allows us to change and to remain changed (Titus 2:11-14)! For if Jesus the Son sets you free, you will be free indeed!



## Proverbs 14:12

There is a path before each person that seems right, but it ends in death.

*Sampela man i save ting, pasin bilong ol i gutpela na ol i bihainim gutpela rot. Tasol nogat. Ol i mekim i go i go, na bihain bai ol i dai.*

## Proverbs 22:3

A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.

*Man i gat gutpela tingting, em i save olsem, hevi i laik kamap long em na em i abrusim. Tasol man i no gat tingting, em i lukim trabel i stap long rot bilong en, na em i go na bungim na karim hevi.*

## Romans 8:5-6

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

*Ol man i save wokabout long pasin bilong olpela bel, tingting bilong ol i save bihainim laik bilong olpela bel tasol. Tasol ol man i save wokabout long pasin bilong Holi Spirit, tingting bilong ol i save bihainim laik bilong Holi Spirit. Sapos tingting bilong man i bihainim laik bilong olpela bel tasol, orait dispela man bai i dai. Tasol sapos tingting bilong man i bihainim laik bilong Holi Spirit, orait dispela man bai i kisim laip na i stap bel isi.*



# Brukim strong bilong ol Adiksen

Pastor Cornelis Kleyn

Bill em i gat 60 krismas na em i dring planti bia na westim planti mani long pilai laki. Dispela sin i kalabusim em, i olsem em i adikt long dispela sin, na em i yusim olgeta mani bilong em long dispela adiksen. Em i save askim meri bilong em long givim mani long em. Meri bilong em i les long givim mani long em, nogut em i westim dispela mani, olsem na em i save tokim em, *"Mi gat mani, tasol mi no inap givim long yu – nogut yu westim dispela mani long ol adiksen bilong yu."* Tasol bihain, man i save krosim em nogut tru, olsem na meri bilong em i wok long giamanim em na tok, *"Nogat, mi no gat mani!"*

Kain pasin olsem i wok long kamap planti taim, na famili bilong em i gat laik long dispela pasin i mas pinis. Ol i les long dispela pasin bilong giaman, tok kros, na westim mani. Tasol ol i inap mekim wanem? Olsem wanem bai Bill inap long brukim strong bilong adiksen bilong em?

Dispela em i gutpela askim stret taim yumi lukim wanpela man o meri i stap insait long kalabus bilong wanpela adiksen, maski em i adiksen long bia, ol drag olsem mariwana, buai, or maski em i adiksen long piksa nogut, pilai laki, wok olgeta taim, o lukluk long fon tumas. Hau bai yumi inap long brukim

dispela ol adiksen i wok long kalabusim yumi, na hau bai yumi i senisim laip bilong yumi?

## Sori Tru Long Sin

Sapos yu laik brukim strong bilong ol adiksen, pastaim yu mas kliia olsem dispela pasin i rong. Yumi mas kliia olsem ol dispela adiksen i wok long bagarapim laip bilong yumi, na famili bilong yumi, na komuniti bilong yumi, na tu em i bagarapim wokabaut bilong yumi wantaim Bikpela, na dispela em i bikpela samting tru. Na taim yumi kliia long dispela, orait nau bai yumi inap long mekim sampela senis i kamap. Pastaim yumi mas kliia long rong bilong yumi na yumi mas tok sori. Yumi mas tok sori long God na long ol lain yumi i bin bagarapim tu.

## Kisim Helpim

Tasol sampela taim, maski yumi sori tru, yet bai yumi no inap brukim dispela adiksen. Na yumi nidim ol narapela long helpim yumi. Em i gutpela long yumi i kisim dispela kain ol helpim:

- ▶ Go lukim wanpela dokta
- ▶ Go sindaun wantaim pastor bilong yu
- ▶ Askim famili na frens bilong yu long helpim yu

- ▶ Askim ol lain long sios long helpim yu
- ▶ Beten
- ▶ Toktok wantaim wanpela Kaunsila (Counselor)
- ▶ Joinim wanpela bung bilong ol lain i wok long brukim ol adiksen (kain olsem Alcoholics Anonymous – AA)

Na nambawan samting tru, yumi mas kliia long tok bilong profet Jeramaia, *"Bel bilong olgeta man i save tingting oltaim long mekim pasin giaman. Tingting bilong man em i nogut tru. Na husat inap save long as tru bilong en?"* (Jeramaia 17:9). Yumi i nidim helpim bilong Bikpela long brukim strong bilong ol adiksen.

## Senisim Laip bilong Yu

Taim yumi i wok long rausim ol adiksen long laip bilong yumi, orait yumi mas painim sampela samting long kisim ples bilong dispela adiksen. Yumi mas rausim *"dispela olpela pasin... em pasin bilong giaman na bel i kirap long mekim ol samting nogut."* Tasol moa, *"tingting bilong yumi i mas kamap nupela,"* na yumi i mas *"kamap ol nupela manmeri, em ol manmeri God i mekim ol i kamap nupela na ol i stap olsem God yet, long wanem, pasin bilong ol i stretpela olgeta na i holi tru"* (Efesus 4:22-24).

Taim ol adiksen bilong yumi i wok long pulim yumi insait long dispela pasin, orait yumi mas lainim pasin bilong tok, *"Nogat!"*. Na wantu yumi i mas mekim sampela gutpela pasin. Sampela lain i save pulim smok, ol i tok olsem i gutpela long kaikai Bik Boi. Na ol lain i gat adiksen long drink bia o yusim drag nogut, ol i tok long kaikai sampela gutpela kaikai taim ol i tingting long dring or smok. I ken i gat sampela narapela samting tu inap long helpim yumi.

## Stap Longwe long ol Samting i Laik Grisim Yu long Sin

Na narapela samting i olsem: yumi i mas stap longwe long ol hap i wok long grisim yumi long bihainim ol dispela adiksen bilong yumi. Buk Baibel i tokim yumi long yumi i mas ranawe longwe long ol dispela samting i wok long pulim yumi long mekim sin. Ol lain i laik pilai laki, ol i mas stap longwe long ol kona we ol i save sindaun na mekim olsem. Sapos yu save lukim piksa nogut, orait yu no ken lukim fon o ol narapela samting long ples hait. Ol lain i save dring bia tumas, ol i mas stap longwe long ol manmeri na ol pati i save grisim ol long mekim dispela pasin nogut.

Long stopim olgeta pasin nogut, yumi mas bihainim ol gutpela pasin tasol. Sampela taim sampela man na meri bai lukim TV o narapela samting long fon planti tumas bikos ol i les long sindaun na stori wantaim ol narapela manmeri. Orait, em gutpela long yumi i wok long stori wantaim planti manmeri. Sampela man na meri bai bihainim ol adiksen bikos ol i gat planti hevi na ol i save wari tru. Orait, em gutpela long yumi i wok long kisim sampela taim long sindaun na malolo na stori long ol hevi bilong yumi wantaim ol narapela manmeri. Yumi mas bihainim ol dispela kain gutpela pasin; sapos nogat, nogut wantu

yumi pundaun na stap aninit long strong na pawa bilong adiksen gen. Na, em tru, sampela taim yumi bai bihainim pasin bilong ol adiksen gen, tasol yumi mas kliia, long marimari bilong God yumi inap long wok long brukim strong bilong ol adiksen, na bai yumi i bihainim ol gutpela pasin.

## Wokabaut Wantaim Bikpela

Na nambawan samting yumi mas mekim long brukim strong bilong ol adiksen i olsem: yumi mas wokabaut wantaim Bikpela. Yumi mas save long wok na pasin bilong em. Taim yu kirap long moning yu mas ritim Tok bilong God na prea. Na kirapim wanpela plen: hau bai mi lotuim God tude? Hau bai mi bihainim pasin na laik bilong em? Orait, mekim wok long olgeta gutpela samting. Pasin bilong wok em i bikpela samting long brukim strong bilong ol adiksen (Proverbs 23:19-21). I gat sampela taim we yu save pilim dispela pawa bilong adiksen i pulim yu long mekim sin? Orait, long dispela taim em gutpela long yu go na i sindaun wantaim narapela bilipman o bilipmeri, o redim sampela kaikai bilong givim narapela husat i gat sik, o go sindaun na stori wantaim wanpela man o meri i nogat pren o famili bilong en, o go klinim sios. Na beten oltaim (1 Thessalonians 5:17). Na, taim yu kamap long pinis bilong olgeta de, ritim Tok bilong God gen, tok tenkyu long God long olgeta blessing em i save givim yu, na



slip gut olsem yu ken bihainim laik bilong God long tomora tu.

## Hau God i Kisim Bek Bill

Bill em i gat bikpela adiksen long bia na pilai laki. Em i save westim olgeta mani bilong em long ol dispela adiksen, na famili bilong em i gat hevi tru long dispela pasin nogut. Na long wanpela de, meri bilong em i les olgeta. Em i ting em bai gutpela long Bill i ken kisim bikpela sik stret, nogut taim Bill i ting em bai dai, em bai senisim laip bilong em. Olsem na meri bilong em i beten, *"Bikpela, inap yu ken givim bikpela sik long Bill. Em i mas kisim sik na kamap kliia olsem olgeta pasin bilong em i no gutpela. Helpim Bill long kisim save olsem laip bilong em i samting nating sapos em i no bihainim yu."*

Na God i bin harim dispela prea bilong meri bilong Bill. Bill i kisim bikpela sik stret. Dokta i tambuim em long dring bia, na bikos em i sik, em i slip long bet na em i no inap raun na pilai laki. Em i ting em bai dai, na em i tanim bel na bilip long Bikpela. Na tude Bill i save lotu long sios wantaim meri bilong em. Na meri bilong em i save tok olsem, *"Bill em i senis olgeta. Em i narakain man tru."*

Long olgeta Kristen i pait long brukim pawa na strong bilong ol adiksen mi tok olsem: em i marimari bilong God tasol i inap long senisim laip bilong yumi, na helpim yumi long stap strong insait long dispela nupela laip (Titus 2:11-14). Olsem na sapos Pikinini i mekim yupela i kamap fri, orait yupela i stap fri tru.





# Why You Need to Quit Chewing Buai **Now!**

Health experts are very clear about how bad buai is for your health. For example, one study records:

"Regular, heavy use of betel nut may eventually cause:

- ▶ Discolouration of teeth and gums, sometimes turning them reddish brown
- ▶ Mouth ulcers and gum disease
- ▶ Oral cancers or submucous fibrosis (a pre-cancer condition)
- ▶ Stomach ulcers
- ▶ Heart disease
- ▶ Needing to use more to get the same effect
- ▶ Dependence on betel nut
- ▶ Financial, work, and social problems"

Here is another:

"Research has revealed some serious health risks of betel nut. The WHO classifies betel nut as a carcinogen. Many studies have shown a convincing link between betel nut use and cancer of the mouth and esophagus. A study in the Journal of the American Dental Association reports that betel nut users are at a higher risk for oral submucous fibrosis. This incurable condition can cause stiffness in the mouth and eventually the loss of jaw movement. Regular chewing of betel nut can also cause gum irritation and tooth decay. Teeth may become permanently stained deep red or even black.

An early study published in the American Society for Clinical Nutrition found a strong connection between betel nut and an increased risk of cardiovascular disease, metabolic syndrome, and obesity.

Betel nut may interact with other drugs or herbal supplements. It could cause toxic reactions in the body or reduce the effects of medications. More testing is needed to determine just how betel nut affects other drugs. Regular betel nut use may also lead to dependency and withdrawal symptoms."

And one more:

"Pregnant and breast-feeding women have additional risks [from chewing betel nut]. Betel nut can affect the central nervous system and this might endanger a pregnancy. Chemicals in betel nut might pass into breast milk

and harm a nursing infant. Stay on the safe side and avoid using betel nut if you are pregnant or breast-feeding."

So why should you quit chewing?

Think about it. If someone was killing your fathers, mothers, brothers, sisters, and babies every day, wouldn't you do everything possible to make them stop?

- ▶ Buai causes discolouration and breakdown of your teeth and gums.
- ▶ Buai causes painful mouth and stomach ulcers.
- ▶ Buai causes oral cancer, pre-cancerous fibrosis, and gum disease.
- ▶ Buai leads to heart disease. You are 8 times more likely to develop coronary artery disease if you chew.
- ▶ Buai leads to kidney disease. There is a strong relationship between chewing buai and chronic kidney disease.
- ▶ Buai is a waste of money that is needed to buy food, rent, health services, and school fees for your children.
- ▶ The more you use buai, the less effect it has, which means you need to use more to get the same effect, resulting in more health problems.
- ▶ Withdrawal symptoms from chewing buai can be severe, and include anxiety, depression, and insomnia, as well as poor appetite, nausea, diarrhea, and fatigue.

Why quit buai? Because buai is killing our fathers, mothers, brothers, sisters, and babies every day.

Jesus said that the second greatest commandment is to love your neighbour as yourself. It is clear that when we chew buai, we are not loving our own body. And when we encourage others to chew, we are not loving them. *"Instead, put on the Lord Jesus Christ as your clothing. Don't think about how to satisfy what your sinful nature wants"* (Roman 13:14 NIV).

"How Dangerous is Betel Nut" <https://www.healthline.com/health/betel-nut-dangers>. Accessed 12 March, 2020.

"Betel Nut" <https://www.webmd.com/vitamins/ai/ingredientmono-995/betel-nut>. Accessed 12 March, 2020.



## Bilong Wanem Yu Mas Hariap na Lusim Dispela Pasin bilong Kaikai Buai!

Ol save lain i gat gutpela save long helt bilong yumi, i tok klia olsem: Buai em i no no gutpela long bodi bilong yumi. Dispela em i wanpela tok:

"Sapos yu save kaikaim planti buai, orait ol dispela samting nogut inap kamap:

- ▶ Tit na gam bilong yu bai i kamap retpela na braunpela
- ▶ Ol sua long maus bilong yu. Gam bilong yu bai kisim sik tu.
- ▶ Ol sik kensa long maus bilong yu o submucous fibrosis (wanpela sik i save kamap bipo long taim yu kisim sik kensa)
- ▶ Ol sua insait long bel bilong yu
- ▶ Sik long lewa bilong yu
- ▶ Em bai kamap olsem wanpela adiksen bilong yu
- ▶ Bai yu bungim ol hevi long mani, wok, na sindaun bilong yu tu."

Narapela i mekim dispela tok:

"Ol lain i glasim gut dispela pasin bilong kaikaim buai, ol i lukim olsem i gat plant ol sik na hevi i save kamap long bodi bilong man na meri i save kaikai planti buai. WHO i tok olsem buai em i wanpela samting i save kamapim sik kensa long bodi. Planti ol save lain i luksave olsem pasin bilong kaikai buai i save kamapim kensa long maus na nek bilong man. Na wanpela stadi i kamap long 'Journal of the American Dental Association,' na i tok olsem planti lain i save kaikai buai bai i kisim wanpela sik ol i kolim 'Submucous Fibrosis' long maus. Dispela em i wanpela sik i nogat marisin bilong em, na em bai pasim maus bilong yu na mekim olsem yu had long opim maus bilong yu. Na sapos yu kaikai buai planti taim, em bai bagarapim gam na tit bilong yu. Na tit bilong yu bai kamap retpela o blakpela tu.

Wanpela stadi i bin kamap long 'American Society for Clinical Nutrition,' i luksave olsem planti ol lain i save kaikai buai bai kisim 'cardiovascular disease' (sik bilong lewa), 'metabolic syndrome' (narapela sik bilong lewa na blut), na 'obesity,' (taim yu patpela tumas).

Na tu, buai inap long bagarapim ol narapela marisin yu daunim. Sapos yu kaikai buai taim yu daunim marisin wantaim, em inap long kamap olsem poisen long bodi bilong yu. Sampela taim buai bai bagarapim dispela marisin na em bai i no inap wok gut. Ol i mas kisim sampela moa save yet long hau buai i save wok wantaim olgeta ol marasin. Sapos yu save kaikai buai, em inap kamap olsem wanpela adiksen na em bai i no isi long stopim."

Na wanpela moa:

"Ol meri i gat bel o mama i save givim susu long bebi bilong ol, bai inap long kisim planti moa hevi sapos ol i kaikai buai. Buai inap long affektim dispela 'central nervous system' (dispela samting i wok long

kontrolim olgeta samting bilong bodi bilong yumi) na dispela inap long bagarapim bebi i stap long bel. Ol kemikel insait long buai i ken i go insait long susu bilong dispela mama na mekim nogut long bebi bilong em taim bebi i kisim susu long mama bilong em. Olsem na, sapos yu gat bel o givim susu long bebi bilong yu, no ken kaikai buai."

Olsem na, bilong wanem yu mas lusim pasin bilong kaikaim buai?

Sapos wanpela man o meri i save kilim papa bilong yu, mama bilong yu, brata na susa bilong yu, bebi bilong yu long olgeta de, ating yu bai wok strong tru long stopim em, a? Harim:

- ▶ Buai bai bagarapim kala bilong tit na gam bilong yu na ol bai i kamap retpela, braunpela na blakpela.
- ▶ Buai i save mekim ol sua i kamap long maus na bel bilong yu.
- ▶ Buai inap long givim kensa, pre-kensa fibrosis, o sik long gam long yu.
- ▶ Buai inap givim sik long lewa bilong yu.
- ▶ Buai inap long givim sik long kidney bilong yu.
- ▶ Buai i save westim mani bilong yu. Taim yu baim buai, yu save sot long mani bilong baim kaikai, rent, marasin, na skul fi bilong pikinini bilong yu.
- ▶ Sapos yu wok long kaikai buai i go i go, orait bai yu nidim planti moa buai yet long amamasim yu, na bai yu kisim planti hevi moa long bodi bilong yu long dispela pasin.
- ▶ Em i hat tru long stopim dispela adiksen bilong kaikai buai. Sampela taim, taim yu mekim olsem, bai yu wari na pilim bel hevi, bai yu no inap slip gut, bai bel bilong yu i pilim olsem yu laik traat, bai yu pekpek wara, na bai yu aislip planti.

Bilong wanem yu mas lusim dispela pasin bilong kaikaim buai? Bikos buai i wok long kilim papa, mama, brata na susa bilong yu long olgeta de! Na sapos yumi no stopim dispela pasin em bai i kilim yumi na ol pikinini bilong yumi tu.

Jisas i tokim yumi olsem namba tu lo em i olsem, yu mas laikim ol arapela olsem yu laikim yu yet. Taim yu kaikai buai, yu no save laikim bodi bilong yu yet. Na taim yu strongim narapela long kaikai, yu no soim trupela pasin bilong laikim long em. Mobeta "yupela mas kisim Bikpela Jisas Krai na pasim em olsem klos pait bilong yupela. Na yupela i no ken tingting long bihainim laik nogut bilong bodi" (Romans 14:14).

"How Dangerous is Betel Nut" <https://www.healthline.com/health/betel-nut-dangers>. Accessed 12 March, 2020.

"Betel Nut" <https://www.webmd.com/vitamins/ai/ingredientmono-995/betel-nut>. Accessed 12 March, 2020.

# MEET THE AUTHORS



## Pastor Tony

Pastor Tony O. Aufa serves the Logos Reformed Church in the Markham Valley, Morobe. He is married to Regina and has two children. He is from the Veifa'a village in Mekeo, Central Province, and grew up in Port Moresby.

Pasto Tony O. Aufa em i pasto bilong Logos Reformed Church long Markham Valley. Em i marit long Regina na em i gat tupela pikinini. Em i bilong Veifa'a ples long Mekeo long Sentral Provins, na em i kamap long Pot Mosbi.



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Pastor Isidore Aufa serves the Living Water Reformed Church in Lae, Morobe. He is married to Clotilde and has four children. He is from the Veifa'a village in Mekeo, Central Province.

Pasto Isidore Aufa em i pastor bilong Living Water Reformed Church long Lae, Morobe. Em i marit long Clotilde na i gat foapela pikinini. Em i bilong Veifa'a ples long Mekeo long Sentral Provins.



## Pastor Aisi

Pastor Aisi Kosa serves the Covenant Reformed Church in 9 Mile, Port Moresby. He is married to Karo and has four children. He is from Hila village, Lufa district, in Eastern Highlands Province, but has lived in Port Moresby most of his life.

Pasto Aisi Kosa em i pasto bilong Covenant Reformed Church long 9 Mile long Pot Mosbi. Em i marit long Karo na i gat foapela pikinini. Em i bilong Hila ples long Lufa long Istan Hailens Provins. Em i kamap long Pot Mosbi.



## Pastor Cornelis Kleyn

Pastor Cornelis Kleyn serves as a professor at the Reformed Bible College in Port Moresby. He and his wife Greta have 6 children. He is from Australia and served a church in Canada for 3 years before coming to PNG in 2012.

Pasto Cornelis Kleyn i mekim wok olsem tisa long Reformed Churches Bible College long Mosbi. Em i marit long Greta na tupela i gat sikspela pikinini. Em i bilong Australia na i bin wok pasto long wanpela sios long Canada pastaim bipo em i kam long PNG long 2012.



## Pastor Ryan

Pastor Ryan deJonge serves with Reformed Ministries in Lae. He and his wife Ruth have 7 children. He is from Canada and served as a pastor there for 7 years before coming to PNG.

Pasto Ryan deJonge em i wok misionari wantaim Reformed Ministries long Lae. Em i marit long Ruth na ol i gat sevenpla pikinini. Em i bilong Kanada na bin wok pasto long hap bipo.

## Photo Credits

Most of the photos in this magazine have been taken by Jeremiah Jackson from the Living Water Reformed Church in Lae.

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**Unless otherwise noted, all Bible texts in this magazine have been taken from the New Living Translation.**

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# The Reformed Churches Bible College

A place to LEARN, GROW, SERVE

*Preparing God's people for works of service.*



## What is the aim of the college?

The RCBC is a place for Christians to come and be prepared spiritually, mentally and physically to equip them to work in God's kingdom. The college aims to train its students through studies, practical ministry work and physical work in college gardens.

The courses taught at the college are intended to help students to develop a close personal relationship with the Lord. This is the first and most important part of the training at the RCBC.

## Where is the college?

The Bible College is at 14 mile Port Moresby. The college has two classrooms, nine student houses for student accommodation with haus kuks, a common kitchen, toilets and showers and access to water and electricity.

## What courses are offered at the college:

The College offers a Certificate and a Diploma of Reformed Studies. Students need to successfully complete the Certificate program before they can apply for the Diploma Program.

In the certificate courses the following courses are taught:

- Old and New Testament
- Christian Doctrine
- Church History
- Leadership Skills
- English
- Ministry in the Church
- Health and Hygiene
- Children and Youth Ministries
- Evangelism and Outreach
- Peace Building
- Christian Marriage and Family Life
- Music

The Diploma course (3 years) is for men who wish to become pastors in the Reformed Churches of Papua New Guinea.

## ENTRY QUALIFICATIONS

All those who wish to study at the Bible College should be committed Christians who are active members in their local church.

Applicants need to have:

- A letter of recommendation from the leaders of their local church. That local church will remain responsible for the conduct and well-being of that student and will receive reports of the student's progress
- An academic transcript of the last grade attended
- A certificate of good health from a health clinic. Applicants need to be able to read, write and understand English and Tok Pisin.

Applicants are expected to have had a formal education of preferably Grade 10 or higher.

All applicants and their families need to be physically healthy.

**Principal: Mr Mark Mulder**

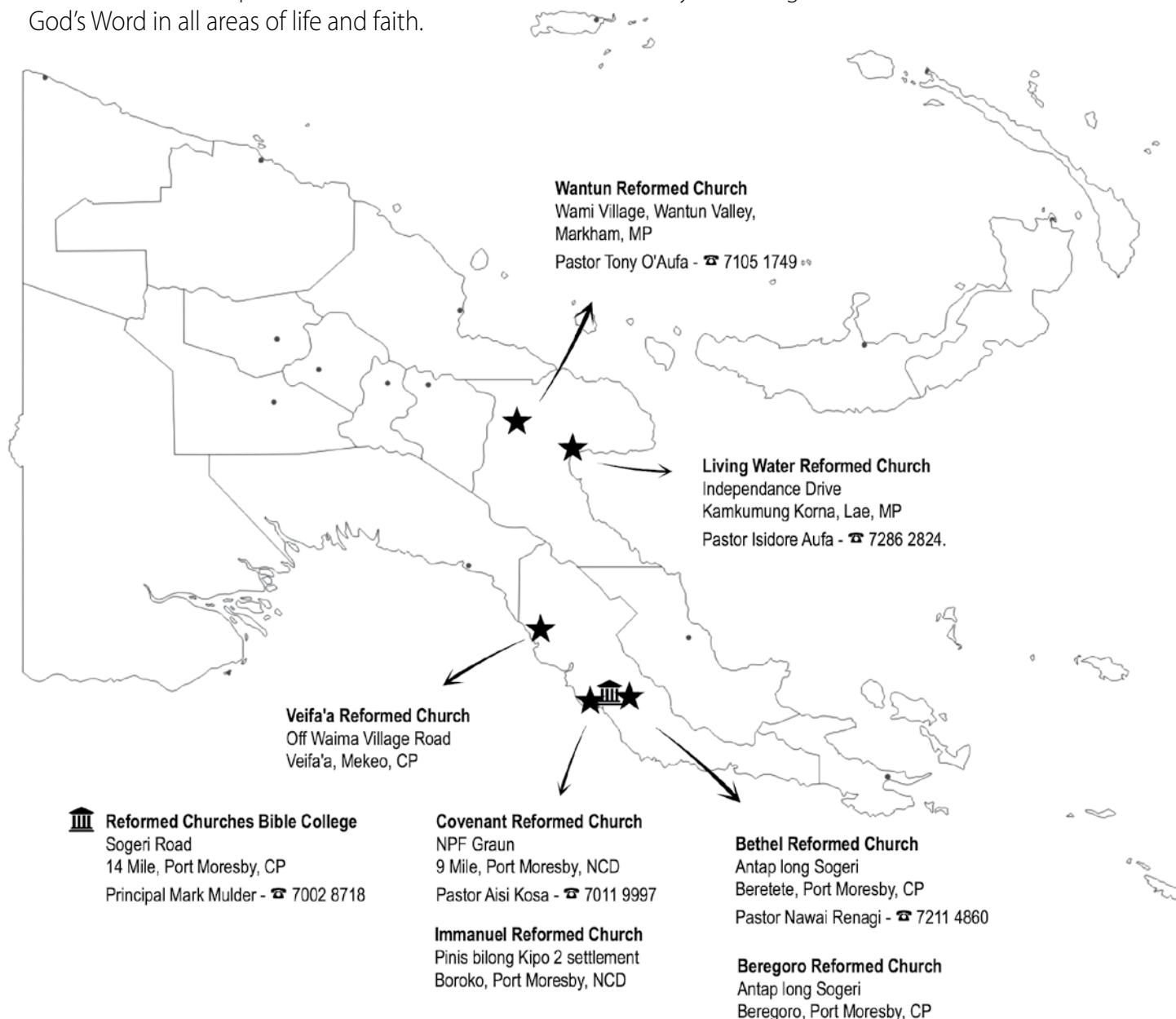
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# Reformed Sios i Stap Long Wanem Hap?

The Reformed Churches of PNG is a small denomination with churches in NCD, Central and Morobe Province. These churches have their roots in the Protestant Reformation in the 16th Century and are linked to Reformed Churches all around the world.

We desire to spread the truth of God's Word throughout every province of Papua New Guinea.

The word 'reformed' points to the fact that these churches always seek to go back to the truth revealed in God's Word in all areas of life and faith.



## Reformed Churches of PNG



### Reformed Churches on the Internet

RCPNG website: [reformedchurches.org.pg](http://reformedchurches.org.pg)

Sermons: [youtube.com/ReformedChurchesPNG](https://youtube.com/ReformedChurchesPNG)

Tulait magazine: [issuu.com/reformedministriespng](http://issuu.com/reformedministriespng)

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