



# FIRST CHRISTIAN ASSEMBLY

**WELCOME** to First Christian Assembly, an independent church whose mission is articulated by Jesus in Mark 16:15 when he said "...Go ye into all the world, and preach the gospel to every creature". Following this great commission, First Christian Assembly preaches and teaches the gospel of Jesus Christ. In so doing, we trust that God, working through His Holy Spirit will draw souls to salvation in Christ Jesus our Lord.

## Nephilim

The Nephilim ("fallen ones, giants") were the offspring of sexual relationships between the sons of God and daughters of men in [Genesis 6:1-4](#). There is much debate as to the identity of the "sons of God." However it seems that the clearest view in the context of Scripture is that the "sons of God" were fallen angels (demons) who mated with human females or possessed human males who then mated with human females. These unions resulted in offspring, the Nephilim.

**Why would the demons do such a thing?** The Bible does not specifically give us the answer. Demons are evil, twisted beings—so nothing they do should surprise us. One speculation is that the demons were attempting to pollute the human bloodline in order to prevent the coming of the Messiah. God had promised that the Messiah would one day crush the head of the serpent, Satan ([Gen 3:15](#)). The demons in [Gen 6](#) were possibly attempting to prevent the crushing of the serpent and make it impossible for a sinless "seed of the woman" to be born.

**What were the Nephilim?** They were a race of giants and super-heroes who did acts of great evil. Their great size and power likely came from the mixture of demonic "DNA" with human genetics. The Bible says that they were "heroes of old, men of renown" ([Gen 6:4](#)).

**What happened to the Nephilim?** The Nephilim were one of the primary reasons for the great flood in Noah's time. Immediately after the mention of Nephilim, God's Word says, "*The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The LORD was grieved that he had made man on the earth, and his heart was filled with pain. So the LORD said, 'I will wipe mankind, whom I have created, from the face of the earth—men and animals, and creatures that move along the ground, and birds of the air—for I am grieved that I have made them'*" ([Gen 6:5-7](#)). God proceeded to flood the entire earth, killing everyone and everything other than Noah, his family, and the animals on the ark.

The Bible calls Noah "blameless in his generation" ([Gen 6:9](#)). This could be a reference to Noah's character, but it also could be that Noah was "blameless" in the sense that his bloodline had not been polluted by the fallen angels, so God saved him and his family to be the beginning of a new, genetically clean human race.

## Body and Soul

### Beta Blockers - Beets - Bible

As thanksgiving is approaching may we all remember to be thankful for the many blessings that we have, let us not dwell on what we don't have and be grateful for what we do. A great side to have with your turkey is beets. Why beets you ask. Beets have anti-cancer properties, detoxification support and are high in immune boosting vitamin C. Beets are high in potassium at 442mg/cup protein 2.2g sugar 9g. Even though beets have a high sugar content they can lower your blood pressure because of the nitrates which are found in beets convert into nitric oxide which helps relax and dilate blood vessels. Beet juice can also boost your stamina naturally.

Although beets help with reducing blood pressure sometimes we may need help from a medication. Even though there are a ton of blood pressure medications we are going to discuss one classification of them which are Beta blockers or Beta-adrenergic blocking agents. They reduce your blood pressure by blocking the hormone epinephrine which is also called adrenaline. A very common generic name is metoprolol, brand name Lopressor. A few other are Tenormin/Atenolol, propranolol/ Inderal. Beta blockers can be used for a variety of other illnesses as well not just hypertension (high blood pressure). Some of the other reasons could be Migraines, tremors, arrhythmia's (irregular heart rhythm), heart failure, heart attacks and angina. Beta blockers are not usually prescribed for people with asthma because they may bring on an asthma attack. In people with diabetes beta blockers could mask the symptoms of hypoglycemia (low blood sugar) monitor your blood sugar regularly. And always remember to talk to your doctor and be honest about your lifestyle habits so they can make the appropriate recommendations for your healthcare.

Knowing something and doing something is not the same thing. As we learn to take care better care of our bodies by applying good health habits, it is even of greater importance to take care of our soul as we apply the Good News from the Word of God. ***Therefore be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.*** – James 1:22-25 .....Until next time ..Mikki

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*The Philadelphia Access Center* is a ministry of First Christian Assembly. Our mission is *revealing Christ through compassionate service*. Services available at PAC include social services information and referrals, biblical counseling, support groups, volunteer training, and community outreach. All services are free of charge and available to anyone. To learn more, visit us in person (across the street from FCA) or online at [www.philaccess.org](http://www.philaccess.org) or [www.facebook.com/philaccess](http://www.facebook.com/philaccess).

**WEEKLY SERVICES /MEETINGS**

	Meets at FCA	Meets at PAC
Sunday	9:45 AM <i>Bible Study – Phila -location</i> 10:00 AM <i>South Jersey Worship Service</i> 11:00 AM <i>Phila Location Worship Service &amp; Children’s Sunday School</i>	
Monday		7:00 PM <i>Stepping Stones</i>
Tuesday	6:30 PM <i>Prayer (Sanctuary)</i> 7:00 PM <i>Worship (Fellowship area)</i>	
Wednesday		1:00 PM <i>Women at the Well</i> 1:00 PM <i>Coram Deo</i>
Thursday		6:00 PM <i>Prayer Service</i> 7:00 PM <i>Bible Study</i>
Friday		7:00 PM <i>Right Path (on a hiatus)</i>

- *Coram Deo*: A men’s Bible study and Christian fellowship.
- *Right Path*: A Christ centered support and recovery group for people whose lives have been affected by drug and alcohol addiction. In a warm and friendly atmosphere, we provide loving support and fellowship; in genuine confidential sharing, coupled with a Biblical twelve step model of recovery.
- *Stepping Stones*: A Christ centered support group for men and women impacted by a loved one’s addiction. In a warm and friendly atmosphere, we provide loving support, fellowship, confidential sharing, and intercessory prayer.
- *Women at the Well*: This group is Biblically based and promotes hope, healing, and fellowship for women impacted and struggling with brokenness.



**PRAYER REQUESTS**

- Ministries at First Christian (Phila.& NJ) and the Philadelphia Access Center
- Christians around the world being persecuted for their faith
- Our supported missionaries
- For our Pastor and his family
- Paula Grazulis
- Operation Christmas Child

**[Luk 17:26 NKJV] 26 "And as it was in the days of Noah, so it will be also in the days of the Son of Man: – Jesus**