

HOME AND FAMILY LIFE EDUCATIONAL SEMINARS

By Eunice Wangai - EAU

- LESSON I Family Life
- LESSON II Child Guidance
- LESSON III Inlaws-Father, Mother, Son, Daughter
- LESSON IV Family Planning
- LESSON V Healthful Living
- LESSON VI Family Budgeting-Contentment
- LESSON VII Superstitions and Christianity
- LESSON VIII Efforts and Bible Study
- LESSON IX Federations
- LESSON X Program for the Campaigns
- LESSON XI Workers' Wives
- LESSON XII Choruses

I. FAMILY LIFE - HUSBAND AND WIFE

In the book of Genesis 1:26, 2: 8, it is stated clearly that God created man from the dust of the earth. He took out his rib and made him a wife, and both became two in one. Adam called his wife Eve and God said she was Adam's helper.

The woman will continue to be man's helper until Jesus comes. She will never be equal to her husband.

Many problems have come to our homes because we ladies don't know our positions in our homes and in the church of God as well.

The mother is the queen of the home. That is her position. What is the work of the queen? The queen is one of the busiest persons in the world because her work is the same as that of a king.

Proverbs 31: 10 - 31

If all women, and I mean every woman will do her work properly and faithfully, our homes will be like a little heaven on earth. No matter how bad our husbands are, we can't go out and bring souls to Christ before we clear out our homes. I can't see how a sick person can treat other sick people.

A. - Here are the sins which do hinder our progress:

1) Jealousy, 2) Laziness, 3) Dirty minds 4) Superstitions, 5) hunger for money, 6) making out budgets higher than income, 7) lack of self confidence, 8) lack of goals in life, 9) suspecting our husbands, 10) trying to control them with wrong methods instead of winning them in love.

B. How To Deal With Husbands

1. Try to see your mistakes no matter what he has done to you.
2. Anytime he wrongs you, recall all the good things he has done for you in the past.
3. Be careful while pointing out his mistakes; give him love instead, and he will confess his mistakes so that he will have enough space for that love, because no one can have

- two at the same time.
4. Try to avoid suspecting him with women. If you think there is something like that, pray and learn the way to go about it because it is a very sensitive issue.
 5. Try not to plan for more than your family's income. Plan and stay within your husband's income.
 6. Try not to compare your family with another family.
 7. Learn to cook nicely. Change your menus each day. You should not make your family tired by feeding them the same food every day.
 8. Try not to give the place of your husband to your children or your parents. Make him special, in words, in deeds and in your mind as well.
 9. If there is any misunderstandings, don't wait until the day you will burst. Sit down and discuss it right away.
 10. Dig a grave in your house. Sister White says, where you will be burying all the bad things which will be done to you by your husbands.
 11. Praise him anytime he does something good for you, no matter how little it is.
 12. Comfort him when he comes home tired, with many problems from his place of work. Don't add more problems to him. He does not need more.
 13. Don't meet him with home problems when he is not ready for them.
 14. Learn and know him. Study your MAN.'
 15. Let him know that his home is a place of rest when he is tired with other problems of this world, and that he must be longing for the time he will be home to be loved.
 16. Try to save some money and sometime buy something for him.
 17. Take care of his stomach no matter how busy you are. Be sure the food is ready when he comes home.
 18. Make sure you respect his parents, no matter how bad they are to you. Show him you love and care for them.
 19. Set aside enough time every day to discuss with him the plans of your family.
 20. Be smart in every way - your house, your kitchen, your bedroom, and be smart yourself, that his eyes will not be tempted to see another woman who is smarter dressed than you.
 21. Take care of his things so that when he needs them, he will right away find them where he left them.

22. Check him before he goes out to be sure he is O.K. otherwise he may go out with uncombed hair due to many things in his mind.
23. Don't discuss your family affairs with other women. Do not let them know your family short comings. Cast your burdens onto Jesus. Dig a grave in your house where you put all the bad things your husband does to you. You may ask, "Mrs. Wangai, why don't you blame men, you talk as if men are saints? Let me tell you since we don't have them here, there is no need of talking about their short comings. If we could have them here, we might reveal dozens of their mistakes, but let us watch on our side, and I tell you, it works. No one will continue being bad while he is loved. Others have succeeded, why not you?"

Finally, give him his right whether you are happy or unhappy. 1 Corinthians 7; 4 - 5.

II CHILD GUIDANCE

These are the last days. The prophecy is being fulfilled openly.

Our children have become the burden to us instead of being a blessing. What shall we do to let them go with the devil? No, the Lord has promised to us that He will save us and our children. Isaiah 49:25 -"I will contend with him that contendeth with thee, and I will save your children." Most of us are late to educate our young ones, we failed to train them right away after birth when they were crying for help and we used to pick them up and feed them, forgetting that they were crying, asking for the first lesson. (Obedience).

We can still try to straighten up the stick though it is hard when it is dry, for the grace of God. He understands our short-comings.

"Train up a child in the way he should go, and when he is old he will not depart from it." Proverbs 22:6

Let us take time to train our children from the beginning to give them their first lessons before they go to school to meet other teachers, mainly their fellow-children who will teach them more than a real teacher can teach. Let them know the difference between good and evil. Let them know when to say yes and when to say no.

Let them learn the lesson of obedience FIRST. Obedience to parents, other people, to God. Let your child know and learn when you say no, it is no. And yes, it is yes. Teach them to respect people and other people's properties.

Teach them about their bodies, their private parts, and how God expects them to keep them sacred. Take time with them, at least 25-30 minutes every day. Let them have time to tell you about the day. Tell them about your day as well. Praise them for the good work they have done on that day. It may be the school work or any other work they might have done that day.

Give them work to do. Don't let them be idle, because idle hands will be given some work to do by the evil one. Let them not wander here and there visiting other children without your knowledge and permission.

Tell them the stories of character building. Don't make them tired with long long stories. Prepare your short Bible stories to go with your character-building stories. Don't make so many rules or laws which will not be followed. Make the rules which you will be ready to see that they are followed, and when they are broken, you will be ready to see that the right and fair punishment is applied. Let them know that both parents speak the same language. If one says no, the other one says no, too. Don't punish them in anger. Let them know why they are punished before they are given punishment. Let them learn to ask for forgiveness. Sometimes they may ask for forgiveness and be punished if they have repeated the same mistake many times. Let them know that some times forgiveness does not remove punishment. Give them a good example of Moses. He was forgiven by God, but he never entered the promised land. He is in heaven now, though he never entered the earthly Canaan.

Teach them to respect and not fear. Let them know that respect comes out of love. Fear comes out of selfishness. Let them know that we respect God's commandments, not be-

cause we fear Him, but because we love Him. Therefore, respect comes out of that love.

Let them know it is the same thing if we love our parents, and teachers, we shall respect them.

Let them be free with you. Deal with their mistakes right away. Don't wait for two or three days then come out with your punishments. Avoid blaming them because they have failed their examinations, telling them that they are spoiled. When the girls become pregnant, we should not blame them so hard as if they have come to the end of life. Let them know that they can make it again. Let your children have time to express their views. Show them that you are ready to learn : something from them, too.

Tell them the story of Moses, Samuel, four Hebrew boys, Joseph, a brave young man, and Esther the queen, and so on.

Pray with them and give them a chance to pray, no matter how small they are. Let them say one or two words, and then you join them to say Amen as you finish.

Let them know that God has planned for their parents to go to Heaven with them all when Jesus comes.

Be sure you cook the food they enjoy. Go out with them for nature study, especially Sabbath afternoon or in the evenings after work, regardless of how big or small they are.

Talk all good things about their teachers, showing them that you and the teachers are together. Their teachers may be unkind to them, but try always to cooperate with the teacher before them. Take them where there are weddings and tell them, God willing, you expect them, and God expects them to do the same. Give them some work to do so that you will pay them some money to help them learn, how to return tithe and give offerings. Be careful with giving them much .money, you can easily spoil them.

Teach them not to eat just anytime. They must wait until meal time. Let them learn the rule of washing their hands before they put anything in their mouths. Some people have made it by the grace of God by following these instructions. Why not you? Try, and start right away.

III IN-LAWS – MOTHERS, FATHERS, SISTER, AND BROTHERS

It was the plan of God from the beginning that two must join together to make a home. He did this when he created Adam, and gave him a wife, Eve. He said these two must be one.

It seems as these two are not one anymore, especially in these last days. It seems as the parents are not too ready to set their married children free, but they follow them and create so many problems in their children's home. I am sorry to say, ladies are too much in following after their children. Many homes are broken today because of interference from the in-laws.

Why should we follow them? Let us leave them alone. Let us not interfere with their affairs unless they have come to ask for advice. Let them give us money or anything by their own choice.

Let us not lay our own burdens onto our children. Let us not claim their money because of educating them, bringing them up. They never borrowed money from us. We were doing our duty. They never asked us to bring them into this world. They never asked us to clothe or to educate them, neither asked us to feed them.

If parents want to talk to that family, they must talk to both of them, not one. ..

Your request of money or anything from that family, must be expected with "yes" or "no"; not with a must, because I did this and that for you.

You claim help from your children mentioning your large family. Will you know that those children are yours? You have to take care of them. They have their own problems; they don't need yours. I don't mean that our children should not help us. No, but let us know the way of approach. We can go to them in peace and love.

You find some of us go and stay with our children in their homes. While we are not sick, we just sit and give them a hard time day by day as we complain and claim what we have done for them. This is not good. They need privacy. Let us stay at our homes, and

visit them when it is necessary.

Let us not show love to some of our grandchildren because they belong to my daughter. It is a great mistake to show that there are some of your children you love more than others. Do not discriminate.

You should not send your own children to go and stay with them because you can't take care of them. No. Let them have their own burdens.

Avoid telling other people about one of your in-laws, because this will go around and come to the one you talked about. Let your mother-in-law know by words and deeds that you are happy in the way she is treating or taking care of your son.

May I thank men and ask them to help us in this matter, because we don't have many complaints of men's interferences in their children's home. In many places, the cry and complaint is to the mothers of the man, who tries to claim her son from that lady who came and took away his beloved son from her.

We need the Lord's grace, mothers, because if we keep on claiming our sons when they have gone to the next lady, we are going to weaken our faith, filling our minds with complaints instead of filling them with the joy of the Lord. Praise the Lord that He has promised us victory.

Others have succeeded by the grace of God. Why not you? Start right away.

IV FAMILY PLANNING

Many, many years ago, even before our governments started talking about having few children. Sister White had talked about it. We Adventists are the ones who are supposed to be the teachers of this subject. In the book, "Adventist Home", she says, "Parents should always bear in mind the future of their children. There are parents, who without consideration as to whether or not they can do justice to a large family, fill their houses with these helpless little beings who are wholly dependent upon their parents for care and instruction. This is a grievous wrong, not only to the mother, but to her children and society.

"Before increasing their family, they should take care and consider whether God would be glorified or dishonored by their bringing children into the world.

"The burden is brought upon the mother which undermines her vitality and paralyzes her spiritual power. In broken health and with discouraged spirits, she finds herself surrounded by a little flock whom she cannot care for as she should.

"Lacking the instruction they should have, they grow up to dishonor God and to communicate to others the evil of their own nature, and thus an army is raised up whom Satan manages as he pleases."

Things to be considered:

1. Education: It has become a real problem.
2. Mother's Health: Many men are not interested in their wives because they look completely finished.
3. Discipline: It has become very hard to discipline our children in this generation. It will be easy to control or manage a few children for discipline.

Training them for God will be easier to get them together and tell them or bend them toward the right direction.

4. Clothing the Children: It has become so expensive to clothe the modern children. Myl They are real expensive, especially the girls. Their needs are more than their parents income. Many have killed their parents by not giving them what they want. We have so many complaints from our children as they try to compare themselves with other children from well-up homes.

The Spirit of Prophecy says on page 103 of Adventist Home paragraph two: "Parents should not increase their families any faster than they know that their children can be well cared for and educated. A child in the mother's arms from year to year is great injustice to her. It lessons, and often destroys, social enjoyment and increases domestic wretchedness. It robs their children of that care, education and happiness which

parents should feel it their duty to bestow upon them."

5. Economic Considerations: Parents should calmly consider what provision can be made for their children. They have no right to bring children into the world to be a burden to others. Have they a business that they can rely upon to sustain a family so that they need not become a burden to others? If they have not, they commit a crime trying to help themselves to survive in this world they came into without their choice. Page 164 says "Why do you continue to bring children into the world to swell the numbers in Satan's ranks?" Is God pleased with this showing?

We Adventists should not be the tail, but the head. We need to start planning our families properly so that when we go out, we have a story to tell.

Others have made it by the grace of God. Why not you? Start right away and you will see it works. Then we can go out and serve the Lord instead of being in the house throughout, serving these little ones year by year.

V. HEALTHFUL LIVING

It takes the healthful mind and healthy body to enjoy spiritual matters. We need to choose what to eat and what we drink. Seventh-day Adventists members must thank God for the wonderful message they have from the Spirit of Prophecy though most of the time we don't mind it. One non Adventist brother who read our books concerning health said, "Adventists are fools, they have food and they don't eat. They have these wonderful books which, if they follow the instructions given in them about eating and drinking, they will live longer, more than anyone else in the world."

He said he could never become an Adventist if to be an Adventist is to say this, and live the opposite life of what he is saying.

As an Adventist, how or what do you eat? Do you know what you eat and drink determines your destiny in this world and in the world to come?

Perfecting Holiness

Do you believe in the Spirit of Prophecy?

"Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them." Counsels on Diet and Food Page 382 Par.1.

"Men may have a form of godliness; they may even preach the gospel and yet be unpurified and unsanctified." Ibid Par.2.

Body and blood will never inherit the kingdom of God. Those who are in flesh cannot please God. Romans 8:8.

"Therefore, brethren, we are debtors not to the flesh, to live after the flesh." Romans 8:12.

You see many people have suffered greatly because of what they have eaten, or drank, and many are sleeping forever. Many people are digging their graves with their teeth.

Sisters, the time has come, and it is the time for us to stop following our appetites, and go back to Eden. See Genesis 2: 8 - 9.

Sisters, we have to sacrifice appetite by all means, and follow the instructions of the Spirit of Prophecy.

When we become sick, the doctors ask us to stop eating, drinking this and that. Sometimes it is too late. Why not listen to the instructions of the Spirit of God, and live long and healthy?

God gave us the best food from the beginning.

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our creator." Counsels on Diet and Foods, page 363.

"Grains, fruits, and nuts are to be found -.all the food elements that we need." Ibid. Par. 2.

God needs men and women in these last days who will stand for the truth though the heavens fall. Education page 57.

We cannot go out and preach the gospel while we are sick.

Tea and Coffee

"Tea, coffee and tobacco are all stimulating and contain poison." Counsels on Diet and Foods, page 420 Par. 2.

"Tea is poisonous to the system. Christians should let it alone." Ibid page 421, Par. 1.

"The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse." Ibid page 421, Par. 1.

"The money spent for tea and coffee is worse than wasted; they do the user only harm." Ibid. page 422 Par. 2.

"The habit of drinking tea and coffee is a greater evil than is often suspected. Many who have accustomed themselves to the use of stimulating drinks, suffer from headache and nervous prostration, and lose much time on account of sickness." Ibid. page 422 , Par. 1.

"In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not." Ibid. page 430.

Effect on Mind and Morals

"Through the use of stimulants, the whole system suffers. The nerves are unbalanced, the liver is morbid in its action, the quality and circulation of the blood are affected, and the skin inactive and shallow. The mind is too injured.

"As a result, we see nervous men and women of unsound judgment and unbalanced mind." Counsels on Diet and Foods Page 422 Par 4.

My sisters, how many people are in mental hospitals today, who have nothing more than the unbalanced mind, disturbed mind because of not minding what the spirit of prophecy tells us about eating and drinking.

How long are we going to be in this rotten world, this wilderness of sin, still asking God, like the old Israelites, for meat of Egypt?

I don't want to go away. I don't want to be separated from God's people, for being a slave of flesh, and appetite. I want to see Jesus coming in the clouds of heaven, and say, "This is my Lord, I have been waiting for Him. I am rejoicing for His salvation." What about you? Maranatha.

VI. FAMILY BUDGETTING/CONTENTMENT

What is money? Money is a very precious imagination placed in our minds, to make us keep working for a certain goal whereby no one will ever reach it.

Look at this diagram. Everybody is stretching his hand, sweating to reach the end of wanting money, and no one has touched it.

Many people have died, trying to get enough money to their satisfaction. Many homes, even the Adventists homes are broken to pieces, just because of money.

Now if no one will get enough to satisfy his wants, why should we allow this precious imagination to master our lives?

The devil has been using money as a wedge, a very successful tool to ruin the human race, even the very elect.

"For the love of money is the root of all evil, which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows, but you, man of God, flee these things." I Timothy 6: 10 - 11.

Do you know the day is coming when all the money in the banks will be useless? Very soon as we are nearing home? Let us sit down and budget wisely any little money we have, and use it for that day.

Let us not plan higher than our income. Let us plan to stay within our income. Let us not plan like so and so. Let us give the Lord His part faithfully, and await for His blessing. See Malichi 3:10.

Let us not worry about the future, the Lord has promised to take care of our future. He told us to pray. "Give us this day our daily bread."

Forget the stories which are so much told- "Money is the light of the world." "Money is life." Why, because Jesus is the light of the world. Jesus is the way and the life. Let us lift Jesus higher and higher instead of lifting money up, which we have said before, it is the sharp tool of the devil. This is the reason why - when we keep on complaining about money, we cannot see Jesus who is coming to satisfy us with eternal life. Finally Paul tells us in I Timothy 6: 6 - 7, "But godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out." Sisters, let us not keep complaining. For those who complained, all of them, died in the wilderness. Let us look up and see Him coming in the clouds to take us home so that we can rest. Marantha.

VII SUPERSTITIONS AND CHRISTIANITY

Every tribe and nation has gotten its culture and customs here in Africa or in Europe or in Asia. Not one tribe or nation which has gotten superior culture or customs to others. But the question is how are the customs and Christianity?

It is true that when we come to Christ, we need to sort out our customs, the ones which are compatible to Christianity, and the ones which are incompatible with Christ, who lives in us cannot go along with. There are good customs and bad customs.

All over the world the demons are working day and night to confuse the children of the Almighty. The devil is using superstitions to keep out the children of God from trusting their Redeemer. People are full of fear, using the tools of the devil to satisfy their souls.

The people who are waiting for the 2nd coning of the Lord, who are ready for the sealing, have no need of fearing other powers which can destroy then if they don't satisfy their demands. They keep lifting Christ in every way possible. Anything unchristian, though customarily accepted should be given a big "NO" by a converted child of God. People may hate you, may separate you from their customarily occasions. Never mind. Stand for the truth. This is where the cross comes in. Yes, horizontal line meets the verticle line - God's will and man's will.

Let us know Jesus died to remove some of these things so that we can live. The evil angels who were cast down with Satan are busy day by day, making sure that we dwell in some of these superstitions, so that we keep trusting another power- instead of trusting in our Lord and Saviour, Jesus Christ. Maranatha.
The story of Peter and little devils.

VIII EFFORTS, BIBLE STUDY FOR HARVEST 90

The time has come, sisters, for us to come out from kitchen and from maternity, and go out for the harvest of souls.

It has been well known all over that women cannot do more than bearing children, taking care of the family, sitting in the kitchen as their permanent office. Now the Lord has called us to come out of the kitchen, out of maternity, and go out to fetch the perishing souls, to stand on the pulpits and give the message the Lord has given to them in these last days.

It is well known that any successive business is the one which is advertized by a lady. This is the time we must go out and shout to the world and advertise Christ our Lord so that we can go home sooner.

Are we the first women to be used by God to serve? Women for God, let us look in the old testament in Judges 4:8. Here we see Deborah, a brave lady, who led the Israelites while Barak had vowed that unless Deborah goes with him, he would not go, although God had promised him victory over Canaanites. Then Deborah said, "I will surely go." They went and won the battle. Imagine men saying they can't go to the battle field unless a woman leads them. Praise God.

2. Jael, the brave woman who killed Sisera, a captain of Jabin's army - Judges 4:18.

Here again we see the captain who ran away from the hands of a woman and is falling into the hands of another woman. Jael killed this captain, the enemy of the Israelites, with a simple nail. Imagine a man who had run away from ten thousand men, was killed by a wise woman with a hammer and a nail. The whole battle was won by two women. Deborah and Jael, not ten thousand armed men.

3. A Widow of Zeraphath - 1 Kings 17

In the book of Luke 4:25, the Bible recognizes only this widow who saved the prophet of God. How many men were in Zerephath? Of course, many. But none of them came to rescue this long time hunted prophet of God.

4. Miriam - The brave Prophetess - Exodus 15:20

The Bible tells us that when Miriam saw the victory of the Lord, Pharoah and his chariots with his horsemen was covered by the sea, and all Israelites arrived safely on dry land on the other side of the sea, she took the timbrels (instruments of music), and led the women with dances, praising the Lord. Does it mean that there were no men who saw the victory, who were thankful? There were. But women can do things faster in some cases, and most of the time. God uses women instead of men to show that He is no respecter of persons.

5. Women Comforted Jesus. - Matthew 27: 55.

“And many women were there beholding afar off, which followed Jesus from Galilee, ministering unto him.”

Where were men at this time when women were ministering and weeping with great sorrow as they saw cruel soldiers, pushing Jesus, and kicking Him here and there while He had spent the whole night without sleeping, or eating? Verse 35- "And they crucified Him and parted His garments, casting lots."

You see, they were very busy casting lots to know who will take Jesus' garments. When women were caring, men were dividing the spoil and buying land.

6. In the resurrection morning the women were the first to get to the tomb. - Matthew 28:1

The angel talked to women first about the resurrection of our Lord. Verse 5. Imagine, even His disciples had not reached the tomb. Verse 7. The women had to go and tell His disciples that He has risen, and that they should go and meet Him in Galilae as He had promised them. A woman (Virgin Mary) was used to carry our Lord for nine months. Don't you think if it is the matter of arguement, we can say that Jesus is more of a woman than of a man? Nevertheless, He is the Saviour of all. For God so loved the world that He gave His only Son that whosoever believes in Him should be saved and have eternal life. - See John 3: 16. Praise be His name.

7. Let us come to Dorcas. - Acts 9:36.

Many people in Joppa believed in the Lord - Verse 42. We don't read of any other preacher who brought so many people in the city of Joppa as Dorcas did, and the Bible tells us she was full of good works.

8. Finally, Sister White, the greatest prophetess who ever lived in the history of our church.

How many men were given this message and refused before God turned to this weak vessel? There was a Hazen Foss and a Willinm Foy. Today we have a wonderful message, the Spirit of Prophecy, which makes the Seventh-day Adventist Church to be different from other churches which came to us through this lady. Praise the Lord, ladies, for our Lord who does not make difference between men and women who commit their lives to Him. He uses them all the same.

Now we can go on and on, ladies, mentioning many more ladies who were used mightily by the Lord in the old and new testaments. Now, let us start business.

This is the method we are using all over the East African Union to win many souls to Christ. And Listen: It works 100%. Women only.

Bible Studies

1. Let the ladies group themselves according to the areas they live.
2. Each group must have a leader.
3. They will plan to meet in their homes and invite the people to join them. Each is to come with at least one visitor.
4. Use our lessons as indicated in this book.
5. Then introduce Christ to them each day at the end of your lesson.
6. Make a call and start to give them Bible Studies. Invite Pastors to join you, but not to speak.

IX FEDERATIONS

Two districts can plan to have a joint campaign, or get together once after a few months to encourage one and another.

They can cook the healthful food, invite the people from outside to come (poor and rich) to eat with them. They can ask any government official to come and be your guest on that day. Ask him to speak after explaining what you are doing for the people in that area by words and by actions. Have a well planned program on that day. Preach to them.

Finally, don't feel small anytime you are given the message to give to the people. Discover your talent. Use it mightily, no matter how big or small it is.

Anytime you feel that the Lord has given you the message to give to our people, don't feel ashamed to ask your pastor to give you a chance and let you use the pulpit on Sabbath. Don't listen to the discouragement of some of the elders who might be discouraging you, saying that women are not allowed to stand before the church. Tell them of the women who did it in the past - Sister White and others. Maranatha. It works.

X. PROGRAMMES FOR EFFORTS AND CAMPAIGNS

1. Choose your Dorcas Uniform
2. Decide on a place for your meetings.

3. Singers
4. Matchers
5. Set dates - Try one week first
6. Speakers
7. A group for drama
8. The first day you match two, two
Singing the matching Song - No. 2 up to the place of effort.
As hundreds of people will be following you, you will ask them kindly to sit down.
 - a) Bring in drama group about happy and unhappy families.
 - b) Singers - two songs from our songs at the back or any well prepared songs.
 - c) One speaker about family life lesson in this booklet.
 - d) Singers
 - e) Ask the people to come in the following day at the same time and come with at least one friend.
 - f) Give the same program the next day, but the drama will be about the next lesson in this booklet.
 - g) Continue on each day following the lesson as they are in this book. Finally you come to the last day.

A speaker must be well prepared to speak about the soon coming of Christ, and let them know He is coming very soon to bring every evil, every problem to the end. Before the speaker on this day speaks, you will have the play about "The Narrow Gate". Then you will make a call. Have many people with pieces of papers to get in right away to write down their names.

Ask those whose names were written to meet with you next Sabbath. Now begin teaching them the Baptismal class. Let the pastor who is near take over. Go and plan another one. Even if the church is near, don't ask them to come to church right away. Continue meeting there for some time until the time the pastor will think they are ready to get in to our church. The reason for doing this is that the other churches tell their people that they are going to be asked to join the S.D.A. Church, and if you tell them to come to church before they are taught the whole truth about Sabbath, then they will remember what they were told by their pastors.

Let them continue with their Sabbath School there until the time they will be strong enough to stand, and tell their pastors in their churches about the new truth they

have discovered. All this time women are doing everything. The men can attend the meetings and help in anyway, but not preaching. Lay Activity men and Church pastors, have to be nearby all the time to make sure these ladies are safe, and let them feel that they are well protected, but the ladies are responsible for the meetings. They should meet once a week to learn more and more.

XI WORKERS' WIVES

Some of the pastors' wives or the workers for God have been heavy burdens to their husbands, even more than the work itself that the husband does. They make the work of the Lord to be a curse to the family members instead of being a blessing, to the church of God as well.

The husband sows the goods, and they come behind pulling out that which was planted. People (members of the church) doubt if the message their husbands give is the right message for them. They ask if the message their husbands give is the message of Salvation, and why can't it save their wives first when they stay with in their names.

Dear fellow workers, how long are we going to be obstacles to the Lord's work? Don't you think the time has come for us to move out of the way for the church members to come in? The Lord is asking us not to stand at the door. We either get in or get out completely. Look at these points and put yourself in a balance and see how much they have affected you.

1. Take care of your husband, knowing that he is the servant of the Most High God, as well as being your husband.
2. Make sure that he is smart by all means. Check him before he goes out to meet the people. He has a lot of things to think about in his mind, therefore it is easy to forget to dress properly.
3. Give him love in words as he comes home tired and hungry.
4. You should not meet him with home problems, especially about children who have done this and that, or children don't have this or that, or "We don't have money for this or that, or "so and so did this and that to me."
You should know he has come home to a place of rest where somebody should care and sympathize with him.
5. Reduce his burdens by talking and praying with those who are coming to look for him in his absence.
6. Learn how to talk to church members or other workers,

- as they will respect or look down at your husband from the picture you give them.
7. Be careful while talking to the church members. They should not know that you are in need of anything, because if you go around letting them know your needs, and requesting for this or that from them, how will you convince them that God provides for His people if He cannot provide for His servants? How will He provide for the members? They will doubt you and your husband as you try to teach them to be content with what they have, whether it is big or small.
 8. Learn to love all the members the same. You should not show much love to the high class members, and less to the lower class.
 9. The members should not know if there is any difference between you and the other workers.
 10. Let the members respect you from what you are doing to them, and you should not demand the respect from them.
 11. You should not have some members who will be discussing with you about other church members.
 12. Avoid borrowing from the members and asking them for this and that. You are their servant, and do not demand their service.
 13. Don't classify yourself with any class. Be like a chameleon. Be ready to fit anywhere into any group so that you can reach them all.
 14. Anything the members are doing for the cause of the Lord, be in the front line. You should not show them that you are not able to go where they are going for visitation or for an effort.
 15. You should know that anything you are asked to help in the church is your duty to accept, because officially you are the pastoreess.
 16. Listen to the ideas of the other ladies because some of them are more talented than you. You should not be the boss for telling the ladies what to do always because you are the Pastor's wife. Why? They will resist you and you will be in trouble, and they will not respect your husband's work at all.
 17. Be free with the church members so that by mixing with them you will know how they receive the service of your husband for he can't know.
 18. Remember you are the letter to be read by many people (church members), therefore, be sure you are giving

them the right picture of the gospel that your husband is preaching.

19. Be humble, kind and true. Take care of your tongue. Know when to speak and when to listen.
20. Finally, be clean, smart in all ways - in your house, in the way you dress, in the way you take care of your children, the meals you make for your family, the way you talk to your husband in front of people, the way your children behave, especially in the church, the way they talk to people, the way they respect other people's properties.

Read your Bible prayerfully. Remember the morning and the evening worship. Give your children an opportunity to conduct morning and evening family worship. Then wait for the reward. "Maranatha.

XII SPIRITUAL CHORUSES

1. Cast your burdens unto Jesus for He cares for you
Cast your burdens unto Jesus for He cares for you.
Higher, higher, higher, higher, higher, higher
Higher, higher, lift Jesus higher.
Lower, lower, lower, lower, lower, lower,
Lower, lower, lower Satan lower.
2. Owe Dorkasi ulinwengu huu, uwe Dorkasi siku za mwisho, uwe Dorkasi, uwe Dorkasi leo.
Vse 2 uwe balozi
" 3 uwe mjumbe
" 4 uwe Shunjaa
" 5 uwe askari
" 6 uwe na amani
" 7 uwe na upendo
" 8 uwe na unioja
" 9 Tufanye Kazi ulimwengu huu, tufanye Kazi siku za mwisho, tufanye Kazi leo.
" 10 Yesu yuaja ulimwengu huu. Yesu yuaja tende mlimuni. Yesu yuaja kweli.
3. Blessed be the name. Blessed be the name
Blessed be the name of the Lord.
Blessed be the name. Blessed be the name
Blessed be the name of the Lord.

4. Kanyaga, Kanyaga, Kanyaga Shetani
 Kanyaga, Kanyaga, Kanyaga Shetani
 Tukiwa na Bwana Yesu Kanyaga Shetani
 Tukiwa na Bwana Yesu Kanyaga Shetani
 Vse 2 Tuimbe, tulmbe, tuimbe kwa shangwe
 Tuimbe, tuimbe, tuimbe kwa shangwe
 Tukiwa na Bwana yes tuimbe kwa shangwe
 Tukiwa na Bwana yes tuimbe kwa shangwe
 Vse 3 Tubebe, tubebe, tubebe msalaba
 Tubebe, tubebe, tubebe msalaba
 Tukiwa na Bwana yesu, tubebe msalaba
5. Jesus is the rock of my salvation,
 He's banner over me; He's love.
 Jesus is the rock of my salvation
 He's banner over me; He's love.
6. Uko, iiko knmuamba
 Uko, uko knunamba
 Uko, uko knumamba
 Yesu dzan'ucna.
 li, ii, kaya, ii, ii, kaya, ii, ii, kaya
 Yesu dzamuona.
 b) There, there, heaven. There, there heaven
 There, there, heaven. Jesus we shall see him
7. I will enter His gates with thanksgiving in my heart.
 I will enter His gates with praise.
 I will say This is the day that the Lord has made
 I will rejoice for He has made me free.
 He has made me free. He has made me free.
 I will rejoice for He has made me free.
 He has made me free. He has made me free.
 I will rejoice for He has made me free.
8. This is the day. This is the day that the Lord .has made.
 We will rejoice. We will rejoice and be glad in it.
 And be glad in it.
 This is the day that the Lord has made.
 We will rejoice and be glad in it.
 This is the day; this is the day that the Lord has made.

Verse 2

It is the Sabbath, It is the Sabbath that the Lord has
 made, that the Lord has made.
 We will rejoice. We will rejoice and be glad in,it.

and be glad in it.
It is the Sabbath that the Lord has made.
We will rejoice and be glad in it.
It is the Sabbath. It is the Sabbath that the Lord
has made.

9. 1. The joy of the Lord is my strength.
The joy of the Lord is my strength.
The joy of the Lord is my strength.

9. 2. If you want joy, you can pray for it
If you want joy, you can pray for it.
The joy of the Lord is my strength.
You can breath, walk, jump, sit, stand, nod, clap,
laugh, read

10. Expect a miracle every day.
Expect a miracle when you pray.
If you believe in Jesus.

11. Rejoice in the Lord always, and again I say rejoice
Rejoice in the Lord always, and again I say rejoice
And again, I say rejoice, rejoice
And again, I say rejoice, rejoice
And again, I say rejoice.
Sing, Pray, Dream, Shout, Warn, Confell

12. Asubuhi na mshukuru Bwana Yesu kwa Kunia msha mimi.
Nanshukuru kwa napenzi yake Bwana Haleluya.

1. Nyimbani Tembea

Nyimbani Tembea

Maye mwokozi tembea naye

2. Kanisani

3. Njiani

4. Jikoni

5. Shidani

6. Furahani

7. Sokoni

8. Safarini

9. Matesoni

10. Huzunini

11. Mautint

12. Popote

13. Naakya tutainiba Balebuya, Baleluya

Naakya tutaimba Haleluya, Haleluya