



# GOOD NEWSLETTER

MARCH/APRIL 2026

## GOD RESTS HIS CASE

Absolute trust in God as a tender, loving Father, is a very rare thing. Why is it one of the most difficult things in the world to convince anybody that God is love? <sup>1</sup>

As we saw last month, serious allegations have been raised against God. From that day to this, God has been maligned. Satan's accusations have sunk deeply into the minds of the world. Every doubt expressed is but the echo of the words with which Satan tempted our first parents. Do we have good reason for joining the rebellion?

God answers the allegations by calling upon men to come into court and prove their charges against Him. *Isaiah 1:18* is stated in certain translations, "Come now, and let us go into court together, saith the Lord." "Hear, O heavens, and give ear, O earth" is the call for "Silence in the court;" for a

great case is on, which involves the whole universe."

God has been declared to be unjust, not only by Satan, but by everyone who has committed sin." Anyone who tries to justify themselves, thereby declares that God is wrong. <sup>2</sup>

The character of God is therefore on trial. His only defense is a revelation of Himself. God opens Himself up to be investigated. He lays out his dealing with sin and sinners for the jury to decide. He calls for witnesses to come and testify to how he has dealt with them. He must be able to show that He was able to win hearts that are in hostility towards Him. That He's able to bring a soul to repentance; and transform him by His love. When my name is called, I'm not there to try and justify myself. I hope I'm there to show that though I'm an undeserving sinner, God has always been good, and good to me.

*Continued*

- Pathfinders
- Cooking class
- Evangelism
- Gospel Seminar
- Compassion in Action
- Valentines Banquet
- Plant Powered Plates
- Health

# Evangelism

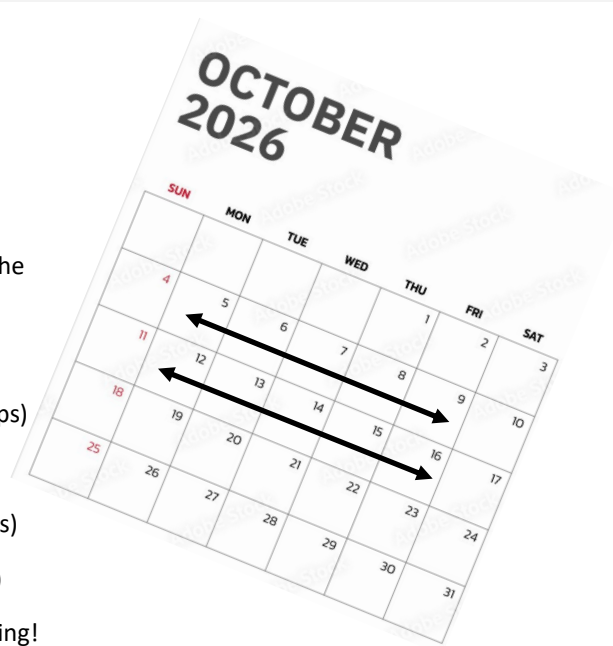
Clear your calendar for the 2 weeks in October. We have been impressed with the importance of everybody coming together and working for the salvation of those souls whom Christ has paid the price for.

The conference came and spent a weekend with us, helping us get ready, and gave practical ways to insure a good harvest in the fall. They shared the disciple-

making evangelism form which uses the agriculture method.

1. Prepare (pray for souls)
2. Plant (Bible studies and friendships)
3. Cultivate (invite to activities)
4. Harvest (bring friends to meetings)
5. Preserve (continue to encourage)

What a joy to participate in soul winning!



## The Mission of the Columbus first Seventh-day Adventist Church

is to make known God's beautiful character of self-giving love as revealed in Jesus Christ



Columbus First Seventh-day  
Adventist Church

7880 Schomburg Road

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Church FB: Columbus First Seventh-day Adventist Church

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## GOD RESTS

In His defense, He presents what He has done. How He has taken our sin upon Himself. How He loved us and gave Himself for us, a world of rebels. How He took on flesh and blood. How He took our sins to the cross; forgiving us of the whole debt! He says, "though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." God rests His case upon the fact that He forgives sin and cleanses from all unrighteousness."<sup>3</sup>

In the final judgement it will be seen by all, that God did not treat sinners as they deserved. "He showed favor to the wicked, but they would not learn righteousness." *Is 26:10*. He encompassed all with the same mercy. Some responded to His mercy and were softened, while others rejected

it and were hardened. The only thing a lost soul will have to bring against the Lord will be that He has dealt mercifully with him. That's all."<sup>4</sup>

As we look into the near future, we hear again, "Silence in the court". The grand jury has arrived at a verdict. The verdict is announced, "Not guilty!" He is pronounced innocent of all crimes! All charges are dropped. Every knee bows; every mouth is silenced; including the lead prosecutor. Even those on the losing side declare that the sentence they're about to receive is just and fair. Without a shadow of doubt, it is declared "God is love and always has been". He wins His case, and in His win, we win. His vindication is what we rest on. God rests His case. Love won.

<sup>1</sup> E.J. Waggoner, *The Gospel of Isaiah*, pg. 199.

<sup>2,3</sup> *ibid*

<sup>4</sup> *ibid*, pg. 78

# More Evangelism

*"The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them."*<sup>1</sup>

What has the grace of God done for you?

We were reminded again, of the unfathomable love and grace of God, when Michael Duncan came **March 13-14** for an inspiring weekend of gospel presentations. He said that he's realizing that we

**GOSPEL PRESENTATIONS WITH**  
**MICHAEL DUNCAN**




Michael Duncan was born in East Chicago, Indiana, and raised in Gary, Indiana at age eight at Bethel Seventh-day Adventist Church, he is one of five siblings, including his twin sister, Michelle. He began speaking at 18 in Adventist and non-Adventist churches and has served as an elder, Sabbath School teacher, and AY leader. He has spoken across the U.S. and internationally. An Illinois Institute of Technology graduate, he serves at Shiloh SDA Church and works in cloud cybersecurity training. His passion is sharing the gospel.

**MARCH 13-14, 2026**

**FRIDAY:**  
7:00 PM "The Divine Romance"

**SATURDAY:**  
11:00 AM "Justification and Forgiveness"  
12:45 PM Fellowship Lunch  
2:00 PM "The Gift of Repentance"

**ADDRESS:**  
7880 Schomburg Road  
Columbus, GA 31909



have scarcely scratched the surface of the love of God. It is a subject demanding eternity to grasp! His messages portrayed the Bible's love story of subjects that reach the heart. God is not only portrayed as a King, a Good Shepherd, and a loving Father, but in the intimate relationship of a Bridegroom and a Husband. God is wanting this intimate relationship with us. The Bible says our relationship with God is like a marriage. But also, our relationship with Him, is like a bad marriage. And thirdly, it tells the story of how God healed His bad marriage. Read Jeremiah 3, Isaiah 54, Ephesians 5, and Hosea 3, and listen to his presentation on YouTube if you missed it.

God told Hosea to marry a prostitute as a living parable of God's love for us. God does not simply say, "You're breaking my law," when we sin, but that we are "committing adultery". Sin is breaking an intimate relationship with God, which breaks His heart. As Hosea's heart was continually broken over his wandering wife, it shows how God feels when we wander from Him, in loving others and things above Him. Finally his wife left him, and ended up on the auction block. What did Hosea do? He went and bought her back. As he bid for her, she must have wondered why is he doing this after all I've done to him? Does he still want me? That's the love of God for us. After all we have done, He still wants and loves us and bought us back at the cross. He continues to woo our hearts back to Him, and the power of His love and grace is what it takes to win us and heal that love relationship with Him. The Bible ends with a marriage. Finally God has a bride that loves Him in return and is genuinely committed for eternity to His heart of love.

In his next two presentations, Michael presented how God's love freely gives forgiveness and justification as gifts, and produces in our hearts genuine repentance. It is all a gift that we receive by faith.

On **April 17-18** we have another evangelism training weekend called **Reach your Neighbor**. Jack Phillips and Michael Privett will be sharing practical ways to help make our efforts successful as we reach out to those around us. Now is the time to learn how to establish winning friendships with others who need to know about the love of God for them. In our own lives and characters God will reflect His love as we focus on His love for a lost world. Reserve this weekend on your calendar so we can

**EVANGELISM TRAINING**



**Reach YOUR Neighbor**

Are you interested in sharing Jesus with friends and neighbors but don't know where to start?  
Are your evangelism efforts not as successful as you hoped?

**Come to this training and learn foundations of successful evangelism including:**

- Dreaming of Fruit
- Prayer and Evangelism
- Offering Studies
- Following Up on One Accord Requests
- Leading Bible Studies
- God is calling you

And more!

**Date:**  
**April 17-18, 2026**  
Friday 7 PM  
Sabbath School 10 AM  
Sabbath Message 11 AM  
"How Love Changed My Life"  
Fellowship Lunch 12:45 PM  
Afternoon Presentation 2:00 PM  
Location:  
**Columbus First SDA Church**  
7880 Schomburg Rd  
Columbus, GA

**Presenter:**  
**Jack Phillips & Michael Privett**  
GCC Leads Program


Organized by the Georgia-Cumberland Conference Evangelism/Leads Program  
[gccsda.com/evangelism/leads](http://gccsda.com/evangelism/leads)



take advantage of this practical training.

Prayer is an important part of preparing for the harvest. Cards are available for each of us to prayerfully choose five names that you would like to bring with you to the meetings in October. Daily pray for these names. If you didn't get yours yet, they will be available on Sabbath.

**COLUMBUS FIRST SDA CHURCH**



**PRAY FOR 5**

"Pray without ceasing." – 1 Thessalonians 5:17

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Prayer: Dear Heavenly Father, I lift up my five friends to You. Open their hearts to Your love and truth. Use me to serve, love, and invite them. Prepare them for Your Word and fill me with Your Holy Spirit. In the name of Jesus, Amen.

<sup>1</sup> Ellen G White, *Christ Object Lessons*, pg. 415

# G-BOMBS



**Greens**



**Beans**



**Onions**



**Mushrooms**



**Berries**



**Seeds**

- One of the best ways to remember the healthiest foods to eat is by using the “G-BOMBS” acronym coined by Dr. Joel Furhman.
- These nutrient-rich, cancer-fighting foods, which are extremely protective against chronic disease, are the best foods on the planet for promoting health and longevity.
- They are also the very best food choices to aid the body in building a stronger immune system.

## **G** is for Greens

Packed with nutrients and phytochemicals, leafy greens are some of the healthiest foods on the planet. These life-giving veggies get their vibrant color from chlorophyll, a nutrient-rich green substance that carries with it a host of benefits to the human body. It helps put the body in a more alkaline state.

## **B** is for Beans

Beans are rich in protein, high in fiber, rich in polyphenols, excellent

for the heart, protective against cancer, stabilizes blood glucose levels, good for the liver, beneficial for the gut, helpful for appetite control and an excellent source of folate.

## **O** is for Onions.

This includes chives, garlic, green onions, leeks and shallots. They are rich in vitamins, minerals, and other health-promoting compounds. They are beneficial to the immune system, and cardiovascular health. They can help reduce HDL cholesterol, triglycerides, blood pressure, reduce risk of blot clots, and protect against plaque buildup.

## **M** is for Mushrooms

Mushrooms can boost your immune system, destroy cancer cells, facilitate nerve regeneration, and help to eradicate viruses, including the flu.

## **B** is for Berries

Berries are one of the healthiest foods you can eat. They are literally packed with vitamins, minerals, and antioxidants which are ex-

tremely important to immune system function. They are especially rich in vitamin C, quercetin, and anthocyanins, which regulates immune response, calms inflammation, enhances memory, and protects against cardiovascular disease, plus much more.

## **S** is for Seeds

Because seeds contain all the necessary nutrients to develop an entire plant, they are extremely nutritious. Packed with fiber, seeds are also loaded with healthy fats— not to mention antioxidants, vitamins, and minerals. Nuts and seeds are healthiest raw and unsalted. As for nuts, the superstars in this category (such as almonds and walnuts) contain the vitamin E needed by the immune system to ward off invading bacteria plus the healthy fat needed to absorb it. Make sure to include in your diet pumpkin seeds, sunflower seeds, sesame seeds, flax seeds, and hemp seeds.

*From: Pandemic Busters, by Eddie Ramirez, M.D. and Cari Haus*

# Cooking Classes

The monthly cooking classes have been a big hit. There was 35 pre-registered for the last class! Brenda Theus is the main organizer. The food has been delicious and everyone is excited about learning new and healthy recipes. The last class was March 22, and put on by Suraj and Geena Sukumaran who are from Uchee Pines. They have experience cooking their native Indian cuisine for groups up to 600 people! They put on a feast for us, and attendees have been expressing their positive feedback and signing up for the next class.

In previous classes, Ted and Brenda Theus shared a favorite soup recipe that was liked by all, **Thai Coconut Tofu Soup**.



Carmen Piroski shared her favorite salad, **Black Bean & Avocado Salad**.



Linda and Lindsey Beckworth also shared a festive **Cranberry Salad** and **Creamy Pumpkin Soup**. Thanks to all who participated in making the cooking classes a success!



## Plant Powered Plates



### Black Bean & Avocado Salad

- 3 Cups Black Beans
  - 3 Cups Corn
  - 1/2 Cup Red Onion (thinly sliced)
  - 1/4 Cup Cilantro (finely chopped)
  - 1/4 Tsp Garlic Powder
  - 1 Lime (juiced)
  - 1 Lemon (juiced)
  - 1 Large Avocado (cubed)
- Optional:**
- 1 Pepper (chopped)
  - 3-4 Radishes (shredded)

### Directions:

Place all ingredients in large bowl and toss the salad gently to combine. Serve chilled.



*From Complete Health Improvement Program— Hans Diehl*

The **Pathfinder** activities this winter included a non-perishable canned food drive in the local community, in conjunction with the CAS students. These donations were distributed by the ACS Ministry to several church families and the local Women's Shelter.

Many of the Pathfinders and staff have been working toward the Hiking Honor. They have completed 5 & 10 mile hikes on Pine Mountain Trail in FDR State Park and the Columbus Fall Line Trace. Our club is preparing for a 15 mile hiking event that

will challenge our skills and strengthen our teamwork. We wish to extend a heart felt "Thank you" to all who support us financially, physically, & spiritually.

*Submitted by Sandy Nicholas*



The **Pathfinders** also hosted a **Valentines Banquet** on February 15, where they served a tasty spaghetti dinner with salad, garlic bread and dessert. The social committee did a wonderful job decorating the fellowship hall. Everything was beautiful. Plus we had fun playing a "Newlywed" game. Prizes were given out for the best and funniest dressed!



## Church Activities

Last year, in January, a group participated in the **Daniel Fast** with much success.

Again, this year, starting February 1st, another group pulled together and went the 21 days. The goals are always varied, from losing weight to desiring a clearer mind and better health to better serve God and others. There were struggles as we all have habits that aren't easy to break. But we found strength in our overcoming Saviour. He has battled appetite in the flesh and overcame. And He gives His victory to all who ask in faith. It has been said, "Fasting is one of the best ways to break the power of the flesh. If you can say no to food, you can say no to

just about anything." Of course that is only in the strength of our Lord.

We gathered together to encourage each other and share recipes.



All of our church activities are ways to share the love and good news of the gospel. Each is an extension of evangelism, which is our reason for existence.

**Compassion is Action** is busy sharing the second Sabbath of each month, serving meals to the homeless on the Riverwalk. They serve on the Phenix City side of the 14th street bridge. A good number of church members have prepared food and come to help serve. It's been a blessing!

