

# The Free Christian

Robert Lang-Kirchhöfer

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# 1 Preface

## 1.1 Using hints

It may happen that I will address you, the reader, directly. It may also happen that, whenever human beings in general are mentioned, I will use a potentially existing masculine form. My intention's to create a comfortable, casual atmosphere, and to ease reading flow. Of course, my dear reader, totally independent of your actual gender or sex, I am not making any assumptions about you, and you will have my fullest respect. Since I am not a professional author, my writing style is not perfect, but rather more casual. And because you are reading the English version of this eBook, you may notice that my English is not perfect either, because I am not a native speaker.

## 1.2 Thank you!

Next I want to state my cordial thanks to you, my dear reader, that you decided to take a look into this eBook. Of course, I hope that you also will read it until the end, and that you will watch its development. I am not a 100 percent sure that it will be "finished" one day, because possibly there will always be new thoughts, or new material that can be included in here. This here is a Christian document. My intention is to communicate moral values to you, especially as they are wished by **GOD**, the **LORD**, and **HIS SON JESUS CHRIST**, by my best knowledge and conscience. Of course I do not want to invent a new "religion", or to re-invent Christianity, but rather show some new perspectives. As you can tell of this preface, words, which directly relate to **GOD**, **JESUS** or also to the **HOLY SPIRIT**, are written in capital and bold letters. If something is near to your heart, or you have general ideas, I invite you sincerely, to participate in my [GitHub discussion](#).

## 1.3 Some words about myself

Myself was baptized catholic, as far as I remember correctly, at the age of one or two years, but I left church at the end of Juli 2023. The reasons for this are of private nature, and are not relevant here. But this has nothing to do with my belief. I do believe that **GOD** exists, and that **JESUS** is the **MESSIAH**. Anyway, it does not mean that I am a kind of "perfect Christian", if such a person exists at all nowadays. You can read more about me in chapter "My life with **GOD**".

## 2 What makes up a "Free Christian"?

### 2.1 No church community

A Free Christian is not bound to a church community. That means, you can, but you do not have to be baptized. You can also have left your church. That does not play a role at all. In my opinion, it is even more sensible, to not be a member of a church community at all, especially of the catholic one, to not be manipulated by it. The only important thing is, to let **GOD**, the **LORD**, and **JESUS CHRIST** come into your life, and that you confess yourself to **THEM**.

### 2.2 The true bond

For you, as a Free Christian, the only true, existing bond is between **GOD**, **JESUS CHRIST** and you. When you confess yourself to **THEM**, you cherish your relationship sincerely. Mundane bonds (*relationships*) are ephemeral, although it is not less important, to also cherish them warmly.

### 2.3 The Bible as a "tool"

If it serves the relationship between **GOD**, **JESUS** and you, you have, as a Free Christian, the freedom to interpret biblical passages better, that means more modern or more understandable, and rephrase them accordingly. But this is **not a** "licence", to rewrite the Word of **GOD** by free convenience, and then for example to bend **HIS** will, as it was done willingly in the past by the catholic church, according to my information and my research.

### 2.4 Belief and science

Belief and science are, in my opinion, not mutually exclusive. **GOD** can neither be proven, nor refuted. You always have free choice, whether you want to live with **GOD**, or not. That is, why you as a human being have been given free will.

### 2.5 What do I know about GOD?

Well ... what does one actually "know" about **GOD**? Sure, I can get to know, and learn more about **GOD** and **JESUS** by **HIS** Holy Word, the Bible. But I never would arrogate to claim to "know" **GOD**. Even less absolutely. Only **GOD HIMSELF** knows **HIMSELF** completely. And with this eBook I only want to share my experience with you. And what I tell about **GOD**, is only according to my best knowledge and conscience, and only in **HIS** favour.

### 3 Do you (not) believe in GOD?

Although this eBook is a Christian document, it does not mean that only Christians are "allowed" to read it. Quite the opposite! Even if you believe in something different, or nothing at all, you are invited sincerely to browse into here. **GOD** loves us all equally. But ... what do you actually believe in?

#### 3.1 I am a Jew and do not believe in JESUS as MESSIAH.

Nevertheless, you are invited sincerely, to keep on reading. Effectively, we believe in the same **GOD**, who is also called **ELOHIM** or **YAHWEH** in the Holy Scriptures. According to my knowledge, big parts of your holy book, e.g. the Torah, are congruent with the Old Testament of the Bible. For example I will mention the Genesis, or the Exodus (of Egypt). Because I already admitted that I do not claim to know **GOD**, I also would not claim that you are a bad person, because you do not believe in **JESUS**, and for this you might not come to **HEAVEN**. If you do not acknowledge **JESUS** as your **MESSIAH**, I will accept this. I also ask you to accept that for me **JESUS** is the **MESSIAH**. It is not about forcing you onto **JESUS**, but to show you moral values in the whole, and to share my experience to you.

#### 3.2 I am a Muslim and believe in Allah.

Then you are also invited sincerely, to continue reading. I have already admitted that I do not presume to know **GOD**. That is why I do not know, whether (the) **GOD** that I believe in, and your god, Allah, are effectively the same god, or two different ones, and therefore setting them equal would be blasphemy. I will not deny your belief. You can pray to Allah, and see him as your only god. If you consider me a heathen or a nonbeliever, I take that as your opinion. I accept that Allah is your only god for you. I ask you, to accept that **GOD** is my only god for me. I still hope that outside of our belief, just from a human perspective, we can respect each other. After all, I do not want to impose another god on you, but just show you some moral values in the whole, and to share my experiences to you.

#### 3.3 I belong to a different religion.

Unfortunately I cannot get into every orientation of belief, religion, cult or sect of this world. This would go beyond the scope of this eBook. So I beg your pardon, if I did not explicitly mention your belief. If you read the two paragraphs above, and if it may be the case that you come to the conclusion, according to your belief, I am a heathen or a nonbeliever, then I accept this as your opinion. I accept that the god(s), the goddess(es), or even if it may be the devil, are those, who are worth to be praised or worshipped. I also ask you, to accept that for me, **GOD** is my only god. I still hope that outside of our belief, just from a human perspective, we can respect each other. After all, I do not want to impose "my" **GOD** on you, but just show you some moral values in the whole, and to share my experiences to you.

### 3.4 I do not believe in a god, or I am agnostic.

You, too, are invited sincerely to go on reading. Although if you, my friend, do not believe in **GOD** (anymore), or you do not care or know about the existence of something divine, you do have some kind of moral values. Would you like to be hurt or killed just like that? Would you like to be stolen from or betrayed? Would you like to be cheated by your partner, if you do not have something like a so-called open relationship? Would you be like to be lied to? Would you not also like to have a healthy body, and enjoy a high quality of living? Would you not just be loved as you are, deep inside of you? Thus I accept, if you do not have the need of a god in your life. Although I ask you, to accept that for me **GOD** exists, and **HE** is the only **GOD**. I hope that just from a human perspective, we can respect each other. After all, I do not want to impose a god or a belief on you, but just show you some moral values in the whole, and to share my experiences to you.

## 4 The Ten Commandments

The traditional 10 commandments are usually handed down from the viewpoint of **GOD**, that means in the form of "Thou shalt (not) ...", or more modern "You shall (not) ...". Below are the 10 commandments from your own viewpoint, as if yourself would talk to **GOD**, and make them a promise to **HIM**. They are also worked out a bit better, because on closer consideration, some commandments can be summarized. Of course, that does not mean that I refuse, or decline the traditional **GOD** given commandments. I just want to show another perspective. In addition I will call them "offers", to emphasize the good will of both sides.

### 4.1 The Highest Offer

The Highest Offer is: I will love and praise **GOD**, the **LORD**, sincerely with all of my heart. And I will love my neighbour, as I also do myself.

#### 4.1.1 The First Offer

**THOU** art the **LORD**, my **GOD**, my **SAVIOUR**. I will not have other gods before or besides **THEE**, and I will not praise or worship them. And I will not create an idol or a graven image.

#### 4.1.2 The Second Offer

**THOU** art the **LORD**, my **GOD**. I will not misuse **THY** name. I will not slander or blaspheme against **THEE**. And I will confess myself honestly to **THEE**.

*Short hint: This should also include colloquial phrases, such as "Oh (my) G...", or "For G...’s sake", that you say quickly, but without really meaning **GOD HIMSELF**, or to pray to **HIM**, or something similar.*

#### 4.1.3 The Third Offer

**THOU** art the **LORD**, my **GOD**. I will not put **THEE** to the test. I will not try **THEE**. Also in need I will confess myself to **THEE**.

*Short hint: This is also intended to cover situations, in which one carelessly says such things as, for example, how **GOD** can allow this or that suffering.*

#### 4.1.4 The Fourth Offer

**THOU** art the **LORD**, my **GOD**. I will sanctify and keep the Sabbath to **THEE**. On Sabbath I will stay abstinent of fleshly and addictive things.

#### 4.1.5 The Fifth Offer

I will honour my father and my mother, who gave my life to me, and raised and nourished me. And I will honour Elder People.



#### 4.1.6 The Sixth Offer

I will not kill or murder. I will cherish my relationships. I will respect life and the wellbeing of all living beings, and I will protect them as far as possible.

*Short hint: The killing here is not just literal, meaning physically, but also symbolic, for example, by saying something to someone out of anger, what hurts him, and thus damages the relationship. Feel free to read the Bible passage [Matthew 5, 21-22](#).*

#### 4.1.7 The Seventh Offer

I will not commit adultery. I will not covet my neighbour's woman or wife. I will not covet my neighbour's man or husband.

#### 4.1.8 The Eighth Offer

I will not steal or betray. I will not rob or kidnap. I will not covet my neighbour's house. I will not covet my neighbour's belongings. I will not cause harm to my neighbour's belongings.

#### 4.1.9 The Ninth Offer

I will not bear false witness against my neighbour. I will not lie or betray. I will not swear. I will act honestly and fairly against my neighbour.

*Short hint: The word "swear" here is ambiguous. Since it can be understood as "(to) swear an oath", or "(to) curse". So the sentence could also be written down as "I will not swear an oath, and I will not summon or curse."*

#### 4.1.10 The Tenth Offer

My body is a gift, a present, of **THINE**, and therefore it is holy. I will honour and cherish it.

### 4.2 Summary

Shortened the 10 offers can be summarized as following:

1. I will not have other gods before or besides **THEE**.
2. I will not misuse **THY** name.
3. I will not put **THEE** to the test.
4. I will keep the Sabbath to **THEE**.
5. I will honour my father and my mother.
6. I will not kill (*or murder*).
7. I will not commit adultery.
8. I will not steal (*or betray*).
9. I will not bear false witness (*against my neighbour*).
10. I will honour my life, **THY** gift.

### 4.3 Comparison

In Judaism the 10 commandments, which are called "10 words that **GOD** spoke" in the Torah, are traditionally handed down, so that you can compare two of each on the commandment boards, and establish a connection in the broadest sense. For example the first commandment is: "Thou wilt recognize **GOD** as **LORD** and deliverer (*liberator*) from Egypt." And the sixth one as parallel connection is: "Thou wilt not kill or murder." Of course, this means that you do neither cause physical, nor psychological harm to your fellow human being, for example due to an insult, as already explained in "The Sixth Offer". The parallel connection here is, to accept **GOD** totally with the first commandment, and to accept your fellow one totally with the sixth commandment. So, in both cases, it is about unconditional love, once towards **GOD**, and once towards your fellow human being. The **10 Offers** are also capable to be compared to each other, and I will show you the parallels:

- **The 1st and the 6th Offer:**

On one hand **GOD**, and on the other hand your fellow human being, shall be accepted totally. So it is about unconditional love towards **GOD**, and towards your neighbour. Furthermore to having other gods, either besides or before **GOD**, you cause harm to your relationship to **GOD**. Additionally, you cause harm to your fellow, e.g. by killing him or her.

- **The 2nd and the 7th Offer:**

Here the connection is a bit deeper. Of course, on the one hand towards **GOD**. And on the other hand towards your spouse, but also towards another married fellow. In our modern times, where you do not marry immediately or early, adultery can also be enlarged onto every romantic relationship, in the sense of "cheating", or generally harming a (romantic) relationship. Eventually it is a matter of deep and intimate respect. The meaning is, on the one hand, if you misuse the name of **GOD**, it is very disrespectful against **HIM**, and this causes great harm to a deep relationship with **GOD**. And, on the other hand, if you commit adultery, if you cheat, or some much, then this is very disrespectful towards your fellow human being. Simultaneous it is a breach of trust. For example, you are married, and you are getting intimate with a person outside of your relationship, how will your spouse know that you will never do this again? Or the other way around: How would you feel? Would you want this to happen to you? *Annotation: This is not about so-called loose or open relationships. I do not want to make it unnecessarily complex.*

- **The 3rd and the 8th Offer:**

The connection in the trial of **GOD**, and in theft is that on the one hand, you want to steal, in a symbolic way, a part of **GOD's** omnipotence. Let me show you a very extreme example: Let's say, you are jumping out of the window, and you are saying something like: "If **GOD** exists, **HE** will catch me." With this action you would "steal" of **HIS** almightiness. And on the other hand, towards your fellow human being, it should be clear that you do not take away of him without justification, i.e. actual theft, but also you shall not claim services without justification: "theft of service", usually called "betrayal".

- **The 4th and the 9th Offer:**

The parallel connection here is that there are certain things, which are called holy,

and thus they shall be treated honourably. On the one hand, it is Sabbath, the **seventh** day, because **GOD** rested at the **seventh** day after **HIS** creation. This is why in our society Sunday, the **seventh** day of the week, is neither a workday nor a business day in many companies or (industrial) branches. On the other hand, everything you communicate shall be holy or honourable. Thus you shall tell the truth, and you shall be fair towards your neighbour. Additionally, what I recently mentioned with "The Ninth Offer", "swearing" can also refer to "cursing" or "summoning", and those are anything else but honourable and holy.

- **The 5th and the 10th Offer:**

Here the connection is much more than obvious, in my opinion. Your *biological* parents gave life to you, and normally they raised and nourished you. Of course, it may be the case that you have adoptive parents, or there are completely different circumstances. But, without any doubt, there are two human beings that procreated and gave birth to you. And both gave your life to you. And even when, in an extreme case, you may not know your natural parents, you have a body. And you only have this one earthly life. And thus it is important that you care for yourself. And even when I said "body", it is also about your thoughts, your soul, your mind, your character, which can be found in your brain. which effectively again is a part of your body. Always mind, what comes from the outside into your inside, All of physical, mental and spiritual nourishment (*food*). It is less important, how long you live. More important is the quality of your lifetime. It should be as high as possible, and that you feel good.

## 5 Virtues and (Capital) Sins

In the following, I want to delve into the Seven Virtues, and the Seven Capital Sins, also known as Deadly Sins.

### 5.1 The Seven Virtues

#### 5.1.1 The First Virtue

**The first virtue is devotion, humility, modesty and will to serve.** So in general, be ready to serve your neighbour, without expecting anything in return. I know that it is difficult in our society, to always implement this, since you need a job, in order to finance your life with your salary. But between friends, for example, you do not always have to hope for something in return.

#### 5.1.2 The Second Virtue

**The second virtue is benevolence, charity, dearness, love (of your neighbour) and respect.** Appreciate your fellow human beings, love and respect them. For example, everyone has difficult times, so stand by them with love and goodwill.

#### 5.1.3 The Third Virtue

**The third virtue is abstinence, chastity, moderation and renunciation of instincts.** Especially if you want to keep the Sabbath, you stay away from alcohol, for example, or other intoxicating substances. But also outside the Sabbath, is it not nicer to live out your urges with your partner, the one you love, instead of having different partners every day? Is the last one not too stressful?

#### 5.1.4 The Fourth Virtue

**The fourth virtue is constancy, fortitude, hope, patience and serenity.** And yes, this is exactly where I could tell myself: "Look who's talking!" This is, where I can work on myself, because if something does not work, and again, and again, I quickly lose my patience. So, let us work on it together!

#### 5.1.5 The Fifth Virtue

**The fifth virtue is measure and moderation.** Of everything you can have or want, it does not always have to be that much. If you crave chocolate, is a piece not just enough, instead of a whole bar? If you feel like wine, is a glass not enough, instead of a whole bottle? When you eat your meal, is it not enough to eat until you are full, instead of cramming everything into yourself, main issue of having eaten all up?

#### 5.1.6 The Sixth Virtue

**The sixth virtue is benevolence, empathy, favour, goodwill, gratitude, openness, solidarity and sympathy.** Even in difficult times, and especially afterwards, you may be grateful. After all, you have overcome them. You have been given a whole life full of possibilities, for which you may be grateful. And pass on this gratitude to your

fellow human beings. It makes you likable, and helps you towards mutual openness and goodwill.

### 5.1.7 The Seventh Virtue

**The seventh virtue is determination, diligence, enthusiasm and zeal.** By "struggle", of course, it does not refer to a real fight or dispute. It is more in a symbolic sense. Work diligently on something, and stick with it, even when it gets tough sometimes. You are allowed to take breaks, to recover and gather new energy.

## 5.2 The Seven Capital Sins

### 5.2.1 The First Capital Sin

**The first capital sin is arrogance, hubris, pride and vanity.** This does not mean that you cannot be proud of anything anymore. It is more about that some people are proud of the wrong things, things they have not done anything for, e.g. their nationality, and then even boast about it, to adorn themselves with it. Let yourself be praised for a good performance, but do not shout it from the rooftops!

### 5.2.2 The Second Capital Sin

**The second capital sin is avarice, covetousness and greed.** It is okay to have money. In our modern society, one cannot do without it anymore. But be completely honest with yourself: Do you really need millions and millions in your account? Or how much do you really need for a reasonable standard of living, which still allows more than just survival? And if you have something to spare, be ready to share it with your neighbour!

### 5.2.3 The Third Capital Sin

**The third capital sin is desire, extravagance, hedonism, lewdness and lust.** Do you really need that for yourself, for example, binge-drinking every weekend? Do you need a different person in your bed every day? Would it not be much nicer to feel secure in a safe harbour?

### 5.2.4 The Fourth Capital Sin

**The fourth capital sin is anger, impatience, irritation, vindictiveness and wrath.** If someone or something has hurt you, it is okay to allow the emotions. Feel them, but do not take them out on your neighbour! Let them know and withdraw instead. One can practice developing a certain emotional intelligence. But when you are angry, it already was and is within you, and your fellow human beings are not to blame for it!

### 5.2.5 The Fifth Capital Sin

**The fifth capital sin is excess, gluttony, immoderation, overeating and self-indulgence.** Is it not enough to eat until you are satisfied? Does it have to be a huge, overflowing plate? Does quantity really have to triumph over quality? And if you have something to spare, you can gladly share it!

### 5.2.6 The Sixth Capital Sin

**The sixth capital sin is coveting, envy and jealousy.** So your neighbour does not deserve to have something, too? Why not? Are you not capable of earning it for yourself? Or what lies behind your envy?

### 5.2.7 The Seventh Capital Sin

**The seventh capital sin is apathy cowardice, ignorance, inertia and laziness.** Do not confuse it with taking a break! If you are exhausted from your work, then rest until you have the energy to work again. But is it not, for example, unfair to sit at home, get paid by the state, and be just supported by others?

## 6 Prayers, Hymns and Alleluiahs

In this chapter I would like to offer you some beautiful prayers, often presented in the form "I am talking to **GOD**", and hymns and alleluiahs.

### 6.1 The LORD's Prayer

As already mentioned with the 10 commandments, I do not refuse the **LORD's** Prayer, as it is written down in the Bible. Here, I also want to show you a more personal form, which is also less "commanding". In my opinion, the **LORD's** Prayer contains too much imperatives. Instead of praying "hallowed be **THY** name", or "hallowed by **YOUR** name", it is better to say "**THY** name is hallowed", or "**THY** name is holy". Or instead of "**THY** will be done", or "**YOUR** will be done", better say "**THY** will happens", because **GOD** exists, and in my opinion, in doubt, exactly what **GOD** wants will happen, also if we do not recognize immediately, or more we do not understand immediately.

#### 6.1.1 If you are praying alone

- My **FATHER** in **HEAVEN**,  
**THY** name is hallowed (*holy*).
- **THY** Kingdom comes.
- **THINE** will happen,  
on Earth, as it is in **HEAVEN**.
- **THOU** givest me my daily bread, today.
- Please, forgive me my sins,  
and I also forgive those who sin against me.
- **THOU** leadest me not in temptation,  
but **THOU** deliverst me from evil.
- For **THINE** is the Kingdom,  
and the power,  
and the glory,  
now and forever.
- Amen!

#### 6.1.2 If you are praying in a group

- Our **FATHER** in **HEAVEN**,  
**THY** name is hallowed (*holy*).
- **THY** Kingdom comes.
- **THINE** will happen,  
on Earth, as it is in **HEAVEN**.
- **THOU** givest us our daily bread, today.
- Please, forgive us our sins,  
and we also forgive those who sin against us.
- **THOU** leadest us not in temptation,  
but **THOU** deliverst us from evil.
- For **THINE** is the Kingdom,  
and the power,

and the glory,  
now and forever.

- Amen!

### 6.1.3 If you want to use modern English

- My **FATHER** in **HEAVEN**,  
**YOUR** name is holy.
- **YOUR** Kingdom comes.
- **YOURS** will happen,  
on Earth, as it is in **HEAVEN**.
- **YOU** give me my daily bread, today.
- Please, forgive me my sins,  
and I also forgive those who sin against me.
- **YOU** do not lead me in temptation,  
but **YOU** deliver me from evil.
- For **YOURS** is the Kingdom,  
and the power,  
and the glory,  
now and forever.
- Amen!

## 6.2 The Creed of Belief

The Creed of Belief is adopted nearly 1-by-1. The only missing part is the church-part, because a Free Christian is not bound to a church community.

- I believe in **GOD**,  
the **FATHER**, the **ALLMIGHTY**,  
the **CREATOR** of **HEAVEN** and Earth.
- I believe in **JESUS CHRIST**,  
**HIS** only **SON**, my **LORD**;  
he was conceived by the **HOLY SPIRIT**,  
and born by the virgin Mary;  
**HE** suffered under Pontius Pilate;  
**HE** was crucified, **HE** died and was buried,  
and descended to the Realm of Death;  
on the Third Day **HE** rose again,  
**HE** ascended into **HEAVEN**;  
**HE** is seated to the right hand of the **FATHER**;  
**HE** will come again,  
to judge the living and the dead.
- I believe in the **HOLY SPIRIT**,  
the forgiveness of sins,  
the resurrection of the body,  
and in everlasting life.
- Amen!



### 6.3 JESUS, come into my life

- **JESUS**, I would like **YOU** to come into my life.
- **JESUS**, I am opening my *(heart's)* door.  
I am opening my heart to **YOU**.
- **JESUS**, I would like my life to be led by **YOU**,  
and that **YOU** take the leadership of my life.
- **JESUS**, I want to live with **YOU**,  
and I believe in **YOU**.
- I believe in resurrection;  
and I believe that **YOU** are the way,  
the truth and life.
- **JESUS**, I hand over my life to **YOU**.
- Amen!

## 7 My life with GOD

This big chapter is a kind of diary, how I experience my journey with and to **GOD**, and all the things a may learn on it.

### 7.1 Wednesday, September 27th, 2023

I have been on a kind of journey since mid-2023, on which I decided to let **GOD** and **JESUS** in my life. I still do have a lot of flaws, and despite of the **GOD** given commandments (*offers*), I sin much too often. As mentioned in the preface, I am still far, far away of being a kind of "perfect Christian". Many of my everyday habits, of my character and other stuff, they have such a strong pulling effect that often I do not think of **GOD**, and I do not pray, and read the Bible, as often as I would like to. And whenever **GOD** comes "back again" into my thinking, I often have a guilty conscience, because for me it feels like I have "forgotten" **HIM**. So, long story short: I may still learn a lot and way too much!

### 7.2 Friday, September 29th, 2023

Today I watched a video that gave me a lot to think about. I do not know, whether it is blasphemy. Still, I want to share with you, what I saw in it. It was basically a short animation, in which a Muslim, an atheist and a Christian went to **HEAVEN**. Since you haven't really seen **GOD HIMSELF** here, but just a caricature, I will use normal capitalization here. So it was all about, which statements God feels insulted and offended by. And in the end he gave the atheist his peace, and actually sent him to heaven, because he never believed in God, and neither said one thing nor the other about him. And he, God, was disappointed in the Muslim and in the Christian, because they basically represented him as such an "evil" God, as if he would simply throw all people into hell, who sin and do not believe in him. That hurt him very much, because he effectively felt like a cruel monster. This so far is the short version. And that got me thinking. Of course, I can only speculate. But maybe it is like that, that **GOD** is not "sending" us anywhere. If we choose **HIM**, **HE** invites us to stay in Heaven after death. And if we choose, for example, the devil, then it truely may be, that we will go to hell. But not because **GOD** sends us there, but because the devil takes us away. Like I said ... I do not know. This video just made me think. And probably, it may often be the case, that one might say this or that about **GOD**, but he or she actually does not know, what is the real truth. But what you can do at least, is to think about it first, when you say something about **GOD**, whether you would want to be told similar things about yourself. If you would like to make your own judgment about the video, here is the link: <https://www.youtube.com/watch?v=ttevamkS6gw>.

### 7.3 Tuesday, October 3rd, 2023

Last weekend, until inclusive yesterday, I have been to Hamburg with my wife and my parents. But for some reason, starting on Sunday, I did not feel so well during the day. I was, among other things, overtired, and tormented by headaches. And I assume, my lack of motion or exercise also became apparent here, because I experienced every staircase as torture. At least I could read in my Bible app in the morning, what was already worth a lot to me. In the meantime I had a suspicion, where my headache may have come from.

But I have no proof for it, so it will just stay an assumption. Anyway, since I wanted to go through the Sabbath this time, I stayed abstinent from coffee and potentially sugar-containing foods. My wife often suggested that I should drink a cup of coffee, but I did not want to fall for this trial. And I also heard once that sugar can be addictive. And thus it belongs to the things, I want to be abstinent from. I also heard once that one withdrawal symptom, e.g. with a sugar "addiction", can be headache. And when that is the case, then I sin really often outside of Sabbath for that matter. See also: "The Tenth Offer".

## 8 Peace be with you!

