Some people claim that all religions are the same. But Cain and Abel tell otherwise. One followed his fleshy inclinations, felt himself fit for God and offered up his own labours. He was rejected. Abel came with trembling, acknowledged his need of spiritual life and cleansing. He found God's help by death of his Substitute.

In the Resurrection Day, we remember the glorious and once for all triumph of the Lord Jesus over sin and death. Jesus said, 'Except a corn of wheat fall into the ground and die, it abides alone: but if it die, it brings forth much fruit.' He spoke it of His own sacrifice for sin.

In the cross, Jesus paid the price of sin's penalty for all who seek Him and all who come to Him hungry for a pure heart, yearning for a life cleansed from the sinful stains of this evil world. In the cross alone is power to change us, and power to crack the grip of our selfish passions and tempers. In His rising again He trampled death underfoot, and opens the only way

back to God's friendship and glory, even for us in all our unveiled ugliness.

He also spoke these words for us, 'He that loves his life shall lose it; and he that hates his life in this world shall keep it unto life eternal.'

Which are you pursuing – the flesh or the spirit?



## Resh or Spirit?



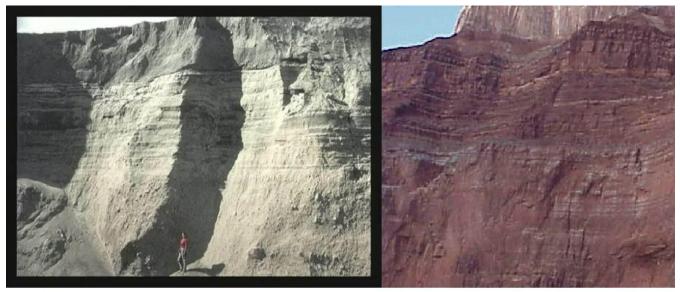
A friend of mine was astonished to see beautiful African butterflies. The ravishing colours of their wings, and their graceful flight impressed him. However he was appalled to find that instead of sucking nectar, these noble creatures preferred to feed from animal dung in the tracks. Whilst they were distracted in feeding on the ground, he noticed monkeys from the undergrowth nearby. The monkeys came to snatch and devour them.

The human spirit is that butterfly.

Created for beauty, for higher and pleasant pursuits, we so often find our thoughts dragged down to the earthly, the dirty, and the dangerous. Whilst engaged in such things, like those devouring monkeys, Satan snares our minds and hearts in base, defiling habits.

All of our lives are spent under the influence these two strong, opposing forces. Which one of these prevails will determine our present happiness, and our future state after death.

Noah, the subject of many Hollywood fairytale blockbusters, also knew such trial. Such films seem designed to demean and mischaracterise their 'hero', just as has been done with Moses, David, Cromwell and of course the Messiah. However Noah's real message is as timely today as ever. The world around him gave way to fleshly pleasures and desires. Noah found grace with God, free grace with power to free him from the cesspool of sin & selfishness all around him.



Spot the difference: Two views of rock strata Left. Mt St Helens. 18/5/1980 formed in minutes.

Right the Grand Canyon, purportedly formed in '100s of millions' of years.

Now of course, everyone is sure they know that Noah was a myth. All the rock formations were formed over millions of year by very slow processes - so we are rather confidently told. The dinosaurs have been extinct for millions of years, and the Earth is around 4 billion years old. Strange then that dinosaur fossil bones should yield red cells, soft tissues and even proteins and short segments of double stranded DNA - these all should have completely perished after just thousands of years. Strange indeed that meticulous C14 dating repeatedly indicates quite recent death.

The Lord Jesus Christ warned us that our days would be very similar to Noah's - right up to the end.

