

Chapter Five

The Miracle Child

THIS MAN CONTINUES TO ESCORT US down the stream of ancient biblical time and as we pass through centuries of bondage inflicted upon the Israelites we hear their earnest cries for freedom rising heavenward to God.

We notice much has changed for the suffering Israelites.

Their freedom of worship toward their creator God has been undermined by overbearing taskmasters, while Egypt's pagan religion is exalted throughout the empire where priests and common people alike worship false gods of whom Pharaoh is revered above all.

Then can it be that the Israelites high calling to become a holy nation wholly dedicated to God in true worship is almost extinguished in the world? We begin to question, "Has Satan gained his objective in his evil attempt to sever the Israelites spiritual lifeline to the one true God?"

Answering our enquiring thoughts This Man leads us into even greater sorrow inflicted upon the Israelites! We hear concern echoing in his voice and yet we also catch a hint of welcoming hope.

"Oh yes, if only the sorrowing Hebrews could realize that the harrowing ordeal soon to be thrust upon their lives, is the very ray of hope for their future deliverance. For you see throughout the centuries of their enslavement the Hebrew people have continued to multiply in even greater numbers, and so a cruel plan to curtail the Hebrew's increasing birth rate is born at the highest level of Egyptian government, by the ruling Pharaoh himself. With blatant brutality the king of Egypt commands the Hebrew midwives to kill all male babies at birth. But obeying God's authority above Pharaoh's command the midwives do not comply with the king's cruelty. And so Pharaoh resorts to another strategy.

So Pharaoh commanded all his people, saying, *'Every son who is born you shall cast into the river, and every daughter you shall save alive.'* Exodus 1:22

Can you imagine the horror of the mothers and the fathers, contemplating the new law? Yes, concealed in Pharaoh's command, is Satan's evil power as he wars against God to destroy the Hebrew people in any way possible. Yet God is not caught out by this latest evil scheme. Oh no!

By God's overruling intervention, in the river of death where Pharaoh seeks to destroy the male babes of Israel, is the very place where God saves a precious boy and begins preparations to deliver His people.

And a man of the house of Levi went and took as wife a daughter of Levi. So the woman

conceived and bore a son. And when she saw that he was a beautiful child, she hid him three months. But when she could no longer hide him, she took an ark of bulrushes for him, daubed it with asphalt and pitch, put the child in it, and laid it in the reeds by the river's bank. And his sister stood afar off, to know what would be done to him. Exodus 2:1-4

Now a wonderful miracle takes place for Pharaoh's daughter comes down to the river to bathe. As she walks along the river bank the princess sees the ark of bulrushes nestled among the reeds and with growing intrigue she sends her maid to fetch the strange looking object.

And when she had opened it, she saw the child, and behold, the baby wept. So she had compassion on him, and said, 'This is one of the Hebrews' children.' Exodus 2:6

Miriam, the child's older sister standing watch over her brother's safety beholds the Princesses compassion and in the same instance she also recognizes God's overarching care for her helpless brother. And so inspired by God's providential leading Miriam hurries to the princess and says to her,

'Shall I go and call a nurse for you from the Hebrew women, that she may nurse the child for you?' And Pharaoh's daughter said to her, 'Go.' So the maiden went and called the child's mother. Then Pharaoh's daughter said to her, 'Take this child away and nurse him for me, and I will give you your wages.' So the woman took the child and nursed him. Exodus 2:7-9

Can you see God's miraculous power of deliverance? Not only does the mother receive her child again, and still alive, but astonishingly she also receives wages. While in the king's palace little does Pharaoh know his evil plan is foiled by the innocence of his own compassionate daughter.

Tenderly nursed upon his mother's knee, taught of God's true spiritual knowledge, the child of God's providence grows into adolescence. Then all too quickly for the child and his caring family, at age twelve the heartbreaking time arrives for Moses to leave his home and make his new home in the palace of the princess.

And the child grew, and she brought him to Pharaoh's daughter, and he became her son. So she called his name Moses, saying, 'Because I drew him out of the water.' Exodus 2:10

Pharaoh's daughter took him away and brought him up as her own son. 'And Moses was learned in all the wisdom of the Egyptians, and was mighty in words and deeds.' Acts 7:21-22

Yet in his heart of hearts Moses remains a true Hebrew, and he longs for the time when he shall inherit Egypt's imperial power and free his people from slavery. The years tick by, and one day, alas, Moses' ardent hope is about to be destroyed by his own hand.

Now when he was forty years old, it came into his heart to visit his brethren, the children of Israel. And seeing one of them suffer wrong, he defended and avenged him who was oppressed, and struck down the Egyptian. For he supposed that his brethren would have understood that God would deliver them by his hand, but did not understand. And the next day he appeared to two of them as they were fighting, and tried to reconcile them, saying, 'Men, you are brethren;

why do you wrong one another?' But he who did his neighbor wrong pushed him away, saying, 'Who made you a ruler and a judge over us? Do you want to kill me as you did the Egyptian yesterday?' Acts 7:23-28

So Moses feared and said, 'Surely this thing is known!' When Pharaoh heard of this matter, he sought to kill Moses. Exodus 2:14-15

And so with great haste Moses flees for his life into the scorching heat of the wilderness of Midian. Despondent over his reckless action, his princely robes soiled with desert dust Moses rests beside a water well, and hangs his head in remorseful thought. As he thinks of his suffering people, self chastisement afflicts his weary soul.

One tormenting question beats at his conscience, "How can I free my people now?"

But as always in His dealings with erring mankind God is not despondent nor caught out. Even at this very moment He is turning wrong for good, making a new start in Moses' life. Eventually the Hebrews will be freed, but in God's time and in God's way. And yes, Moses shall be God's leading man!

Now having quenched his thirst from the well, Moses beholds a flock of animals approaching in a cloud of swirling dust. Then to Moses' surprise, seven shepherdesses arrive at the well. Little did Moses know that these young women are the daughters of the priest of Midian.

Caring for their thirsting flock the shepherdesses begin to draw water into drinking troughs. But all too soon a group of male shepherds also arrive at the well and begin to bully the shepherdesses, driving the young women's flock away from the drinking troughs, so their own flocks may drink first. Moses beholds the unfairness inflicted upon the sisters and so he rises up and speaks boldly to the shepherds, then kindly draws water for the shepherdesses flock. When the seven daughters return home their father inquires of them,

'How is it that you have come so soon today?' And they said, 'An Egyptian delivered us from the hand of the shepherds, and he also drew enough water for us and watered the flock.' So he said to his daughters, 'And where is he? Why is it that you have left the man? Call him, that he may eat bread.' Then Moses was content to live with the man, and he gave Zipporah his daughter to Moses. And she bore him a son, and he called his name Gershom; for he said, 'I have been a stranger in a foreign land.' Exodus 2:18-22

And so exiled in the foreign land of Midian, Moses embarks on a very different lifestyle. Discarding his princely robes for that of a humble shepherd's attire he cares for the family flock, and eventually marries one of the daughters of the Midianite priest. And so shadowed in Moses' life, we see the humble lifestyle of Abraham, Isaac and Jacob - the Patriarch founders of the Israelite nation.

Meanwhile in his desert wanderings caring for the flock, more and more Moses

thinks upon his people enslaved under hard bondage. Isolated and exiled from his suffering people Moses feels helpless. But little does Moses realize that God's purpose for the lonely shepherd's life is quietly unfolding, molding him in lessons of humility and trust that shall fit him for a calling far beyond the exalted position of Pharaoh, ruler over the Egyptian empire.

(Now the man Moses was very humble, more than all men who were on the face of the earth.)
Numbers 12:3

And so slowly but surely another forty years of Moses' life passes by in solitude and now reaching age eighty, God's promised time for the Hebrews deliverance is close at hand.

Centuries ago in the distant past God spoke to Abram, (Abraham) the parental father of the Hebrew nation informing him that his descendants shall be afflicted with slavery four hundred years. He said to Abram:

'Know certainly that your descendants will be strangers in land that is not theirs, and will serve them, and they will afflict them four hundred years.' Genesis 15:13

Now it happened in the process of time that the king of Egypt died. Then the children of Israel groaned because of the bondage, and they cried out; and their cry came up to God because of the bondage. So God heard their groaning, and God remembered His covenant with Abraham, with Isaac, and with Jacob. And God looked upon the children of Israel, and God acknowledged them. Exodus 2:23-25

And so the Son of God meets with Moses in the desert wilderness and there Moses receives the high calling of his life and perhaps the greatest surprise of his life!

Now Moses, was tending the flock of Jethro his father-in-law, the priest of Midian. And he led the flock to the back of the desert, and came to Horeb, the mountain of God. And the Angel of the LORD appeared to him in a flame of fire from the midst of a bush. So he looked, and behold, the bush was burning with fire, but the bush was not consumed. Then Moses said, 'I will now turn aside and see this great sight, why the bush does not burn.' So when the LORD saw that he turned aside to look, God called to him from the midst of the bush and said, 'Moses, Moses!' And he said, 'Here I am.' Then He said, 'Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground.' Moreover He said, 'I am the God of your father—the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look upon God. Exodus 3:1-6

And the LORD said: 'I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows. So I have come down to deliver them out of the hand of the Egyptians, and to bring them up from that land to a good and large land, to a land flowing with milk and honey, to the place of the Canaanites and the Hittites and the Amorites and the Perizzites and the Hivites and the Jebusites. Now therefore, behold, the cry of the children of Israel has come to Me, and I have also seen the oppression with which the Egyptians oppress them. Come now, therefore, and I will send you to Pharaoh that you may bring My people, the children of Israel, out of Egypt.' Exodus 3:1-10

'And you shall take this rod in your hand, with which you shall do the signs.' Exodus 4:17

And the LORD said to Moses in Midian, 'Go, return to Egypt; for all the men who sought your life are dead.' Exodus 4:19

So stands Moses near the burning bush, listening to God's words. Moses has been away from Egypt for 40 years, and his long cherished dream of freeing his people has become just that – a dream. What will Moses say to God?

Then Moses answered and said, 'But suppose they will not believe me or listen to my voice; suppose they say, "The LORD has not appeared to you."' So the LORD said to him, 'What is that in your hand?' He (Moses) said, 'A rod.'

And He said, 'Cast it on the ground.' So he (Moses) cast it on the ground, and it became a serpent; and Moses fled from it. Then the LORD said to Moses, 'Reach out your hand and take it by the tail' (and he reached out his hand and caught it, and it became a rod in his hand), 'that they may believe that the LORD God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you.' Exodus 4:1-5

Yet still, Moses responds with questioning doubt saying he is not qualified, not able to speak well enough to accomplish the task God has called him to perform.

Then Moses said to the Lord, 'O my Lord, I am not eloquent, neither before nor since You have spoken to Your servant; but I am slow of speech and slow of tongue.' So the Lord said to him, 'Who has made man's mouth? Or who, makes the mute, the deaf, the seeing, or the blind, Have not I, the Lord? Now therefore, go and I will be with your mouth and teach you what you shall say.'" But he (Moses) said, 'O my Lord, please send by the hand of whomever else You may send.' So the anger of the Lord was kindled against Moses, and He said; 'Is not Aaron the Levite your brother? I know that he can speak well. And look, he is also coming out to meet you. When he sees you, he will be glad in his heart.' Exodus 4: 10-14

And so to assist Moses in his high calling to leadership God also calls Aaron, Moses' elder brother, born before Pharaoh's death decree was inflicted upon the male babes of the Hebrews. God says to Aaron,

'Go into the wilderness to meet Moses.' So he went and met him on the mountain of God, and kissed him. So Moses told Aaron all the words of the LORD who had sent him, and all the signs which He had commanded him. Exodus 4:27-28

And what a reunion for the two brothers, parted for so long! The brothers had not seen each other since Moses entered the Pharaoh's palace, some seventy years or more of past history. Imagine the family news to catch up on! Would the first question upon Moses' lips be about their Mother and Father? Although most likely by now both have passed away in death. Then of course there is elder sister Miriam and the news of her life. And no doubt Aaron told of the long struggle of the afflicted Hebrew nation. And so the two brothers begin to marvel that by manifesting His awesome power God is about to set the Hebrews free. Now without reserve, committing his life anew to God Moses gathers his family and journeys toward Egypt.

Then Moses took his wife and his sons and set them on a donkey, and he returned to the land of Egypt. And Moses took the rod of God in his hand. Exodus 4:20

On the journey back to Egypt, Moses thinks upon the arduous ordeal awaiting in Egypt and so he kindly sends his family back to their homeland to join him later after the Hebrews are set free.

Then Moses and Aaron went and gathered together all the elders of the children of Israel. And Aaron spoke all the words which the LORD had spoken to Moses. Then he did the signs in the sight of the people. So the people believed; and when they heard that the LORD had visited the children of Israel and that He had looked on their affliction, then they bowed their heads and worshiped. Exodus 4:29-31

Now with buoyant hope rippling through the enslaved nation and with God's rod of authority in hand, Moses and Aaron go before Pharaoh and command the king to free the Hebrews from bondage.

"Thus says the LORD God of Israel: 'Let My people go, that they may hold a feast to Me in the wilderness.'" And Pharaoh said, "Who is the LORD, that I should obey His voice to let Israel go? I do not know the LORD, nor will I let Israel go. Exodus 5:1-2

Now imagine Pharaoh, supreme king of Egypt, the wealthiest and most prosperous nation on earth at that time! There he sits on his throne, and wonders at the arrogance of two aging Hebrew men, demanding that the nation's free labour force be at liberty to leave Egypt !

And so, ignoring God's words spoken through Aaron and Moses, Pharaoh retaliates by increasing the Hebrews' daily work load.

So the same day Pharaoh commanded the taskmasters of the people and their officers, saying, 'You shall no longer give the people straw to make brick as before. Let them go and gather straw for themselves. And you shall lay on them the quota of bricks which they made before. You shall not reduce it. For they are idle; therefore they cry out, saying, "Let us go and sacrifice to our God.'" Exodus 5:6-8

So the people were scattered abroad throughout all the land of Egypt to gather stubble instead of straw. And the taskmasters forced them to hurry, saying, 'Fulfill your work, your daily quota, as when there was straw.' Exodus 5:12-13

Beholding this cruel injustice inflicted upon his people, Moses heart is grieved and his mind vexed with dire questioning.

So Moses returned to the LORD and said, 'Lord, why have You brought trouble on this people? Why is it You have sent me? For since I came to Pharaoh to speak in Your name, he has done evil to this people; neither have You delivered Your people at all.' Exodus 5:22-23

Ah, this is a good lesson for us all. God often allows us to experience trials, that our faith and trust in Him may grow stronger, like a strong tap root on a plant.

Then the LORD said to Moses, 'Now you shall see what I will do to Pharaoh. For with a strong hand he will let them go, and with a strong hand he will drive them out of his land.'

And God spoke to Moses and said to him: 'I am the LORD. I appeared to Abraham, to Isaac,

and to Jacob, as God Almighty, but by My name LORD I was not known to them. I have also established My covenant with them, to give them the land of Canaan, the land of their pilgrimage, in which they were strangers. And I have also heard the groaning of the children of Israel whom the Egyptians keep in bondage, and I have remembered My covenant. Therefore say to the children of Israel: "I am the LORD; I will bring you out from under the burdens of the Egyptians, I will rescue you from their bondage, and I will redeem you with an outstretched arm and with great judgments I will take you as My people, and I will be your God. Then you shall know that I am the LORD your God who brings you out from under the burdens of the Egyptians. And I will bring you into the land which I swore to give to Abraham, Isaac, and Jacob; and I will give it to you as a heritage: I am the LORD." Exodus 6:1-8

Now with God's promise of assured deliverance, again Moses and Aaron go before Pharaoh and command the king to let the children of Israel go free.

Yet again Pharaoh refuses God's command, as if he were an exalted god above all eternal existence. Yes, Pharaoh exalts himself over the one true God sovereign ruler over the universe.

And Pharaoh said, 'Who is the LORD, that I should obey His voice to let Israel go? I do not know the LORD, nor will I let Israel go.' Exodus 5:2

And so reaping his arrogant defiance Pharaoh receives God's judgment in the form of a plague. Moses stretches out God's rod of divine authority and instantly a plague of blood comes upon the rivers and waters of Egypt.

The fish that were in the river died, the river stank, and the Egyptians could not drink the water of the river. So there was blood throughout all the land of Egypt. Then the magicians of Egypt did so with their enchantments; and Pharaoh's heart grew hard, and he did not heed them, as the LORD had said. And Pharaoh turned and went into his house. Neither was his heart moved by this. So all the Egyptians dug all around the river for water to drink, because they could not drink the water of the river. And seven days passed after the LORD had struck the river. Exodus 7:21-25

And the LORD spoke to Moses, 'Go to Pharaoh and say to him, "Thus says the LORD: 'Let My people go, that they may serve Me. But if you refuse to let them go, behold, I will smite all your territory with frogs.'" Exodus 8:1-2

Once again Pharaoh defies God's command to let the Hebrews go free. Now for a second time Moses stretches out God's empowered rod of authority and as if from nowhere masses of leaping frogs come upon all Egypt.

Then Pharaoh called for Moses and Aaron, and said, 'Entreat the LORD that He may take away the frogs from me and from my people; and I will let the people go, that they may sacrifice to the LORD.' Exodus 8:8

And so the following day the LORD did according to the word of Moses. And the frogs died out of the houses, out of the courtyards, and out of the fields. They gathered them together in heaps, and the land stank. But when Pharaoh saw that there was relief, he hardened his heart and did not heed them, as the LORD had said. Exodus 8:13-15

STRENGTH FOR LIFE VITAMIN D AND IMMUNITY

We live in strange times, the days of prophecy unfolding, the precious days of digging into our Bibles for the treasures of strength and preparation. As I write this, in May 2020, billions of people on our Planet Earth are on “lockdown”, “self-isolation” or “quarantine” by order of governments, in apparent attempts to slow the spread of a reportedly contagious and new coronavirus known as SARS-COV 2 (in science circles) and named COVID-19 by the World Health Organisation. You will have read and heard that people are dying of this disease, all over the world.

Interestingly, the concept of “quarantine” of ill or contaminated people to halt the spread of infectious disease was a health law given by God to the ancient Israelites and intended for humans in all times of the world. And this reminds me of something else to keep in mind: We must always look to the Bible prayerfully for how we are to live, breathe and give our allegiance to our Lord and God. We need to be aware of tactics and strategies of the enemy that have just enough truth to be plausible. For instance we are being told that new laws are for our safety, but alas, in reality these new laws rob us of our freedoms. Already we can see the writing on the wall: control of movement, control of food supply, control of our freedom to choose vaccinations or not, control of freedom of speech, control of when and where we worship.

Life has changed suddenly, and as a global population, we have entered a life peppered with “new normals”: “Lockdown”, “opening (or closing) the economy”, “coronavirus”, “social distancing”, “wearing a mask”, “hand sanitiser”, “register your name”. Next up, consider houses being searched and people being taken from their homes, and forced vaccinations with military support – all legal thanks to new laws being quickly passed. Does this sound like safety, security and liberty to you my friend?

As we consider God’s love and guidance for life, we will be wise as serpents and harmless as doves to improve our immune systems. One of your wise “new normals” might be to ensure good levels of vitamin D, preferably through sunlight reaching your skin, or second best seek out supplements. Also, I did speak to someone last week who has a sun bed session weekly in winter for health, and is going to monitor his Vitamin D levels this winter. Both sunlight exposure and supplements support your immune system to be the healthiest it can be. Sunlight (or Vitamin D3 supplements) and strong immunity go hand in hand.

Quite simply Vitamin D, from sunlight exposure or supplements encourages the body to produce substances to kill invaders including bacteria, viruses, and fungi. These substances are called “antimicrobial peptides”, also known as AMPs. So far 200 AMPs have been identified, but one of them is very special: Cathelicidin, also known as CAMP is actually a broad spectrum antibiotic, and according to Dr Mercola of Mercola.com, CAMP *“is made by immune cells and skin and gut cells, which act as a barrier to infection.”*

Too little CAMP and a person may experience frequent infections. Definitely, more colds and influenza during the months when our vitamin D blood levels are at their lowest – from late summer through to early summer.

One study I found particularly useful was published in 2012 in a medical journal called the Journal of Clinical Infectious Diseases. This study revealed for the first time that a person who is ill with pneumonia and admitted to hospital has a greater chance of leaving hospital alive if the level of vitamin D flowing in that person’s bloodstream is “sufficient”. Here’s a little more information on the study.

A team of Dutch doctors wanted to find out if vitamin D blood levels influenced the outcome of patients with community acquired pneumonia (CAP). These doctors/researchers measured the Vitamin D status of 272 patients being admitted to hospital. They were classified into three groups:

- 143 patients (53%) were vitamin D Deficient, (less than 50 nmol/L)
- 79 patients (29%) were Insufficient and, (50-75 nmol/L)
- 50 patients (18%) were vitamin D Sufficient. (greater than 75 nmol/L)

After testing the Vitamin D blood level, the doctors/researchers followed the patients’ progress through the hospital system. Outcome: the patients who were Vitamin D deficient had an increased risk of being admitted to ICU and dying within 30 days. ²

How much vitamin D is “sufficient”? Let’s consider the 2019 guidance of Craig Keebler, former physician and author of the book, “Know your D: Optimizing your Health with Vitamin D.”

“Tens of thousands of studies show that levels of vitamin D naturally range in the 40–80 ng/mL (100-200 nmol/L) range which requires far more than 4,000 units a day to maintain. Young lifeguards exposed to six hours of sun daily in summer for 6 weeks without sunscreens were producing 25,000 units a day and had blood levels between 53 and 79 ng/ml (132.5 nmol/L-197.5 nmol/L)...Yet the IOM and FNB** maintain that 600 units a day is all we need and that blood levels of 20 ng/mL are fine.”³*

*IOM = Institute of Medicine ** FNB = Food and Nutrition Board

NOTE: Vitamin D supplementation is measured in iu (international units), not mg (milligrams) as most vitamins and minerals are measured.

Blood levels of vitamin D are measured differently depending on where you live. The two most commonly reported units of measurement are ng/mL and nmol/L. You can convert using this formula: 1 ng/mL = 2.496 nmol/L ⁵

So very many studies have now been carried out on the human body and Vitamin D, I can only encourage you to research for yourself. But here is a list of possible effects from **TOO LITTLE** Vitamin D, this quote from the New Zealand Herald daily newspaper in 2012:

“Many observational studies have found associations with a range of disorders including heart disease, type 2 diabetes, bowel cancer, lung infections and the immune-system diseases MS and type 1 diabetes.”⁴

Vitamin D is not without controversy, and studies have been carried out that report no benefit to supplements. Although not a doctor or a health professional, I research deeply and **have read several of these studies and find the doses used in these studies were too low to show good effect, too irregular, or the wrong type of vitamin D (D3 appears to work best as a supplement for humans).**

On a more personal note, I was born with poor health. Maximum sunlight exposure has always improved my ability to function in life. When God led me to Vitamin D supplementation in 2009, my life changed. After 5 years living in a low sunlight area of the world, I was in pretty bad shape. Since 2009 I have taken 10,000-20,000 international units a day from Autumn until early Summer (April to late November). The reduction in pain, the clarity of mind, the ability to keep warm and to move freely has convinced me that Vitamin D supplements work for me, when sunlight is weak. Yes, I did have my blood levels tested once. When living in southern Australia in Winter, and supplementing as above, my blood levels were 184 nmol/L. As you can see from the lifeguard experiment, that level is not too high. But everyone’s biology is different.

Next Up: Simple Vitamin D Rules for a Healthy Life

1. Mercola, J. (2020, January 14). *Vitamin D protects against infections* [Analysis]. Retrieved from https://articles.mercola.com/sites/articles/archive/2020/01/14/vitamin-d-protects-against-infections.aspx?cid_source=dnl&cid_medium=email&cid_content=art3HL&cid=20200114Z2&et_cid=DM435959&et_rid=789340473
2. Hilde H. F. Remmelts, Ewoudt M. W. van de Garde, Sabine C. A. Meijvis, Evelyn L. G. C. A. Peelen, Jan G. M. C. Damoiseaux, Jan C. Grutters, Douwe H. Biesma, Willem Jan W. Bos, Ger T. Rijkers (2012, December 1). Addition of vitamin D status to prognostic scores improves the prediction of outcome in community acquired pneumonia. *Clinical Infectious Diseases*, volume 55, issue 11 pages 1488-1494 <https://doi.org/10.1093/cid/cis751>
3. Keebler, C. (2019, September 9). Why do doctors and other professionals not take vitamin D deficiency seriously? Retrieved from <https://www.quora.com/profile/Craig-Keebler>
4. Johnston, M. (2012, September 21) Test of vitamin D’s sunny reputation. The NZ Herald. Retrieved from https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10835472
5. Close G.L. (2015). Vitamin D measurement and supplementation: What, when, why & how? Research Institute for Sports and Exercise Sciences Sports Science Exchange (2015) Vol. 28, No. 146, 1-4

Yes, incredibly Pharaoh continues to harden his heart against God's divine authority, so much so that another eight plagues of judgment must follow in quick succession to break the king's iron grip over the enslaved Hebrews. And so throughout the Egyptian empire God's overruling power does its awesome work in signs and wonders.

*When He worked His signs in Egypt,
And His wonders in the field of Zoan;
Turned their rivers into blood,
And their streams, that they could not drink.
He sent swarms of flies among them, which devoured them,
And frogs, which destroyed them.
He also gave their crops to the caterpillar,
And their labor to the locust.
He destroyed their vines with hail,
And their sycamore trees with frost.
He also gave up their cattle to the hail,
And their flocks to fiery lightning.
He cast on them the fierceness of His anger,
Wrath, indignation, and trouble,
By sending angels of destruction among them.
He made a path for His anger;
He did not spare their soul from death,
But gave their life over to the plague,
And destroyed all the firstborn in Egypt,
The first of their strength in the tents of Ham. Psalm 78:43-51*

Yes, the tenth and final plague of judgment brings death upon the entire firstborn of Egypt. And so for the tenth time Moses goes into the courts of the Pharaoh and with these mournful words, announces God's dire message.

'...all the firstborn in the land of Egypt shall die, from the firstborn of Pharaoh who sits on his throne, even to the firstborn of the female servant who is behind the hand mill, and all the firstborn of the animals. Then there shall be a great cry throughout all the land of Egypt, such as was not like it before, nor shall be like it again. But against none of the children of Israel shall a dog move its tongue, against man or beast, that you may know that the LORD does make a difference between the Egyptians and Israel. And all these your servants shall come down to me and bow down to me, saying, "Get out, and all the people who follow you!" After that I will go out.' Then he went out from Pharaoh in great anger. Exodus 11:5-8

Meanwhile as Pharaoh contemplates the terrible plague soon to fall upon the

firstborn of Egypt, God makes preparations in the Hebrew dwellings to protect His people from the coming plague of death.

Now the LORD spoke to Moses and Aaron in the land of Egypt, saying, "This month shall be your beginning of months; it shall be the first month of the year to you. Speak to all the congregation of Israel, saying: "On the tenth day of this month every man shall take for himself a lamb, according to the house of his father, a lamb for a household. And if the household is too small for the lamb, let him and his neighbor next to his house take it according to the number of the persons; according to each man's need you shall make your count for the lamb.

"Your lamb shall be without blemish, a male of the first year. You may take it from the sheep or from the goats. Now you shall keep it until the fourteenth day of the same month. Then the whole assembly of the congregation of Israel shall kill it at twilight.

"And they shall take some of the blood and put it on the two doorposts and on the lintel of the houses where they eat it. Then they shall eat the flesh on that night; roasted in fire, with unleavened bread and with bitter herbs they shall eat it. Do not eat it raw, nor boiled at all with water, but roasted in fire—its head with its legs and its entrails. You shall let none of it remain until morning, and what remains of it until morning you shall burn with fire.

"And thus you shall eat it: with a belt on your waist, your sandals on your feet, and your staff in your hand. So you shall eat it in haste. It is the LORD's Passover. For I will pass through the land of Egypt on that night, and will strike all the firstborn in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment: I am the LORD.

"Now the blood shall be a sign for you on the houses where you are. And when I see the blood, I will pass over you; and the plague shall not be on you to destroy you when I strike the land of Egypt.

So this day shall be to you a memorial; and you shall keep it as a feast to the LORD throughout your generations. You shall keep it as a feast by an everlasting ordinance." Exodus 12: 1-14

And thus, from the Hebrews "passover" to freedom, the Passover memorial continues down through the generations of the Israelite nation. This Passover memorial abruptly ends with Jesus' death upon the crucifixion cross.

For you see the Passover lamb without fault and blemish slain in the Hebrew's homes, represents the sacrificial life of God's firstborn, His only begotten Son.

Yes, at God's appointed time the Son of God descends into the midst of humanity's bondage of sin and takes upon himself the form of a man, and He becomes the living reality of the Passover lamb in human flesh.

He overcomes sin on our behalf, paving the way to free enslaved humanity from their prison and slavery to sin.

Then fulfilling His mission on earth, the sinless and blameless Son of God without spot or blemish of sin, is taken from the midst of sinful humanity and as the yearly Passover lamb is about to be slain in the temple at Jerusalem city, the true Passover lamb, the Son of God is sacrificially slain upon the cross of death

And Jesus cried out with a loud voice, and breathed His last. Then the veil of the temple was torn in two from top to bottom. Mark 15:37-38

This tortuous mission fulfilled by Jesus Christ, the Son of God, means that if we choose to believe in God the Father and His Son, and we also long to be freed from a sinful past and present, we too with God's power can apply the shed blood of Jesus to the doorpost and lintels of our lives. And so ultimately Jesus' atoning blood becomes the "pass over" sign that delivers us from the death plague of sin. This "pass over" sign is an urgent truth, for do you or I know when we will breathe our last breath? Do you or I know how long this poor, suffering world can continue in the ever deepening power of darkness? Today we urgently need to apply the sign of the "pass over" to our lives.

...with the precious blood of Christ, as of a lamb without blemish and without spot. 1 Peter 1:19

...giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins. He is the image of the invisible God, the firstborn over all creation. Colossians 1:12-15

When the judgment of everlasting death comes upon this sinful world, death shall pass over the lives of those who have the Saviour's blood applied to their lives.

For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad. 2 Corinthians 5:10

Yes rest assured, dear ones, like the ancient Hebrews set free from the enslavement of Satan's evil power in Egypt, the Son of God has the divine overruling power to break Satan's hold upon our lives and deliver us from our own bondage to sin. And so at this very moment God the Father invites us to accept His Son's miraculous supernatural spirit power to enter our lives and with His Passover blood applied to our repentant lives free us from past sins, and sin's sentence of everlasting death.

He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil. 1 John 3:8

*Let the groaning of the prisoner come before You; According to the greatness of Your power
Preserve those who are appointed to die... Psalm 79:11*

*For He looked down from the height of His sanctuary; From heaven the LORD viewed the earth,
To hear the groaning of the prisoner, To release those appointed to death... Psalm 102:19-20*

Jesus answered them, 'Most assuredly, I say to you, whoever commits sin is a slave of sin. And a slave does not abide in the house forever, but a son abides forever. Therefore if the Son makes you free, you shall be free indeed.' John 8:34-36

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

But hovering over unrepentant Egypt the terrible plague of death is about to settle upon the firstborn, mankind and livestock of every kind inhabiting the sprawling empire.

Yet in the homes of the Hebrews as the late afternoon sun begins to fade into twilight, all are in readiness to obey God's command for their deliverance. Without doubt, at the peril of their own lives, the firstborn among the Hebrews see to it that every detail of the Passover deliverance is fulfilled just as Moses instructed.

And so with humble reverence toward their creator God, the Hebrew's sacrificially slay their precious lambs without blemish, the token of their promised deliverance not only from Egyptian bondage but from their own bondage to sin and death. With their earnest prayers ascending to God the people brush the sign of the Passover blood upon the lintels and door post of their homes.

And it came to pass at midnight that the LORD struck all the firstborn in the land of Egypt, from the firstborn of Pharaoh who sat on his throne to the firstborn of the captive who was in the dungeon, and all the firstborn of livestock. So Pharaoh rose in the night, he, all his servants, and all the Egyptians; and there was a great cry in Egypt, for there was not a house where there was not one dead. Exodus 12:29-30

Can you imagine the cries of the Egyptian fathers and mothers, finding their firstborn dead? The sorrowful wail of death resounds over Egypt's grieving land. If only Pharaoh had not hardened his heart in unrepentant sin, bringing death upon his people.

Then he called for Moses and Aaron by night, and said, 'Rise, go out from among my people, both you and the children of Israel. And go, serve the LORD as you have said. Also take your flocks and your herds, as you have said, and be gone; and bless me also.'

And the Egyptians urged the people, that they might send them out of the land in haste. For they said, 'We shall all be dead.' So the people took their dough before it was leavened, having their kneading bowls bound up in their clothes on their shoulders. Now the children of Israel had done according to the word of Moses, and they had asked from the Egyptians articles of silver, articles of gold, and clothing. And the LORD had given the people favor in the sight of the Egyptians, so that they granted them what they requested. Thus they plundered the Egyptians. Exodus 12: 29-36

At last in their hour of freedom the Hebrew's receive a just return for all their hard labour under Egyptian bondage. Now delivered by God's miraculous power the Hebrew go out with great rejoicing leaving behind generations of suffering and sorrow.

Now the sojourn of the children of Israel who lived in Egypt was four hundred and thirty years. And it came to pass at the end of the four hundred and thirty years—on that very same day—it came to pass that all the armies of the LORD went out from the land of Egypt. Exodus 12: 40-41”