



LOVELYN ABEKA

# MILK FOR THE NEWBORN

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An Easy Guide To The  
Kingdom Of God

L O V E L Y N   A B E K A

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Kingdom Of God



Verses marked are taken from the King James Version of the Bible.

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## Dedication

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This book is dedicated to everyone who at any point in time ever felt lost, scorned and judged unfairly. Also to those who seek a life of love, peace and happiness. Finally to teenagers who need guidance on the path of truth and a genuine way to live.

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## Acknowledgement

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I thank the Almighty God who in His infinite mercy and through the grace of Christ has redeemed my soul and given me a new life in his word. I also want to acknowledge Mr. Adetilewa Anibire, Nkiru Oyibo and the entire Moonlight Publishing team for working with me and making this book a success.

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# ABSTRACT

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In my thoughts, I said to myself, sometimes it feels like this world is a penal place and I ask myself why I am here. Looking around and seeing men eating, drinking, lusting after power and satisfying every cravings of the flesh and I wondered could these be the essence of life? To lose consciousness and sight of who we truly are and be distracted by these cravings that only seeks to gratify the flesh! But then, I now know that the flesh is only a covering that encases our real being which is the unseen spirit within us and which is the light of God.

However, can these light in us shine on fully in darkness which is the work and doings of the flesh? Then I



realise it is by subjecting the flesh to the spirit through the crucifixion of every fleshly desires, passions and cravings. Also yielding the spirit to the will and purpose of God which is His love and everlasting peace abiding through His commandments and precepts. After death when the spirit leaves the body, can this light still keep on shining in darkness just like the stars shines in the night sky? Being able to discipline one's self especially in actions and deeds towards others and enduring the pain of trials and persecution encountered, makes one stronger and allows the inner light to shine. It is this light that strengthens from within to be like the heavenly father.

Be prepared mentally, physically and spiritually. Be conscious of the trials, temptations and persecutions you will pass through every waking day and be fully aware that those who tempt and persecute you are fulfilling a purpose in other that you may fulfil your purpose also. Master evil with good.

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## INTRODUCTION

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Some people are privileged to have had parents, relatives, friends and colleagues who are accustomed with God and had over the years been able to bring them progressively into being acquainted with God also. Some others have gone astray and do not understand what it means to be alive. Those who never had any sort of guidance or assistance as to the way and essence of life, have found themselves in very negative situations. Some have found themselves in prison yards as criminals, on the street as prostitutes and destitutes, as cultists and some at home depressed from the feeling of being a failure in life. This guide is for those who have been adjudged criminals,

condemned as prostitutes, termed as failures, also to those who feel abandoned, dejected, unwanted and irrelevant. This is to let them know and understand that the kingdom of God is for everyone who believes and trust in his word and the grace of God is available to all those who believe, hope and trust in God for a victorious life.

Milk being a fundamental ingredient necessary for the growth of every new born child, so also is the spiritual milk for the new born in Christ? it is therefore expedient for all infants into the new life in Christ to be served with the milk of the word of God for you are not strong enough due to the control of the ordinary impulses of the flesh. (I Corinthians 3:2).

Hebrews 5:14 says; “solid food is for full grown men, for those whose senses and mental faculties are trained by practice to discriminate and distinguish between what is morally good and noble and what is evil and contrary either to divine and human law.”

As a new born in Christ with an awakened spirit to consciousness, a good conscience and reverence to God, you need to first and foremost understand and distinguish between what is morally good and noble and what is contrary to the divine will of God.

I Peter 2:2

As newborn babes, desire the sincere milk of the word that ye may grow thereby.

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**THE COMPLETE VERSION**

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