



The Reformation
Messenger
VOLUME 24, NUMBER 8, AUGUST 2017



Ignorance

Page 6

The Law of Unintended Consequences

Page 8

“Where your treasure is, there will your heart be also.”

Page 18

WE BELIEVE: The all-wise loving God created all things in the universe by His Son, Jesus Christ. He is the Owner and Sustainer. He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh. The Holy Spirit, Jesus' representative on earth convicts of sin, guides into truth, and gives strength to overcome all unrighteousness. The Bible is the record of God's dealings with mankind and the standard of all doctrine, the Ten Commandments are the transcript of His character and the foundation of all enduring reform. His people, in harmony with God's word and under the direction of the Holy Spirit call all men everywhere to be reconciled to God through faith in Jesus. Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

In This Issue:

- 3 Our Christian Duty**
- 6 Ignorance**
- 8 The Law of Unintended Consequences**
- 12 Be Patient**
- 14 "One Thing thou lackest"**
- 18 "Where your treasure is, there will your heart be also"**
- 22 Health Matters: Ginger**
- 24 Children's Corner: Actions Speak Louder Than Words**

PHOTO CREDITS

Front Cover Photo: Helen Marttinen, Canada
Back Cover Photo: Helen Marttinen, Canada
Inside Front Cover: Helen Marttinen, Belize

The Reformation Messenger is published monthly. It is an Official Publication of the International Missionary Society the Seventh-Day Adventist Church Reform Movement, Canadian Field. Subscriptions can be paid online on the website or by mail.

- Telephone: 905-876-2518
- E-mail: ismessenger@yahoo.com
- Internet: www.ismessenger.org
- Mail: RR #3, 7899 15 Side Road
Milton, ON L9T 2X7, Canada

COST:
Black & White x \$25.00 per year.
Colour x \$45.00 per year.
(Add \$10.00 North America and \$20.00 overseas shipping & handling)

Purchase all 23 years of the Messenger for \$200.00 (shipping included in price). Bound in books by year.
Catalogue is available upon request for all articles for 23 years.

Our Christian Duty



Our world has plunged into a terrible condition with untold amounts of misery and suffering because its inhabitants have not recognized nor performed their duties towards their fellow man. The words of Cain, “am I my brother’s keeper?” have been repeated millions of times. People say, “I am provided for, I have food and a place to live, and if others do not have all they need, it is not my concern.”

We hear in the news of people who are starving for lack of food, or dying for lack of medicine, and of children suffering for the lack of necessities. And the best that people often do is to wish that someone would take care of them.

We Christians have a sacred duty towards God, and towards our fellow man. Jesus clearly stated our duties towards them.

“When the Son of man shall come in His glory, and all the holy angels with Him, then shall He sit upon the throne of His glory: And before Him shall be gathered all nations: and He shall separate them one from another, as a shepherd divideth his sheep from the goats: And He shall set the sheep on His right hand, but the goats on the left. Then shall the King say unto them on His right hand, Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungred, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: Naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me. Then shall the righteous answer Him, saying, Lord, when saw we Thee an hungred, and fed Thee? or thirsty, and gave Thee drink? When saw we Thee a stranger, and took Thee in? or naked, and clothed

Thee? Or when saw we Thee sick, or in prison, and came unto Thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me. Then shall He say also unto them on the left hand, Depart from Me, ye cursed, into everlasting fire, prepared for the devil and his angels: For I was an hungred, and ye gave Me no meat: I was thirsty, and ye gave Me no drink: I was a stranger, and ye took Me not in: naked, and ye clothed Me not: sick, and in prison, and ye visited Me not. Then shall they also answer Him, saying, Lord, when saw we Thee an hungred, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto Thee? Then shall He answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to Me. And these shall go away into everlasting punishment: but the righteous into life eternal.” Matthew 25:31–46

How many professing Christians will be lost in the end for neglecting to fulfil their God-given duties? Some of our duties are unpleasant; therefore, many do not want to fulfil them. These unpleasant duties are the cross that Jesus spoke about that we must carry. “And whosoever doth not bear his cross, and come after Me, cannot be My disciple.” Luke 14:27

This means that we must deny our own pleasure and comfort, and faithfully carry our cross daily, and follow the footsteps of Jesus. We need to think and plan constantly how we can be more useful to God and to our fellow man.

Paul did this; he considered himself a debtor to others, and therefore he quit his work in the Jewish Council and started to preach the gospel. “I am debtor both to

the Greeks, and to the Barbarians; both to the wise, and to the unwise. So, as much as in me is, I am ready to preach the gospel to you that are at Rome also." Romans 1:14–15

What was the compelling power in Paul that made him quit his highly paid job and start preaching the gospel voluntarily? And without wages? Was it not his love to God and love to his fellow man? "Faith which worketh by love." Galatians 5:6

To do what was right was more important to Paul than what his fallen human nature wanted to do. He had a strong sense of duty, something that a selfish person does not have. He could have chosen to live peacefully in one place, visiting a local church. If we do not decide to follow the example of Paul, and fulfil our duty, what are we then? "So likewise ye, when ye shall have done all those things which are commanded you, say, We are unprofitable servants: we have done that which was our duty to do." Luke 17:10

Christ's righteousness includes more than the 10 Commandments. It includes the second mile. To the rich young ruler Jesus said, "go and sell that thou hast, and give to the poor, . . . and come and follow Me." Matthew 19:21

Zaccheus said, "The half of my goods I give to the poor." "And Jesus said unto him, This day is salvation come to this house." Luke 19:8–9. He may have been religious all his life, but now salvation came to him, when he decided to fulfil his duty. We are not owners, but stewards, looking after the goods that belong to God.

Rebekah offered to do more than what she was asked to do. "And before I had done speaking in mine heart, behold, Rebekah came forth with her pitcher on her shoulder: and she went down unto the well, and drew water: and I said unto her, Let me drink, I pray thee. And she made haste, and let down her pitcher from her shoulder, and said, Drink, and I will give thy camels drink also: so I drank, and she made the camels drink also." Genesis 24:45

Moses offered to give up his salvation, and so did Paul. This was more than what the law demands. This was the second mile of what Jesus spoke about. Now the question comes, is it really necessary to go beyond the call of duty? Did Jesus really mean that we must go the second mile, is it necessary for our salvation? Unfortunately, many have difficulty already with the first mile.

Abigail took the guilt of her husband upon herself. Very few people are willing to do more than what the law demands, and the reason for this is selfishness.

How many of us have a clear understanding of our duty, as God's people, as reformers? We are living in the day of judgment, just before the second coming of Christ.

To know our duty, where do we begin? "Search the Scriptures; for in them ye think ye have eternal life: and they are they which testify of Me." John 5:39

"It is the first and highest duty of every rational being to learn from the Scriptures what is truth, and then to walk in the light and encourage others to follow his example. We should day by day study the Bible diligently, weighing every thought and comparing scripture with scripture. With divine help we are to form our opinions for ourselves as we are to answer for ourselves before God." –*The Great Controversy*, p. 598

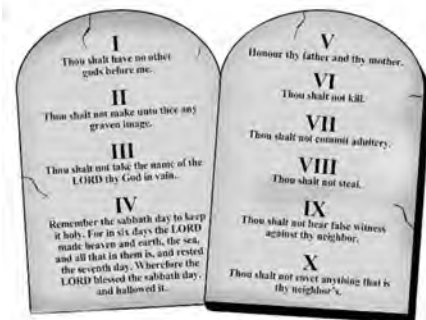
"None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict." –*Ibid.*, p. 593

After learning the truth, the next duty is to obey it, "Let us hear the conclusion of the whole matter: Fear God, and keep His commandments: for this is the whole duty of man." Ecclesiastes 12:13

"Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be white as snow: though they be red like crimson, they shall be as wool. If ye be willing and obedient, ye shall eat the good of the land." Isaiah 1:18–19

Many have memorized verse 18, but verse 19 tells us that in order to have our sins forgiven, we must be willing and obedient. Willing to sit down and reason with the Lord. And how strictly must we keep the law? "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2:10

Along with the keeping of the Sabbath and the rest of the commandments, there is also another law that is included. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the



temple of God is holy, which temple ye are.” 1 Corinthians 3:16–17

“Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature’s law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health.” – *Testimonies for the Church*, vol. 3, p. 164

Our body is a gift from God to us, and we need to take care of it.

Another duty is our prayer life. “Pray without ceasing.” 1 Thessalonians 5:17. And, what do we need to pray for? Jesus said, “Rise and pray, lest ye enter into temptation.” Luke 22:46

We are tempted daily, constantly, and if we forget to pray, we can fall into sin. We can be provoked to anger, to be impatient, complaining, or bitter. “No man is safe for a day or an hour without prayer.” – *The Great Controversy*, p. 530

We need to pray for our family members, our church members, and for the interested souls. Jesus said, “Pray for them which despitefully use you, and persecute you.” Matthew 5:44

Another important duty is to keep our minds clean from wrong thoughts, from evil, sensual, revengeful, and vain thoughts. Paul writes to us, “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Philippians 4:8

Also, our duty is to attend church meetings. “Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much more, as ye see the day approaching.” Hebrews 10:25

“Now be ye not stiffnecked, as your fathers were, but yield yourselves unto the LORD, and enter into His sanctuary, which He hath sanctified for ever: and serve the LORD your God, that the fierceness of His wrath may turn away from you.” 2 Chronicles 30:8

“Make every effort to keep open the communion between Jesus and your own soul. Seek every opportunity to go where prayer is wont to be made. Those who are really seeking communion with God will be seen in the prayer meeting, faithful to do their duty and earnest

and anxious to reap all the benefits they can gain.” – *Steps to Christ*, p. 98

Our duty is also to forgive. Jesus said, “And forgive us our debts, as we forgive our debtors. For if ye forgive men their trespasses, your heavenly Father will also forgive you.” Matthew 6:12, 14

We must also be always cheerful and happy. The Bible tells us, “Rejoice evermore.” 1 Thessalonians 5:16. A sad Christian is not showing a good example of religion.

Then there is one unpleasant duty. “Preach the word; reprove, rebuke, exhort with all longsuffering and doctrine.” 2 Timothy 4:2. But this must be done. People do not like to hear rebuking, and reproof, but their salvation depends on it.

Finally, another duty we must do, which is the Gospel commission. “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. Teaching them to observe all things whatsoever I have commanded you: and lo, I am with you always, even unto the end of the world. Amen.” Matthew 28:19–20. This duty requires self-denial, it takes time, effort, and money, but if we neglect it, the blood of the souls will be on our garments, and we will not be innocent before God. “Cursed be he that doeth the work of the Lord deceitfully.” Jeremiah 48:10



Nadab and Abihu, the sons of Aaron were careless and let the fire go out in the temple, and the anger of God was kindled against them when they brought in strange fire. “The path which He invites us to walk would never have cost us a pang had we always walked in it. It is when we stray from the path of duty that the way becomes difficult and thorny.” – *Testimonies for the Church*, vol. 4, p. 558

The world needs faithful reformers who give the warning message to the people. God needs standard-bearers who will not turn back, but are willing to deny themselves, and answer to the call of duty by saying, “Here am I, send me;” and the Lord will say, “Well done, thou good and faithful servant.” Amen.

Timo Martin



“My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to Me: seeing thou hast forgotten the law of thy God, I will also forget thy children.” Hosea 4:6

“Ignorance is no excuse for error or sin, when there is every opportunity to know the will of God. A man is traveling and comes to a place where there are several roads and a guideboard indicating where each one leads. If he disregards the guideboard, and takes whichever road seems to him to be right, he may be ever so sincere, but will in all probability find himself on the wrong road.” —*The Great Controversy*, p. 597–598

Ignorance is willful disobedience to God's law.

“Stay yourselves, and wonder; cry ye out, and cry: they are drunken, but not with wine; they stagger, but not with strong drink. For the LORD hath poured out upon you the spirit of deep sleep, and hath closed your eyes: the prophets and your rulers, the seers hath He covered.” Isaiah 29:9–10

RESPONSIBLE FOR THE LIGHT

“Hear the word of the LORD, ye children of Israel: for the LORD hath a controversy with the inhabitants of the land, because there is no truth, nor mercy, nor knowledge of God in the land.” Hosea 4:1

“God has given us His word that we may become acquainted with its teachings and know for ourselves what He requires of us. When the lawyer came to Jesus with the inquiry, ‘What shall I do to inherit eternal life?’ the Saviour referred him to the Scriptures, saying:

‘What is written in the law? how readest thou?’ Ignorance will not excuse young or old, nor release them from the punishment due for the transgression of God's law; because there is in their hands a faithful presentation of that law and of its principles and claims. It is not enough to have good intentions; it is not enough to do what a man thinks is right or what the minister tells him is right. His soul's salvation is at stake, and he should search the Scriptures for himself. However strong may be his convictions, however confident he may be that the minister knows what is truth, this is not his foundation. He has a chart pointing out every waymark on the heavenward journey, and he ought not to guess at anything.” —*The Great Controversy*, p. 598

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” Romans 12:1

“At the time the light of health reform dawned upon us, and since that time, the questions have come home every day, ‘Am I practicing true temperance in all things?’ ‘Is my diet such as will bring me in a position where I can accomplish the greatest amount of good?’ If we cannot answer these questions in the affirmative, we stand condemned before God, for He will hold us all responsible for the light which has shone upon our path. The time of ignorance God winked at, but as fast as light shines upon us, He requires us to change our health-destroying habits, and place ourselves in a right relation to physical laws.” —*Counsels on Diet and Foods*, p. 19

EFFECTS OF DISOBEDIENCE

Because of man's disobedience the earth was being cursed.

5D's

D=Disobedience

D=Diseases

D=Doctor

D=Drugs

D=Death

In the beginning God blessed man with the food from the earth but because of ignorance we see the world has been cursed.

"Knowledge must be gained in regard to how to eat, and drink, and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health. If we are sick, we impose a weary tax upon our friends, and unfit ourselves for discharging our duties to our families and to our neighbors. And when premature death is the result of our violation of nature's law, we bring sorrow and suffering to others; we deprive our neighbors of the help we ought to render them in living; we rob our families of the comfort and help we might render them, and rob God of the service He claims of us to advance His glory. Then, are we not, in the worst sense, transgressors of God's law?" – *Counsels on Diet and Foods*, p. 21

Two results that came from man's disobedience:

Sin: Through man's disobedience sin was introduced into the world. "Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field." Genesis 3:18

Curse: "Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. And surely your blood of your lives will I require; at the hand of every beast will I require it, and at the hand of man; at the hand of every man's brother will I require the life of man." Genesis 9:3, 5

LIVING A LIFE OF OBEDIENCE INCLUDES HEALTHFUL LIVING

"Let it be made plain that the way of God's commandments is the way of life. God has established the laws of nature, but His laws are not arbitrary exactions. Every 'Thou shalt not,' whether in physical or in moral law, implies a promise. If we obey it, blessing will attend our

steps. God never forces us to do right, but He seeks to save us from the evil and lead us to the good.

"Let attention be called to the laws that were taught to Israel. God gave them definite instruction in regard to their habits of life. He made known to them the laws relating to both physical and spiritual well-being; and on condition of obedience He assured them, 'The Lord will take away from thee all sickness.' Deuteronomy 7:15. 'Set your hearts unto all the words which I testify among you this day.' 'For they are life unto those that find them, and health to all their flesh.' Deuteronomy 32:46; Proverbs 4:22." – *The Ministry of Healing*, p. 114



"Give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15:26

"Many are suffering, and many are going into the grave, because of the indulgence of appetite. They eat what suits their perverted taste, thus weakening the digestive organs and injuring their power to assimilate the food that is to sustain life. This brings on acute disease, and too often death follows. The delicate organism of the body is worn out by the suicidal practices of those who ought to know better." – *Testimonies for the Church*, vol. 6, p. 372–373

"The Lord is calling upon us to come into line. The day is far spent. The night is at hand. The judgments of God are already seen, both on land and on sea. No second probation will be granted us. This is no time for making false moves. Let every one thank God that we still have an opportunity to form characters for the future eternal life." – *Counsels on Diet and Foods*, p. 40

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth." 3 John 1:2–3

May God bless you and grant you peace. Amen.

Jenifer Akello, Uganda

The Law of Unintended Consequences



What is the Law of Unintended Consequences? As the name suggests it is when something occurs that was not intended. It is

when a purposeful or deliberate action is made and the outcome which occurs is quite different from the planned outcome, or the outcome that had been hoped for. The Law of Unintended Consequences belongs to the realm of sociology; it is also sometimes referred to as “unanticipated consequences” or “unforeseen consequences”. The term itself was popularized by American Sociologist Robert K. Merton in the 20th century.

The Law of Unintended Consequences can be classified into three distinct categories. The first category is a positive, unexpected benefit—usually referred to as luck, serendipity, or a windfall. For example, the creation of “no-man’s lands” during the Cold War, in places such as the border between Eastern and Western Europe, and the Korean Demilitarized Zone, has led to large natural habitats. Also, the sinking of ships in shallow waters during wartime has created many artificial coral reefs, which can be scientifically valuable and have become an attraction for recreational divers.

Another category of unintended consequence is a negative unexpected detriment occurring in addition to the desired effect of the policy. For example, while irrigation schemes provide people with water for agriculture, they can increase waterborne diseases that have devastating health effects, such as schistosomiasis.

The final category of unintended consequences is a perverse effect contrary to what was originally intended (when an intended solution makes a problem worse). For example, the term “Streisand Effect” is applied to the Internet phenomenon that occurs when an attempt to censor, or remove, a certain piece of information (such as a photograph, document, etc.) instead causes the information to become widely known and distributed. In this scenario, the fact that a piece of information

is being restricted assigns to it a previously nonexistent value in the eyes of the public.

There are many examples in the Bible of unintended consequences that consist of perverse effects which are contrary to what was originally intended. However, before we move to some examples let us ask ourselves, what are the causes of unintended consequences? The simple law of cause and effect tells us that there must be something that causes unintended consequences. By pinpointing causal factors, there is the potential to ensure that when an unintended consequence does occur it is predominately positive.

In 1936, Robert K. Merton, the American Sociologist listed five possible causes of unanticipated consequences. The five are as follows:

First—ignorance. It is impossible to anticipate everything, thereby leading to an incomplete analysis.

Second—incorrect analysis of the problem or following habits that worked in the past but may not apply to the current situation.

Third—immediate interest, which may override long-term interests.

Fourth—basic values may require or prohibit certain actions even if the long-term result might be unfavourable. These long-term consequences may eventually cause changes in basic values.

Fifth—a self-defeating prophecy. Fear of some consequence drives people to find solutions before the problem occurs, thus the non-occurrence of the problem is not anticipated.

In the story of Lot when he was choosing a suitable habitation for his family we read the following: “Is not the whole land before thee? separate thyself, I pray

thee, from me: if thou wilt take the left hand, then I will go to the right; or if thou depart to the right hand, then I will go to the left. And Lot lifted up his eyes, and beheld all the plain of Jordan, that it was well watered every where, before the LORD destroyed Sodom and Gomorrah, even as the garden of the LORD, like the land of Egypt, as thou comest unto Zoar. Then Lot chose him all the plain of Jordan; and Lot journeyed east: and they separated themselves the one from the other. Abram dwelled in the land of Canaan, and Lot dwelled in the cities of the plain, and pitched his tent toward Sodom.” Genesis 13:9–12

“Although Lot owed his prosperity to his connection with Abraham, he manifested no gratitude to his benefactor. Courtesy would have dictated that he yield the choice to Abraham, but instead of this he selfishly endeavored to grasp all its advantages”. AND “Dazzled with visions of worldly gain, Lot overlooked the moral and spiritual evils that would be encountered [in Sodom]. The inhabitants of the plain were ‘sinners before the Lord exceedingly;’ but of this he was ignorant, or, knowing, gave it but little weight. He ‘chose him all the plain of Jordan,’ and ‘pitched his tent toward Sodom.’ How little did he foresee the terrible results of that selfish choice!” —*Patriarchs and Prophets*, p. 133

How little did Lot realize what the long-term consequences surrounding this choice would be. He saw the short-term benefits of living in the most fertile region in all of Palestine—the Jordan Valley. He also saw the short-term benefits of living in the beautiful and wealthy city of Sodom; but he failed to see the evil influence that the moral degradation and spiritual evil would have on his family. Upon closer investigation, what kind of unintended consequence did Lot experience in this story? He experienced an unintended consequence with a perverse result, or in other words, a so-called solution which actually made the problem worse. What were the causes of this unintended consequence? As previously mentioned, his immediate interest outweighed the long term interests of him and his family. Also, it is apparent, according to the textual evidence provided by E.G. White, that there was an element of ignorance because perhaps he did not realize the full extent of the sin, corruption, and moral degradation that was regularly occurring in Sodom and Gomorrah.

It was not simply ignorance though, because some error in Lot’s judgment was also present. Perhaps he naively thought that he and his family could be in contact with significant moral corruption and still maintain their

morality and spiritual fortitude, but why take the risk? Even if one feels spiritually strong, it is utter folly to put oneself on Satan’s ground in order to “test” how spiritually strong one actually is, because this is when an individual is most likely to fall! Ellen White specifically talks about how, in the time of the end, the corruption in the cities will be so pronounced that it will be expedient for true believers to relocate to country areas. The final days of this earth’s history, in which we are currently living, are prophesied to be as the days of Sodom and Gomorrah, and as the days before the flood.

Another example of a situation where an unintended consequence occurred is written in John 19:12–16. “And from thenceforth Pilate sought to release Him: but the Jews cried out, saying, If thou let this Man go, thou art not Caesar’s friend: whosoever maketh himself a king speaketh against Caesar. When Pilate therefore heard that saying, he brought Jesus forth, and sat down in the judgment seat in a place that is called the Pavement, but in the Hebrew, Gabbatha. And it was the preparation of the Passover, and about the sixth hour: and he saith unto the Jews, Behold your King! But they cried out, Away with Him, away with Him, crucify Him. Pilate saith unto them, Shall I crucify your King? The chief priests answered, We have no king but Caesar. Then delivered he Him therefore unto them to be crucified. And they took Jesus, and led Him away.” This is an example of the second type of unintended consequence, which is a negative, unexpected detriment occurring in addition to the desired effect of the policy. Did the Pharisees and religious leaders of the Jewish nation achieve their desired goal of crucifying Jesus? They certainly did! However, at what cost?

To answer this question we read, “Pilate then took his place on the judgment seat, and again presented Jesus to the people, saying, ‘Behold your King!’ Again the mad cry was heard, ‘Away with Him, crucify Him.’ In a voice that was heard far and near, Pilate asked, ‘Shall I crucify your King?’ But from profane, blasphemous lips went forth the words, ‘We have no king but Caesar.’

“Thus by choosing a heathen ruler, the Jewish nation had withdrawn from the theocracy. They had rejected God as their king. Henceforth they had no deliverer. They had no king but Caesar. To this the priests and teachers had led the people. For this, with the fearful results that followed, they were responsible. A nation’s sin and a nation’s ruin were due to the religious leaders.” —*The Desire of Ages*, p. 737–738

The Jewish leaders may have gotten their wish of

putting Jesus to death. However, it is of certainty that it was a very short-lived and hollow victory given the wonderful universe-altering event, which occurred three



days later. Although their policy worked in the short term, how little did they realize the fearful results of loudly proclaiming, “We have no king but Caesar”. The fact that three and a half years later, at the stoning of Stephen, Israel officially lost its status as God’s chosen nation, was something they did not fore-

see or expect. At this crucial point in their national history, their words, “We have no king but Caesar”, were fulfilled in their entirety.

It is interesting to observe the drastic lengths people will go to, in order to achieve a desired purpose or goal. The Jewish people hated the yoke of Roman bondage and resented it deeply, but when it served their purposes they manipulated Pilate by pretending to pay homage to Caesar. The extent of their façade is apparent in their claim of profound respect for Caesar’s power and authority, and their assertion that they were the enemy of any individual who did not practice similar deference to Caesar. At no other time would they have shouted out, “We have no King but Caesar”. Such was their hatred of Jesus that they were willing to resort to any measure or tactic necessary in order to secure His crucifixion.

There were many unintended consequences surrounding the trial and crucifixion of Jesus, and the following are two more found in *The Desire of Ages*, in the same chapter: “Pilate’s Judgement Hall.” “The people of Israel had made their choice. Pointing to Jesus they had said, ‘Not this Man, but Barabbas.’ Barabbas, the robber and murderer, was the representative of Satan. Christ was the representative of God. Christ had been rejected; Barabbas had been chosen. Barabbas they were to have. In making this choice they accepted him who from the beginning was a liar and a murderer. Satan was their leader. As a nation they would act out his dictation. His

works they would do. His rule they must endure. That people who chose Barabbas in the place of Christ were to feel the cruelty of Barabbas as long as time should last.

“Looking upon the smitten Lamb of God, the Jews had cried, ‘His blood be on us, and on our children.’ That awful cry ascended to the throne of God. That sentence, pronounced upon themselves, was written in heaven. That prayer was heard. The blood of the Son of God was upon their children and their children’s children, a perpetual curse.

“Terribly was it realized in the destruction of Jerusalem. Terribly has it been manifested in the condition of the Jewish nation for eighteen hundred years,—a branch severed from the vine, a dead, fruitless branch, to be gathered up and burned. From land to land throughout the world, from century to century, dead, dead in trespasses and sins!” —*Ibid.*, p. 738–739

When Christ shall come to the earth again, He will not be seen as a prisoner surrounded by a rabble. He will be seen as Heaven’s King. It is apparent that by choosing



Barabbas the Jewish nation was essentially selecting a symbolic representation of Satan, and subsequently they would be subjected to the rule of Satan. How little did they realize that when they said, “His blood be on us and our children,” this terrible cry was heard

by the heavenly Father, and they had truly passed judgment upon themselves.



In this case they were the judge and jury, and hereafter God simply allowed them to suffer the consequences of their own choice; to reap what they had sown. Many of these people who made this terrible cry were still alive 40 years later at

the destruction of Jerusalem in A.D. 70 and their words certainly came back to haunt them, whether they realized it or not.

It is apparent that the causal factors of this unintended consequence are total ignorance and error, as well as believing that their immediate interests were more important than their long-term interests. Their ignorance and terrible error was a result of their proud and corrupt hearts that refused to accept the truth that had been preached to them for 3 ½ years, and that refused to accept Jesus’ Divinity despite all the evidences they re-

ceived that He is the Son of God.

They believed it was in their best immediate interest to put Jesus to death, but how little did they realize that this was not really favourable to their immediate interests, or to their long-term interests, and that this would be their greatest curse and a source of perpetual regret.

The final unintended consequence we will investigate is found in John 19:17–22. “And He bearing His cross went forth into a place called the place of a skull, which is called in the Hebrew Golgotha: Where they crucified Him, and two other with Him, on either side one, and Jesus in the midst. And Pilate wrote a title, and put it on the cross. And the writing was, JESUS OF NAZARETH THE KING OF THE JEWS. This title then read many of the Jews: for the place where Jesus was crucified was nigh to the city: and it was written in Hebrew, and Greek, and Latin. Then said the chief priests of the Jews to Pilate, Write not, The King of the Jews; but that He said, I am King of the Jews. Pilate answered, What I have written I have written.”

The following ideas are taken from *The Desire of Ages*, chapter 78, entitled “Calvary”. The Pharisees, at the trial, had declared that whoever should acknowledge any other king was a traitor. Pilate wrote out the sentiment they had expressed. No offense was mentioned, except that Jesus was King of the Jews. The inscription was a virtual acknowledgment of the allegiance of the Jews to the Roman power. It declared that whoever might claim to be the King of Israel would be judged by them worthy of death. The priests had overreached themselves. When they were plotting the death of Christ, Caiaphas had declared it expedient that one man should die to save the nation. Now their hypocrisy was revealed. In order to destroy Christ, they had been ready to sacrifice even their national existence. However, God’s hand was over this happening, because it was to awaken thought and investigation of the Scriptures. The place where Christ was crucified was near to the city. Thousands of people from all lands were then at Jerusalem, and the inscription declaring Jesus of Nazareth, the Messiah, would come to their notice. It was a living truth, transcribed by a hand that God had guided.

Every person to have ever walked the earth has made a decision at some point in their life, which had unintended consequences! Humans do not always make fully-informed decisions, and we have the tendency to make significant errors in judgment. How can we ensure that we never make a decision, or choose a course of action, that leads our life away from the meek and lowly Jesus? How can we ensure each day that the course of action we take will not have the terrible unintended conse-

quence of leading to our eternal ruin?

“Howbeit when He, the Spirit of truth, is come, He will guide you into all truth: for He shall not speak of Himself; but whatsoever He shall hear, that shall He speak: and He will shew you things to come.” John 16:13. When we listen to the voice of the Holy Spirit we will be guided into all truth! And, if we are in all truth, will we make decisions that have unexpected and disturbing results? No, certainly not; rather we will make decisions that honour and glorify God. If we are always making decisions that have unintended negative results this is because we are not listening to, and heeding, the voice of the Holy Spirit.

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works.” 2 Timothy 3:16–17. When we take time to read the Bible and practice what they read, we will be made perfect and ready to do good works! If someone is perfect in Christ, it is a clear indication that they are making good decisions and following a wise course of action. It all comes down to wisdom; and considering Jesus is the source of all wisdom, choosing Him will ensure a wise course of action and wise decisions. If we are ready for good works then that means that if there are any unintended consequences they will be positive ones.

It is safe to say that each person reading this would consider themselves a Christian in some capacity. What a shame it would be to dedicate our lives to serving Christ, and then unknowingly be denying Jesus through our words, actions, or life choices. What a terrible unintended consequence to bring shame upon the name of Christ and crucify Jesus anew, when we profess to love Jesus with all our hearts, souls, and minds. How sad, and what a waste of a life!

It is my wish and prayer that we will ensure to never end up mired in the immorality of Sodom and Gomorrah, or end up crucifying Jesus through our words and actions, or pronounce judgment upon us and our children. These actions are ones which all citizens of earth have the capacity to perform, and they lead directly to the removal of God’s presence and His protection. These are terrible unintended consequences; so let us read our Bible fervently, and listen to the voice of the Holy Spirit while His voice may be heard. Amen.

Richard Eaton



Be Patient



Two young people, Richard and Sharon, have been married for over nine years, without children. They stayed with each other and hoped that they would have a child before their 10th anniversary, because they

“Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as His divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of Him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity.” 2 Peter 1:2
-7

Temperance leads to patience. If you are not temperate, taking good care of your health, you will have a very difficult time being patient. There are many angry people in the world. It has been shown that meat eating makes people more aggressive, like carnivorous animals; at the same time while a vegetarian diet is said to support a calmer life, unless the law of being temperate is practiced (being one of the eight laws of health), it also amounts to difficulty in being patient. Therefore, we need to be temperate in all areas of health, which includes eating only healthy foods so, we can be calm like the herbivorous animals. God wants His children to be very calm in every situation in life, like our Lord and Saviour was, even when He was before the Roman court. In addition, since this is one of the fruit of the Spirit, only through connecting with Christ is it truly possible to be temperate.

were being persuaded by family and some friends to get a divorce. However, they refused to let go because of the love between them. Months passed by and while Richard was returning from work one day, he saw his wife walking down the road with a man, and they looked very happy. Another evening, while Richard was coming back from work, he saw the same man drop her off at the house. Richard became angry and sad. Two days later, after a hectic day at work, Richard was pouring some water into his cup from a glass jug when the phone rang. He picked it up and the person said “Hello dear, I will be coming to your house this evening to see you as promised. I hope . . .” and then Richard hung up the phone. It was a male voice. He was sure the person was the man he had seen with his wife a few days ago. He suddenly became shaky with this thought, “Have I lost my wife to another man?” At that point, the glass jug fell from his hand and shattered into pieces. Then Sharon came running into the room asking, “Is everything okay?” In anger he gave his wife a push and she fell. She was not moving or trying to get up. Richard then realized that she fell where he had broken the glass jug, and a large piece of glass had pierced her. He felt her breath, pulse, and heartbeat but there she lay lifeless. His wife was dead. In total confusion, he saw an envelope in her hand. He took it, opened it, and was shocked by its content. It was a letter and it read:

“My loving husband, words cannot express how I feel, so I had to write it down. I have been going to see a doctor for over a week and wanted to be sure before I give you the news. The doctor confirmed that I am pregnant

with twins and our babies are due seven months from now. The doctor also happens to be my long-lost brother whom I lost contact with after our marriage. He has promised to take care of me and our babies and give us the best care without collecting a dime. He also promised to have dinner with us tonight.

Thank you for standing by me all this while.

Your loving wife,

Sharon.”

As the letter fell from Richard’s hand, there was a knock at the door and it was the same man he had seen with his wife. He said, “Hello Richard, I suppose I am right? I am John, your wife’s brother.” Suddenly, he noticed his sister in the pool of her blood. He rushed her to the hospital but it was too late; his sister, Richard’s wife, was gone and so were the twins.

What is this story teaching us as believers? In our relationships with God, which also include our marriages, we should not be too quick in reacting when we have not spoken with God, our spouse, friends or relatives regarding what we saw or heard about them. Communication, trust, and patience are rare gifts that we must bring into all our relationships. Not everything we see, hear, or believe is right about them. And to every man or woman reading this article, I pray that patience will have her perfect work in you and you will want nothing; because patience is that great virtue you need to keep any relationship working. “My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.” James 1:2–4

God commands, and expects, His children to be patient in everything. “Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.” Daniel 10:12–13

Daniel patiently waited for 21 days for the answer to come. Without patience we cannot receive blessings from God. If Richard had been patient and asked his wife about the gentleman he saw, it would have been a different situation altogether; by now he would be enjoying life with his wife and the twins. Often we dishonour God when we are impatient. As a believer, we should not try to run ahead of God; everything on earth

has its time and season.

“Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh. Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door. Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience. Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.” James 5:7–11

We need to be patient to see the second coming of the Lord. Job was patient enough to wait for God’s time; Paul was patient in his ministry to teach and train other workers or missionaries under him; Daniel was patient for the promise concerning his people to be fulfilled; Joseph patiently waited for God to vindicate him from all his trouble in the Land of Egypt; Abraham and Sarah were patient until God blessed them with Isaac, the child of promise; Our Lord Jesus Christ was patient in all His ministry on earth, from birth to adulthood. He was patient, even unto the cross, where He purchased salvation for mankind.

As believers, we have so many things calling on our attention but we have to be firm and strong, and with patience overcome the world. “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.” Hebrews 12:1

“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.” Revelation 14:12

“He that leadeth into captivity shall go into captivity: he that killeth with the sword must be killed with the sword. Here is the patience and the faith of the saints.” Revelation 13:10

“Giving no offence in any thing, that the ministry be not blamed: But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, in stripes, in imprisonments, in tumults, in labours, in watchings, in fastings.” 2 Corinthians 6:3–5

Ebrima John Jaiteh
The Gambia



It would have been a great privilege to have lived in the time of Jesus and met Him in person. I am sure that many of us would have liked to have met with Jesus and spoken to Him. We would remember that occasion for the rest of our lives. We read of many people who met Jesus and went away completely transformed. Many were healed of illnesses. Most people who met Jesus went away happy. There is one man, though, who met Jesus but went away sad (Mark 10:22). This man was the rich, young ruler. What a privilege he had to stand face to face with the Son of God. Not only did he have his youth and money, but he had achieved great things in his life. However, he still felt that he was lacking something.

AN IMPORTANT QUESTION

The day they met, Jesus had to answer this question from the ruler, “Good Master, what shall I do to inherit eternal life?” Luke 18:18. The man was rich, accomplished, noble, faithful to the moral and ceremonial law, and having “great possessions”. But yet he still felt like something was missing in his life. That question he asked is very important, not only for the purpose of questioning what lies beyond death, but for us personally in this life. The answer to this question would give us the ability to live, to sustain, and to overcome sin. It would also give us the ability to live a life of discipleship, service and worship in the final days of this earth’s history in which we live.

“The young man who asked this question was a ruler. He had great possessions, and occupied a position of responsibility. He saw the love that Christ manifested toward the children brought to Him; he saw how tenderly He received them, and took them up in His arms, and his heart kindled with love for the Saviour. He felt a desire to be His disciple. He was so deeply moved that as Christ was going on

“One Thing Thou Lackest”

His way, he ran after Him, and kneeling at His feet, asked with sincerity and earnestness the question so important to his soul and to the soul of every human being, ‘Good Master, what shall I do that I may inherit eternal life?’” – *The Desire of Ages* p. 518

The question, “What must I do?” indicates the importance this young ruler puts upon man as though salvation depended on his works.

AN UNEXPECTED ANSWER

In reply to this question Jesus told him that obedience to the commandments of God was necessary if he would obtain eternal life. He then quoted several of the commandments which show man’s duty to his fellow men. The ruler’s answer was positive: “All these have I kept from my youth up.” Luke 18:21. The implication is, “what lack I yet?” Jesus replied, “Yet lackest thou one thing: sell all that thou hast, and distribute unto the poor, and thou shalt have treasure in heaven: and come, follow Me.” Luke 18:22

“One thing thou lackest,” was an unexpected answer to this noble man. The ruler was a bit confused. He had faithfully followed all the religious rules and commandments —so he thought. He was wealthy, had influence, and enjoyed the respect of others. He had always considered himself blessed by God, so what Jesus said did not make any sense to him.

The disciples were also mystified by what Jesus said to this wealthy man. This man would have been a great blessing for the church they thought. They did not see he was lacking in anything, but, yet Jesus could see he was. What if Jesus would say to us that there is one thing we lack, one more thing to surrender, would it seem strange to us as

well? Do we think we lack anything?

The achievement of money, success and fame are not evil in themselves. They all can be used for good. Such success may bring you worldwide acceptance, but what about acceptance with God? Only one thing the ruler lacked, but that was a vital principle. He needed the love of God in his soul. This lack, unless supplied, would prove his downfall; his whole nature would become corrupted. By indulgence, selfishness would strengthen. In order to receive the love of God, his love of self must be surrendered.

THREE INSTRUCTIONS

Although he lacked in one thing, in His answer Jesus gave the ruler three instructions: 1) sell all that you have; 2) give it to the poor; 3) follow Me. These three can be summed up by saying: "You must detach yourself from your possessions and attach yourself to Christ." When Jesus said, "You lack one thing; therefore reach out and take My hands." To take the hand of Jesus means that you have removed your hands from your earthly treasures.

Money, fame, and success, selfishly obtained, will not gain you God's acceptance or satisfy your soul. Personal success will not satisfy without Christ. The apostle Paul stated, "what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord." Philippians 3:7-8. You can have everything this life has to offer, but without Jesus, you still lack the one thing that matters the most. "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" Mark 8:36

Christ's words to the ruler were an invitation to, "Choose you this day whom ye will serve." Joshua 24:15. The choice was left with him. Jesus was yearning for his conversion. He had shown him the plague spot in his character, and then with deep interest He watched while the young man weighed the question! If he decided to follow Christ, he must obey His words in detail.

Matthew was also a wealthy man. It is written that when Jesus "saw a man, named Matthew, sitting at the receipt of custom: and He saith unto him, Follow me. And he arose, and followed Him." Matthew 9:9. There was no hesitation, no questioning, no thought of his wealthy life being now exchanged for a life of poverty and hardship. It was enough for him to be with Jesus; to listen to His

words, and unite with Him in His work.

EXAMINE YOURSELVES

Because Jesus loves us He tells us about the danger we are in. He has given us warnings that we are to heed. These warnings are to help us remain faithful during the final days of this earth's history so that we will not be deceived. The apostle Paul counsels us to: "Examine yourselves, whether ye be in the faith; prove your own selves.

Know ye not your own selves." 2 Corinthians 13:5. And Peter writes:

"Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall." 2 Peter 1:10

No matter what your past life has been like, Jesus loves you and keeps challenging you in one more area in your life. He may say to you everything is good, except—there is one thing you still lack.

We should make every effort to add to our faith. "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity." 2 Peter 1:5-7

We may be justified, but we are still in the process of sanctification.

Every day we are to ask the Lord if there is something we are still lacking. We should pray as did David, "Search me, O God, and know my heart: try me, and know my thoughts. And see if there be any wicked way in me, and lead me in the way everlasting." Psalm 139:23-24

The apostle Paul said, "Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Philippians 3:12-14

IMPORTANCE OF LITTLE THINGS

The most deadly animal in the world is not the lion, the tiger, or the bear. It is one of the smallest insects—the mosquito. This tiny



"A legal religion can never lead souls to Christ; for it is a loveless, Christless religion. Fasting or prayer that is actuated by a self-justifying spirit is an abomination in the sight of God. The solemn assembly for worship, the round of religious ceremonies, the external humiliation, the imposing sacrifice, proclaim that the doer of these things regards himself as righteous, and as entitled to heaven; but it is all a deception. Our own works can never purchase salvation." —*The Desire of Ages*, p. 280

insect causes the death of more than 1 million people every year, mostly from malaria.

Likewise, little things can make a big difference in God's kingdom, as well. To the rich young ruler Jesus mentioned the one thing that came between him and God. He considered his wealth his own.

Jesus may point out to us small areas in our lives that come between us and God. "One thing you lack," is a warning not just for the ruler but for us also. We must be humble enough to listen to God's voice, so we can continue to grow closer to Christ and His kingdom.

"For all have sinned, and come short of the glory of God." Romans 3:23. We all may lack something, and need to rely on God's grace and forgiveness to overcome sin. We are saved by grace, and by grace we will be sanctified—transformed. We do not remain in the same place, but we are to "grow in grace." 2 Peter 3:18

"Only one thing he lacked, but that was a vital principle. He needed the love of God in the soul. This lack, unless supplied, would prove fatal to him; his whole nature would become corrupted. By indulgence, selfishness would strengthen. That he might receive the love of God, his supreme love of self must be surrendered." —*The Desire of Ages*, p. 519

Christ gave this man a test, asking him to choose between the heavenly treasure and worldly greatness.

The ruler was asked to give up the very thing he was relying on to survive on this earth—his own wealth. The heavenly treasure was promised him if he would follow Christ. But, he must give up his earthly treasure—yield himself to Christ and trust God to provide for him. It may seem like a large ask for him to give up all his massive possessions, however, it was not really the man's possessions that the Lord was after because He owns, "the cattle upon a thousand hills." Psalm 50:10. It was the man's heart and his attitude towards his riches. They were his own, obtained by his own efforts to be used for himself. The man was selfish. He had no thought for the poor and possibly harboured the common thinking of the priests and rulers at the time that the poor were cursed by God and did not deserve any help.

We are not necessarily required to do what Jesus asked the rich young ruler to do. Everyone has some sin or inherited tendency to wrong that God wants to help them overcome. While some things may seem small to us, even one small sin cherished will keep us out of heaven, whether it be a word, a thought, a motive, or an attitude. No sin can enter heaven.

No matter how far you have grown in your spiritual life, you will still not have fully attained until Jesus comes. "The closer you come to Jesus, the more faulty you will appear in your own eyes; for your vision will be clearer, and your imperfections will be seen in distinct contrast with His perfect character. Be not discouraged; this is an evidence that Satan's delusions are losing their power, that the vivifying influence of the Spirit of God is arousing you, and that your indifference and ignorance are passing away." —*The Bible Echo*, December 1, 1892

LOVING THE GIFTS MORE THAN THE GIVER

Take care to make sure your treasure will be in heaven.

This young man wanted the heavenly treasure, but he wanted also the temporal advantages his riches would bring him. He was very sad when he heard the words of Jesus. He longed for eternal life, but he was not willing to make the sacrifice of giving up his earthly treasure. The cost of eternal life seemed too great, and he went away sorrowful for he had great possessions. "His claim that he had kept the law of God was a deception. He showed that riches were his idol. He could not keep the commandments of God while the world was first in his affections. He loved the gifts of God more than he loved the Giver." —*The Desire of Ages*, p. 522. Christ had offered the young man fellowship with Himself. He said, 'Follow Me,' But, sadly, the Saviour was less important to him than his earthly possessions. To give up his earthly treasure, that was seen, for the heavenly treasure, that was unseen, was too great a risk. He refused the offer of eternal life, and went away sorrowful.

He was not as close to God as he thought he was. Although he thought he was obeying all the commandments, his heart was still far from the Lord. He had worldly wealth, and in his heart he was not giving first place to God. Jesus said, "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." Matthew 6:24

Even though he had kept most of the commandments, the ruler violated the first commandment, "Thou shall have no other gods before Me." Exodus 20:3. We read, "whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2:10

Some Christians may say, "I'm not rich, so this does not apply to me." Jesus' command to the ruler does not only apply to money. The one thing in which we are lacking may be something else. We may be lacking in some virtue.

"Our greatest fear should not be of failure but of succeeding at things in life that don't real-

We may be proud or selfish or lustful and thus lacking in humility or purity of heart.

It may not be wealth, but it may be some other idol that you are not willing to give up. "Whatever shall draw away the heart from God must be given up. Mammon is the idol of many. The love of money, the desire for wealth, is the golden chain that binds them to Satan. Reputation and worldly honor are worshiped by another class. The life of selfish ease and freedom from responsibility is the idol of others. But these slavish bands must be broken. We cannot be half the Lord's and half the world's. We are not God's children unless we are such entirely." —*The Faith I Live By*, p. 154

If there is one thing we lack, that one thing will keep us out of heaven.

The Lord wants us to overcome in every area of our lives. Our spiritual as well as our material lives are to be given to His keeping.

Sometimes, people *do* know the one point in which they are lacking or need to grow in. They are not blind to themselves. The Lord is challenging them to turn away from that one thing. Those who do respond to Jesus' challenge, the promise is that they will have "treasure in heaven." Mark 10:21. Jesus wants only what is best for us and if we answer His call and give up that one thing, whatever it may be, we will find that it will bring us only happiness. We will want to do whatever the Lord asks of us, and follow Him so that we may have treasure in heaven. Sadly, "thousands are passing through this ordeal, weighing Christ against the world; and many choose the world. Like the young ruler, they turn from the Savior, saying in their hearts, I will not have this Man as my leader." —*The Desire of Ages*, p. 520

"Christ's dealing with the young man is presented as an object lesson. God has given us the rule of conduct which every one of His servants must follow. It is obedience to His law, not merely a legal obedience, but an obedience which enters into the life, and is exemplified in the character. God has set His own standard of character for all who would become subjects of His kingdom. Only those who will become co-workers with Christ, only those who will say, Lord, all I have and all I am is Thine, will be acknowledged as sons and daughters of God. All should consider what it means to desire heaven, and yet to turn away because of the conditions laid down. Think of what it means to say 'No' to Christ. The ruler said, No, I cannot give You all. Do we say the same? The Saviour offers to share with us the work God has given us to do. He offers to use the means God has given us, to carry forward His work in the world. Only in this way can He save us.

"The ruler's possessions were entrusted to him that he

might prove himself a faithful steward; he was to dispense these goods for the blessing of those in need. So God now entrusts men with means, with talents and opportunities, that they may be His agents in helping the poor and the suffering. He who uses his entrusted gifts as God designs becomes a co-worker with the Saviour. He wins souls to Christ, because he is a representative of His character. . . .

"When Christ's followers give back to the Lord His own, they are accumulating treasure which will be given to them when they shall hear the words, 'Well done, good and faithful servant; . . . enter thou into the joy of thy Lord.' 'Who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God.' Matthew 25:23; Hebrews 12:2. The joy of seeing souls redeemed, souls eternally saved, is the reward of all that put their feet in the footprints of Him who said, 'Follow Me.'" —*The Desire of Ages*, p. 523

There are those who, like the young ruler, think it is too great a sacrifice to give up all in order to follow Christ. But, nothing short of perfect obedience will be accepted. Self-surrender is the key-note of the teachings of Christ. At times the message may be presented in language that seems authoritative, because sometimes there is no other way to save man. "Others save with fear, pulling them out of the fire." Jude 1:23

God owns everything, including our time and money. He has given us His law, by which we will be judged. We should not be weary in giving to Him; He gives all to us. "God loveth a cheerful giver." 2 Corinthians 9:7. If we honour God, He will honour us. He blesses us that we may bless others. If we are faithful in giving unselfishly, He will "open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malachi 3:10

Life does not consist in the abundance of your possessions; "For we brought nothing into this world, and it is certain we can carry nothing out." 1 Timothy 6:7

It is my prayer that we all would be willing to give up that one thing we may lack, when Jesus points it out to us. Nothing in this world is worth anything compared to the eternal riches promised to us in heaven. May God help us to reach out for that which is of more value than what money can buy—riches of grace, love, peace and eternal joy. Amen.

Victor Shumbusho
DR Congo





Ever since I was the treasurer for the Canadian Field (2008–2014), I have seen first-hand the needs of the work of the Lord here in Canada. Sometimes there is a lack of offerings and an appeal is made to meet those needs. I have since studied deeper into the subject of money, tithes, and offerings, and every once in a while feel impressed to share some of the truths surrounding finances that are written about in the Spirit of Prophecy. It is always good to review these testimonies because money can be a very powerful tool for good or for evil.

Money is very interesting. Anciently, there was no money, but goods were traded, for example, sheep for grain. In the time of Abraham we see the use of money emerging when he purchased the Field of Machpelah. Today, it is mainly money and credit cards that are used in exchange for goods. Money is very necessary in modern-day society in order to exist comfortably. It is an absolute necessity, unless you choose to live on the streets and beg, which is quite difficult if you want to maintain health and cleanliness.

Sometimes people do not earn enough for what they would consider a comfortable living, and thus they borrow to make up the lack of means. Individual debt is reaching astronomical heights as it is often the case that people choose to live above their means. They want a luxurious life, and their salary, is not sufficient for their desires. Thus they borrow to make up the difference.

Some people are very poor, not of their own choosing, and cannot afford healthy food or good clothing and do not have the ability to borrow. Some are careful with their finances and earn just enough to live a comfortable life, with very little excess. But yet their needs are met. They are satisfied. Then there are others who earn much more than they require to live comfortable lives. They have excess. The question is—what to do with this excess? Unfortunately, many with spend it lavishly on themselves only or hoard it.

Yet all, rich and poor, are required to give—at least their tithes and offerings. Some give of their penury as the widow who gave her last two mites. Some give a fair amount, while some wealthy, who do give generously, still have plenty for themselves, as did the Jewish leaders in the days of Christ. They gave from their abundance and felt no lack. Although

the wealthy give generously, a large portion is still spent on themselves for various reasons, from fashion, cars, houses, to expensive holidays. “He that layeth up treasure for himself, and is not rich toward God.” Luke 12:21. This is the key—“rich toward God.” We have a choice—to be rich towards ourselves, or rich towards God. We all know which category we are in.

The apostle Paul gave this counsel, “And having food and raiment let us be therewith content.” 1 Timothy 6:8. Not everyone on this earth is content with just food and clothing. There is a mad frenzy to earn as much as possible with some people working several jobs and sacrificing health just for a few more material goods to enjoy life with, while their health is deteriorating.

The apostle Paul also wrote that “the love of money is the root of all evil.” 1 Timothy 6:10. He did not say, “some evil,” but, “all evil.” Can we really say that all evil begins with the love of money? How many wars have been started because of greed? The want of territory, especially the natural resources (gold, diamonds, oil), in the various countries, that other countries want to get their hands on. There is so much corporate crime and fraud as people want more even if dishonest means must be used to obtain it. Can this danger come into the church? Yes, there can be a love of money on the part of members that they are unwilling to give more to the cause of God than they spend on their own luxuries. Just read about Ananias and Sapphira in Acts 5:1–10.

“Our money has not been given us that we might honor and glorify ourselves. As faithful stewards we are to use it for the honor and glory of God. Some think that only a portion of their means is the Lord’s. When they have set apart a portion for religious and charitable purposes, they regard the remainder as their own, to be used as they see fit. But in this they mistake. All we possess is the Lord’s, and we are accountable to Him for the use we make of it.” —*Christ’s Object Lessons*, p. 351

“THE HANDICAP OF RICHES”

In the human way of thinking, being poor can be a handicap, as there is always a lack. There is never enough for good food, good clothing, and work must be done for long hours. Some have two jobs just to meet the basic necessities of life.

Forget the luxuries, the entertainments, fancy clothing, latest and greatest electronic devices, just food and clothing and a roof over their heads is what they are working for. Being poor, according to the ways of the world is a handicap, because it prohibits you from living and doing all you want in life because you lack the means. However, in the ways of God, it is the reverse. Riches can be a handicap as it was for the rich young ruler (Matthew 19:16–22). He was willing to sacrifice his salvation for earthly wealth. This kept him out of favour with God.

“Very few realize the strength of their love for money until the test is brought to bear upon them. Many who profess to be Christ’s followers then show that they are unprepared for heaven. Their works testify that they love wealth more than their neighbor or their God. Like the rich young man, they inquire the way of life; but when it is pointed out and the cost estimated, and they see that the sacrifice of earthly riches is demanded, they decide that heaven costs too much. The greater the treasures laid up on the earth, the more difficult it is for the possessor to realize that they are not his own, but are lent him to be used to God’s glory.” –*Counsels on Stewardship*, p. 150

The sub-title before the above quote is, “The Handicap of Riches.” Are your riches a handicap for you as they were for this rich young ruler? Are they coming in the way of your salvation?

“The influence of the love of money over the human mind is almost paralyzing. Riches infatuate, and cause many who possess them to act as though they were bereft of reason. The more they have of this world, the more they desire. Their fears of coming to want increase with their riches. They have a disposition to hoard up means for the future. They are close and selfish, fearing that God will not provide for them. This class are indeed poor toward God. As their riches have accumulated, they have put their trust in them, and have lost faith in God and His promises.” – *Counsels on Stewardship*, p. 150

“For what shall it profit a man, if he shall gain the whole world, and lose his own soul?” Mark 8:36

Yet it is the poor man often who has the correct attitude as he knows first-hand what it feels like to be in need. “The faithful, trusting poor man becomes rich toward God by judiciously using the little he has in blessing others with his means. He feels that his neighbor has claims upon him that he cannot disregard and yet obey the command of God, ‘Thou shalt love thy neighbor as thyself.’ He considers the salvation of his fellow men of greater importance than all the gold and silver the world contains.” –*ibid*, p. 151

CAST YOUR BREAD UPON WATERS

“Cast thy bread upon the waters: for thou shalt find it after many days.” Ecclesiastes 11:1. Imagine yourself throwing

bread upon the water, feeding some fish or some ducks. Solomon completes the verse by saying, after many days you will find it again. Have you ever thrown bread into the water and found it again later on? It is pretty wet and soggy and quite unappealing. Would you be willing to eat that soggy bread?

However, Solomon goes on to say, “Give a portion to seven, and also to eight; for thou knowest not what evil shall be upon the earth.” Ecclesiastes 11:2. In order to be prepared for some trouble, disaster, or impending doom, you will want to cast your bread upon the waters.

These verses are all about giving. If you have some bread, which means anything of value, whether it be money or possessions, you should learn to give some of it away. And you do not just give once or twice but seven, even eight times. Generosity is the key. And the reason for casting your bread on the waters is to let it go. Just toss it out, give it away, be generous, without worrying about where it is going.

Even if we are generous enough to give, some people still want to make sure they know everything about where it is going. When we give our tithes and offerings have you ever been tempted to think “Are they using my money wisely?” Or do we think the people deserve the gift? Is this a legitimate cause? Are they expressing enough thanks? For some, giving has so many strings attached that it is not really giving anymore in its truest sense. Solomon says, be generous and give as if you are throwing bread upon the waters. Then he adds, after you do this, watch for the blessings. He says, “after many days you will find it again.” This is a beautiful promise. When you give in the true spirit of giving it will come back to you.



CHRIST IS KNOCKING

“Behold, I stand at the door, and knock.” Revelation 3:20. Here we read of Christ knocking at the door of your heart. Some people simply do not want to open the door, fearing what Christ may find inside. Is there something in your heart you do not wish Him to see? Will you answer His knock? If there is something that should not be there, He will gladly help you clean it out. Do not be embarrassed to let Him in. He already knows what is behind that door and simply wants your permission to enter.

“The heavenly Guest is standing at your door, while you are piling up obstructions to bar His entrance. Jesus is knocking through the prosperity He gives you. He loads you with blessings to test your fidelity, that they may flow out from you to others. Will you permit your selfishness to triumph? Will you squander God’s talents, and lose your soul through idolatrous love of the blessings He has given? –*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 967

“Are there any who will prefer perishable, earthly treasure to the heavenly, immortal substance? Christ is making His last appeal to hearts. How importunate His entreaty, how reluctant He is to give you up to separation from His love and presence forever! Still is heard the step of Him who waiteth at your door; His voice is yet pleading for entrance; but there is a point beyond which His forbearance will not reach. Shall the words be written over the doomed doorway, . . . *He is joined to his idol of earthly treasure: let him alone?*” —*The Review and Herald*, November 2, 1886 (emphasis mine)

TESTED

“Be content with such things as ye have.” Hebrews 13:5. A testimony was written by Ellen G. White for a poor woman who loved the Lord very much, and very much desired to have more money that she could give greater contributions to the cause she loved.

“My attention was called to your desire to possess means. The sentiment of your heart was: ‘Oh, if I only had means, I would not squander it! I would set an example to those who are close and penurious. I would show them the great blessing there is to be received in doing good.’ Your soul abhorred covetousness. As you have seen those who possessed abundance of this world’s goods shut their hearts to the cry of the needy you have said: ‘God will visit them; He will reward them according to their works.’ As you have seen the wealthy walking in their pride, their hearts girt about with selfishness, as with iron bands, you have felt that they were poorer than yourself, although you were in want and suffering. When you have seen these purse-proud men bearing themselves loftily because money has power, you have felt pity for them, and in no case would you have been induced to change places with them. Yet you desired means that you might so use it as to be a rebuke to the covetous.” —*Testimonies for the Church*, vol. 2, p. 277

“The Lord said to His angel who had hitherto ministered unto you: ‘I have proved her in poverty and affliction, and she has not separated herself from Me, nor rebelled against Me. I will now prove her with prosperity. I will reveal to her a page of the human heart with which she is unacquainted. I will show her that money is the most dangerous foe she has ever met. I will reveal to her the deceitfulness of riches; that they are a snare, even to those who feel that they are secure from selfishness, and proof against exaltation, extravagance, pride, and love of the praise of men.’

“I was then shown that a way was opened for you to improve your condition in life and at length to obtain the means which you had thought you would use with wisdom and to the glory of God. How anxiously did your ministering angel watch the new trial to see how you would stand the test. As means came into your hands, I saw you gradually and almost imperceptibly separating from God. The means entrusted to you were expended for your own convenience, to surround yourself with the good things of this life. I saw the angels looking upon you with yearning sadness, their faces half

averted, loath to leave you. Yet their presence was not perceived by you, and your course was pursued without reference to your angel guard.” —*Ibid*, p. 278

The Lord knows, better than you do, your heart and what you would do with excess riches. Would you use them for yourself, or would you truly give to the poor and to the cause of God? Therefore, be content with what you have, and always pray for the Lord’s will to be done in your life. Not our will but His will.

TO WORK

“For even when we were with you, this we commanded you, that if any would not work, neither should he eat.” 2 Thessalonians 3:10. The abuse of the welfare system in the western world and the government support aids in developing countries has created many idle and lazy people. “The custom of supporting men and women in idleness by private gifts or church money encourages them in sinful habits, and this course should be conscientiously avoided. Every man, woman, and child should be educated to do practical, useful work. All should learn some trade. It may be tentmaking, or it may be business in other lines; but all should be educated to use the members of their body to some purpose, and God is ready and willing to increase the adaptability of all who will educate themselves to industrious habits.” —*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 912

Clearly, idleness is sin. We often associate this verse with poor people; however, this Bible verse is not only for the poorer classes of society. There are many idle, wealthy people. “If a man in good physical health has property, and has no need of entering into employment for his own support, he should labor to acquire means that he may advance the cause and work of God. He is to be ‘not slothful in business; fervent in spirit; serving the Lord.’ God will bless all who will guard their influence in regard to others in this respect.” —*Ibid*, p. 912

GOD SCATTERS

“Multitudes who are prosperous in the world and who never stoop to the common forms of vice, are yet brought to destruction through the love of riches. Absorbed in their worldly treasures, they are insensible to the claims of God and the needs of their fellow men. Instead of regarding their wealth as a talent to be used for the glory of God and the uplifting of humanity, they look upon it as a means of indulging and glorifying themselves. They add house to house and land to land, they fill their homes with luxuries, while want stalks the streets, and all about them are human beings in misery and crime, in disease and death. Those who thus give their lives to self-serving are developing in themselves, not the attributes of God, but the attributes of Satan.” —*Testimonies for the Church*, vol. 6, p. 256

All we have is a blessing from God and He can remove it any time as in the days of Haggai. “Ye looked for much, and, lo, it

came to little; and when ye brought it home, I did blow upon it. Why? saith the LORD of hosts. Because of Mine house that is waste, and ye run every man unto his own house." Haggai 1:9

"Those who are selfishly withholding their means need not be surprised if God's hand scatters. . . . God can scatter the means He has lent to His stewards, if they refuse to use it to His glory." —*Testimonies for the Church*, vol. 2, p. 661

"The Lord sometimes tests His people with prosperity in temporal things. . . . Some abuse the talents given them of God; they close their eyes that they may not see the necessities of His cause and turn away their ears that they may not hear His voice showing them their duty to feed the hungry and clothe the naked. . . . They forget their divine mission, and if they continue to follow the dictates of their selfish hearts, and expend precious time and means to gratify their pride, God will send reverses, and they will feel pinching want because of their ingratitude. He will entrust His talents to more faithful stewards, who will acknowledge His claims upon them." —*Testimonies for the Church*, vol. 4, p. 619

"There are many who urge that they cannot do more for God's cause than they now do; but they do not give according to their ability. The Lord sometimes opens the eyes blinded by selfishness by *simply reducing their income to the amount they are willing to give*. Horses are found dead in the field or stable, houses or barns are destroyed by fire, or crops fail. In many cases God tests man with blessings, and if unfaithfulness is manifested in rendering to Him tithes and offerings, His blessing is withdrawn. . . . In view of the love and compassion of Christ, which brought Him from the royal courts to suffer self-denial, humiliation, and death, let each ask himself the question, 'How much do I owe my Lord?' and then let your grateful offerings be in accordance with your appreciation of the great gift of heaven in God's dear Son." —*Ibid*, p. 484 (emphasis mine)

Tithes are an obligation. We make a vow to give 10% of our income as a tithe when we are converted and then baptized. Offerings are a test of our love. The last sentence in the quote stated that our *offerings* will be in accordance with our appreciation of the great gift of heaven.

Yet when we put our money in the bank of heaven, God will bless us. "The contributions required of the Hebrews for religious and charitable purposes amounted to fully one fourth of their income. So heavy a tax upon the resources of the people might be expected to reduce them to poverty; but, on the contrary, the faithful observance of these regulations was one of the conditions of their prosperity. On condition of their obedience God made them this promise: 'I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field. . . . And all nations shall call you blessed: for ye shall be a delightful land, saith the

Lord of hosts.' Malachi 3:11." —*Patriarchs and Prophets*, p. 527

The poor are not exempted from giving. The Lord will always lead you to people who are more needy than you are. "Even though he may be poor, the youth who is industrious and economical can save a little for the cause of God." —*The Adventist Home*, p. 382

EVERY PENNY

"In the use of every penny, it will be seen whether we love God supremely and our neighbor as ourselves." —*Christ's Object Lessons*, p. 351

"When you are tempted to spend money for knickknacks, you should remember the self-denial and self-sacrifice that Christ endured to save fallen man." —*Ibid*, p. 382–383. "The amount daily spent in needless things, with the thought, 'It is only a nickel,' 'It is only a dime,' seems very little; but multiply these littles by the days of the year, and as the years go by, the array of figures will seem almost incredible." —*Ibid*, p. 384. "I wish I could impress on every mind the grievous sinfulness of wasting the Lord's money on fancied wants. The expenditure of sums that look small may start a train of circumstances that will reach into eternity. When the judgment shall sit, and the books are opened, the losing side will be presented to your view—the good that you might have done with the accumulated mites and the larger sums that were used for wholly selfish purposes." —*Ibid*, p. 383. If the Lord will call us into account for every penny spent, should we not also make a careful accounting of every penny we spend?

"But many show by their works that they dare not trust the bank of heaven. They choose to trust their means in the earth, rather than to send it before them to heaven. These have a great work to do to overcome covetousness and love of the world. Rich poor men, professing to serve God, are objects of pity. While they profess to know God, in works they deny Him. How great is the darkness of such! They profess faith in the truth, but their works do not correspond with their profession. The love of riches makes men selfish, exacting, and overbearing." —*Counsels on Stewardship*, p. 151

"He who realizes that his money is a talent from God will use it economically, and will feel it a duty to save that he may give." —*Christ's Object Lessons*, p. 352

May God helps us to think seriously how we use the talent of money that the Lord has entrusted us with, whether it be much or whether it be little. And if it be possible, find ways to increase this talent so as to be a greater blessing for the cause of God. Amen.

Wendy Eaton



HEALTH MATTERS:



The ginger plant is a perennial with stems about a meter tall, having narrow green leaves and yellow flowers. The edible part of the plant, known as the spice ginger, is the underground stem or root (rhizome) of the ginger plant. It is covered with a brownish skin. Ginger can be consumed fresh, powdered, dried as a spice, in oil form, or as a juice. Ginger is a common ingredient in Asian and Indian cuisine, and has also been used for its medicinal properties for centuries among many cultures.

It is thought that ginger originated in the tropical rainforests of Southern Asia, however the plant is no longer found anywhere in the wild. For this reason, historians think that the plant did not exist naturally in its current form, but was bred by humans. Accounts of the use of ginger first appeared in the writings of Confucius in the 5th century BC. Ginger roots were transported from India and China to the Middle East and to Europe, along with other spices, along the "Silk Route." The Romans used ginger extensively; however it was very costly, and few could afford it. Ginger was known for its healing properties, which is why it was such a valuable product. It was considered a miracle cure for all kinds of ailments. In the present day, ginger is widely commercially produced. Most ginger still comes from Asia; however, it is also produced in many other countries.

Historically, ginger was used for relieving digestive problems such as nausea, loss of appetite, sea sickness, and pain. It was also used to warm the stomach. Additionally it was used as a relaxant, breath-freshener, decongestant and an anti-septic. It was also a remedy for flu, colds, fatigue, headaches, fever, bowel problems, diarrhea, and menstrual pain. It was added to other herbal remedies to reduce their toxicity and their irritant effects on the stomach. In our present day, ginger has been identified as a

treatment for these and many more ailments.

The unique fragrance and flavour of ginger come from its natural oils, the most important of which is gingerol, the main bioactive compound, which is also responsible for much of its medicinal properties. It has powerful anti-inflammatory and antioxidant effects. Ginger also contains numerous other anti-inflammatory and antioxidant compounds beneficial to health such as beta-carotene, capsaicin, caffeic acid, and salicylate. As it is in the same family, ginger also contains curcumin, the main active ingredient in

turmeric.

Gingerol is also known as a strong antioxidant, which protects against free radical damage. Certain substances including fried foods, alcohol, tobacco smoke, pesticides, air pollutants, and many more cause the body to produce free radicals. These free radicals can cause damage to parts of cells such as proteins, DNA, and cell membranes by stealing their electrons through a process called oxidation. This can cause cell damage, where the cell functions poorly or can die. Ginger can also prevent a decrease in the amount of glutathione, which is one of the body's most important internally produced antioxidants.

Both oxidative stress from free radicals and chronic inflammation can speed up the aging process. They are believed to be among the key reasons for Alzheimer's disease and age-related decline in brain function. Some studies in animals suggest that the antioxidants and bioactive compounds in ginger can reduce inflammation that can occur in the brain, with some evidence that ginger can enhance brain function directly. In one study, ginger extract was shown to improve reaction time and working memory.

Ginger appears to be highly effective against nausea caused by motion sickness, and works as well as prescription medicine. It also has the added benefit by not causing drowsiness, as many prescription drugs can do. Ginger may also relieve nausea and vomiting after surgery, and in cancer patients undergoing chemotherapy. However, it is found to be most effective when it comes to pregnancy-related nausea, such as morning sickness. In lower doses (1–1.5 grams), it is considered safe and with no adverse effects to the pregnancy. In other circumstances, up to six grams a day can be taken to relieve nausea.

Osteoarthritis is a common health problem, which worsens as people get older. As the joints in the body degenerate, it leads to symptoms such as pain and stiffness. The gingerol compound in ginger has very potent anti-inflammatory effects, which is why, as well as being effective in treating the pain of osteoarthritis, it also reduces the swelling in the joints. With decreased pain and swelling, ginger improves joint mobility and overall functioning of the joints. Its anti-inflammatory properties also assist with reducing muscle pain in the days following intense exercise.

Chronic indigestion, also known as dyspepsia produces recurrent pain and discomfort in the upper part of the stomach. It is believed that delayed emptying of the stomach is a major cause of indigestion. Ginger has been shown to speed up emptying of the stomach in people with this condition by 50% when taking ginger powder before a meal.

Ginger has been shown to be effective in other conditions also. Ginger taken at the beginning of a menstrual period is as effective as taking medication to relieve menstrual pain. Three grams of ginger daily can lead to significant reductions in LDL cholesterol, total cholesterol and triglycerides, lowering risk of heart disease. Ginger can treat various lung conditions such as asthma, bronchitis and other respiratory problems by loosening and expelling phlegm from the lungs. It also stimulates blood circulation, assisting in removing toxins from the body, cleansing both the kidneys and bowels.

Recent studies have shown that ginger may have anti-tumour properties, making it effective in protecting against, and treating, certain cancers such as pancreatic, breast, colon, and ovarian cancers. Ginger can kill ovarian cancer cells, and can also keep them from becoming resistant to chemotherapy drugs. This is especially beneficial as most ovarian cancers are found in the advanced stages of the disease.

A very new area of research is studying the role that ginger may play in diabetes. In a recent study, two grams of ginger powder lowered fasting blood sugar by 12%. It also dramatically improved HbA1c levels, which tests for long-term blood sugar control, leading to a 10% reduction over a period of 12 weeks. Especially in those countries where insulin and other diabetic medications are not readily available, consuming ginger may be an efficient way to control blood sugar levels. And for those who take medication for diabetes, they may be able to reduce the dose of medication.

Overall, ginger can boost the efficiency of our immune system. During colds and flus ginger can be used to help break fevers, promoting healthy sweating. Sweat contains

a potent germ-fighting agent that may help to fight off infections. It protects against invading organisms that come into contact with our skin's surface. Gingerol can also lower the risk of infections overall, preventing the growth of many different types of bacteria. It is very effective against bacteria, which causes inflammation and disease of the gums, such as gingivitis.

Used externally, the fresh juice of ginger can be applied on to the skin to treat burns. The oil made from ginger is sometimes applied to the skin to relieve pain; to reduce the appearance of scars; it evens skin tone and improves elasticity; increases blood circulation to the scalp which can stimulate hair growth; and can be used to treat dandruff. Ginger extract is also applied to the skin to prevent insect bites.

According to ancient practices, ginger can help keep your weight under control. It increases leptin levels, a compound that makes you feel full and satisfied after a meal, preventing overeating. Ginger also has the ability to enhance the thermogenic effect of food, which raises the body's temperature, and increases the rate of metabolism, which helps burn calories. Not only does it help with weight in general, it can also target the main reasons that lead to the accumulation of belly fat, which is caused by overeating, hormonal changes and low energy, which leads to lack of exercise.

Ginger is so concentrated with active substances that only small amounts are needed to receive its beneficial effects. For nausea, ginger tea made by steeping one or two 1/2-inch slices of fresh ginger in a cup of hot water will likely be all you need to settle your stomach. For arthritis, some people have found relief consuming as little as a 1/4-inch slice of fresh ginger cooked in food, although people who consumed more ginger reported quicker and better relief.

Whenever possible, choose fresh ginger over the dried form of the spice since it has better flavour and contains higher levels of gingerol as well as its anti-inflammatory compounds. When purchasing fresh ginger root, make sure it is firm, smooth and free of mold. Ginger is generally available in two forms, either young or mature. Mature ginger, the more widely available type, has a tough skin that requires peeling while young ginger does not need to be peeled.

Just like with other dried spices, when purchasing dried ginger powder try to select organically grown ginger. Fresh ginger can be stored in the refrigerator for up to three weeks if it is left unpeeled. Stored unpeeled in the freezer, it will keep for up to six months. Dried ginger powder should be kept in a tightly sealed glass container in a cool, dark and dry place. When stored in the refrigerator it has an extended shelf life of about one year.



Actions Speak Louder than Words



"Hello my sweethearts, how was school today?" asked Mother as she came in with some groceries. Annie and Max headed over to help.

"It was great, Mother, we did some painting today," said Max excitedly.

"My day was good as well. I have a project due in two days. The teacher put us into groups of three's. Only, one of the girls in my group, Kate, never does her homework. I asked her if she would help out with this assignment and she said no," said Annie.

"I'm sorry to hear that Kate is unwilling to help with the project, but I'm sure Samantha will be of great help."

"Yes mother, Samantha was very excited about the project and promised she would do the best she could. I'm sure we'll be fine," Annie smiled.

The next day at school, Samantha told Annie she would not be going to her house to work on the project because she had been invited to a birthday party. Annie was sad because now she would have to work on the project alone; but also because her friend had turned back on her word. Annie would ask mother to help her.

"Good afternoon Mother."

"Hello sweetie, how was school? Where is Samantha?" Mother asked, as she put her homemade apple pie into the oven. She had made it especially for the girls.

"She will not be coming," answered Annie sadly.

"Oh Annie, I'm sorry to hear that. . . . Do you think I can help?"

"Yes Mother, I would really appreciate that," Annie an-

swered as she held back her tears. Suddenly the doorbell rang. Mother and Annie looked at each other, a glimmer of hope in their eyes. Annie went to open the door and to her surprise, there was Kate, with her backpack and schoolbooks. She had decided to come and help with the project. Annie was happy. She truly didn't expect to see Kate.

Later that evening, after the girls had finished working on their project, and after eating apple pie, the family gathered for evening worship. Mother shared a parable of Jesus found in Matthew 21:29-31.

The story is about a father who had two sons. He went to the first son and asked him to go and work in his vineyard. However, this son said, no. The father then went to his second son and asked him to go work in his vineyard. This son said yes he would go. However, when the time came to go work in the vineyard, the son who had said no had a change of heart and mind and decided to go and work. On the contrary, the son who said yes did not end up going.

Mother explained that both words and actions are important. However, when it comes to obedience, it takes more than just words. Jesus wants us to serve Him in action and not only worship Him with our words. He was a perfect example of this because when He was on this earth; He not only spoke, but He obeyed His Father through His actions.

Annie learned that actions speak louder than our words. Though we must be careful with what we say, real change comes through actions.

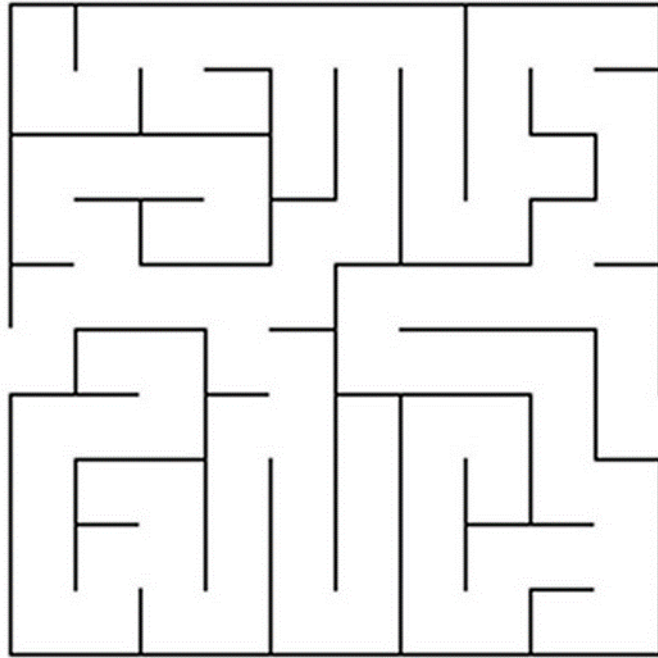


Challenge Seven

Help Kate get to Annie's home to help with the project.

Answer the following question:

In Jesus' parable, which son was obedient to the father?



Complete all 15
Challenges

Don't miss Grandpa's
next visit to Annie and

Email your challenges here:

veronicanoeemigarcia@gmail.com





South India Youth Meetings June 2017



LOOKING FOR YOU . . .

If you are interested in submitting an item for publication in *The Reformation Messenger*, please submit by email or mail.

**Submit:
Drawings, Announcements ,
Reports, Articles, Poems, Photos,
Personal Testimonies and Experiences.**

SAKANIA, CONGO

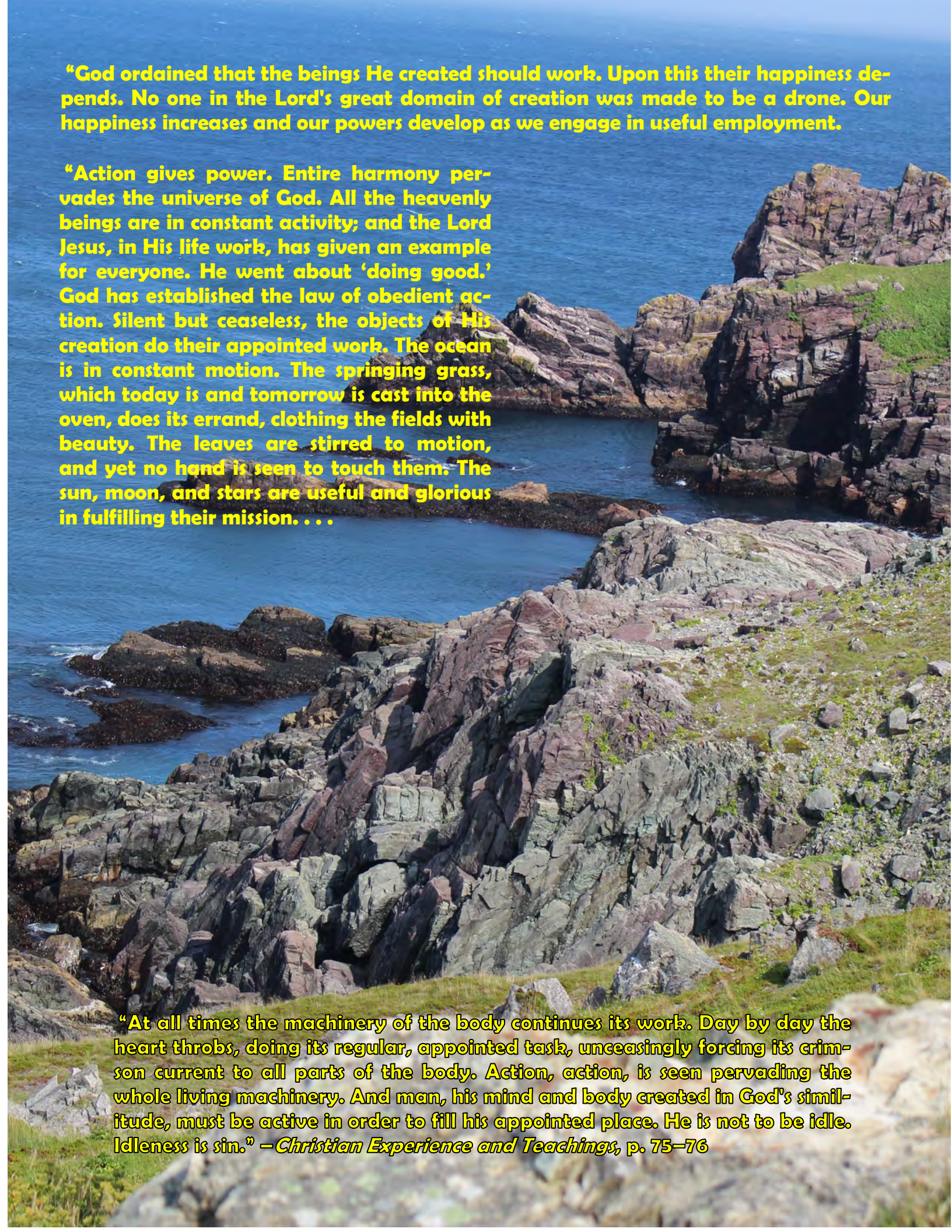


Sakania is at about 7 km away from the Zambian Border. The South Congo Field organized a camp meeting from June 25 to July 2 to strengthen the church in Sakania. The church is small with 12 members; however, there are 10 souls preparing for baptism. Some are former members who had left and others are new souls who have accepted the truth as it is in Jesus. It was a wonderful time of fellowship producing a good harvest. Many more interested souls are studying the scriptures. Some are from the nominal Adventist church. Please pray for this small group in South Congo.

UGANDA



Medical missionary training in Uganda at Mbarara town from May 14th—27th, 2017

A scenic view of a rocky coastline. The foreground is dominated by dark, jagged rock formations with patches of green grass. In the middle ground, a calm blue bay or inlet is visible, surrounded by more rock formations. The background shows a vast expanse of blue sea meeting a clear sky at the horizon.

“God ordained that the beings He created should work. Upon this their happiness depends. No one in the Lord's great domain of creation was made to be a drone. Our happiness increases and our powers develop as we engage in useful employment.

“Action gives power. Entire harmony pervades the universe of God. All the heavenly beings are in constant activity; and the Lord Jesus, in His life work, has given an example for everyone. He went about ‘doing good.’ God has established the law of obedient action. Silent but ceaseless, the objects of His creation do their appointed work. The ocean is in constant motion. The springing grass, which today is and tomorrow is cast into the oven, does its errand, clothing the fields with beauty. The leaves are stirred to motion, and yet no hand is seen to touch them. The sun, moon, and stars are useful and glorious in fulfilling their mission. . . .

“At all times the machinery of the body continues its work. Day by day the heart throbs, doing its regular, appointed task, unceasingly forcing its crimson current to all parts of the body. Action, action, is seen pervading the whole living machinery. And man, his mind and body created in God's similitude, must be active in order to fill his appointed place. He is not to be idle. Idleness is sin.” – *Christian Experience and Teachings*, p. 75–76