

A lush forest stream flows through a dense green forest. A large, moss-covered fallen log spans across the stream, serving as a natural bridge. A white dove is perched on the right end of the log. The water is clear and flows over rocks, creating small cascades. The surrounding vegetation is vibrant green, with various plants and trees visible.

The Reformation
Messenger

VOLUME 24, NUMBER 9, SEPTEMBER 2017

The Work of Reformers

Page 4

"Have Not I Commanded Thee?"

Page 9

Shining for Jesus

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 A Pure Flowing Brook**
- 4 The Work of Reformers**
- 6 Why Are God's Children Still in this World?**
- 9 "Have not I commanded Thee?"**
- 12 Watch and Pray**
- 14 Shining for Jesus—Canadian Field Conference**
- 18 Health Matters: Vegetable Oils**
- 21 Adventure in the Land of the Maya**
- 22 At the Crossing**
- 24 Children's Corner: Do Not Forget to Share**

PHOTO CREDITS

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

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.



A Pure Flowing Brook

“God has given us all something to do; and in the discharge of various duties, our lives will be made useful, and we shall be blessed. ‘Not slothful in business,’ [Romans 12:11] is the injunction of the apostle Paul. A person might as well expect a harvest where he has not sown, as to expect to be saved while living in indolence. The race is not always to the swift, nor the battle to the strong, yet ‘he shall become poor that dealeth with a slack hand.’ [Proverbs 10:4.] Those who are diligent in business may not always be prospered; but drowsiness and idleness are sure to grieve the Spirit of God, and destroy true godliness. A stagnant pool becomes offensive; but a pure, flowing brook spreads health and gladness over the land.

“Riches and idleness are thought by some to be blessings indeed; but those who are always busy, and who cheerfully go about their daily tasks, are the most happy, and enjoy the best health. The healthful weariness which results from well-regulated labor secures to them the benefits of refreshing sleep. The sentence that man must toil for his daily bread, and the promise of future happiness and glory, both came from the same throne, and both are blessings.” —*Christian Temperance and Bible Hygiene*, p. 96–97

“One of the surest safeguards against evil is useful occupation, while idleness is one of the greatest curses; for vice, crime, and poverty follow in its wake. Those who are always busy, who go cheerfully about their daily tasks, are the useful members of society. In the faithful discharge of the various duties that lie in their pathway, they make their lives a blessing to themselves and to others. Diligent labor keeps them from many of the snares of him who ‘finds some mischief still for idle hands to do.’” —*Counsels to Parents, Teachers and Students*, p. 275

“Talent is too much idolized, and station too much coveted, even among Seventh-day Adventists. There is too ea-

ger a desire to ride upon the high places of the earth, and too little willingness to follow the Saviour in the path of cross-bearing and humility. There are too many who will do nothing unless they can be leaders; too many who must be praised and petted, or they have no interest to labor. To work in a humble way for Jesus, and, though unnoticed, to still work on, sowing the seeds of truth, appears to them an unattractive and unwelcome task.

“All this springs from mistaken conceptions of usefulness and honor. The wide, deep rivers are admired and valued, while the hundreds of little rills that help to form these broad and noble streams, are unnoticed. Yet the humble brook that makes its noiseless way through grove and meadow, bringing health and fertility and beauty, is as useful in its way as the broad river.

“We do not need eminent men so much as good, true, and humble men. God calls for those of all classes and all trades to work in His cause. Those are wanted who will begin at the lower rounds of the ladder, who will, if need be, eat their own bread and quietly perform their duty; men who will not shrink from diligent labor to acquire means, or from rigid economy in its expenditure, and who will devote both time and means to work for the Master in their own families and their own neighborhoods.” —*Gospel Workers*, p. 381

“Wear the ornament of a meek and quiet spirit, which is in the sight of God of great price. Cherish the grace of love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance. This is the fruit of the Christian tree. Planted by the rivers of water, it always brings forth its fruit in due season.” —*Seventh-day Adventist Bible Commentary*, vol. 3, p. 1142

Ellen G. White



The Work of Reformers

"And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird." Revelation 18:1-2

Here we have a picture of the last work of God on the earth. One more angel is sent out with the warning message. Once more God is calling the inhabitants of the world to repent and turn to Him before it is forever too late.

To give this last call, He has chosen the mightiest of angels. He did not choose a helpless weakling, but one having great power. And He did not choose a little twinkling light, but one whose glory lightens the whole earth. This angel has a terrible work to do.

"I then saw the third angel. Said my accompanying angel, 'Fearful is his work. Awful is his mission. He is the angel that is to select the wheat from the tares, and seal, or bind, the wheat for the heavenly garner.'" —*Early Writings*, p. 118

The true reformers are this mighty angel. "I was shown that the third angel, proclaiming the commandments of God and the faith of Jesus, represents the people who receive this message and raise the voice of warning to the world, to keep the commandments of God as the apple of the eye, and that in response to this warning many would embrace the Sabbath of the Lord." —*Testimonies for the Church*, vol. 1, p. 76

No other work is so important, and so rewarding. Those who stand before the world as reformers are compared to Elijah, who alone stood before the king and his men, and challenged the priests of Baal to prove who is the true God.

There is a great need for reformers in the world; they can bring the blessing of God to others. "And it came to pass from the time that he had made him overseer in his house, and over all that he had, that the LORD blessed the Egyptian's house for Joseph's sake: and the blessing of the LORD was upon all that he had in the house and in the field." Genesis 39:5. Because there was one reformer in Potiphar's house, everyone received the blessing of the Lord.

"And he walked in the way of the kings of Israel, as did the house of Ahab: for the daughter of Ahab was his wife: and he did evil in the sight of the LORD. Yet the LORD would not destroy Judah for David his servant's sake, as he promised him to give him alway a light, and to his children." 2 Kings 8:18-19. David had

already died, but for his sake the Lord would not destroy Judah, even that they had fallen into a sinful life.

Ten reformers would have saved Sodom and Gomorrah from destruction.

There is great need of reformers in the church of God, to encourage others who may have fallen into apathy, into careless indifference, and into a lukewarm condition. This condition existed in the church of God in 1888, and God sent them the message of reformation by Jones and Waggoner. This is the one bright spot in our world, the only hope—the few faithful reformers who stand for the truth, and for righteousness, who have responded to God's call by saying, "Here am I, send me."

Yet, are these reformers appreciated? No. In 1888 not one of the 96 delegates accepted the message of Jones and Waggoner. No one is so hated by Satan and his followers than the faithful reformers, those who stand as a bulwark against the tide of evil and spiritual darkness, and are holding the banner of truth before the world.

The sad thing is that many of the leaders of the churches and the ministers can fall into apathy and reject the message that could save them. Do we understand the solemnity and magnitude of our calling? We have the last message ever to be proclaimed among the nations. How much would Satan love to see the faithful standard bearers lower their banner and fall asleep, and to not be different from the world.

The mighty angels are waiting to go with us to preach the gospel to the world; the Holy Spirit is ready to help us to give to the world the last invitation of mercy. God is depending on your help to lead souls to salvation to complete the number of 144,000. It is not a time now to seek worldly

pleasure, comfort, and an easy life, while souls are perishing on every side. Jonah did not go to Nineveh to seek entertainment, pleasure, or riches, and neither are we in the world to seek comfortable lives.

A reformer is not an ordinary Christian; he is filled with the Holy Spirit and with the power that God has given him; therefore he can do a mighty work. Study the lives of Enoch, Noah, Moses, Nehemiah, and Elijah, and you will get a picture of a reformer. Elijah especially is an example of the last-day reformers. Alone he accomplished a great reformation in Israel.

The first requirement of a reformer is that he is humble. "The Lord uses humble men to proclaim His messages." – *Testimonies for the Church*, vol. 5, p. 253

Moses was chosen to do the special work of a reformer, to educate 2 million people for 40 years, because he was the meekest man on the earth (Numbers 12:3). A humble person esteems others better than himself. A humble person cannot be offended or made angry. You can hurt him and call him by abusive names, but he will still love you, and pray for you, like Jesus did for the men who crucified Him.

This first requirement already disqualifies many professing Christians as reformers. God has no use for proud, self-important professing Christians; they are Satan's agents to discourage others.

A reformer is also faithful. He has nothing to hide. His life is as transparent as glass. "My servant Moses is not so, who is faithful in all Mine house." Numbers 12:7

A reformer is faithful in Sabbath keeping and in tithes and offerings. He keeps all of God's Commandments, following health reform faithfully. As long as he lives, he is faithful in all things. He would rather die than commit the smallest sin.

Reformers please all people, "Even as I please all men in all things, not seeking mine own profit, but the profit of many, that they may be saved." 1 Corinthians 10:33. "For though I be free from all men, yet have I made myself servant unto all, that I might gain the more." 1 Corinthians 9:19

Being a servant of all and pleasing all men in all things leaves us no time to seek for selfish pleasure. Paul did this service without wages. Before, he had a position in the Sanhedrin, with high wages, but he gave it up and started voluntary missionary work for the rest of his life. The more service the reformer does for the Lord, the happier he is; he has fullness of joy. If he would suddenly lose all his money and his possessions like Job did, his joy and happiness would not change, because his heart is not in earthly things; his treasure is in heaven.

The reformer has a missionary spirit. He wants to save others. Every moment he is watching for opportunities to wit-

ness to someone. The highlight of his life is having a Bible study with an interested soul. His greatest enjoyment is to speak of Christ and His love. He cannot be silent. "For we cannot but speak the things which we have seen and heard." Acts 4:20

A reformer is not comfort loving. The voice of duty is a stronger motive than the desire for ease and comfort. Moses made the right choice in his life. "By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward. By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing Him who is invisible." Hebrews 11:24–27

The reformer is a peacemaker. He works for unity as far as it is possible, even sacrificing his own goods and time for it.

The reformer loves God above all. He even loves his enemies.

He seeks to please everyone else, forgetting his own interests.

He is working for unity in the church so that everyone will speak and believe the same thing.

He is faithful unto death.

He is working alone, like Elijah, if others are not available to help him.

He has the spirit of sacrifice. He will even sacrifice his own opinion in order to unite with the people of God.

He will denounce the world and the things of the world, lifting Jesus up before the world.

After hearing this, is it your desire to be a reformer? Are you willing to pay the price of discipleship? "So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be My disciple." Luke 14:33

Can you drink the cup of Jesus, and be baptized with the baptism of fire? Do you see the beauty in the life of a reformer? Are you willing to be the angel of Revelation chapter 18, whose glory will lighten the whole earth? Do you permit the Lord to use you in the finishing work on this earth?

If all this is your desire, then you have made the right choice. Then you are learning the new song that the 144,000 will sing with the Lamb on Mount Sion. It is a song that no one else can learn except the 144,000. If you say yes to God, "Here am I, send me," then all heaven will rejoice, and will join in your work as a reformer. Amen.

Timo Martin

Why Are God's People Still in This World?



“Now these things were our examples, to the intent we should not lust after evil things, as they also lusted. Now all these things happened unto them for examples: and they are written for our admonition, upon whom the ends of the world are come.” 1 Corinthians 10:6, 11

Brothers and sisters, have you ever asked yourself why we are still in this world of sin and sorrow? Is this a better place for us to live so that we can be careless—not being mindful of the time we are living in? Why has Jesus not returned for such a long time and yet we do not inquire as to the reason? Are we satisfied with this world? Why have generations come and gone and Christ has still not returned?

“In this fearful time, just before Christ is to come the second time, God's faithful preachers will have to bear a still more pointed testimony than was borne by John the Baptist. A responsible, important work is before them; and those who speak smooth things, God will not acknowledge as His shepherds. A fearful woe is upon them.” —*Testimonies for the Church*, vol. 1, p. 321

LOOKING BACK TO THE WILDERNESS

The Lord designed that His people, the Israelites, were to travel for forty days and then enter the Promised Land, but they did not arrive at the appointed time. Because of unbelief many perished in the wilderness. Today, God's people are still wandering because of the unbelief of many.

“Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents. Neither murmur ye, as some of them also murmured, and were

destroyed of the destroyer.” 1 Corinthians 10:9–10

“The history of the wilderness life of Israel was chronicled for the benefit of the Israel of God to the close of time. The record of God's dealings with the wanderers of the desert in all their marchings to and fro, in their exposure to hunger, thirst, and weariness, and in the striking manifestations of His power for their relief, is fraught with warning and instruction for His people in all ages. The varied experience of the Hebrews was a school of preparation for their promised home in Canaan. God would have His people in these days review with a humble heart and teachable spirit the trials through which ancient Israel passed, that they may be instructed in their preparation for the heavenly Canaan.” —*Patriarchs and Prophets*, p. 293

The wilderness wandering was not only ordained as a judgment upon the rebels and murmurers, but it was to serve as discipline for the new generation arising as preparatory to their entrance into the Promised Land.

“For forty years did unbelief, murmuring, and rebellion shut out ancient Israel from the land of Canaan. The same sins have delayed the entrance of modern Israel into the heavenly Canaan. In neither case were the promises of God at fault. It is the unbelief, the worldliness, unconsecration, and strife among the Lord's professed people that have kept us in this world of sin and sorrow so many years.” —*Evangelism*, p. 696

“Forty years long was I grieved with this generation, and said, It is a people that do err in their heart, and they have not known My ways: Unto whom I swear in My wrath that they should not enter into My rest.”

Psalm 95:10–11

“It was not the will of God that Israel should wander forty years in the wilderness; He desired to lead them directly to the land of Canaan and establish them there, a holy, happy people. But ‘they could not enter in because of unbelief.’ Hebrews 3:19. Because of their backsliding and apostasy they perished in the desert, and others were raised up to enter the Promised Land.”
—*The Great Controversy*, p. 458

God altered His plan. He promised to lead them directly into Canaan, but because of their unbelief and rebellion only two of the original adults who left Egypt reached the earthly Canaan. The promise was fulfilled in their children. What do we learn from this? Are we repeating the same course of action as did Ancient Israel?

“I saw that many who profess to believe the truth for these last days think it strange that the children of Israel murmured as they journeyed; that after the wonderful dealings of God with them, they should be so ungrateful as to forget what He had done for them. Said the angel: ‘Ye have done worse than they.’” —*Testimonies for the Church*, vol. 1, p. 129

“After the number of the days in which ye searched the land, even forty days, each day for a year, shall ye bear your iniquities, even forty years, and ye shall know My breach of promise.” Numbers 14:34

A LESSON FROM THE CHURCH’S EXPERIENCE IN 1888

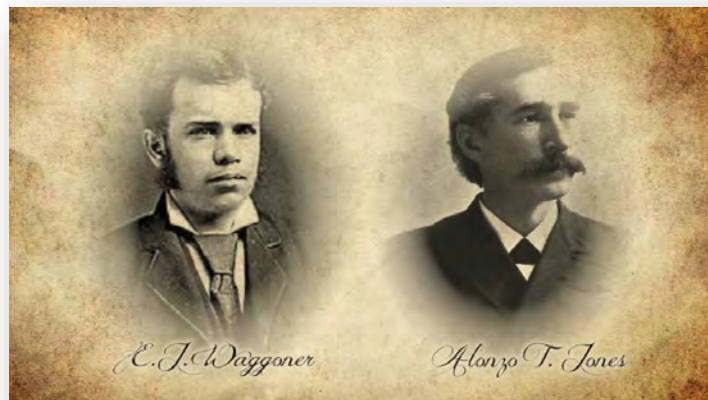
“Behold, I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.” Revelation 3:20

In 1888 Christ gave a message to His church. This message is called the Loud Cry of the Third Angel. It was Christ our righteousness in its fullness. If the message of 1888 had been received in its full measure the church would have been in heaven by now, but because of its rejection we are still wandering on this earth today.

“Our Redeemer sends His messengers to bear a testimony to His people. He says: ‘Behold, I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.’” Revelation 3:20. But many refuse to receive Him. The Holy Spirit waits to soften and subdue hearts; but they are not willing to open the door and let the Saviour in, for fear that He will require something of them. And so Jesus of Nazareth passes by. He longs to bestow on them the rich blessings of His grace,

but they refuse to accept them. What a terrible thing it is to exclude Christ from His own temple! What a loss to the church!” —*Testimonies for the Church*, vol. 6, p. 262

“The Lord in His great mercy sent a most precious message to His people through Elders Waggoner and Jones. . . . This message was to bring more prominently before



the world the uplifted Saviour, the sacrifice for the sins of the whole world. It presented justification through faith in the Surety; it invited the people to receive the righteousness of Christ, which is made manifest in obedience to all the commandments of God. Many had lost sight of Jesus. They needed to have their eyes directed to His divine person, His merits, and His changeless love for the human family. All power is given into His hands, that He may dispense rich gifts unto men, imparting the priceless gift of His own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the third angel’s message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure.” —*Testimonies to Ministers*, p. 91–92

Two classes are found in third angel’s message—those who serve God and those who serve Him not. Two groups are in the world. To which group do you belong? In 1888 God gave the message of Christ Our Righteousness to His church. This was to be followed by the outpouring of the Latter Rain to cause God’s people to mature in preparation for the final events of this world’s history. The message, however, was rejected by the majority. While some were neutral, only a small minority accepted the message.

In the journey of the children of Israel, at the borders of the Promised Land, twelve spies were sent to go and survey the land. When they returned, the spies were divided into two. Ten murmured at the difficulties they would face in entering the land and two talked about the goodness of the land.

In 1888 God sent His witnesses to bear a message to His people, but the majority rejected the testimony of the two men. Thus, God altered His plan due to the unbelief of His people. Are we not worse today than was Ancient Israel? They took forty years, but the Lord's coming has been delayed by much more than that today.

"And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it." Numbers 13:30

The Lord sent a warning by saying, "Satan's snares are laid for us as verily as they were laid for the children of Israel just prior to their entrance into the land of Canaan. We are repeating the history of that people. Lightness, vanity, love of ease and pleasure, selfishness, and impurity are increasing among us. There is need now of men who are firm and fearless in declaring the whole counsel of God; men who will not sleep as do others, but watch and be sober." —*Testimonies for the Church*, vol. 5, p. 160

John the Revelator writes, "But in the days of the voice of the seventh angel, when he shall begin to sound, the mystery of God should be finished, as He hath declared to His servants the prophets." Revelation 10:7

What is the mystery of God? "To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory." Colossians 1:27

GOD'S PROMISES ARE CONDITIONAL

"And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light." Romans 13:11–12

God spoke through Jeremiah saying, "At what instant I shall speak concerning a nation, and concerning a kingdom, to pluck up, and to pull down, and to destroy it; If

that nation, against whom I have pronounced, turn from their evil, I will repent of the evil that I thought to do unto them. And at what instant I shall speak concerning a nation, and concerning a kingdom, to build and to plant it; If it do evil in My sight, that it obey not My voice, then I will repent of the good, wherewith I said I would benefit them." Jeremiah 18:7–10

The Israelites were unable to reach the Promised Land because of their unbelief. We are in danger today of having unbelief in God's word as did as Israelites.

"Had the church of Christ done her appointed work as the Lord ordained, the whole world would before this have been warned, and the Lord Jesus would have come to our earth in power and great glory.

"It is the unbelief, the worldliness, unconsecration, and strife among the Lord's professed people that have kept us in this world of sin and sorrow so many years.

"We may have to remain here in this world because of insubordination many more years, as did the children of Israel; but for Christ's sake, His people should not add sin to sin by charging God with the consequence of their own wrong course of action." —*Maranatha*, p. 19

The apostle Paul wrote, "Redeeming the time, because the days are evil." Ephesians 5:16

By giving the gospel to the world it is in our power to hasten our Lord's return. We are not only to look for, but to hasten, the coming of the day of God.

Finally brethren, Peter exhorted us, "We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts." 2 Peter 1:19

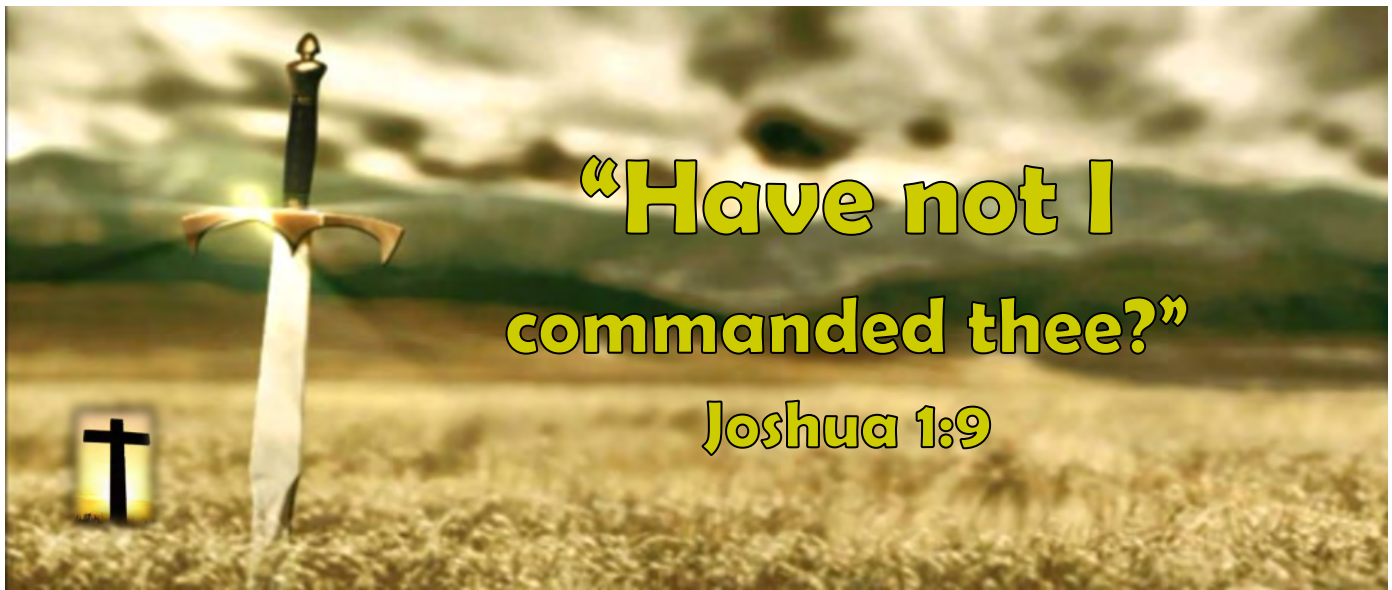
May God grant us grace and strength to give the last warning to the world.

Grace be to you all. Amen.

Jenifer Akello, Uganda

"And every man that hath this hope in him purifieth himself, even as He is pure." 1 John 3:3. "Does this text mean that the human agent can remove one stain of sin from his soul? No. Then what does it mean to purify himself? It means to look upon the Lord's great moral standard of righteousness, the holy law of God, and see that he is a sinner in the light of that law. 'Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law. And ye know that He was manifested to take away our sins; and in Him is no sin.'

"It is through faith in Jesus Christ that the truth is accepted in the heart, and the human agent is purified and cleansed. . . . He has an abiding principle in the soul, that enables him to overcome temptation." — *The Seventh-day Adventist Bible Commentary*, vol. 7, p. 950–951



“Have not I commanded thee?”

Joshua 1:9

Few people like to be commanded. When you hear the word “Command” it seems to indicate that it is something that must be obeyed—no questions asked. In the Military you have Commanders. These men are expected to be shown respect and they must be obeyed, whatever they ask. There is to be no thought of even questioning the orders or disobeying them, no matter how unreasonable they may appear. They must be obeyed or punishment will be meted out swiftly.

The word “command” seems to indicate sternness, no room for negotiation. Many people do not like to be commanded. People do not mind being “asked” to do something, or even “told” to do something. These are requests with a softer tone. But to “command” seems to indicate sternness which would cause many to cringe. A command is an order that must be followed, and if not, then severe consequences will follow.

The word “command” and “commandments” appear many times in the Bible. Although when God commands it is not an unreasonable request; however, severe consequences will still follow if the command is not obeyed.

The first command we see in the Bible is to Adam and Eve. “And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.” Genesis 2:16–17. I am sure the command was conveyed in a loving manner, rather than in a stern manner such as you would expect from a military general. However, it still was a command and if disobeyed, catastrophic consequences would follow. We can see the results of that first disobedience in the world today; and yes, the consequences were not favourable.

Yet, there have been faithful men who had no problems following the commands of God all throughout history, as the commands of God are reasonable commands. “And Noah did according unto all that the LORD commanded him.” Genesis 7:5. It was a good thing that Noah did obey

the command of the Lord, as this preserved life on planet earth. This was no unreasonable command.

“And Moses did as the LORD commanded him.” Leviticus 8:4. The success of the wilderness journey was largely due to the fact that Moses strictly adhered to the commands that the Lord gave him.

Even Jeremiah, as timid as he was, was told to speak what the Lord commanded him. He did, and he met a lot of trials in life, but his reward is in heaven. “But the LORD said unto me, Say not, I am a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak.” Jeremiah 1:7. When Jeremiah determined to obey, the Lord gave him the strength and energy to be the powerful preacher he was, without fear in the face of fierce opposition.

Holy men of God gladly, happily, obeyed the commands of the Lord. While the commands of God must be obeyed to keep in favour with the Lord, they are conveyed in a spirit of love.

When we look at the Ten Commandments—are these really stern, seemingly unreasonable commands that must be obeyed. . . or else . . . ? They are not stern in the way we may think of commands—orders being barked out by unthinking and uncaring generals—words spoken with a very firm and stern countenance—words that would incur fear if they were disobeyed. Some may view the Ten Commandments as such. It is true that they were delivered to the nation of Israel in the wilderness in a very fearful and awful display of the grandeur of God.

The Israelites were terrified after God spoke the Ten Commandments on Mt. Sinai in the midst of a flaming fire and smoke. It was a fearful event that caused the nation of Israel to tremble. “And they said unto Moses, Speak thou with us, and we will hear: but let not God speak with us, lest we die.” Exodus 20:19. The Lord wanted to impress upon His people the importance and permanence of His laws, and the severity of disobedience which would result in eternal

death.

They are ten short commandments, but how hard for some to keep. People do not fear as they read them today as did Ancient Israel, since they did not witness the flaming fire on the mountain. Although spoken in a mild manner today from many pulpits, it is very true that God is unyielding when it comes to salvation and the keeping of His commandments; but the reality is they are not commanded as a matter of fear—trembling fear. They are commandments of love—love to God and love to our fellow man. The keeping of them is not a matter of force, but a matter of choice. However, depending on the choice a person makes, the consequences that follow are made very clear, as the commandments of the Lord are unchangeable.

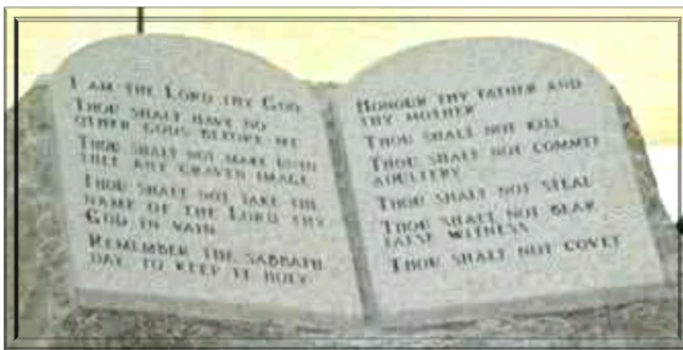
Reading throughout the book of Deuteronomy we can see that the Lord gave many commands, but He also gave people the choice whether to obey them or not. “And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all His commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.” Deuteronomy 28:1–2. The Lord uses the word “if” here, indicating choice. *If*, you hearken to the voice of the Lord. Reading further in the chapter, we see the consequences *if* a person chooses not to obey the commands of the Lord. “But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all His commandments and His statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee.” Deuteronomy 28:15. The choice is up to the individual to make; the penalty may not be immediate, but the end result is eternal. “Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.” Ecclesiastes 8:11. But the truth remains that, “the transgressors shall be destroyed together: the end of the wicked shall be cut off.” Psalm 37:38

“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.” Deuteronomy 30:19

In worldly associations, corrupt governments and court systems, when commands are expected to be respected and carried out, the punishment for disobedience can be severe and swift. Just look back in history at the birth of

the Reform Movement in World War I. What resulted when the faithful chose to obey God’s commandments which were in opposition to man’s commandments in time of war? The result was not pleasant. Many young men gave up their lives, preferring to adhere to the commandments of God rather than the commandments of men. But they died in peace.

“And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.” Joshua 24:15



There are many times when God has commanded His people in the Bible, often directing them as to the best course of action they should pursue—one that would be in keeping with the purpose He has for them in their lives, such as when Jesus spoke to the disciples: “These twelve

Jesus sent forth, and commanded them, saying, Go not into the way of the Gentiles, and into any city of the Samaritans enter ye not: But go rather to the lost sheep of the house of Israel.” Matthew 10:5–6. Success comes to the work of the Lord when faithful men and women seek counsel from the Lord and then faithfully adhere to the commands He gives them.

The gospel went to Africa beginning with the Ethiopian eunuch because Philip obeyed the command of the Lord. “And the angel of the Lord spake unto Philip, saying, Arise, and go toward the south unto the way that goeth down from Jerusalem unto Gaza, which is desert. And he arose and went.” Acts 8:26–27

The message of salvation went to the Gentiles in Macedonia because the apostle Paul obeyed the command of the Lord. “And a vision appeared to Paul in the night; There stood a man of Macedonia, and prayed him, saying, Come over into Macedonia, and help us. And after he had seen the vision, immediately we endeavoured to go into Macedonia, assuredly gathering that the Lord had called us for to preach the gospel unto them.” Acts 16:9–10

In keeping with our original point that commands that are disobeyed often bring disastrous results, would there be disastrous results if these people had not obeyed the command to go and do missionary work? Although God is a righteous judge, there would be negative results. Loss of souls, retarding the work of the Lord, delaying His coming, as the evil continues to increase on this earth, and loss of personal salvation due to neglected duties.

Every true Christian is called to be a missionary. Some are foreign missionaries, and some are volunteer missionaries at home and in their neighbourhoods and places of work. No matter where the Lord leads you, pray for guidance and direction and then obey the commands He gives you. Be not like Jonah and run in the opposite direction when the Lord commands you to go forward. “Jonah rose up to flee unto Tarshish from the presence of the LORD.” Jonah 1:3. Be fearless in the strength of the Lord and go.



Joshua reacted differently than Jonah when he was given a task that seemed very challenging. He was given the daunting task of leading the nation of Israel into the Promised Land. He felt unworthy for the task. Why? Did he have the largest army in comparison to

the Canaanites? No, he did not. In fact, his army was small. “The LORD did not set His love upon you, nor choose you, because ye were more in number than any people; for ye were the fewest of all people.” Deuteronomy 7:7. But the Lord understood Joshua’s fears and came to meet him to encourage him. When the Lord met him He gave him a command. “Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.” Joshua 1:9. And Joshua heeded the command of the Lord, and we see him later encouraging his soldiers. “And Joshua said unto them, Fear not, nor be dismayed, be strong and of good courage: for thus shall the LORD do to all your enemies against whom ye fight.” Joshua 10:25

I find this command very interesting. A command to go forward and do the work of the Lord; a command to be strong and of good courage. Jesus did not just “tell” Joshua to be strong. He did not “encourage” him to be strong. He “commanded” Joshua to be strong. Have you ever had to face a situation with which you felt uncomfortable, inadequate, or fearful of performing? Has anyone encouraged you to go ahead, be strong and go? Children sometimes have been told by parents they were to do some task, or performance in which they had no choice, and when the children are fearful, they were commanded to go and to be strong.

If we would ask, pray, and seek guidance and counsel for direction and purpose in our lives, the Lord will command us in which way we are to go, “thine ears shall hear a word behind thee, saying, This is the way, walk ye in it.” Isaiah 30:21. And then if the way seems difficult, He commands us to be strong. And He goes on to promise, “I will never leave thee, nor forsake thee.” Hebrews 13:5. And then we can go forward with courage, “So that we may boldly say, The Lord is my helper.” Hebrews 13:6

Disobedience to the command to be strong brings fear and “fear hath torment.” 1 John 4:18. A tormented person cannot be useful in the cause of God. Fear is prohibitive to many endeavours on this earth also.

What are people afraid of? When the Lord commands obedience, this often means change. It could be a change of job (loss of job due to Sabbath, or a call into full-time missionary work); a change of friends (leaving worldly friends behind); a change in diet (eliminating all unhealthful, stimulating foods). Or any other change in our lives—or idol that the Lord is asking us to give up. People do not always like change. To have no job, friends or eating foods that do not satisfy the palate can be very stressful for people. However, if the commands are obeyed, sure, we may lose something of this world, but we gain much for eternity. We can have peace, happiness, and security on this earth and most importantly we will be granted everlasting life when Christ comes. No wonder true Christians are always happy and contented, whether they have much or whether they have little. They have obeyed the commands of God and left the results in His hands, and most importantly they have obeyed the command to “be strong and of good courage” in the face of any and all adversity.

The greatest fear that unconverted people have is the fear of death, but the true Christian can face death strong in the love of the Lord and in good courage, because they believe the promise of their Father: “be thou faithful unto death, and I will give thee a crown of life.” Revelation 2:10

In the near future, the people of God will face many and more severe trials than they are facing today. The whole world will be arraigned against the true Sabbath keepers. It is then that the command to Joshua will be for us, to “be strong and of good courage.” It is my prayer that we can have the confidence of the Apostle Paul who said when he reached the end of his life, “I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing.” 2 Timothy 4:7–8

May we all prove faithful under the adverse conditions prophesied that God’s faithful children will experiences as the days of this earth’s history draw to a close. The command is to, “Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, He it is that doth go with thee; He will not fail thee, nor forsake thee.” Deuteronomy 31:6. If we obey the command of the Lord to be strong, He will see us through. If we do not obey, we will falter. And today, in our day-to-day living—Go—and obey the command of the Lord, whatever He may tell you and wherever He may lead you and then be strong and of good courage. Amen.

Wendy Eaton

Watch

and



Pray

“Watch therefore and pray always that you may be counted worthy to escape all these things that will come to pass and to stand before the Son of Man.” Luke 21:36

“Then He came to the disciples and found them sleeping, and said to Peter, ‘What? Could you not watch with Me one hour? Watch and pray lest you enter into temptation. The spirit is indeed willing but the flesh is weak.’” Matthew 26: 40–41

We are saying that time is going fast; to me it seems that it is Sunday one day, and suddenly it is Thursday. Where did the time go? Jesus only asked His disciples to watch with Him for one hour. We may say, that is nothing; an hour is very short. What we may not understand is how busy Jesus and the disciples had been that day and how late it was when Jesus asked them to pray with Him for one hour. Have you ever been really tired, so tired, that the only thing that you can think about is to find a place to lay down and sleep? The disciples and Jesus had had a very long day. Earlier in the day Jesus had sent the disciples to find a place where they could prepare for the Passover meal. That same day they had found the place in a miraculous way. Jesus had told them exactly where to go, who they would meet, and what the room would look like. “And He sent Peter and John, ‘Go and prepare the Passover for us that we may eat.’ So they said to Him, ‘Where do You want us to prepare?’ And He said to them, ‘Behold, when you have entered the city, a man will meet you carrying a pitcher of water; follow him into the house which he enters. Then you shall say to the master of the house, “The Teacher says to you, Where is the guest room where I

may eat the Passover with My disciples?’” “Then he will show you a large, furnished upper room; there make ready.’ So they went and found it just the way He had said to them and they prepared the Passover.” Luke 22:8–13

They celebrated the Passover and at the same time a new institution was introduced to them by Jesus, something they had never experienced before. They learned about the foot-washing, a new concept for them by which Jesus tried to teach them humility. The character of Judas was revealed. Jesus served the bread and the wine and it was already late in the evening. Now they walked out to the Mount of Olives and to the Garden of Gethsemane, it was approximately 1 mile. This had indeed been a very busy and long day. The whole week had been very, very busy. Do you realize how much had happened in that last week before the crucifixion? In John 12:1 it says, it was six days before the Passover. That means that the first eleven chapters of the Gospel of John covered 3 ½ years. Seven chapters were written about all the events that took place from six days before the Passover until the crucifixion. It all happened in one week. Two chapters are written about the events that took place after the resurrection. The Evangelist Mark uses ten chapters about the ministry of Jesus, up to the last week before the crucifixion and five chapters about the events that took place in the last week before the crucifixion, and one chapter after the crucifixion.

Matthew writes twenty chapters of his Gospel to describe the life of Jesus from before His birth to the last week of His life. Seven chapters were used to describe

the events in the last week before His death; one chapter after His resurrection.

In Luke chapter 19 Jesus enters Jerusalem riding on a donkey. This event takes us into the last week of His life. Four chapters are written about the last week. If we add all the chapters in the four Gospels together which speak about the events in the last week before Jesus' death, there are twenty-three chapters. We can ask the question—did the disciples pay attention to what was happening? If that was not the case, they would not have written twenty-three chapters about it. Do we see what a busy week the disciples and Jesus had before they celebrated the Lord's Supper? Now they walked one mile to the Garden of Gethsemane. Their bodies were giving up. They were exhausted and now Jesus asked them to pray with Him for one hour, not once, but three times.

We are not living in the last week of the ministry of Jesus. We live in the last days of this world's history, in a very busy time. If we take a comparison, I wonder how many books were written before the time that we call the time of the end? The time of the end began in 1798, and how many books were written since 1798? I would not be surprised if there were more books written from 1798 until now than during all the years before.

When I went to night school in Norway, in order to learn the Norwegian language the teacher told us that before the year 1900 a minister in Norway was expected to have seven books in his library. In other words, seven books were more books than most people owned at that time. Of course that was if they were able to read.

Today, books are everywhere. Often when people move, hundreds of books are left behind and are either recycled or taken to the landfill.

In order to keep up with the changing technology in our work place and society, we are expected to read all kinds of books and manuals. At the end of the day, we are often exhausted and do not take the time to pray as we should. The devil has figured out how he can make us so busy with the many daily responsibilities that we neglect to communicate with the Lord as we should. For the disciples of Jesus it was important to pray. The Bible says that the devil is angry because he knows that his time is short. Satan was setting a trap for Jesus and the disciples using the religious leaders of the nation and the civil power to destroy the Christian church in its infancy. "And the dragon stood before the woman who was ready to give birth, to destroy her Child as soon as it was born." Revelation 12:4

So, according to the Bible, the devil is also setting up a trap in the last days of earth's history, with a combination of false religion and civil power to destroy the remnant church, "those who keep the commandments of God and the faith of Jesus." Revelation 14:12. "He was granted power to give breath to the image of the beast, that the image of the beast should both speak and cause as many as would not worship the image of the beast to be killed. He causes all, both small and great, rich and poor, free and slave, to receive a mark on their right hand or on their foreheads, and that no one may buy or sell except one who has the mark or the name of the beast, or the number of his name." Revelation 13:15–17

Regardless how busy we are, let us take time to pray. Only if we pray like Jesus, will we overcome, like He did. May the Lord help us. Amen.

(All Bible texts quoted are from the New King James Version)

Evald Pedersen

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.

SHINING FOR JESUS

Canadian Field Conference

August 4-6, 2017

"Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee." Isaiah 60:1. "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:16

It was a lovely warm evening as God's children gathered together to welcome the Sabbath and begin a three day spiritual feast for their annual summer conference.

The theme for the conference was "Shining for Jesus", based on the commission that Jesus gave His followers on the Sermon on the Mount as recorded in Matthew 5:16.

Brother Morris Lowe, President of the Canadian Field, opened the conference by giving the opening message entitled: Jesus the Light of the World.

How can we possibly shine for Jesus unless we know Him as our personal Saviour? He has to shine through us in order for us to shine. If we go back to creation, the first thing that God brought forth was light. Did He need light to see what He was doing? No. However, light is needed for all living things to prosper, whether physical light or spiritual light. Jesus said, "I am the light of the world." John 9:5. We cannot shine for Jesus without Jesus being within us. We cannot produce this light ourselves. "For all have sinned, and come short of the glory of God." Romans 3:23. We have all started out in sin and darkness and need Christ to dispel the darkness.

In the final days of this earth's history, spiritual darkness will cover the earth and the only hope is in Jesus. "Jesus saith unto him, I am the Way, the Truth, and the Life: no man cometh unto the Father, but by Me." John 14:6. Jesus also said, "I must work the works of Him that sent Me, while it is day: the night cometh, when no man can work.

As long as I am in the world, I am the light of the world." John 9:4-5. "Lo, I am with you always, even unto the end of the world." Matthew 28:20. Will the light always be available? Forever? There is a time when Jesus will say, "It is finished." To those who reject or postpone accepting



the message of salvation, the light will one day be withdrawn. Today there are many people who are confused and do not know right from wrong. Men were created in the image of God, but Satan perverted this image. There are wars, bloodshed, and all kinds of evil crime in this world. Not to mention suicide, as people do not know that Jesus is the real solution to their problems. Jesus is not hiding the light, but “this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.” John 3:19. As we come closer to the end of time, it is getting more difficult to do missionary work—to find one soul who is sincerely seeking for truth and light.

The world is in gross darkness and we are called to shine for Jesus. Whose duty is this? It is the duty of every member of the church. Ask yourself, what you are doing for Jesus? People will not believe what the church preaches and teaches, as much as how the members live. May God help us each to make a commitment to shine.

Since we were all born in sin, we need to be translated into the kingdom of light while still on this earth in order to be able to shine for Jesus. Brother Elder Hernandez shared this subject. “Then spake Jesus again unto them, saying, I am the light of the world: he that followeth Me

shall not walk in darkness, but shall have the light of life.” John 8:12. When the light comes, it brings a clearer vision of what was wrong. We are better able to discern between light and darkness. In the book of Revelation, Jesus spoke to His church by saying, “I know thy works, that thou art neither cold nor hot.” Revelation 3:15. It is not enough to just attend church, pay our tithes, sing, or even preach. Light comes when we realize our true condition and long for something better. Those are in darkness who feel they are, “rich, and increased with goods, and have need of nothing.” Revelation 3:17

We are to come to Jesus as we are, with no spiritual make-up. He is not waiting for beauty, but He calls us to come as we are. We are to recognize who we are and what a great need we have. The light of Jesus is a revealing light. Only His light can save us from the chaos of this world. Jesus is calling us to search for light and truth so that our old chaotic lives can become new and orderly in Christ.

The light of Jesus can never be turned off. “And the light shineth in darkness.” John 1:5. The light may be surrounded by darkness; there is sin all around us. But the light of Jesus cannot be extinguished. The Pharisees tried to extinguish it, but after the resurrection the light was even greater than before. In every generation the light contin-



ues to shine in spite of Satan's best efforts to try to extinguish it.

Ask yourself, how is your flame? Is it still shining brightly? Or is it barely a flicker? Jesus asks us to shine, regardless of the circumstances. Jesus kept on shining all the way to the cross; and on the cross He continued to shine as He said, "Father, forgive them." Luke 23:34. While there is still a little time, the Lord is calling those who are still undecided to make their decision to shine for Jesus. May the Lord help us to be translated into the kingdom of light.

On Sabbath morning, we were blessed to have Brother Joel Barnedo, General Conference Youth Leader, in our midst, to share with us the bread of life for the divine service. When it comes to shining for Jesus, Jesus is our best example. If we use His method of labour we will meet with success. His method of approach was the person-to-person approach. If we want to ensure success in our personal life we must study the life of Jesus. It is quite simple; a person does not always need to attend missionary school in order to shine for Jesus. Jesus mingled with men as one who desired their good.

Jesus showed *concern* as He ministered to their needs. He showed *compassion*. Then, giving them *confidence*, He asked for *commitment* when He said, "follow Me." Concern-compassion-confidence-commitment. This method has proven to be successful in sharing the light of Jesus to those who are in darkness and giving them a desire to also come to the light and to shine for Jesus.

Brother Barnedo compared the members of the church to three different kinds of fish. The first being a shark. A shark is a fish that people do not love; rather the greater number of people fear sharks. When sharks come, people run, for fear of being eaten. Those who are like sharks are very zealous, but condemnatory in their gospel message—constantly denouncing other church groups as Babylon, and condemning their sinful practices and hammering them with the truth before introducing them to the love of Jesus. Their religion is a work-righteousness religion, based on fear.

The carp is a fish that does not do much activity. They are calm and quiet, being easy prey for sharks as they relax and rest a lot. This fish represents those who sit back and do not involve themselves much in missionary activity. They humbly sit back in their pew and just watch and wait, doing little missionary work themselves.

Then there is the dolphin which has the zeal of the shark but the humility of the carp. Dolphins are fish that are loved. They have saved many people in the world.

Our missionary work should be like the dolphin. We need to begin by bring friendly—invite people to our homes or

potlucks. The secret is friendship, not multiple talents. The science above all sciences is that of soul saving. "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward." Isaiah 58:6-8

We need to learn the methods of Jesus. Find out the needs of the people and supply those needs. If you talk more of Jesus, you will be surprised at the results. People will be naturally drawn to the light and will also desire to shine for Jesus.

Sabbath afternoon was filled with songs of praise and words of testimony and thanksgiving from the youngest children to the oldest adults. We also witnessed the blessed event of one of our young men who has dedicated his life to work for the Lord, Brother Renso Suarez, being ordained as an elder into his local church.

Brother Renso also gave the closing address of the day by sharing with us the subject, "People need the Lord." How will this need be fulfilled? If God's faithful followers shine for Jesus, this light will shine to those who are in darkness. People need the Lord; the world needs the Lord. Over 200,000 people die in the world every day. How many are dying with the Lord? Every day the world is plunging deeper and deeper into darkness and people are coming to despair as we see the suicide rates increasing.

All throughout history, there have been people groping in darkness, seeking for some light. Jesus went through all the cities and villages, not selling, but healing their sicknesses and preaching the gospel. When Jesus saw the multitudes, He was moved with compassion because they were as sheep without a shepherd. It is the shepherd that leads them to the good grass, providing them healthy foods, that helps them when they are sick, and keeps them from dangers. We are to be undershepherds for Jesus. The sheep cannot find their way home, but the shepherd leads them; and so, likewise, as people are groping in darkness in this world, we are to lead them to Jesus—to the kingdom of light.

Life is not easy on this earth, and sadly about 98% of Christians do not even know Christ. They are not shining for Jesus. The purpose of the church on earth is that each member would shine for Jesus, bringing souls to the feet of Jesus. In order to shine for Jesus, we must pray without ceasing, read our Bibles daily, and testify of His love to

others. We speak to the Lord in prayer and He speaks to us in His Word; and then we are so happy that His light will shine through us to others.

Sunday morning we witnessed the baptism of four dear souls who buried their old lives in the watery grave of Lake Ontario, to begin a new life in Christ. They have made a commitment to leave the world behind and go forward with Jesus.



The spiritual feast continued, with Brother Edwim Torres encouraging us to continue “walking in the light”. Walking requires movement. Jesus said, you are the light of the world. If you walk in light, you *are* light. You are living and practicing light. To walk in the light means you are walking in truth; walking uprightly; walking by faith; walking in love; walking in newness of light. The Bible sets the standard, “Thy word is a lamp unto my feet, and a light unto my path.” Psalm 119:105. To walk in the light means you are walking, and practicing the principles of the Bible. It is impossible for us on our own to reach this standard.

There are four steps we must follow in order for us to reach this standard. Wisdom (we need a knowledge of God), Christ our Righteousness (we need the righteousness of Christ to feed us), Sanctification (walking with Christ from the time we turn from evil until the end of our lives) and Redemption.

We can be partakers of the divine nature. Christ has given us power to overcome all hereditary and cultivated tendencies to sin. We need to analyse our lives to make sure we are walking in light and shining fully for Him.

The purpose of shining for Jesus is so that we can be ambassadors for Jesus—sharing the good news that we have a Saviour who loves us and died to save us. This subject was shared by Brother Nicholas Anca. “Now then we are ambassadors for Christ, as though God did beseech you by us.” 2 Corinthians 5:20. God wants us to shine—not only

for ourselves, but He has prepared us a work that each of us is to do with the aid of the Holy Spirit. In this work we need a personal experience with the Lord. We do not need to be the most talented people to be an ambassador. The Lord calls simple men, not necessarily the most powerful. All that is written of Noah’s character was that he was a righteous man.

We never know where the Lord will lead us. Abraham was called to separate from his family and friends—separate from their idolatrous lifestyles and go and shine for Jesus amongst the inhabitants of Canaan. “But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of Him who hath called you out of darkness into His marvellous light: Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.” 1 Peter 2:9–10. “Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’” —*The Ministry of Healing*, p. 143

In the final meeting of the conference, Brother Joel Barredo encouraged each of the believers present to take this as a personal and individual message to go and “arise and shine” for Jesus.

The Lord has prepared your work for you before you were born. Will you fulfill the duties He placed before you? The believers were encouraged to take our publications and scatter them like the “leaves of autumn.” Personal ministry—carry literature with you at all times, looking for opportunities to share it. We scatter the seeds and the Holy Spirit will cause it to germinate. When we go canvassing, the best method is not to look like a salesman selling books, but to tell the people you have come to bring them Jesus, and then share your personal testimony. Even ministers of the gospel are encouraged to continue going house-to-house as the Lord opens up opportunities.

This is a solemn time in which we live—an age of gross darkness. We are all called to be shining lights for Jesus, going in search of those who are groping in this darkness and longing for a way out.

Each person present left the conference with much encouragement. May the enthusiasm continue as we all are filled with the fullness of Christ and go out and shine for Jesus. Our prayer is that our brethren and sisters in all parts of the world will take up the challenge and duty to shine for Jesus so that soon He will come and put an end to the misery and darkness on this earth.

Canadian Field Secretary

HEALTH MATTERS:

Vegetable Oils: An Imperative Update



fats that can be used in foods. In the United States, in 2015, the FDA set a three-year time limit for the complete removal of all trans fats from processed foods.

Twenty years ago, in July 1997, the *Reformation Messenger* contained an article about vegetable oils. It provided a discussion on the various vegetable oils, and making suggestions on which ones may be healthier than others. Since then, much research has been done on the various qualities of vegetable oils, and an updated article is warranted. What we now know about vegetable oils in general is more extensive in nature. And the bottom line is that most vegetable oils are unhealthy and we should avoid them as much as possible in our cooking.

Many people perceive vegetable oils to be a healthy product; after all, they are made from vegetables. Often nutritionists recommend vegetable oils as they are mostly unsaturated fats, which are considered healthier than saturated fats. However, the structure of the fatty acids in vegetable oils is something that mankind has been exposed to only very recently with the ability to take vegetables and make oils from them. And, as more research is done on vegetable oils, the consensus is that they are not healthy for us and affect our bodies in negative ways. Vegetable oils are handy to cook with, so they are used extensively. But does that mean they are good for us? And which oils are the healthiest?

All vegetable oils are made up of various types of fats, typically a combination of saturated, monounsaturated and polyunsaturated fats. Trans fats, which occur in small amounts in nature in animals, also make up a portion of many vegetable oils; however, these trans fats are not in their natural form, but are an unhealthy by-product of manufacturing. Trans fats have been found to increase the amounts of “bad” cholesterol in the body, leading to plaque in blood vessels, increasing triglycerides and causing increased inflammation in the body. Because they are so unhealthy, governments have regulated the amount of trans

Oils which contain mostly saturated fats include coconut oil, palm oil, and palm kernel oil. Although saturated fats from animal foods have been implicated in an increase in heart disease, plant-based saturated fats are considered healthier. Much of the saturated fats in plant-based oils can increase the “bad” cholesterol, but on the other hand they also increase the amount of “good” cholesterol. Monounsaturated fats are found in olive, peanut and canola oil. These fats have been found to reduce overall cholesterol levels, and specifically LDL or “bad” cholesterol, while increasing levels of HDL or “good” cholesterol. Polyunsaturated fats are found in soybean, corn, sunflower, and safflower oil. They reduce overall cholesterol levels, and specifically LDL or “bad” cholesterol. Included in polyunsaturated fats are the Omega-6 and Omega-3 fatty acids. Fats are vital to our body, and are needed for many of our bodily functions. Fats provide us with energy, helps our bodies grow and develop, helps the body absorb vitamins A, D, E and K, is vital for brain function, and assists in the structure of cells. Because our bodies do not produce fats, they are considered “essential” in our diet; we need to obtain these fats from our food. Some low-fat diets deprive the body of these essential nutrients and are considered unhealthy.

But, where we obtain these fats from are also vital to our health and well-being. Fats found in natural foods are the most healthy, e.g. nuts, seeds, olives, and avocados. Prior to the introduction of vegetable oils, people cooked with fats from animals, such as with lard, tallow and butter. In the early 1900s, the process of making oils from vegetables was invented, largely as a “cheap” substitute for traditional fats. The amount of vegetable oils we eat is the single biggest increase in any kind of food nutrient over the course of the 20th century. Vegetable oils were virtually non-existent before the 1900s; now they make up about 7–8% of all calories consumed by North Americans. This equates to con-

suming 32 kg or 70 pounds a year per person. The numbers jumped dramatically once the campaign against saturated fats and cholesterol started. Even today, despite the fact that heart disease and cancer continue to rise at an alarming rate while saturated fat consumption is down, and vegetable oil consumption is at an all-time high, people are still believing the hype and buying this very non-traditional, non-healthy food-like product.

If vegetable oils contain healthy and also necessary fats, why are they so unhealthy for us? Cooking with vegetable oils is a problem, as the use of high temperatures in cooking degrades the oil into toxic products. More than 100 dangerous products have been found in food fried in vegetable oils. So, while trans fats are being recognized as harmful and are in the process of being completely eliminated, and saturated fats are also seen as unhealthy, we are faced with the negative health effects of cooking with vegetable oils, which have been used as so-called healthy alternatives to trans fats and saturated fats. On a side note, because many vegetables oils are derived from genetically modified crops, there is also the problem of the effects of glyphosate contamination and genetic engineering.

The most commonly used vegetable oils include rapeseed (canola oil), soybean, corn, sunflower, safflower, and peanut oil. Unlike coconut oil or olive oil that can be extracted from the plant by pressing (squeezing the plant to extract the oil), these newer oils have to be extracted in very unnatural ways, which makes them highly processed.

When talking about polyunsaturated fats, we need to look at two components contained in these fats, the Omega-6 and the Omega-3 essential fatty acids. Your body needs these two types of polyunsaturated fatty acids from your diet, because your cells cannot make them themselves. Both Omega-3 and Omega-6 fatty acids play a crucial role in brain function, in normal growth and development, stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system. The hormones derived from Omega-6 and Omega-3 have opposite effects to each other. Omega-6 fatty acids increase inflammation to boost the immune system, assists in blood clotting, and the reproduction of cells. Omega-3s decrease these functions. Together they work hand-in-hand to provide a balance to maintain optimal health. Omega-3 fatty acids also reduce inflammation and lower your risk of cardiovascular disease. Omega-6 and Omega-3 fatty acids are necessary to create hormones, which are contained in the membranes of cells in our body. They also play a crucial role in body functions such as cell messaging, immunity and inflammation. Acute inflammation is good because it helps your body heal from an injury; however, if you have chronic inflammation all over your body, it is a bad thing. It has been shown that chronic increased inflammation contributes to various diseases such as heart disease, asthma, autoimmune diseases, arthritis, depression, cancer and diseases

which lead to a degeneration of brain cells. This imbalance has also been implicated in obesity, depression, dyslexia, hyperactivity and even a tendency towards violence. In a study, a high intake of omega-6 was shown to lead to the overproduction of compounds in the body that stimulate appetite. This resulted in the animals eating more and developing obesity. Generally speaking, the hormones made from Omega-6 are pro-inflammatory and increase inflammation, whereas those made from Omega-3 are anti-inflammatory, they reduce overall inflammation in the body.

Because of its anti-inflammatory effects, there is a lot of hype about Omega-3s and how healthy they are. But what often gets neglected is the fact that it is not the amount of Omega-3 that is vital, it is more about the *ratio* of Omega-6 to Omega-3 fats that are critical to good health. The reason that Omega-3 gets so much attention is that the North American and European diet is very high in Omega-6, and low in Omega-3, which creates a ratio that is unhealthy.

Most vegetable oils contain very high concentrations of Omega-6 compared to Omega-3 fatty acids. But people keeping buying into labels on vegetable oils that say “a good source of Omega-3s” without realizing that they are really just making the imbalance even worse by using these oils. They may be a “good” source of Omega-3, however, the amount of Omega-6 in vegetable oils compared to the amount of Omega-3s make them unhealthy. The typical ratio of Omega-6 to Omega-3 in vegetable oils is seen in the chart below. As you can see, most polyunsaturated vegetable oils contain almost no Omega-3 fatty acids. Canola oil has been advertised as a healthy vegetable oil as it does have a 2:1 ratio of Omega-6:Omega-3, which is a healthy balance; however, as we will learn, the highly processed nature of canola oil makes it unhealthy.

Oil	Omega-6 Content	Omega-3 Content
Safflower	75%	0%
Sunflower	65%	0%
Corn	54%	0%
Cottonseed	50%	0%
Sesame	42%	0%
Peanut	32%	0%
Soybean	51%	7%
Canola	20%	9%
Walnut	52%	10%
Flaxseed	14%	57%

As we already learned, vegetable oil consumption rose dramatically between the beginning and end of the 20th century, and this had an entirely predictable effect on the ratio of

Omega-6 to Omega-3 fats in the American diet. Between 1935 and 1939, the ratio of Omega-6 to Omega-3 fatty acids was reported to be 8:1. From 1935 to 1985, this ratio increased to 10:1 (a 23% increase). Other calculations put the ratio as high as 12:1 in 1985. Today, estimates of the ratio range from an average of 10:1 to 20:1, with a ratio as high as 25:1 in some individuals. So what are the consequences to human health of an Omega-6-Omega-3 ratio that is up to 25 times higher than it should be? They are associated with an increase in all inflammatory diseases. As well as the diseases already listed, the list of inflammatory diseases include type 2 diabetes, metabolic syndrome, irritable bowel syndrome and inflammatory bowel disease, and macular degeneration.

A ratio of Omega-6:Omega-3 of 4:1 is considered healthy, with the best being a ratio of 1:1. The body can only support a certain amount of Omega fatty acids, thus they compete for space. What this means is that the more Omega-6 fat you eat, the less Omega-3 is available to decrease overall inflammation. On the other hand, the more Omega-3 fat you eat, the less Omega-6 will be available to the tissues to produce chronic inflammation. More Omega-3 will decrease the overall inflammation in the body.

Therefore, are the polyunsaturated vegetable oils which contain both the essential fatty acids Omega-6 and Omega-3 healthy for us? Let us take a look into the popular and cheap vegetable oil known as canola, which is widely considered one of the healthiest of vegetable oils because of its healthy balance of Omega-6s and Omega-3s. Canola is actually a hybrid of the original wild rapeseed. Wild rapeseed contains large amounts of erucic acid, which is known to cause significant heart problems, so the canola plant was developed as a healthier version of rapeseed, to produce a food-grade canola oil with lower erucic acid levels. Canola oil is a Canadian invention, cheap to manufacture, and therefore many packaged and processed foods contain it. The word "canola" was derived from the combination of "Canada" and "ola," meaning oil. It naturally has an Omega-6 to Omega-3 ratio of 2:1. This makes it one of the most healthy vegetable oils from that standpoint. Canola oil was first created in the early 1970s as a natural oil, but in 1995, Monsanto created a genetically modified (GMO) version of canola oil. As of 2005, 87% of canola grown in the U.S. was genetically modified, and by 2009, 90% of the Canadian crop was genetically engineered. Because it is a GMO crop, it is also treated with pesticides, and the herbicide Round-Up, containing high levels of glyphosate, which has recently been classified as a carcinogen (cancer-causing) by the World Health Organization. On the list of GMO oils are also soybean, corn and cottonseed.

Like most modern vegetable oils, canola oil goes through a process of refining, bleaching, degumming, colour-enhancing and deodorization to create the final product. This processing is necessary to remove the oil from the plant, which involves high temperatures, oxygenation and chemical additives including petroleum solvents such as hexane. Because canola oil is naturally high in Omega-3 fatty acids, it becomes easily rancid and foul-smelling when subjected to oxygen and high temperatures. The oil is next refined with high temperatures and sodium hydroxide to be deodorized, to mask the smell created by the chemical processing. The process of deodorization removes much of the Omega-3 fatty acids, and converts some of them to trans fats. The oil is also treated with more chemicals to improve its colour. Although canola oil has been advertised as a healthy vegetable oil due to its balanced ratio of Omega-6:Omega-3 (2:1), the amount of Omega-3 in canola oil is generally low (9% of the oil). And due to the extensive processing it must go through, it is unhealthy despite the better-than-average ratio of Omega-6 to Omega-3. Many other vegetable oil sources such as soybean, safflower, corn, sunflower, and cottonseed must be manufactured in the same way to remove undesirable trace elements in the oil, which would cause them to be odorous, bitter tasting, or dark. These oils undergo many steps beyond mere extraction to produce a bland, clear, and consistent oil, making these oils a highly unnatural processed product. These other oils also have worse ratios of Omega-6 to Omega-3, leading to more chronic inflammation and disease.

The high temperatures that are needed when using polyunsaturated vegetable oils in cooking worsen the negative effects caused by the manufacturing process needed to initially produce them. Cooking with sunflower oil and corn oil produce high concentrations of chemicals called aldehydes at levels 20 times higher than recommended by the World Health Organization; these chemicals have been linked to illnesses including cancer, dementia, and heart disease. Polyunsaturated vegetable oils are no longer considered the healthy alternative to saturated cooking fats; and, in fact, are considered even less healthy because of the chronic inflammation that is produced by their consumption. Ideally, these vegetable oils should not be part of our diet.

**NEXT MONTH:
MONOUNSATURATED
AND SATURATED OILS**



The following two articles are personal testimonies showing the blessing of God in our daily lives. Things that may not seem to matter much in the light of eternity—as far as our salvation is concerned—but are very distressing for us while living on this earth. God cares. He clearly answers our prayers and is a God close by. He is a friend who will never leave us nor forsake us.



Adventure in the Land of the Maya

It was the last day of our stay in Mexico. Our plane was supposed to leave from Cancun airport at 10 pm, so my brother and I decided to make the most of the day and we drove to Tulum, the site of a Mayan walled city. Its ruins are situated on 12-meter tall cliffs along the east coast of the Yucatán Peninsula. We saw numerous depictions in murals and other works around the site which show that Tulum must have been an important site for worship of the so-called Descending god. We immersed into the world of the Mayans and were impressed by their religious and cultural costumes.

With all these memories, we set off to go back to our apartment to get our luggage. We did not get far when it started to rain and, due to several accidents ahead of us, we got stuck in a heavy traffic jam. There was no going back, the traffic ahead was not moving forwards and there was no street to make a detour to get around the accident. All we could see ahead were cars, bumper-to-bumper, and the rain pattering against our windshield. People got out of their cars and started chatting with each other. It took over an hour and a half to travel a few kilometers. Nervously we kept looking at the clock, secretly wishing it would stop ticking. Drops of sweat were forming on our foreheads and we were fidgeting in our seats.

Finally, I spoke aloud what both of us had on our

minds: "Will we make it on time to the airport? Will we miss our flight to Switzerland?" We felt helpless in this situation, so I started to pray: "Lord, we can't do anything now, but nothing is impossible for You. Please disperse the congestion and help us to catch our flight." I repeated these words over and over again, but nothing happened. I cried out to God: "We do not believe in the dead gods of the Mayans, but we trust in You, the living God. You are powerful and merciful!"

Suddenly the traffic began to move. Somehow we made it on time to our apartment to get our luggage, and headed quickly to the airport and turned in our rental car. The shuttle brought us to the international terminal as we assumed that is where our international flight was departing from. But our adventure was not over yet. It turned out that our flight was departing from a different terminal. It became a race against time and our hearts were beating faster than ever. We rushed to a taxi which brought us to the right terminal. When we finally let ourselves fall into the comfort of our plane seats we gave a sigh of relief.

With a grateful heart we thanked God for making the impossible possible. "God is our refuge and strength, a very present help in trouble." Psalm 46:1

Manuela Di Franca



At the Crossing

“The LORD is good; for His mercy endureth for ever.”
Jeremiah 33:11

In the month of June, I travelled down to Georgia, USA to pick up my daughter’s possessions, which she has stored there prior to her return to Canada. She was unable to bring them when she returned and she had stored them in the church basement in Marietta, Georgia. The church members graciously permitted her to store them there temporarily.

I made a wonderful experience of the Lord’s care and concern on my way home and shared it with several people, who encouraged me to share the experience in print. I am always amazed at how the Lord cares for us in all areas of our lives. Not just in the missionary work we are doing; not just to supply our daily needs; but in every way that is distressing to us—He is there. Even when we neglect to do an appointed duty, or fail in some respect, He does not leave us nor forsake us.

I had attempted to make the journey in the month of April, but the Lord had me abort the trip part way down. After I had travelled five hours, the Lord told me to return home in various ways. As with Gideon, the first sign was not enough. It took four signs from the Lord, before I listened.

Then, in June, when I had the next opportunity (as I had a few days off from work), I decided to go again to pick up my daughter’s possessions. I was thinking and praying about it a few days before I was to go, wondering if it was the right time. At that time the Lord gave me the Bible verse, “Behold, now is the accepted time.” 2 Corinthians 6:2. So I went, knowing that the Lord would be with me and no trouble would come my way.

On my initial trip, I had my daughter with me, but on my second trip, I went alone. I left bright and early in the morning with a happy heart to make the 14-hour drive to Cedartown, Georgia. I knew the Lord was with me so it would be a pleasant journey. However, half way to my destination I realized that I had neglected to have the correct paperwork with me to bring Sharon’s possessions across an international border. That was the reason I had her on my first attempt. I was told by the customs officials at the Canadian border previously that I cannot bring her possessions across unless she is with me or I have a form filled out and signed by her stating that, “unaccompanied goods” were being transported to Canada, that belonged to her because she moved back. On the form she had to indicate who was bringing them, and to itemize the goods.



Oh dear, now what? Shall I turn back? I thought about it and prayed for some time. No, I would go by faith, the Lord told me that this was the accepted time. Perhaps the Lord will still bless me despite my oversight. I dismissed the thought and continued to enjoy the drive.

When I collected her belongings I realized I would have to downsize. I would like to put everything of hers I was bringing back into the back trunk of my car, and my little suitcase and a couple of small items in the car only. Hopefully the customs official does not ask too

many questions. Out of sight, out of mind is what I was hoping for. I packed the car carefully and left for home early Sunday morning. The back trunk of my car was as full as it possibly could be.

My thoughts started to trouble me half way to Canada. What will they say at the border? Will they let me across? What if they search the car? Will they charge me duty? It is really up to the individual border official as to what they decide. Will they have mercy on me? Or will they be difficult? On the way down to the USA the border official was unpleasant and he searched my car. I am thankful he did not open the large suitcase—that was completely empty—as I planned to fill it with Sharon’s clothing. That would have looked suspicious. But nonetheless he searched the car. My car has been searched on occasion as I cross the border and it has never been an issue in the past because I had nothing to hide. This time I did not want them to search. What would I tell them? Would I tell them it was partially my possessions that I had given to Sharon that she had abandoned and did not really want any more, but I did want them so I had gone to retrieve them? That is half truth. . . . but with the intent to deceive; so I was troubled. Would they confiscate the possessions? Would they make me pay duty? Would they turn me away? I had memorized the address of Brother Chester Cosby who lives in Detroit, right at the border of Canada, in the event that I would have to turn around and leave her possessions there and bring her with me another day to cross the border with them. I did not really want to do that as Chester lived four hours from my home.

What should I do? What should I do? My thoughts troubled me and so I prayed. I thought about all the times that I had crossed before. They always ask me, how long I was gone, and what is the value of the goods I am bringing back. Sometimes, those are the only two questions I get asked and then they let me in without further questioning. Those are good crossings. Many times though, they add a few more questions about the nature of the goods I am bringing back, and other questions. I did not want to be asked that question and be put in a position where I was prone to tell a half truth—a lie. I did not trust myself to be fully truthful—the temptation was great to tell a half truth.

I then stopped at a rest area an hour from the border and went into the washroom stall and knelt down to pray. I told the Lord my dilemma and asked that when I cross the border that they only ask me those two questions and no more. Just those two—how long I was gone and the value of the goods I am bringing back (I

was within the legal limit for the time I had been out of the country for the value). And please keep me from temptation. As I drove I still prayed and thought, and prayed and thought.

I came to the border and filled up with gas at the duty-free shop. I went once more to the washroom and knelt in the stall—“I am now at the border, Lord; and I am asking you again to please have the border guard ask me only those two questions and no more.” I then went through the toll booth and started driving over the bridge. Then I thought, there will be at least ten border booths I can drive through, which one should I go through? I don’t know. How can I choose? I want to go to the right one. There was a white van about 200 metres ahead of me, and no cars in between. I prayed and asked the Lord to lead that van to the booth You want me to go to. I will follow that van. So I did. It was not the shortest line, but it was the line the Lord wanted me to go to. When I came up to the booth I tried to remain calm. Continuing to pray in my mind, I handed the young man my passport. There was another man in the booth and the young man, rather than looking at me, was looking at the other man with a smile on his face as though they had just told a joke or something—that kind of a smile. He scanned my passport in his scanner and handed it back and said, “you are free to go.” I was in shock for a few seconds. I took my passport and said thank you . . . and tentatively drove off. What? No questions? Not even one? That has never happened to me and I have crossed that border at least 50 times in my lifetime. I was in disbelief. I asked the Lord for two questions, and He did more than I could think or ask—no questions. I was so relieved, thankful and grateful to the Lord. I was not doing anything illegal, but just neglected to do the necessary paperwork. I praise the Lord for Him guiding me through my experiences.

“Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.” Ephesians 3:20

We are dependent on the mercy of the Lord every day. Daily, hourly, He is by our side, wanting to direct our paths. “And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it.” Isaiah 30:21. Oh that we would trust Him more and turn to Him in our difficulties, rather than trying to wade through the trials of our life alone. Then will our peace be as a river (Isaiah 48:18) regardless of what circumstances we face in life. Amen.

Wendy Eaton



CHILDREN'S CORNER:

DO NOT FORGET TO SHARE



"Maxi! Annie! The school bus will be here to pick you up soon for your field trip, please come down," Mother yelled from the bottom of the stairs as she packed their lunches.

Maxi and Annie quickly finished getting ready and headed downstairs. As they reached the last step, they noticed from the window the bus turning the corner of the street.

"Now children, I've packed some sandwiches and a fruit for a snack. Make sure you eat up so you have energy for the day. Now let's have a quick prayer before you go."

After the prayer, the children gave their mother a kiss goodbye and excitedly headed out towards the bus.

"Hey Annie! Maxi! Come sit over here, we've saved you a spot," shouted out Jenny who sat beside her twin sister Amy and their little brother, Jacob who was Maxi's age. These were their neighbours whom they had met a while back and who had become good friends. The children laughed and talked all the while till they reached their destination, a museum.

"Okay children, I need you to listen closely," the teacher began to speak as the bus came to a complete stop. "We will need to stay close together at all times. Please stay in a line of two. Have your sticker that has your name and our phone number in a place where it is visible."

As she continued to speak, Annie noticed for the first time a boy on the bus who sat alone. But not only that, his shoes seemed very old and his clothes also. She decided not to jump to any conclusions. They finally all

got off the bus and they went in. It was a beautiful experience for all the children as they went through all the sections and saw different, interesting things. Maxi loved the dinosaur section; it was his favourite. Annie, on the other hand, enjoyed the section where there were different ancient manuscripts. Finally, it was lunch time. As all the children sat with their friends at different tables to enjoy their meal, Annie, once again, happened to notice the same boy she had seen on the bus, sitting alone at one of the tables, and he had no lunch. She looked down at her delicious sandwich, with avocado and tomatoes and other favourite vegetables, but she couldn't bring it to her mouth. Finally she got up, and headed to the table where the boy sat alone.

"Annie? Where are you going?" asked Maxi.

"It looks like she's going over there, to sit with that boy," said Amy.

"Isn't that the new boy? Yes it is, he's in my class," said Jacob.

Annie didn't know what she would say or if she would say anything at all. She found herself in front of the table. Finally she said,

"Hello, my name is Annie, can I sit with you?"

"Ummmmm, okay sure," answered the boy confused.

"What's your name?" asked Annie as she pulled out her lunch.

"Paul... Paul Moretti," he answered shyly.

"Paul, where's your lunch?"

"Um, I forgot it.... I guess," Paul said quietly.



“Here, have some of my lunch. My mother made it this morning and it’s delicious!”

“Are you sure? I mean, I am kind of hungry.” Paul’s mouth watered as he saw Annie’s sandwich.

“Here, I’m 100% sure.” Annie handed the sandwich to Paul, and as he ate, she said, “Paul, Jesus teaches us to share. My grandfather taught me a Bible verse; it’s found in Hebrews 13:16 and it says ‘do not forget to do good and to share with others, for with such sacrifices, God is pleased.’”

“I’ve heard about the Bible, but I don’t go to church. Jesus sounds like a very nice person. I’m happy He’s your friend and that He teaches good things,” answered Paul before taking another big bite of the sandwich.

“Well, you can meet Jesus too. I have an idea—the next time my grandfather comes to visit us, you can come and meet him. He will teach you more about Jesus and His teachings,” Annie said happily.

“Thank you Annie, I definitely will accept your invitation.” Paul smiled for the first time during the whole trip.

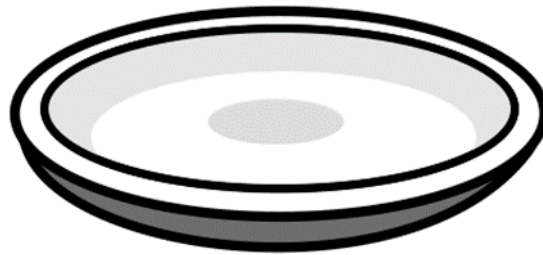
When they got home, Annie told her mother her experience. Mother was very pleased. They prayed for Paul, and afterwards Mother made a special big sandwich for Annie, with lots of avocado, just like Annie liked it.

Challenge Seven

Write the verse that Annie mentioned to Paul below:

What food would you have given Paul?

Draw your favourite food on the plate.



**Complete all 15
Challenges**

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

**Email your challenges here:
veronicanoeemigarcia@gmail.com**



Senegal

Doing Missionary work is challenging in a Muslim country.

But where there is a willingness to work, the Lord will open up the way and guide and direct our missionary workers. Brother Judicael and his wife Dorcas in Senegal have started to visit the villages, giving health lectures. They give people free health advice, free consultations and free medicines.

Many churches there use this method for missionary work, so Judicael and Dorcas decided to try. There has been overwhelming interest.

We pray that God may provide for them for this work as they wish to continue in many other nearby villages. Let us pray for them that the Lord will bring fruit for their labour so that they find souls who are interested in the gospel message of salvation.

Brother Judicael and his wife Dorcas on left.



Baptism in The Gambia

From Left: Brother Christian (Missionary in The Gambia), Brother Rufus, Brother Judicael (ordained minister—leader of Senegal and The Gambia) and Brother Nicholas



Canada



Above: Sabbath Afternoon in the park. Preaching and singing for the passers by. Below Left: Dedication of Eliana, the daughter of Edwim Torres (Bible Worker in Montreal) and Veronica Garcia




RIGHT: Left to Right: Wilfred Doyle and his wife faithfully worship the Lord at home every week. They live three hours away from the closest church. Also in photo, Reyna Conde and Tiffany Bessec



Believers in The Gambia





"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in His law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." Psalm 1:1-3

"The man who loves God meditates on the law of God day and night. He is instant in season and out of season. He bears the fruit of a branch vitally connected with the Vine. As he has opportunity, he does good; and everywhere, at all times and in all places, he finds opportunity to work for God. He is one of the Lord's evergreen trees; and he carries fragrance with him wherever he goes.

The beauty of his well-ordered life and godly conversation inspires faith and hope and courage in others. This is Christianity in practice. Seek to be an evergreen tree. Wear the ornament of a meek and quiet spirit, which is in the sight of God of great price. Cherish the grace of love, joy, peace, longsuffering, gentleness. This is the fruit of the Christian tree. Planted by the rivers of water, it always brings forth its fruit in due season." – *My Life Today*, p. 50