

The background of the cover is a photograph of a volcanic landscape. In the foreground, a steep, reddish-brown slope of volcanic ash and lava rock rises. A single, dead, bleached tree trunk stands prominently on this slope, its roots exposed. In the middle ground, several healthy green pine trees are scattered across the landscape. In the far background, a large mountain with a snow-capped peak rises against a clear blue sky. The title 'The Reformation Messenger' is overlaid on the top half of the image in a large, golden, cursive font. A small white dove icon is positioned above the letter 'e' in 'Messenger'. Below the title, the volume and issue information is printed in a smaller, golden, sans-serif font.

The Reformation
Messenger
VOLUME 25, NUMBER 11, NOVEMBER, 2018

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A Still Small Voice

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.

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PHOTO CREDITS

Wendy Eaton:

Front Cover

Helen Marttinen:

Back Cover, USA

Inside front cover, USA

Page 3, USA

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

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The Withered Tree



“And when He saw a fig tree in the way, He came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away.” Matthew 21:19

“Christ's act in cursing the fig tree had astonished the disciples. It seemed to them unlike His ways and works. Often they had heard Him declare that He came not to condemn the world, but that the world through Him might be saved. They remembered His words, ‘The Son of man is not come to destroy men's lives, but to save them.’ Luke 9:56. His wonderful works had been done to restore, never to destroy. The disciples had known Him only as the Restorer, the Healer. This act stood alone. What was its purpose? they questioned. . . .

“Jesus had come to the fig tree hungry, to find food. So He had come to Israel, hungering to find in them the fruits of righteousness. He had lavished on them His gifts, that they might bear fruit for the blessing of the world. Every opportunity and privilege had been granted them, and in return He sought their sympathy and co-operation in His work of grace. He longed to see in them self-sacrifice and compassion, zeal for God, and a deep yearning of soul for the salvation of their fellow men. Had they kept the law of God, they would have done the same unselfish work that Christ did. But love to God and man was eclipsed by pride and self-sufficiency. They brought ruin upon themselves by refusing to minister to others. The treasures of truth which God had committed to them, they did not give to the world. In the barren tree they might read both their sin and its punishment. Withered beneath the Saviour's curse, standing forth

severe and blasted, dried up by the roots, the fig tree showed what the Jewish people would be when the grace of God was removed from them. Refusing to impart blessing, they would no longer receive it. ‘O Israel,’ the Lord says, ‘thou hast destroyed thyself.’ Hosea 13:9

“The warning is for all time. Christ's act in cursing the tree which His own power had created stands as a warning to all churches and to all Christians. No one can live the law of God without ministering to others. But there are many who do not live out Christ's merciful, unselfish life. Some who think themselves excellent Christians do not understand what constitutes service for God. They plan and study to please themselves. They act only in reference to self. Time is of value to them only as they can gather for themselves. In all the affairs of life this is their object. Not for others but for themselves do they minister. God created them to live in a world where unselfish service must be performed. He designed them to help their fellow men in every possible way. But self is so large that they cannot see anything else. They are not in touch with humanity. Those who thus live for self are like the fig tree, which made every pretension but was fruitless. They observe the forms of worship, but without repentance or faith. In profession they honor the law of God, but obedience is lacking. They say, but do not. In the sentence pronounced on the fig tree Christ demonstrates how hateful in His eyes is this vain pretense. He declares that the open sinner is less guilty than is he who professes to serve God, but who bears no fruit to His glory.” —*The Desire of Ages*, p. 582–584

Ellen G. White

Selfishness



It is selfishness that has spoiled our world so that it is no longer a pleasant place to live in. Wars, crime, divorce, and poverty all are results of selfishness. The God of heaven is not respected anymore because the God of selfishness has taken control of the world.

We expect God to protect us, and bless us, and give us a place in heaven, and eternal life. But how much are we willing to give Him? We easily spend 10 or 20 dollars or more for ourselves, but the God of heaven must be satisfied with one or two dollars, which we place in the offering baskets.

How many times have you gone hungry because you gave all your money to God as an offering? The poor widow gave two mites, and that was called a sacrifice; it was all that she had.

Also, our time is divided selfishly. Only a small part is given to the God in heaven, and most of it is used for selfish purposes. Often there is no time for missionary work or prayer meetings, neither for Bible reading nor prayer. The God of heaven has given us health reform, telling us what to eat and drink; but, how often the selfish stomach demands food and drinks that are not healthy?

In the early years of life selfishness is learned and becomes part of the nature of men and women. It often takes a lifetime to eradicate and remove it. Most of the time it is never removed.

“The First Three Years. Let selfishness, anger, and self-will have its course for the first three years of a child’s life, and it will be hard to bring it to submit to whole-

some discipline. Its disposition has become soured; it delights in having its own way; parental control is distasteful. These evil tendencies grow with its growth, until in manhood supreme selfishness and a lack of self-control place him at the mercy of the evils that run riot in our land.” —*Health Reformer*, April 1, 1877

We have sometimes told parents, “look, your child is misbehaving, he needs discipline,” and their answer is, “he is young, when he grows older, he will learn.” But this may never happen.

“Selfishness is the strongest and most general of human impulses, the struggle of the soul between sympathy and covetousness is an unequal contest; for while selfishness is the strongest passion, love and benevolence are too often the weakest, and as a rule the evil gains the victory. Therefore in our labours and gifts for God’s cause, it is unsafe to be controlled by feeling or impulse.” —*Counsels on Stewardship*, p. 25

“Selfishness is a deadly evil. Self-love and careless indifference to the specific terms of agreement between God and man, the refusal to act as His faithful stewards, have brought upon them the curse, just as He declared would be the case. These souls have separated themselves from God; by precept and example they have led others to disregard God’s plain commandments, and He could not bestow His blessings upon them.” —*Messages to Young People*, p. 308

At the cross, love and selfishness stood face to face—Jesus dying for guilty sinners, and Satan rejoicing at the sufferings of Jesus, which he had caused.

Those who catch this sickness of selfishness do not know it because it blinds them. Every selfish person is spiritually blind. Satan claims that self-service is natural; to pamper your body and stomach is the purpose of life. Giving your eyes and ears enjoyable but worldly programs, music, movies, and videos is not sin according to the religion that Satan. For this reason his religion has more followers than the religion of Christ, which requires self-denial and the carrying of a cross.

“God abhors all selfishness and covetousness.” – *Seventh-day Adventist Bible Commentary*, vol. 3, p. 1158

“The selfishness which exists among God’s people are very offensive to Him.” – *Testimonies for the Church*, vol. 5, p. 270

“Selfishness brings spiritual death.” – *Ibid.*, vol. 8, p. 136

“It is the most abhorrent form of selfishness that leads the worker to neglect the improvement of time, the care of property, because he is not directly under the eye of the master. But do such workers imagine that their neglects are not noticed, their unfaithfulness not recorded? Could their eyes be opened, they would see that a Watcher looks on, and all their carelessness is recorded in the books of heaven.” – *Messages to Young People*, p. 228

“Let others do the work.

Let others carry the burden.

Let others sacrifice.”

This is the most abhorrent form of selfishness.

A selfish person will not be in heaven. Their prayers will not be heard nor answered. A selfish person is miserable and unhappy. No joy of heaven will enter his soul. This poisonous plant that Satan has sown must be uprooted so that not one fibre of selfishness is left in the heart.

Paul said, “I die daily.” He died to selfishness so that Christ could live in him. We also must confess and forsake selfishness. It can be overcome with the help of God.

“It is only when Christian motives are fully acknowledged, and the conscience is awake to duty, when divine light makes impressions upon the heart and character, that selfishness is overcome, and the mind of Christ is exemplified. The Holy Spirit, working with human hearts and characters, will expel all tendency to covetousness, to deceptive dealing.” – *Counsels on Stewardship*, p. 313

Sister White calls selfishness a leprosy, a terrible disease. “The leprosy of selfishness has taken hold of the church. The Lord Jesus Christ will heal the church of this terrible disease if she will be healed. The remedy is found in the fifty-eighth chapter of Isaiah.” – *The Review and Herald*, December 10, 1901



Let us remove all selfishness from our characters while there is still time to do it because soon it will be forever too late. Amen.

Timo Martin

LOOKING FOR YOU . . .

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Personal Testimonies and Experiences.**

“Who then Can Be Saved?”



These words were spoken by the disciples of Jesus and recorded in the books of Matthew, Mark and Luke. It is not written which disciple spoke these words, but in Mark we read, “they were astonished out of measure, saying among themselves, Who then can be saved?” Mark 10:26. Matthew mentions that the disciples were, “exceedingly amazed, saying, Who then can be saved?” Matthew 19:25. And Luke simply puts it, “And they that heard it said, Who then can be saved?” Luke 18:26

Clearly, the disciples were quite astonished at the words of Jesus. Jesus made some comments that exceedingly amazed them and led them to ask, “Who then can be saved?” What were the words that Jesus had just spoken that caused them so much distress?

Jesus had just had a discussion with a rich young ruler who asked Jesus what he had to do to inherit eternal life. He claimed to have kept the commandments since his youth and so he went on to ask what he was still lacking in his personal life that would keep him out of heaven. Jesus’ answer was that he had to sell all that he had and give to the poor and come and follow Him. This was too much and so the ruler sorrowfully left the presence of Jesus. Jesus then turned to His disciples, stating that, “It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.” Matthew 19:24. In other words—impossible.

It is these words that astonished the disciples. Why would they be astonished? The disciples were still harbouring the false concept regarding the nature of the kingdom of heaven. They had been influenced by the false teaching of the Jewish leaders concerning riches as always being a sign of divine favour; therefore, they were greatly puzzled at the words of Jesus. They were astonished and amazed.

The disciples reasoned that if prestige, influence, and wealth were not evidences of divine favour, then those who lack these have even less of a chance for salvation.

Remember that Judas was one of the 12 disciples and it was the other 11 who recommended him to Jesus because of his prestige. “The disciples were anxious that Judas should become one of their number. He was of commanding appearance, a man of keen discernment and executive ability, and they commended him to Jesus as one who would greatly assist Him in His work.” —*The Desire of Ages*, p. 294

Judas had a strong opinion about this event. He “was displeased. He thought that a mistake had been made. If such men as this ruler could be connected with the believers, they would help sustain Christ’s cause. If Judas were only received as a counselor, he thought, he could suggest many plans for the advantage of the little church. His principles and methods would differ somewhat from Christ’s, but in these things he thought himself wiser than Christ.” —*Ibid.*, p. 719

However, the thought processes and understanding of the Kingdom of God was all wrong in the minds of the disciples. Jesus clearly showed that worldly wealth and prestige will not save a man who is rich and influential in the church if he is acting from selfish principles.

The request of Jesus to the young ruler was not unreasonable. We have the happy contrast of Matthew. Remember that he once was a wealthy man who held an important position, and he left all. Also, Zacchaeus was another wealthy man who transferred his affections from his riches to Jesus. The disciples “expected the young ruler to do as Matthew had done, and because of his refusal they were sorrowful and dejected.” —*The Review and Herald*, September 11, 1900. “Said the angel: ‘Will God permit the rich men to keep their riches, and yet enter into the kingdom of God?’ Another angel answered: ‘No, never.’

“I saw that it is God’s plan that these riches should be used properly, distributed to bless the needy, and to advance the work of God. . . . Here they are proved to see

how much they love God, how much they love the truth; and, like the young man in the Bible, many go away sorrowful because they cannot have their riches and a treasure in heaven, too. They cannot have both; and they venture to risk their chance of eternal life for a worldly possession.” —*Testimonies for the Church*, vol. 1, p. 172

This article is not about money and the obligation we all have to give to support the cause of God; it is more about the reaction of the disciples in this circumstance.

Why were the disciples astonished? “They realized that they themselves were included in the solemn warning. In the light of the Saviour’s words, their own secret longing for power and riches was revealed. With misgivings for themselves they exclaimed, ‘Who then can be saved?’” —*Christ’s Object Lessons*, p. 394

Have you ever felt the same way that the disciples felt? Have you felt that—*The way is too narrow, the standard is too high?*

When we read the following statements, will we be tempted to ask also, “Who then can be saved?” Read them carefully because the standard *is high*.

“Those only who through faith in Christ obey all of God’s commandments will reach the condition of sinlessness in which Adam lived before his transgression. They testify to their love of Christ by obeying all His precepts.” —*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1118

“Are we striving with all our power to attain to the stature of men and women in Christ? Are we seeking for His fullness, ever pressing toward the mark set before us—the perfection of His character? When the Lord’s people reach this mark, they will be sealed in their foreheads.” —*Ibid.*, p. 1118

One man I met many years ago, who was a member in the Seventh-day Adventist Church, told me that the standard of the Reform Church is too high for him. He stated that he currently cannot live up to the standard in his own church, so there is no way he could even conceive of living up to the higher standard in the Reform church. Is it Reform Standard? Or is it God’s standard as revealed in His Word—the Holy Bible?

I have also heard some Christians say that the 144,000 is an elite group of very holy people who get special privileges in heaven due to their spotless life here on earth. They claim they could not be one of these elite because of their current lifestyle. They will just be content to be one of the great multitude—a lower class in heaven (according to their way of thinking). But, is there a different standard for the 144,000 as opposed to the Great Multitude? No. The standard is the same as it has been

all throughout history.

We are told, “I am instructed to say that you must raise the standard of piety and truth and holiness higher, still higher.” —*Manuscript Releases*, vol. 20, p. 170. Diet is an area where many are content in their current state; however, we are instructed to “raise the standard of temperance higher and still higher.” —*Ibid.*, p. 32. We need to adopt the diet of heaven *before* we reach heaven. In other words—today. There are many other areas in life that we need to raise the standard even higher. God’s people are “a peculiar people” (1 Peter 2:9) and “a spectacle unto the world” (1 Corinthians 4:9). Jesus prayed, “I pray not that thou shouldst take them out of the world, but that thou shouldst keep them from the evil. They are not of the world, even as I am not of the world.” John 17:15–16. We are to be out of this world while living in the world.

There will always be those who are content with a lower standard and who seek to lower the standard—those who state that too high a standard is a form of fanaticism. “We must do nothing to lower the standard of our religious principles. Let there be a decided reformation. Let nothing be done to weaken the faith or mar the soul.” —*The Review and Herald*, March 10, 1910

Since the judgment is going on in heaven today, should we not seek to live in conformity to His laws in every respect today? The judgement is very, very exact, reaching beyond our mere actions.

“God’s law reaches the feelings and motives, as well as the outward acts. It reveals the secrets of the heart, flashing light upon things before buried in darkness. God knows every thought, every purpose, every plan, every motive. The books of heaven record the sins that would have been committed had there been opportunity. God will bring every work into judgment, with every secret thing. By His law He measures the character of every man. As the artist transfers to the canvas the features of the face, so the features of each individual character are transferred to the books of heaven. God has a perfect photograph of every man’s character, and this photograph He compares with His law.” —*The Signs of the Times*, July 31, 1901

“The life He has given us is a sacred responsibility, and no moment of it is to be trifled with; for we shall have to meet it again in the record of the judgment. . . . Not only are we held accountable for what we have done, but for what we have left undone. We are held to account for our undeveloped characters, our unimproved opportunities.” —*The Review and Herald*, September 22, 1891

With such a high standard, I ask again? “Who then can

be saved?”

JESUS' ANSWER

When the disciples, in their astonishment, asked their question, Jesus did not leave them in perplexity very long. He had a ready answer for them.

“Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.” Matthew 19:26. Both Mark and Luke also record these same words of hope after this encounter.

Jesus wanted to teach them that riches, prestige, and influence have little bearing on a person's salvation. Persons in this situation often feel self-confident, as though having obtained their wealth and worldly position with their own efforts they are automatically deserving of heavenly favours also. However, it is impossible for a rich man to get into heaven on the basis of human efforts alone, because he has no means of freeing himself from the grasp of the love of riches upon his heart. In reality, it is not possible for *anyone* to be saved on the basis of their own efforts. Only a miracle of divine grace will be able to save a rich man from a supreme love of riches, or any other man from his particular besetting sin.

The Apostle Paul had both riches, prestige and honour, however, he came to the conclusion that, “I can do all things through Christ which strengtheneth me.” Philippians 4:13. He knew that only the power of God in a person's life can bring about the transformation of character that is required prior to entering the heavenly Canaan.

“A rich man, as such, cannot enter heaven. His wealth gives him no title to the inheritance of the saints in light. It is only through the unmerited grace of Christ that any man can find entrance into the city of God.” —*Christ's Object Lessons*, p. 394

HOPE IN CHRIST

Who can honestly say that they deserve to be saved? “Satan suggests that you are helpless and cannot bless yourself. It is true; you are helpless.” —*Faith and Works*, p. 37

Although many times we may have felt overwhelmed or in despair and perhaps had the same thoughts as the disciples, “Who then can be saved?” Jesus does not long leave His children in a hopeless situation. When Satan reminds you of your helplessness, he is telling you the truth; however, “lift up Jesus before him: ‘I have a risen Saviour. In Him I trust, and He will never suffer me to be confounded. In His name I triumph. He is my righteousness and my crown of rejoicing.’ Let no one here feel that his case is hopeless, for it is not. You may see that

you are sinful and undone, but it is just on this account that you need a Saviour. If you have sins to confess, lose no time. These moments are golden. ‘If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness’ (1 John 1:9). Those who hunger and thirst after righteousness will be filled, for Jesus has promised it. Precious Saviour! His arms are open to receive us, and His great heart of love is waiting to bless us.” —*Ibid.*, p. 37–38

Jesus not only speaks hope to us in discouraging times, He took it upon Himself to make sure we have hope. His actions clearly showed how seriously He is working for our salvation. “Wherefore in all things it behoved Him to be made like unto His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make reconciliation for the sins of the people. For in that He Himself hath suffered being tempted, He is able to succour them that are tempted.” Hebrews 2:17–18. “Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His. ‘With His stripes we are healed.’” —*The Desire of Ages*, p. 25. What a solemn thought. How undeserving we are of His goodness. How we have slighted His love in the past.

Even knowing this, there will be times when our feelings are overwhelmed with our sense of unworthiness, wondering if we are accepted by God. Although we are in a hopeless situation as Jeremiah spoke of when he said, “Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil” (Jeremiah 13:23), Jesus came to tell us that what is impossible with man is possible with God.

“There are those who have known the pardoning love of Christ, and who really desire to be children of God, yet they realize that their character is imperfect, their life faulty, and they are ready to doubt whether their hearts have been renewed by the Holy Spirit. To such I would say, Do not draw back in despair. We shall often have to bow down and weep at the feet of Jesus because of our shortcomings and mistakes; but we are not to be discouraged. Even if we are overcome by the enemy, we are not cast off, not forsaken and rejected of God. No; Christ is at the right hand of God, who also maketh intercession for us. Said the beloved John, ‘These things write I unto you, that ye sin not. And if any man sin, we have an Advocate with the Father, Jesus Christ the righteous.’ And do not forget the words of Christ, ‘The Father Himself loveth you.’ John 16:27. He desires to restore you to

Himself, to see His own purity and holiness reflected in you. And if you will but yield yourself to Him, He that hath begun a good work in you will carry it forward to the day of Jesus Christ. All sin . . . may be overcome by the Holy Spirit's power." —*The Faith I Live By*, p. 118

"How careful is the Lord Jesus to give no occasion for a soul to despair. How He fences about the soul from Satan's fierce attacks. If through manifold temptations we are surprised or deceived into sin, He does not turn from us and leave us to perish. No, no, that is not our Saviour. Christ prayed for us. He was tempted in all points like as we are; and having been tempted, He knows how to succour those who are tempted. . . .

"Unto Christ is committed all power in heaven and in earth, and all things are possible to him that believeth. Christ's glory is concerned in our success. He has a common interest in all humanity. He is our sympathizing Saviour." —*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 948

BELIEVE—AND YOU CANNOT BE LOST

What a wonderful thought—that you cannot be lost. This is the opposite of the sentiment that the disciples expressed to Jesus. They thought it would be impossible to be saved, according to the conditions that Jesus laid out; but, the reality is that if we believe, we cannot be lost. "The gates of eternal life are thrown open to all who believe on Jesus Christ. All believers who pass through a natural death, have, through eating the flesh and drinking the blood of the Son of God, eternal life in them, which is the life of Jesus Christ. In dying, Jesus has made it impossible for those who believe on Him to die eternally. . . .

"Christ lived and died as a man, that He might be God both of the living and of the dead. It was to make it impossible for men to lose eternal life if they believe on Him. The life of men and women is precious in the sight of God; for Christ has purchased that life by being executed in their stead. Thus He made it possible for us to attain to immortality." —*Ibid.*, p. 926

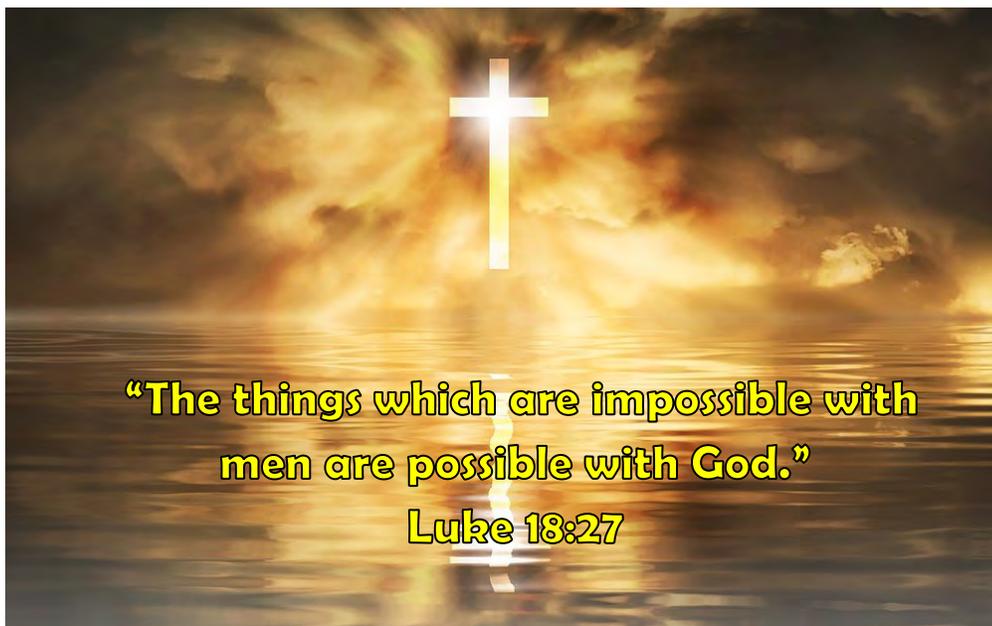
Our salvation, although at times may seem impossible, and we are tempted to echo the same words as the disciples, "who then can be saved?" the reality is, if we believe, it is impossible for us to die eternally.

And what does it mean to believe? "The nearer we come to Jesus, and the more clearly we discern the purity of His character, the more clearly shall we see the exceeding sinfulness of sin, and the less shall we feel like exalting ourselves. Those whom Heaven recognizes as holy ones are the last to parade their own goodness. *Men who have lived near to God, men who would sacrifice life itself rather than knowingly commit a wrong act*, men whom God has honored with divine light and power, have confessed the sinfulness of their own nature. They have put no confidence in the flesh, have claimed no righteousness of their own, but have trusted wholly in the righteousness of Christ. So will it be with all who behold the Saviour." —*The Youth's Instructor*, June 5, 1902 (emphasis mine)

"Through His sacrifice, human beings may reach the high ideal set before them, and hear at last the words, 'Ye are complete in Him,' not having your own righteousness, but the righteousness that He wrought out for you. Your imperfection is no longer seen; for you are clothed with the robe of Christ's perfection." —*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 907

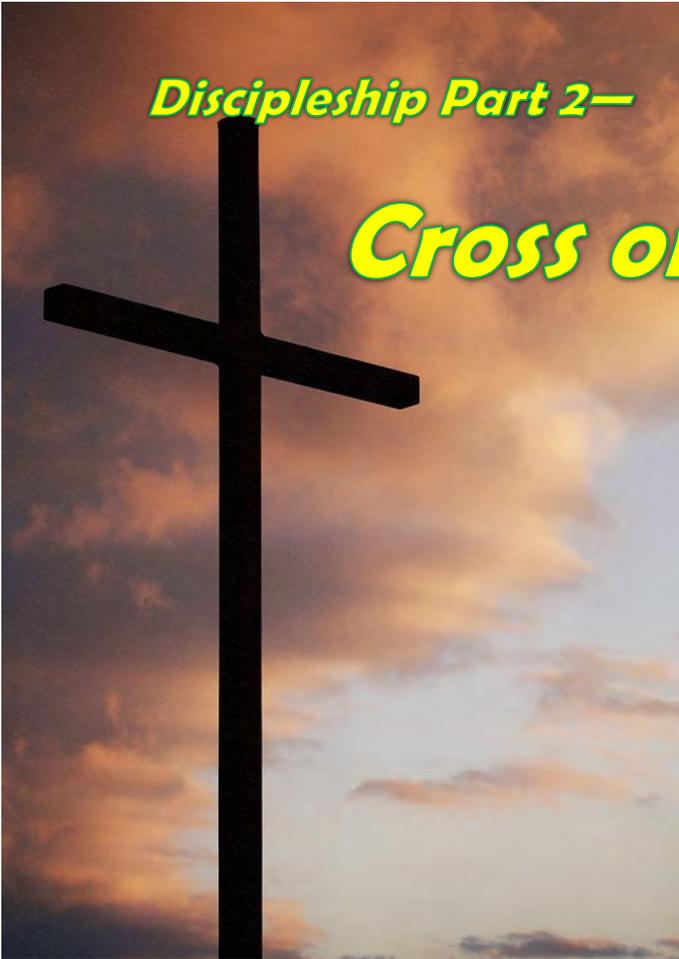
Who then can be saved? Any and all (rich and poor, young and old, influential or not) who believe in Christ and their belief is seen by their actions ("*who would sacrifice life itself rather than knowingly commit a wrong act*"). Any and all who have given up their own righteousness and accepted the robe of Christ's Righteousness. May we all find salvation in Christ. "With men it is impossible, but not with God: for with God all things are possible." Mark 10:27

Wendy Eaton



Discipleship Part 2—

Cross or Crown?



The word “cross” points to suffering, trials, tortures, and even death, while “crown” symbolizes victory, rejoicing, success, joy, etc.

In the previous article, we learned that we are all called to be disciples of Jesus, which means to follow Him always.

In this article, we will examine what Jesus meant when He said, “If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.” Luke 9:23. True Christians must be disciples, and true disciples are those who deny themselves daily. This verse mentions two main things: *denying yourself*, and *taking up your cross* and then following Christ. In the previous article we examined to “follow”; in this article, we will examine what it means to deny ourselves and take up our cross.

THE EXPERIENCE OF JOHN AND JAMES’ MOTHER

Among the 12 disciples, there were the brothers John and James. “At every possible opportunity, John took his place next the Saviour, and James longed to be honored with as close connection with Him.

“Their mother was a follower of Christ, and had ministered to Him freely of her substance. With a mother’s love and ambition for her sons, she coveted for them

the most honoured place in the new kingdom. For this she encouraged them to make request.

“Together, the mother and her sons came to Jesus, asking that He would grant a petition on which their hearts were set.

“‘What would ye that I should do for you?’ He [Jesus] questioned.

“The mother answered, ‘Grant that these my two sons may sit, the one on Thy right hand, and the other on the left, in Thy kingdom.’

“Jesus bears tenderly with them, not rebuking their selfishness in seeking preference above their brethren. He reads their hearts, He knows the depth of their attachment to Him. Their love is not a mere human affection; though defiled by the earthliness of its human channel, it is an outflowing from the fountain of His own redeeming love. He will not rebuke, but deepen and purify. He said, ‘Are ye able to drink of the cup that I shall drink of, and to be baptized with the baptism that I am baptized with?’ They recall His mysterious words, pointing to trial and suffering, yet answer confidently, ‘We are able.’ They would count it highest honor to prove their loyalty by sharing all that is to befall their Lord.

“‘Ye shall drink indeed of My cup, and be baptized with the baptism that I am baptized with,’ He said; before Him a cross instead of a throne, two malefactors His companions at His right hand and His left. John and James were to share with their Master in suffering; the one, first of the brethren to perish with the sword; the other, longest of all to endure toil, and reproach, and persecution.” —*The Desire of Ages*, p. 548

CROSS BEFORE CROWN

“If we hope to wear the crown, we must expect to bear the cross. Our greatest trials will come from those who profess godliness. It was so with the world’s Redeemer; it will be so with His followers. . . . Those who are in

earnest to win the crown of eternal life need not be surprised or disheartened because at every step toward the heavenly Canaan they meet with obstacles and encounter trials. . . .

“The Saviour knows what is best. Faith grows by conflict with doubt and difficulty and trial. Virtue gathers strength by resistance to temptation. The life of the faithful soldier is a battle and a march. No rest, fellow pilgrim, this side the heavenly Canaan.... But John in holy vision beholds the faithful souls that come up out of great tribulation, surrounding the throne of God, clad in white robes, and crowned with immortal glory. What though they have been counted the offscouring of the earth? In the investigative judgment their lives and characters are brought in review before God, and that solemn tribunal reverses the decision of their enemies. Their faithfulness to God and to His Word stands revealed, and Heaven’s high honors are awarded them as conquerors in the strife with sin and Satan.” —*Our High Calling*, p. 361

TO DENY ONESELF

“If any man will come after Me,’ He says, ‘let him deny himself, and take up his cross, and follow Me.’ Matthew 16:24. Yes, follow Christ. Let every dear soul who desires to obey God walk in the footsteps of the Redeemer. We must be meek and lowly in heart. We are to bring forth fruits of righteousness according to the capabilities God has given us.” —*The Upward Look*, p. 329

Christian discipleship is not simply a theoretical promise without a practical commitment. To follow Jesus requires the denial of one’s personal interests and pursuits and fully engage in the Master’s service. Sadly, many Christians are unwilling to deny themselves. They prefer to continue living their own way. Not all are prepared to dedicate everything they have and are to the Lord. Today is the time for God’s people to know and understand what true discipleship is, to put their own interests in second place, and to follow the Master, as Jesus said: “If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.” Luke 9:23

“Jesus bade His followers take up the cross and bear it after Him. To the disciples His words, though dimly comprehended, pointed to their submission to the most bitter humiliation,—submission even unto death for the sake of Christ. No more complete self-surrender could the Saviour’s words have pictured. But all this He had accepted for them. Jesus did not count heaven a place to be desired while we were lost. He left the

heavenly courts for a life of reproach and insult, and a death of shame. He who was rich in heaven’s priceless treasure, became poor, that through His poverty we might be rich. We are to follow in the path He trod.” —*The Desire of Ages*, p. 416

It is to be clearly taught that Christianity is a life of self-denial, however, that does not mean a life of sorrow and sadness only. “For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave Himself for us, that He might redeem us from all iniquity, and purify unto Himself a peculiar people, zealous of good works. These things speak, and exhort, and rebuke with all authority. Let no man despise thee.” Titus 2:11–15. Praise God! We have hope. Be happy.

Self-denial is sacrificial and can be painful as is the life of a successful athlete. “Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.” 1 Corinthians 9:24–27

All that is in the world is not of our Lord Jesus and must be hated. “Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.” 1 John 2:15–17

Lust of the eyes: Our eyes see things we want. We are to cover our eyes and deny ourselves when faced with improper sights.

Lust of the flesh: Our flesh craves things we want. We are to starve our fleshly desires and deny ourselves.

Pride of Life: Our pride wants to promote ourselves. We are to choose His service above our own.

Human nature has a natural bent to evil therefore we must deny ourselves. We must put off the old man and every sinful thing associated with him (Ephesians 4:17–

32). If you try to save your life by clinging to your cherished sins, you will lose your life both now and in the world to come. Remember that no man has given up anything for Jesus Christ who is not rewarded richly in both this world and the world to come. (Matthew 19:27–29; Mark 10:28–30; Luke 18:28–30; 2 Corinthians 4:16–18).

The world seeks to ensnare us using our very own lusts. Carefully consider the following statements:

- While watching a little bit of wholesome television is ok, it can seductively destroy your soul if not carefully guarded.
- Are you too proud to confess your faults and apologize to those you have wronged?
- Is it hard to get up fifteen minutes early to read and pray before work?
- Is it easier to do yardwork than to read the Bible?
- Have you been coming late to church or not attending at all?
- Have you been disparaging the strict principles of health reform? Do you follow your own lustful desires?
- Have you not been supporting God's work with a faithful tithe and offering?
- Do you think that reading the Bible takes too much of your time on a busy day?
- Do you talk too much? Too little? Or use harsh words?

If any of these statements ring true in your life, it is time to seriously deny yourself.

Paul warned against false Christianity which esteems pleasure higher than God rejecting, the need for self-denial (2 Timothy 3:1–5).

TAKE UP YOUR CROSS DAILY

“And He said to them all, If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.” Luke 9:23

Luke alone adds the word “daily” to this verse, teaching that we are to deny ourselves and take up our crosses daily. This cannot be done only weekly at our church meetings.

In Ancient Rome, a cross was used as an instrument of terrible suffering and slow death. Is taking up our cross to follow Christ as terrible as was done in Ancient Rome? For some, choosing to deny themselves those things that

Christ condemns, can be a painful struggle. It may mean a life of suffering as it is death from worldly things. Choosing to endure the loss of all things that are contrary to Christ and to live for the pleasure of Jesus Christ at any cost is not easy but the rewards are wonderful.

Why does Christ not ask us to take *His* cross but our *own*? He said “let him deny himself, and take up his cross daily, and follow Me;” not “and take up My cross and follow Me”. Each one of His disciples has his own unique problems. My hardships are not necessarily yours. The cross for me may be the neighbours; for you it may be your work, your parents, your friends, or spouse, etc.

To fully understand the power of Jesus' words “take up thy cross”, we must first examine what He is *not* saying. The cross is not just bearing the regular difficulties of life. Our cross is not a bad-tempered husband or nagging wife; it is not a rebellious child or any other problematic situation. We all have problems, both believers and unbelievers. That is a part of life.

When Jesus spoke of the cross He spoke of death—dying to ourselves that we might follow Christ wherever He leads us. He is our example; we literally give everything up for Him, even our lives if need be. Remember Jesus' prayer in Gethsemane, “not My will but Thy will be done?”

When Jesus spoke of the cross the people knew exactly what He was speaking about as they had watched many poor souls sentenced to death by Roman soldiers, carrying their crosses.

Discipleship is not following our ministers or leaders, but following Jesus. His Divine authority, kingdom, and victory are serious matters to be considered. Jesus calls men to be His disciples and this may be a call of suffering (Matthew 16:24; Mark 8:34; Luke 9:23). We must accept Christ and reject the world. (Matthew 16:25–26; Mark 8:35–37; Luke 9:24–25).

DISCIPLESHIP WITH CHRIST HAS CONDITIONS

Jesus is not just a prophet, He is the Son of God and He gives conditions for His disciples. True Christianity is a choice we make to follow Christ and turn away from worldly ambitions. Following Christ comes at a cost (Luke 14:25–33). There is no other way to be a true Christian. The true Christian is not seeking worldly success, rank, and prestige, instead they prepare for possible suffering. Every idea of false Christianity that makes discipleship easy without cost is a lie. “No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.” Matthew 6:24

To deny self is to:

- Put to death the old man. “Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Romans 6:11
- “Put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.” Romans 13:1
- Follow the example set forth by the Lord Jesus Himself in coming to this world. “Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made Himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, He humbled Himself, and became obedient unto death, even the death of the cross.” Philippians 2:5–8
- Live our lives as being alive to God, but dead to sin and to the world. “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me.” Galatians 2:20

“ARE YE ABLE TO DRINK OF THE CUP THAT I SHALL DRINK OF?”

“Yea, and all that will live godly in Christ Jesus shall suffer persecution.” 2 Timothy 3:12. Jesus, the Majesty of heaven, suffered as a transgressor! Spotless purity and untarnished righteousness did not shield Him from falsehood and reproach. He meekly bore the contradiction of sinners against Himself, and yielded up His life, that we might be forgiven and live forevermore. Are we willing to follow in His steps? The only reason many do not suffer greater persecution is, perhaps their lives do not exemplify the life of Christ. If you walk as He walked, you will know at times what it is to be persecuted and reproached for His sake.

“All Christ’s followers have as deep an interest in this lesson as had the disciples who listened to His words. In the apostasy, man alienated himself from God. The separation is wide and fearful; but Christ has made provision again to connect us with Himself. The power of evil is so identified with human nature that no man can overcome except by union with Christ. Through this union we receive moral and spiritual power. If we have the spirit of Christ we shall bring forth the fruit of righteousness, fruit that will honor and bless men, and glorify God.” –*Testimonies for the Church*, vol. 5, p. 230

“And whosoever doth not bear his cross, and come after Me, cannot be My disciple.” Luke 14:27. “The Word of God has not widened the narrow way, and if the multitude have found a path where they can wear a form of godliness and not bear the cross or suffer tribulation, they have found a way where our Saviour did not walk and they follow another example than that which Christ set before us. Is it not enough that Jesus left the felicity and glory of heaven, endured a life of poverty and deep affliction, and died a cruel, shameful death to provide for us the joys of holiness and heaven? And can it be that we, the worthless objects of so great a condescension and love, will seek after a better portion in this life than was given to our Redeemer?”

“How easy would be the way to heaven if there was no self-denial or cross! How worldlings would rush in the way, and hypocrites would travel in it without number! Thank God for the cross, the self-denial. The ignominy and shame our Saviour endured for us is none too humiliating for those saved by the purchase of His blood. Heaven will indeed be cheap enough.” –*Our High Calling*, p. 288

“Those who have offered themselves to Christ to become His disciples must deny self daily, must lift up the cross and follow in the footsteps of Jesus. They must go where His example leads the way.” –*Mind, Character, and Personality*, vol. 1, p. 45

Victor Shumbusho, DR Congo





A Still Small Voice

“‘What doest thou here, Elijah?’ the voice inquired; and again the prophet answered, ‘I have been very jealous for the Lord God of hosts: because the children of Israel have forsaken Thy covenant, thrown down Thine altars, and slain Thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.’” – *Prophets and Kings*, p. 169

“There is no excuse for those who have the light of present truth, and yet fail to impart this light to others. God calls for workers. We have a great work to do in cooperating with Him as His helping hand and helping voice. Satan is casting his hellish shadow across the pathway of every soul, seeking to eclipse the testing truth for these last days. We are to sound the message of warning to a guilty race. We are to present to men the binding claims of God’s law, so that when Christ comes they will not be found in disloyalty, on the side of the Apostate. We must now prepare the way of the Lord. We must make plain in the desert a highway for our God.” – *The Upward Look*, p. 76

“Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me. And He said, Go, and tell this people, Hear ye indeed, but understand not; and see ye indeed, but perceive not.” Isaiah 6:8–9

WHAT DOES THOU HERE?

“And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and He said unto him, What doest thou here, Elijah?” 1 Kings 19:9

“Think of what God has done for you. When you were

perishing out of Christ, did not the warning message come to you, convincing you of sin and arousing you to repentance? Did not Christ reveal Himself to you as a sin-pardoning Saviour? And in the light and glory of your first love, were you not full of unselfish love to impart to others the grace which gave you newness of life in Christ?” – *The Upward Look*, p. 71

“Much depends on the unceasing activity of those who are true and loyal, and for this reason Satan puts forth every possible effort to thwart the divine purpose to be wrought out through the obedient. He causes some to lose sight of their high and holy mission, and to become satisfied with the pleasures of this life. He leads them to settle down at ease, or, for the sake of greater worldly advantages, to remove from places where they might be a power for good. Others he causes to flee in discouragement from duty, because of opposition or persecution. But all such are regarded by Heaven with tenderest pity. To every child of God whose voice the enemy of souls had succeeded in silencing, the question is addressed, ‘What doest thou here?’ I commissioned you to go into all the world and preach the gospel, to prepare a people for the day of God. Why are you here? Who sent you?” – *Prophets and Kings*, p. 171

“The next day John seeth Jesus coming to him, and saith, Behold the Lamb of God, which taketh away the sin of the world.” John 1:29

“I have a most earnest desire that the truth for this time shall be proclaimed throughout the world. God’s people have a great and solemn work to do. The day of the Lord is near, it is near, and hasteth greatly. Every hour, every minute, is precious. We have no

time to spend in the gratification of selfish desires. All around us there are souls perishing in sin. Every day there is something to do for the Master. Every day we are to point souls to the Lamb of God, who taketh away the sin of the world." –*The Review and Herald*, January 26, 1905

"Of families, as of individuals, the question is asked, 'What doest thou here?' In many churches there are families well instructed in the truths of God's word, who might widen the sphere of their influence by moving to places in need of the ministry they are capable of giving. God calls for Christian families to go into the dark places of the earth and work wisely and perseveringly for those who are enshrouded in spiritual gloom. To answer this call requires self-sacrifice. While many are waiting to have every obstacle removed, souls are dying, without hope and without God. For the sake of worldly advantage, for the sake of acquiring scientific knowledge, men are willing to venture into pestilential regions and to endure hardship and privation. Where are those who are willing to do as much for the sake of telling others of the Saviour?" –*Prophets and Kings*, p. 172

"Where are the men and women who will unite with these heavenly messengers? Where are those who will use their abilities in cooperation with divine power?" –*The Upward Look*, p. 71

GOD CALLS FOR LABOURERS

"The works which the Father hath given Me to finish, the same works that I do, bear witness of Me, that the Father hath sent Me." John 5:36

"In the Laodicean state of the church at the present time, how little evidence is given of the direct, personal guidance of God! Men place themselves in positions of temptation, where they see and hear much that is contrary to God, and detrimental to spirituality. They lose their warmth and fervor, and become lukewarm Christians, who are, in a great measure, indifferent to the glory of God, and the advancement of His work. If God calls His servants to positions where the influence is of a worldly character, He will give special grace that they may be enabled to overcome the evil consequent upon their circumstances. There should be religious fervor corresponding to the faith and doctrines we have accepted as truth. If this were the case, how earnestly would prayers be offered to know the will of God, and how diligently would the heart be kept, out of which are the issues of life! The servants of God become estranged from the truth by associating with the world,

and by partaking of its spirit. When this is done, the truth is not appreciated as a sacred and sanctifying truth." –*The Review and Herald*, June 19, 1888

"And to the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of My mouth." Revelation 3:14–16

"So, to every child of God not actively engaged in service whose voice the enemy of souls, no matter by what means, has succeeded in silencing, the question is addressed, What doest thou here? I commissioned you to go into all the world and preach the gospel, to prepare a people for the day of God. Why are you here? Who sent you?" –*The Review and Herald*, October 30, 1913

"Brethren, Christ calls you. Will you heed His voice? Will you become His messengers? Will you seek the sheep that are lost? Will you teach the Word in all humility and earnestness to those who will hear?" –*The Upward Look*, p. 91

GOD CALLS WISE NURSERYMEN AND WOMEN

"And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Matthew 24:14

"Prepare workers to go out into the highways and hedges. We need wise nurserymen who will transplant trees to different localities and give them advantages, that they may grow. It is the positive duty of God's people to go into the regions beyond. Let forces be set at work to clear new ground, to establish new centers of influence wherever an opening can be found. Rally workers who possess true missionary zeal, and let them go forth to diffuse light and knowledge far and near." –*Testimonies for the Church*, vol. 9, p. 117

"If the lay members of the church will arouse to do the work that they can do, going on a warfare at their own charges, each seeing how much he can accomplish in winning souls to Jesus, we shall see many leaving the ranks of Satan to stand under the banner of Christ. If our people will act upon the light that is given in these few words of instruction, we shall surely see of the salvation of God. Wonderful revivals will follow. Sinners will be converted, and many souls will be added to the church." –*Ibid.*, vol. 8, p. 246

“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

“When the Israelites entered Canaan, they did not fulfil God’s purpose by taking possession of the whole land. After making a partial conquest, they settled down to enjoy the fruit of their victories. In their unbelief and love of ease they congregated in the portions already conquered, instead of pushing forward to occupy new territory. Thus they began to depart from God. By their failure to carry out His purpose they made it impossible for Him to fulfil to them His promise of blessing.

“Is not the church of today doing the same thing? With the whole world before them in need of the gospel, professed Christians congregate where they themselves can enjoy gospel privileges. They do not feel the necessity of occupying new territory, carrying the message of salvation into regions beyond. They refuse to fulfil Christ’s commission, ‘Go ye into all the world, and preach the gospel to every creature.’ Are they less guilty than was the Jewish church?” –*Testimonies for the Church*, vol. 8, p. 119

“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.” Matthew 28:19–20

“Many of the members of our large churches are doing

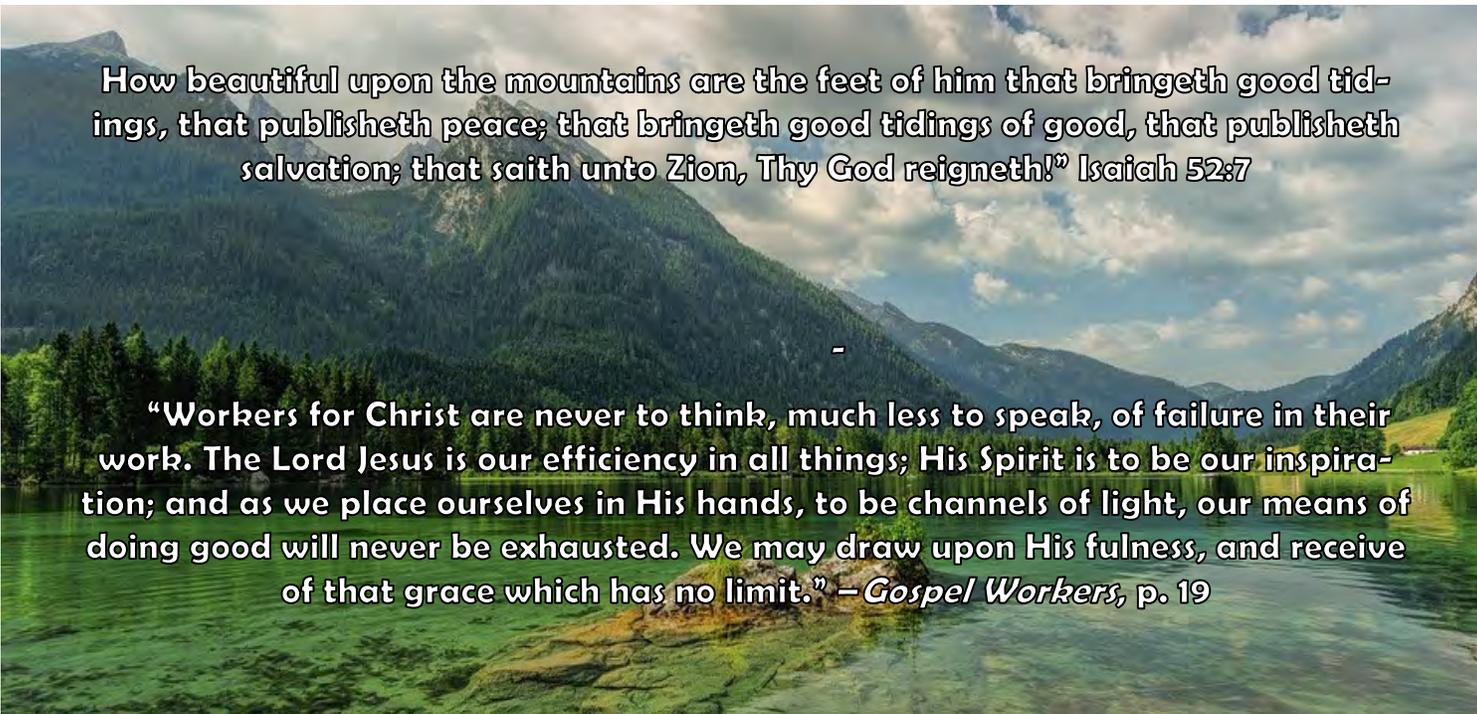
comparatively nothing. They might accomplish a good work if, instead of crowding together, they would scatter into places that have not yet been entered by the truth. Trees that are planted too thickly do not flourish. They are transplanted by the gardener, that they may have room to grow and not become dwarfed and sickly. The same rule would work well for our large churches. Many of the members are dying spiritually for want of this very work. They are becoming sickly and inefficient. Transplanted, they would have room to grow strong and vigorous.” –*Testimonies for the Church*, vol. 8, p. 244

“‘Go ye into all the world, and preach the gospel to every creature,’ is Christ’s command to His followers. Not that all are called to be ministers or missionaries in the ordinary sense of the term; but all may be workers with Him in giving the ‘glad tidings’ to their fellow men. To all, great or small, learned or ignorant, old or young, the command is given.” –*Maranatha*, p. 99

Finally brethren, “How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!” Isaiah 52:7

May God bless each soul to know their duty to others in seeking the lost and lifting the weak, . Amen.

Jenifer Akello
Uganda



How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!” Isaiah 52:7

“Workers for Christ are never to think, much less to speak, of failure in their work. The Lord Jesus is our efficiency in all things; His Spirit is to be our inspiration; and as we place ourselves in His hands, to be channels of light, our means of doing good will never be exhausted. We may draw upon His fulness, and receive of that grace which has no limit.” –*Gospel Workers*, p. 19

Rescue

The word “rescue” means to save, or set free from danger or harm. The big question is, how many people in this world are in danger and need to be saved? The answer is, all. The word of God in Romans 3:23 says, “For all have sinned, and come short of the glory of God.”

Only God alone can rescue us from the penalty of sin, which is death. However, here are a few reminders of people that God rescued from harm:

The people in the time of Noah were very wicked. “And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.” Genesis 6:5

“And the LORD said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before Me in this generation.” Genesis 7:1. Only God could rescue Noah and his family from the flood.

“And Ruth said, Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God.” Ruth 1:16. Ruth was rescued from false worship.

“Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.” Daniel 6:10. Because of Daniel’s faithfulness to God, the enemy wanted to destroy him. A plot was made to have him thrown into the lion’s den. When the king learned that it was Daniel that the plot was laid against, he tried everything to prevent Daniel from being thrown into the lion’s den, but he could not help him. He was told that the law of the Medes and Persians could not be altered or changed. However, one mightier than all the earth, (all kings put together on earth) rescued him from the hungry lions. That person was the Son of God. He shut the mouths of the lions so they did not harm Daniel. The three Hebrew boys were also rescued miraculously by God from a furnace that was heated seven times hotter than normal.

God has also made a way of escape for you and me. “For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” John 3:16. The Father, the Son, and the Holy Spirit will be the only safe ark in the final destruction of this earth. Seek Him now before the ark door of mercy is closed forever. He that the Son hath set free, is free indeed. Amen.

Marline Campbell, Jamaica

Healthy Eating Habits



As vegetarians, we have a good idea about the types of foods we should be eating, and what foods to avoid. We know how to eat a balanced vegetarian or vegan diet, that includes all the nutrients that our body requires to maintain our health. We also know that many foods which are considered vegetarian are not necessarily healthy. These include highly processed foods that contain sugar, white flour, and many additives, and so we avoid those types of foods.

But, how many of us consciously think about our eating habits? Not only is it important what we eat, but how and when we eat. Many years ago, the Messenger produced an article called “Rules of Eating”, which was one page long. This article is an expansion, with more details and addressing current research on some of the health habits that were addressed in the original article. Let us take an in-depth look at a few healthy eating habits, and why they are so important to our health.

EAT SLOWLY

Many of us may recall our mothers telling us to slow down when we eat. As children, eating was something that we did in the midst of all our activities and play time; the faster we ate, the quicker we could return to our fun. But, why is it important to eat slowly?

The digestion of our food begins in the mouth. We need to chew our food thoroughly so that it will be well mixed with saliva. A healthy person produces 0.75 to 1.5 litres of saliva per day. Contained in our saliva are digestive enzymes that are essential in beginning to digest certain foods. Specifically, saliva contains amylase and lipase, which break down starches and fats. Starches are foods that are made up of complex carbohydrates (sugars). These include grains (bread, pasta),

potatoes, tubers, yams, and rice. These enzymes also play a role in breaking down food particles trapped within the crevices of our teeth. All food contains bacteria, which creates acid when it starts to decompose. If food is trapped in your mouth and left for long periods of time, this acid can wear away at the enamel, which is the tooth's protective coating; it can also cause inflammation of the gums. Therefore, saliva helps reduce the risk of dental caries (cavities) and gum disease. Brushing one's teeth after each meal also helps to remove the food that has lodged in the crevices of our teeth.

Saliva coats the inside of the mouth, protecting it from damage during eating and swallowing. Mouth soreness is very common in people with reduced saliva causing food (especially dry food) to stick to the inside of the mouth. When we chew thoroughly, our food is moistened and also softened; this will also prevent our esophagus from damage. Chew the food well so that it swallows itself. “If your time is limited, do not bolt our food, but eat less, and masticate slowly. The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the food swallowed, as on the length of time it remains in the mouth.” – *Christian Temperance and Bible Hygiene*, p. 51

DO NOT DRINK WITH MEALS

Sister White tells us that “the more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. . . . But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires.” – *Counsels on Diet and Foods*, p. 420.

Presently, nutritionists have conflicting thoughts on whether drinking with meals actually affects our ability to digest food. Research shows, as Sister White wrote many years ago, that drinking water will reduce the amount of saliva the body produces, therefore affecting the digestive process that takes place when food mixes with saliva. Various studies show that drinking water with meals also severely hampers digestion by diluting gastric juices and causing a rise in insulin levels. Because the digestive process is hindered, it leaves behind a lot of undigested food behind in the system. The glucose from this undigested food converts into fat and is stored in your body. This process leads to the upsurge of insulin, which causes a rise in the blood sugar levels of the body, and can lead to diabetes and obesity.

Other nutritionists say that drinking water with meals is actually beneficial. In deciding which research to believe, it is wise to follow the research that aligns with the counsel of the Spirit of Prophecy, as it has been divinely inspired. Thus, we should avoid drinking fluids with our meals.

DRINK PLENTY OF WATER ON ARISING AND IN BETWEEN MEALS

When you sleep, you are not drinking any liquids, including water, for at least eight hours. Your body slowly becomes dehydrated, as it needs fluids to function. Even slight dehydration can decrease energy levels. Most research recommends drinking 500 ml (2 Cups) of water right after you wake up, and at least 30 minutes before you eat breakfast. Drinking water as soon as one gets up from bed boosts your metabolism. It helps flush out toxins; your kidneys do the job of cleansing and ridding your body of toxins as long as our intake of fluids is adequate. It also helps in moving one's bowels. Constipation is often caused by drinking too little fluids. Our body is 55–60% water, with our brain being made up of over 70% water. When we are not properly hydrated, our brain operates on less fuel, and we can feel less mentally capable.



A study showed that people who drink a glass of water before each meal lost 4.5 pounds over a 3-month period, because water fills up the stomach and people feel full as a result. Also, drinking water in between meals helps to prevent snacking in between meals. If hungry between meals, take a drink of

water. This will help reduce the feelings of hunger.

Drinking water too soon after you eat your meal will affect digestion. Our stomach is adept at absorbing water, but an excess of water after a meal dilutes the enzymes that are essential for digestion. Waiting to drink for at least an hour after meals allows the body to absorb nutrients. Drinking at least half hour before meals and an hour after meals is the best way to aid digestion of food.

“Water is the best liquid possible to cleanse the tissues.” –*The Review and Herald*, July 29, 1884

EAT AT REGULAR INTERVALS

How often should we be eating? What is the counsel of the Spirit of Prophecy?

“After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work and will then be in a condition to receive more food.” –*Child Guidance*, p. 389



Let us look at the current ideas regarding meals and snacks. The *American Heart Association* (AHA) has developed guidelines on meal timing and frequency of meals and snacks for optimal health.

In the early 1970's meals made up 82% of adult calorie intake and snacks contributed 18%. Today meals make up 77% of calories while snacks contribute 23%. A recent study showed that healthy adults eat an average of 4.2 to 10.5 times per day, and over a period of 15 hours each day. People are dividing up their calories with frequent meals and snacks in a 24-hour period, not allowing their stomach to rest in between meal times. What effect does this have on our health?

What happens when we eat frequently is that our body needs to release insulin every few hours to digest our food. Eventually our body's cells become insensitive to insulin. This is also called “insulin resistance.” When we have insulin circulating in our body constantly, the body begins to respond less to insulin. The same amount of insulin has less of an effect, so in order for the body to be able to move glucose (sugar) out of the blood stream and store the excess as fat, the body needs to release more and more insulin. Eventually the body

does not have enough insulin to break through this resistance, and the glucose stays in the blood stream. This leads to the condition known as diabetes.

Scientists have long known that the human body has a master clock in the brain, known as the circadian rhythm that governs our sleep-wake cycles in response to light. A



couple of decades ago, researchers discovered that there is not just one clock in the body but a collection of them. Every organ has an internal clock that governs its daily cycle of activity within a 24-hour period. Jesus created this earth with a 24-hour day/night, and in His wisdom, he also created our bodies to align with this 24-hour period. These rhythms exist because, just like our brains need to go to sleep each night to repair, reset and rejuvenate, every organ needs to have down time to repair and reset as well. The circadian rhythm tells our bodies when to sleep, rise, and eat within the 24-hour period; it regulates hormone levels, body temperature, and digestion. Adjusting the timing of our sleeping, rising and eating to coincide with the natural circadian rhythm ensures that our body is best able to regulate the many processes that take place in our bodies. This means that our bodies sleep better, process food better, function better, if we adhere to the 24-hour “body clock.”

People can improve overall health when they eat their meals in a daily 10-12 hour window, taking their first bite of food in the morning and their last bite early in the evening. This approach is known as early time-restricted feeding, derives from the daily rhythm of our digestive system, with our hormones, enzymes and digestive systems primed for food intake in the morning and afternoon. This aligns with the counsel from the Spirit of Prophecy. Many people, however, snack and graze from roughly the time they wake up until shortly before they go to bed.

An experiment was done with a small group of prediabetic men. They compared the group when they ate over a standard period of time vs time-restricted eating. They were surprised as to the significant impact on health that time-restricted eating had. The men had lower insulin,

reduced levels of oxidative stress, less nighttime hunger and significantly lower blood pressure.

If we eat outside of the hours in which our body functions best, including digesting our food, it can have serious implications for the development of heart disease, diabetes, and obesity. More research is being done to examine the negative health effects of a disrupted circadian rhythm, such as increasing the chances of heart attacks, strokes, and obesity, and with the development of neurological problems such as depression and bipolar disorder.

The AHA defines breakfast as the first meal of the day, eaten within 2 hours of waking up, typically somewhere between 5am and 10am. Fewer adults nowadays eat breakfast, which is connected with the overall increase in obesity in our society. Another study showed that 74% of those who skipped breakfast did not meet two-thirds of the Recommended Dietary Allowance for vitamins and minerals compared with 41% of those who consumed breakfast. If an individual skips breakfast, he/she is more likely to snack on unhealthy foods, which are nutrient-poor, to satisfy their hunger.

People who routinely skip breakfast are also more likely to have higher blood sugar levels and increased risk of developing type 2 diabetes, high blood pressure, and elevated cholesterol levels. While there is a connection between skipping breakfast and obesity, eating breakfast does not typically aid in weight loss. People eat numerous times throughout the day, and the total daily calorie intake and food choices made have a greater impact on weight than whether or not breakfast is eaten.

We have heard this recommendation many times—to eat like a king at breakfast, like a prince at lunch, and like a pauper at dinner. The typical habit of most North Americans is to eat their largest meal in the evening when they get home from work. However, the habit of eating the largest meal late in the evening, instead of during the day, increases heart and metabolic risk factors.

Millions of North Americans work rotating shifts, including evening and night shifts; therefore, the AHA does not define lunch and dinner at a specific time of day. They acknowledge that people who do shift work have inconsistent meal times. However, they also state that eating more meals and fewer snacks is associated with healthier food choices that include more fruit, vegetables, whole grains and plant-based protein sources. Typically, the food eaten while someone is snacking is usually highly processed and, therefore, less healthy. Although the AHA acknowledges that many people's eating habits include snacking, they do not promote the habit of snacking in between meals.

“Many turn from light and knowledge, and sacrifice principle to taste. They eat when the system needs no food, and at irregular intervals, because they have no moral stamina to resist inclination. As the result, the abused stomach rebels, and suffering follows. Regularity in eating is very important for health of body and serenity of mind. Never should a morsel of food pass the lips between meals.” —*Christian Temperance and Bible Hygiene*, p. 50

Sister White gave counsel to a man who was overeating and eating at improper times. She told him that this pattern of eating caused his mind to be unbalanced. “You should not eat more than two meals a day. If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.” —*Testimonies for the Church*, vol. 4, p. 501. She also suggests to those who cannot adhere to eating only two meals a day: “The practice of eating but two meals a day is generally found a benefit to health; yet under some circumstances persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested.” —*Counsels for the Church*, p. 224. It should also be eaten “several hours before going to bed.” —*Counsels on Diet and Foods*, p. 158. Cultures, such as those who adhere to the Mediterranean diet, which tend to adhere to small meals in the evening are healthier overall. Perhaps it is not so much the specific type of food they eat, as much as the timing and size of the meals.

Although the AHA is not as strong in their language as is the Spirit of Prophecy, their guidelines recommend eating meals at regular times, ensuring that breakfast be eaten, and cutting back on snacking, and avoiding large meals late in the evening.

DO NOT EAT LATE IN THE EVENING OR AT NIGHT

As night time approaches, the lack of sunlight signals the brain to release melatonin, which prepares us for sleep. Eating late in the evening sends a conflicting signal to the clocks in the rest of the body that it's still daytime. Eventually all the different clocks of the system become out of sync with each other. Just like our brains are affected when we disrupt its rhythm by burning the midnight oil or flying across several time zones, eating at the wrong time of the day places a similar strain on the organs involved in digestion, forcing them to work when they are programmed to be resting. This disruption in the circadian rhythm has shown to increase the risk of obesity and various diseases, such as heart disease.

Eating late is defined as eating within 2 hours of going to bed. People also who work the midnight shift and eat during times that most people are asleep tend to have higher blood sugar, cholesterol and triglyceride levels; higher blood pressure; and are at higher risk for certain cancers.

Again, this is related to our circadian rhythms. Insulin is necessary for the cells of our body to absorb glucose (sugar). Studies show that more insulin is produced during an evening meal than during a morning meal. Therefore, eating the same amount of food at supper as at breakfast will cause more weight gain because more food is absorbed by our cells in the evening. According to our body's circadian rhythm we are not intended to eat food at night. Eating at night confuses our circadian rhythm, as food intake is expected to take place during daylight hours; thus our sleep is affected when we eat at night.

“The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. . . . The stomach becomes weary by being kept constantly at work. . . . The stomach must have its regular periods for labour and rest; hence eating irregularly and in between meals, is a most pernicious violation of the laws of health.” —*Counsels on Diet and Foods*, p. 175

If you feel that you must eat before you go to bed, take a drink of cold water instead. Drinking water an hour before going to bed also assists with keeping the body hydrated. Do not drink so much that your sleep is disrupted by getting up to the bathroom.

As we have learned, healthful eating should not only be focused on what we eat but should also encompass avoiding drinking with meals, eating too quickly, eating in between meals, and eating at irregular times, which will affect our health significantly in a negative way. Therefore, we need not only to be mindful of what we eat, but how and when we eat.

“We are not to indulge in any habit that will weaken physical or mental strength, or abuse our powers in any way. We are to do all in our power to keep ourselves in health, in order that we may have sweetness of disposition, a clear mind, and be able to distinguish between the sacred and the common, and honour God in our bodies and in our spirits, which are His.” —*Child Guidance*, p. 364



The West Wind



"I think that this west wind will bring us no good," said William Rotch in an undertone to his wife, as he turned from the open window one morning in the summer of 1778.

"Why, Father, what harm can come from the west wind?" inquired twelve-year old Thomas, who was always hearing things he was not expected to hear. "I thought the west wind was our friend, and brought the trading ships safe to port."

"Yes, son, so it was in the old days, but sadly, we peaceful Nantucket folk can no longer send out any trade ships. Not a single ship has gone out for many days from our port. My fear is that today's wind may give the British pirate ships a chance to enter our Sherburne harbour."

"What? Not a pirate ship with guns and armed men? Why should they come to Nantucket? They know that we are peaceful people who do not like to fight."

"True, my boy. We are a peaceful village somewhat self-sufficient, but the pirates plunder where they can. Joe told me that ships flying the British flag have been sighted off the coast a dozen times during the past month, but they could not enter our harbour due to the east wind that has been blowing all this long while. I shall go down into the town to see what the news is, but I want you to stay with your mother and sisters and pray while I am gone. This may be a serious matter."

Without further words, William Rotch put on his broad-brimmed hat and strode down the street.

Ahead of him groups of anxious townspeople were rapidly moving toward the wharf. Many of the old sea captains had their spy glasses with them to get a better view of the formidable ship being blown by the wind into the harbour, all her white sails set, and a wicked array of guns, visible even to those watchers who had no spy glasses. At the masthead floated the British Union Jack, and the decks seemed to be

crowded with gunmen and sailors.

William watched the tall ship as she came into the harbor, and prepared to anchor where her guns could best be used against the defenseless town. He could easily see a fine-looking officer directing the maneuvers, and hear the boatswain's voice giving orders to lower a boat from the ship's side.

Into this boat the fine-looking officer descended. After him followed six men with weapons. Rowed by powerful strokes of the oars, the boat rapidly approached the wharf.

"No doubt they have come to plunder and steal," said old Asa.

William suggested that he talk the commander on behalf of the town. "If I can get him to come to my house and talk with him in private things may go well. Due to the hardships our people have been through because of the war someone might speak in anger of their grievances and upset our visitors to the point that they do even more damage."

The town's people that were gathered on the wharf agreed with this plan.

The ship's boat came up to the wharf and one of the sailors tied it to one of the tall posts. Out jumped the officer and his bodyguard of six armed men. William Rotch approached them with the friendly greeting that a loved and long-expected visitor might receive.

"I am William Rotch and I welcome you to Nantucket, friend. And what is your name?"

"Sir Conway-Etherege, in the King's service," replied the officer.

Sir Conway-Etherege evidently thought his task to plunder and steal would be easy because of this friendly Loyalist inhabitant. There seemed to be no resistance. He came close to William and followed him along the pleasant street up to a row of more wealthy looking houses. William led his guest to the middle one of the three large dwellings and invited him inside. It was nearly noon.

"I would like to invite you to have dinner with me."

"Thank you, with pleasure," replied Sir Conway-Ethbridge.

William then presented his guest to his wife and introduced

his children. Before they sat down together to a delicious home cooked meal, William offered a prayer for the food and a prayer of thanksgiving for his guest. He treated the commander kindly and seemed to enjoy his conversation. The islanders had been cut off from contact with the outside world by the war so the officer gave William the news from the mainland. From time to time he had troubled thoughts about William. He did not quite know how to approach his errand, although it was foremost in both their minds.

Finally they rose from the table. Sir Conway-Etherge made Elizabeth Rotch a flowery speech of appreciation, bowed over her hand and kissed it respectfully, at which Thomas was pleased. The Lord was working. The children followed their mother from the room.

"I take it, Mr. Rotch, from your great respect towards me, that you are on the King's side. Can you tell me how and where I can begin my day's work? As you must know, I command the ship at the harbour, which has gone up and down the coast on missions to plunder. I have been very successful. We make a great effort to see that our guns are pointed at all the important buildings of a town before we enter and negotiate. As you see, your little village is completely at our mercy. I do not expect any unpleasant resistance."

"There will be none," said William.

"Then, how and where do you advise that I begin? The day is passing."

William smiled. "I don't know of a better place to begin than here in my house. I am more wealthy than most and can afford to lose a few items. We have a store of silver plates, good, serviceable blankets, also linens; and in the cellar, supplies of food of various kinds. However, you are mistaken in supposing that I am on any side of this warfare."

Sir Conway-Etherge was greatly surprised. He stared at William with curiosity. Never had he run across a man like this.

"Are there any more men like you in Nantucket?"

"There are many better men," answered William.

"Please show me. I'd have to see them before I believe you."

"Then come with me. I shall be glad to introduce you to some of our islanders."

The officer followed William down the steps and out into the street again. This was a new experience to the commander of the ship, and he did not know what to make of it.

Soon they entered a general grocery store. The store did not look very fancy, for the townspeople had little money for trading these days.

William led the officer to the owner and introduced them. "Our visitor wants to know what sort of people we are. I told him that last winter you distributed four hundred barrels of flour among the poor on the island. And yet I doubt if I, or any man, knows the full extent of what you have done to help the needy."

Amazed at this generosity, the officer spoke with the owner who told him of the work he had done, and praised God for His blessings.

Further down toward the street they entered a store that sold dry goods. "Good day, Peter," said William. "This officer from the ship in the harbor wishes to meet the man who gave away blankets, clothing, and sturdy shoes last winter when the poor were in need."

"We all like to help each other when we have been blessed by the Lord." Peter replied.

"Do you want to cross the street and meet more of our people?" William asked his guest.

"Thank you, no. I find it hard to believe that there are three such men like you in the world. A whole street full of them would be almost too many for me. Thank you for your courtesy and patience. Farewell, my friend. I shall not forget Nantucket."

With that the officer grasped William's hand and shook it heartily. He looked once again up the leafy, beautiful street, and out toward the white-capped harbour where his ship with its deadly guns lay threateningly at anchor.

Groups of men were still watching and talking on the wharf. The sailors and armed bodyguard were puzzled to know what had delayed their commander so long. Here he was coming at last. They were not ready for the excitement of looting and plundering. As Sir Conway-Etherge came briskly toward them, they saluted. His orders were quick and short. The sailors took their places at the oars, and rowed the officer back to his ship. The ship weighed anchor, trimmed her sails, and to the surprised relief of all Nantucket, sailed peaceably out of sight.

"If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink." Proverbs 25:21

"Blessed is he that considereth the poor: the LORD will deliver him in time of trouble." Psalm 41:1

The Lord spared the town due to their generosity and wisdom. They were helping the poor and needy and they fed their enemies and so the Lord delivered them from a terrible disaster that could have come upon them.

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths." Proverbs 3:5-6

INTERNATIONAL HEALTH CONFERENCE

*Kampala, Uganda,
August 16–23, 2018*



The poster for the International Health Conference is set against a dark red background. At the top left is the IMS logo. The text reads: "International Missionary Society Seventh-Day Adventist Church, Reform Movement. Invites you to attend INTERNATIONAL HEALTH CONFERENCE". Below this, a white box contains the event details: "TIME: 9:30AM", "DATE: 16th - 23th August, 2018", and "VENUE: KISIGULA - MUTUNDWE". A row of four circular portraits follows, each with a name and title: "MAIN SPEAKER Pastor Morris Martin Lowe (RN, BScN)", "FACILITATOR Larry Watts", "FACILITATOR Celita Brenda", and "FACILITATOR Adrian Jude Lowe". At the bottom, it says "ALSO Pastor Raul Rolando Escobar - Nutritionist from Chile and many others."

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”
3 John 2

In the month of August, the Leader of the Health Department and Help Ministry Director Brother Morris Lowe visited Ghana, Uganda, and Zimbabwe to conduct an International Health Seminar.

I was privileged to participate in the program held in Uganda. Brother Morris Lowe was accompanied by his team composed of his son, Brother Adrian Lowe, and a sister in the faith, Brenda Alonso, from Canada. They were joined by Brother Raul Escobar from Chile, and his son Jonathan.

In the Congo Union committee we discussed the possibility of some of us attending (Secretary, Treasurer, Assistant Treasurer, Good Samaritan Leader and Health Leader). Unfortunately, none were able to participate for various different reasons. Brother Morris Lowe wanted to meet the leaders of the Good Samaritan and Health Departments, unfortunately this was not possible.

Since I live close to the border of Uganda and was available, I was privileged to attend. I was able to answer some of Brother Lowe’s questions regarding the needs and challenges of the work in Congo, especially in the two above mentioned departments. I alone from Congo attended and brought the report from the department leaders. Being currently the Publishing Leader and Union Committee member and previously the secretary of Union, the answers were given him after discussion

with some Union body members using a WhatsApp group.

Some needs in Congo are:

- Lack of Headquarters in East Field and other Fields.
- Lack of Health Centre in Congo and Natural, Herbal clinic, sanatorium, etc. (Equipment; trained workers, etc.)
- Lack of Bible worker support and salary.

The seminar was a wonderful experience for all participants, both believers and visitors. Brother Morris Lowe and Brother Raul Escobar gave us much information on health and practical natural remedies that will be a great blessing for the work in the countries of those who attended.

The following topics were presented:

DAYTIME :

The daytime sessions were for our own members, giving them knowledge regarding health and natural healing.

Health Nutrition:

- Sodium and Hypertension: the Silent Killer (M. Lowe)
- Healthy functions (R. Escobar)

Disease prevention:

- Cancer Prevention/Screening (Breast, Cervical &

Prostate) (M. Lowe)

- Human Physiology (M. Lowe)
- Diabetes and its Complications (M. Lowe)

Natural healing :

- Health Examiner (R. Escobar)
- Natural Health Agents Part 1 (R. Escobar)
- Other Diseases—Contributing Factors (M.Lowe)

Those participating shared some of their experiences with natural healing using local ingredients, such as African herbs, etc.

The session always ended with a question and answer period.

EVENING :

In the evenings, public evangelistic meetings were held. Various topics on the Gospel, Doctrine, and

prophecies were presented by Brother M. Lowe, such as:

- The Mark of the Beast and the Antichrist
- Christ's Second Coming—fact or fiction
- The New Heaven and Earth
- Prepare to Meet Thy God!

At the end of the seminar in Uganda, a Certificate was given to all registered participants.

I thank Brother Morris Lowe for his kindness, encouragement and support as we traveled and met in the Seminar.

It was a very informative conference and we enjoyed blessed fellowship. There were also about 30 members from South Sudan who attended the seminar.

During the conference, heaven rejoiced as two dear souls gave their lives to Jesus through baptism.

At the end, Brother Morris Lowe promised that he will never forget us, and is willing to support the work in Uganda, DR Congo and South Sudan.

"The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement." —*The Ministry of Healing*, p. 271

Victor Shumbusho, DR Congo

Below: Health Team
Front: Brother Lowe on left with Brother Escobar. Back from Left: Brenda Alonso, Adrian Lowe, Jonathan Escobar, with Victor Shumbusho



Sister Teresa—London, Canada



Sister Teresa de Jesus Barreras is currently the oldest member in the Canadian Field. She was born in El Salvador on September 28, 1919. Yes, that is correct, she recently celebrated her 99th birthday.

Sister Teresa lives in her own home in London, Canada. She has some of her children, grandchildren and great grandchildren living close by. She manages well on her own and actively helps out in the local church. She is active in cleaning up after Sabbath lunch and even takes part in some local missionary endeavours.

The question was asked her, “How did you meet the Lord?”

“While I was in a personal spiritual search, there was a man I knew who had been in prison and he told us that, while there, a man was visiting him and talked to him about God. His teachings were very different to everything we knew. My friend said that this man belongs to the Reform Church that is close to here. We lived there but did not know about this church. One day we were looking for the church with my son Jorge. We found the church; it was a small church and they were giving natural treatments there. So I started going to church.”

Sister Teresa was baptized 44 years ago at the age of 55 by a General Conference President who came from Germany. She does not remember his name. He had come for a Conference in El Salvador.

When asked “How did you come to Canada?” This was her answer: “Canada opened an office in “El Salvador”. My son heard they were looking for people willing to travel to Canada. They told him there were several processes. My son provided all the information they were requesting. We came to London, Ontario.”

After coming to Canada, she tells of how she came in touch with the Reform church in Canada. “There was no Reform church here in London. Only an Adventist church. I was looking for a church so I found an Adventist church and started going there. There I met Sister Shartery who also belonged to the Reform Church. We then started congregating at home. When a couple of people started congregating with us, Sister Shartery asked for a worker. This is how the work of the Reform started here. Until this day we are looking for ways to tell people that God loves us.”

Sister Teresa shared the following personal experience with the Lord. “I had a big disease. The nurses were telling me this was close to Cancer. God healed me through clay, food and natural medicine. Water, sun and clay. It took me one year to recover. I was like a tree without leaves. After the treatment I was like a tree that begins to revive when you water it. This was my biggest experience with the Lord, a healing experience. Since that moment I haven't been sick.”

Let us pray for Sister Teresa as she has now begun her 100th year of life. She is a blessing and encouragement in her local church and a wonderful example of a godly woman who loves and serves the Lord with all her heart.

Editor's Note:

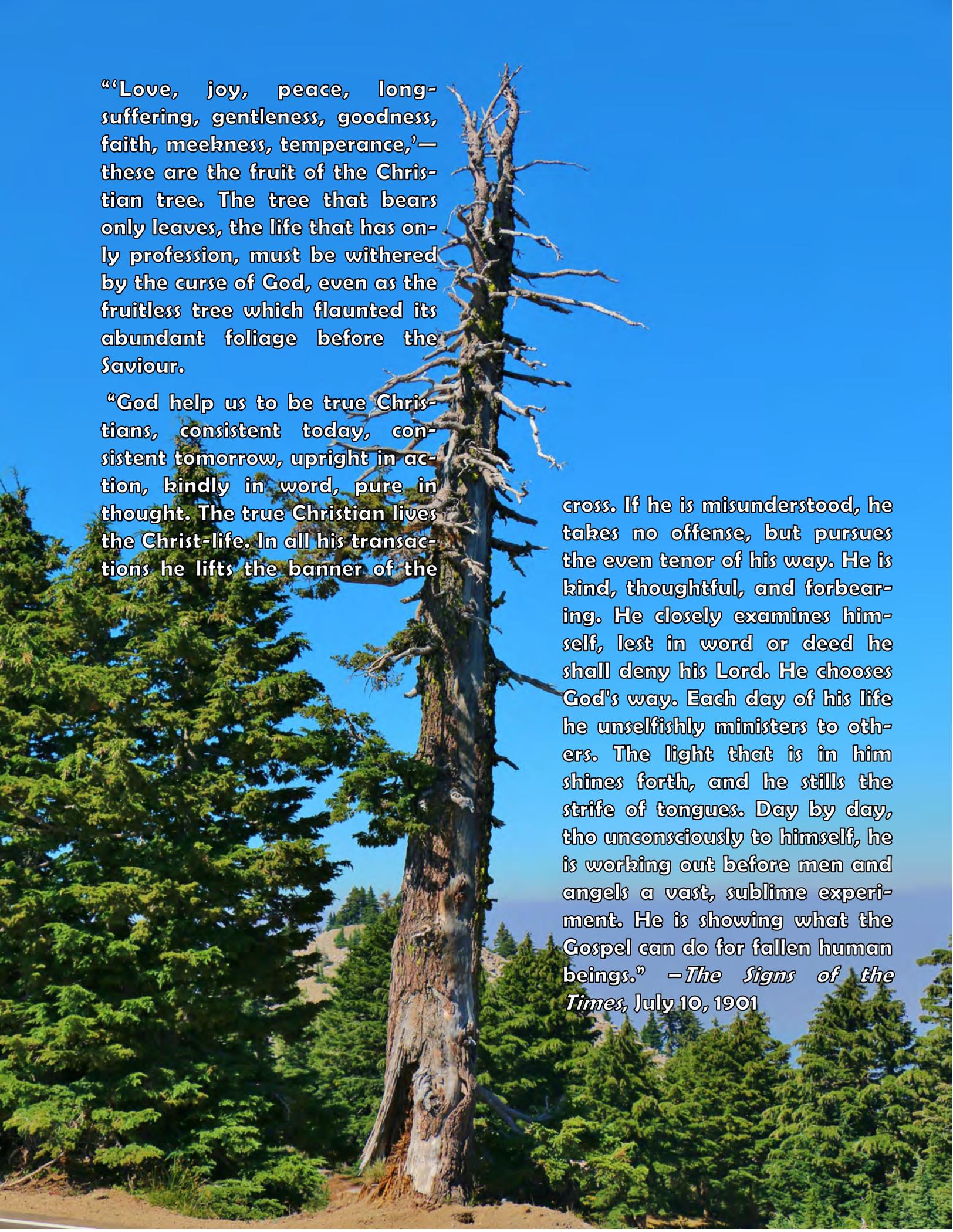
Sister Teresa recently had a fall and broke her hip and arm. She underwent surgery successfully, but it will be a long road to recovery for her. We ask your prayers for her.

Brethren from South Sudan who attended the Health Seminar in Uganda



MADAGASCAR





“Love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance,— these are the fruit of the Christian tree. The tree that bears only leaves, the life that has only profession, must be withered by the curse of God, even as the fruitless tree which flaunted its abundant foliage before the Saviour.

“God help us to be true Christians, consistent today, consistent tomorrow, upright in action, kindly in word, pure in thought. The true Christian lives the Christ-life. In all his transactions he lifts the banner of the

cross. If he is misunderstood, he takes no offense, but pursues the even tenor of his way. He is kind, thoughtful, and forbearing. He closely examines himself, lest in word or deed he shall deny his Lord. He chooses God's way. Each day of his life he unselfishly ministers to others. The light that is in him shines forth, and he stills the strife of tongues. Day by day, tho unconsciously to himself, he is working out before men and angels a vast, sublime experiment. He is showing what the Gospel can do for fallen human beings.” — *The Signs of the Times*, July 10, 1901