



*The Reformation*  
**Messenger**  
VOLUME 25, NUMBER 12, DECEMBER, 2018

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

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**COST:**

Black & White x \$27.00 per year. Colour x \$47.00 per year.  
(Add \$10.00 North America and \$20.00 overseas shipping & handling)

Purchase all 24 years of the Messenger for \$200.00 (shipping included in price). Bound in books by year.

Catalogue is available upon request for all articles for 24 years.



# The Harvest is Past



***“The harvest is past, the summer is ended, and we are not saved!” Jeremiah 8:20***

“God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.’ At an immense cost a probation has been granted to human beings. At the day of judgment there will come to the lost a full realization of the meaning of the sacrifice made on Calvary. They will see what they have lost by refusing to be loyal to God. They will think of the high, pure association it was their privilege to gain. But it is too late. The last call has been made. The wail is heard, ‘The harvest is past, the summer is ended, and we are not saved.’” – *Pacific Union Recorder*, June 19, 1902

“Let church members bear in mind that the fact that their names are registered on the church books will not save them. They must show themselves approved of God, workmen that need not be ashamed. Day by day they are to build their characters in accordance with Christ's directions. They are to abide in Him, constantly exercising faith in Him. Thus they will grow up to the full stature of men and women in Christ—wholesome, cheerful, grateful Christians, led by God into clearer and still clearer light. If this is not their experience, they will be among those whose voices will one day be raised in the bitter lamentation: ‘The harvest is past, the summer is ended, and my soul is not saved!’ Why did I not flee to the Stronghold for refuge? Why have I trifled with my soul's salvation, and done despite to the Spirit of grace?” – *Counsels for the Church*, p. 67–68

“Wake up! wake up! You have work to do, and your sun is fast hastening to its setting. Your powers are becoming enfeebled; but all there is of you, every particle of your ability, belongs to God, and should be used earnestly and disinterestedly in His service. Work while the sun still lingers in the heavens; for the ‘night cometh, when no man can work.’

“Come, my brother, come just as you are, sinful and polluted. Lay your burden of guilt on Jesus, and by faith claim His merits. Come now, while mercy lingers; come with confession, come with contrition of soul, and God will abundantly pardon. Do not dare to slight another opportunity. Listen to the voice of mercy that now pleads with you to arise from the dead that Christ may give you light. Every moment now seems to connect itself directly with the destinies of the unseen world. Then let not your pride and unbelief lead you to still further reject offered mercy. If you do you will be left to lament at the last: ‘The harvest is past, the summer is ended, and we are not saved.’” – *Testimonies for the Church*, vol. 5, p. 353

“You must be in earnest to secure your soul's salvation. You must begin the work of overcoming now. Don't put it off. It will soon be for ever too late, and the lamentation upon every side will be ‘The harvest is past, the summer is ended and my soul is not saved.’” – *The Review and Herald*, July 25, 1854

***Ellen G. White***



# Spiritual Eyesight

Many accidents take place on the highways every day. Often the driver involved in the accident says, "I did not see the other car until it was too late," or "I did not see the person or child until they were just before me, and I could not stop in time." Or, the driver may lose his own life. If we could see the danger a little earlier, we could avoid it. Also on the highway to heaven there are disasters, accidents, many go off the road, and never reach their destination.

Often in the Christian life we see the danger too late. Millions of Christians are resting in their graves unsaved. They were on the road to heaven and they were rejoicing in the blessed hope, but now they are eternally lost. Somewhere in the darkness they lost the way; somewhere they did not see the danger until it was too late.

Then, what do we need? Is it not better eyesight? We must see the danger before it overtakes us. But, what is often the condition of professing Christians? Jesus called the Jewish leaders, (the Pharisees) blind. "Let them alone: they be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch." Matthew 15:14

"Therefore they could not believe, because that Esaias said again, He hath blinded their eyes, and hardened their heart; that they should not see with their eyes, nor understand with their heart, and be converted, and I should heal them." John 12:39-40

"Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart." Ephe-

sians 4:18

If you see a man traveling to Hamilton, and you ask him, "Where are you going?" And he says, "I am on my way to Toronto," you tell him that he is going the wrong way, but he insists that he is right. This is the way that the Christian churches mostly believe. You tell them that Saturday Sabbath is the right day to worship God, according to the Bible, but they insist on keeping Sunday, which is not God's commandment.

Today the world is boasting of great knowledge, great advancements in science, and also in every other field of knowledge, even in the knowledge of the Bible. Unfortunately, even with this great knowledge, men do not know how to live in peace with one another. They are using their advanced knowledge to destroy each other, to cause wars, and revolutions. Thousands of human lives are sacrificed on the altar of the god of war. Satan's spirit is controlling mankind. Satan has blinded the world. Men and women are seeking peace and happiness, but they find only confusion, restlessness, and fighting. Satan has also blinded the children and young people to think that there is happiness in sin. Teenagers are often turning to smoking, drinking, drugs, and to defy authorities, hoping to find happiness and peace, and a solution to their problems. Are they finding it? No! The Bible tells us that the wages of sin is death.

"But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked." Isaiah 57:20-21



“We grope for the wall like the blind, and we grope as if we had no eyes: we stumble at noonday as in the night; we are in desolate places as dead men.” Isaiah 59:10

People get married and form families, seeking happiness this way, but unless they fear God and serve Him, there could possibly be misery, fighting, depression, separation and divorce. This is all blindness.

My friend, is it your desire to go to heaven and to have eternal life? Is it your desire to have peace and continued happiness? There is only one way to have them, and that is to follow the plan of God. If you want a happy marriage, then follow the plan of God. If you want to avoid the dangers ahead of you, then follow the plan of God. The Bible will show you the wonderful plan that God has made for us. It includes clear eyesight to see all the dangers on our way, and will also tell us how to avoid them.

Satan had it all before his fall. He was the most beautiful of all angels. He was the wisest, the most intelligent. He had the highest position in the universe after God the Father and Jesus Christ. He had eternal youth; but, he lost it all when he stepped off the way of God. He was not satisfied with his position; he wanted to be equal to God, and to be independent, and follow his own will. Now he is the most unhappy and miserable being, and anyone who is blinded by him, and follows his way of thinking, seeking happiness in sin and disobedience to God, will end up in misery, confusion, and disappointment.

Our life is one great possibility, and this possibility is happiness now and eternal life in the future. What we are today we do not need to continue being; we can change. The purpose of true religion is to change us from evil to good. We need to have a clear vision of what we can change into, and keep this vision always before our eyes. This vision into which we must change is Jesus Christ. We need to become like Him in our life, in our characters, in our actions, and in our love towards others.

Christ had a vision that others did not have. He saw in uneducated fishermen, apostles—the foundation of the Christian church. In Mary Magdalene, possessed with evil spirits, Jesus saw His most loyal follower. In Paul, others saw a persecutor of God’s church, but Christ saw in him His greatest advocate. Others saw the thief upon the cross as a criminal, someone hateful, despicable, but Jesus saw in him a saint, fit for His own company.

No matter how bad and selfish we may be today in the eyes of the people, God looks upon us and sees His own likeness behind the tarnished image, behind the dross of selfishness. This is the same kind of vision we need of ourselves, and of others. If we keep our eyes always fixed on Jesus, we will change to His perfect image. God is farsighted; He sees the end from the beginning, and He deals with us according to what we may become, and not according to what we are. This is also how we are to deal with our fellowmen. Do not look to your enemy as to what he is now; look beyond and see in him your best friend, and work towards this goal, that your vision may be fulfilled.

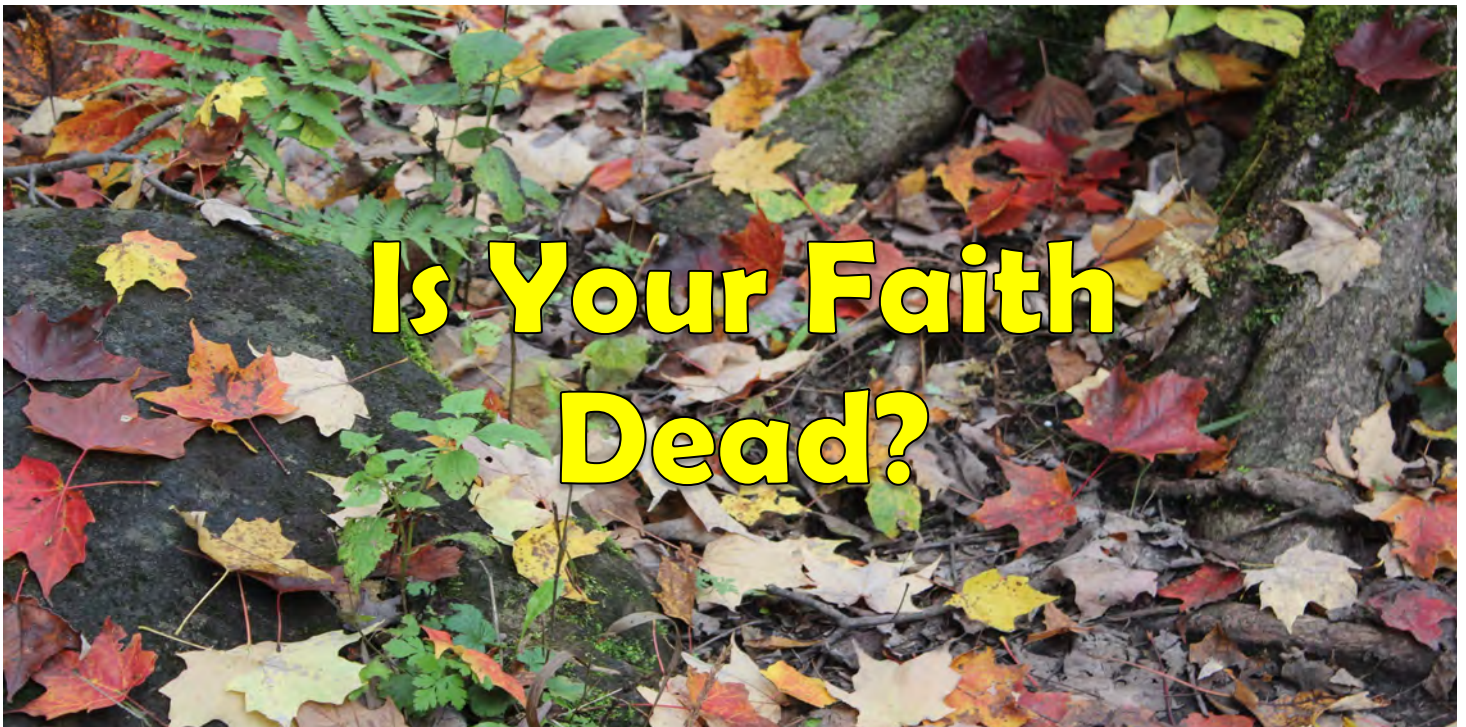
Look to your own life with a vision. Try to see the end from the beginning, and see the results of sin, and also the results of faithfulness. One sin leads to another sin. Small unfaithfulness leads to greater unfaithfulness, and the end is eternal death.

Obedience and self-denial lead to greater obedience, to holiness, to God-likeness, and to eternal life. When we do this, then a marvelous change takes place—the same as when a caterpillar changes into a butterfly—we will change from the evil, selfish image of Satan into the lovely image of Christ. We change to one who can love, who can feel, who has compassion and pity on others, and who can love even his enemies. Is this an image that you admire? Is Christ your role model, especially when He prayed for the soldiers who nailed His hands and feet to the cross, saying “Father forgive them, for they know not what they do?”

This is the way of God into peace and happiness, and there is no other way. This is the way that leads us to our heavenly home, and to eternal life; and our spiritual eyesight will become clearer as we continue on the way of God. AMEN.

***Timo Martin***





# Is Your Faith Dead?

*“The end of all things is at hand: be ye therefore sober, and watch unto prayer.” 1 Peter 4:7*

“Do you believe that the end of all things is at hand, that the scenes of this earth’s history are fast closing? If so, show your faith by your works. A man will show all the faith he has. Some think they have a good degree of faith, when if they have any, it is dead, for it is not sustained by works. ‘Faith, if it hath not works, is dead, being alone.’ Few have that genuine faith which works by love and purifies the soul. But all who are accounted worthy of everlasting life must obtain a moral fitness for the same. ‘Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as He is. And every man that hath this hope in him purifieth himself, even as He is pure.’ This is the work before you.” —*Maranatha*, p. 58

## **FAITH MUST BRING DEATH TO SELF OR IT WILL DIE ITSELF**

“You must experience a death to self, and must live unto God. ‘If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.’ Self is not to be consulted. Pride, self-love, selfishness, avarice, covetousness, love of the world, hatred, suspicion, jealousy, evil surmisings, must all be subdued and sacrificed forever. When Christ shall appear, it will not be to correct these evils and then give a moral fitness for His coming. This preparation must all be made before He comes. It should be a subject of thought, of study, and earnest inquiry, What

shall we do to be saved? What shall be our conduct that we may show ourselves approved of God?

“When tempted to murmur, censure, and indulge in fretfulness, wounding those around you, and in so doing wounding your own soul, oh! let the deep, earnest, anxious inquiry come from your soul, Shall I stand without fault before the throne of God? Only the faultless will be there. None will be translated to heaven while their hearts are filled with the rubbish of earth. Every defect in the moral character must first be remedied, every stain removed by the cleansing blood of Christ, and all the unlovely, unlovable traits of character overcome.” —*Ibid.*, p. 58

## **ADVANCE OR RETROGRADE**

“Jesus says: ‘Behold, I come quickly.’ We should keep these words ever in mind, and act as though we do indeed believe that the coming of the Lord is nigh, and that we are pilgrims and strangers upon the earth. Every means of grace should be diligently improved that the love of God may abound in the soul more and more, ‘that ye may approve things that are excellent; that ye may be sincere and without offense till the day of Christ; being filled with the fruits of righteousness.’ Your Christian life must take on vigorous and stalwart forms. You can attain to the high standard set before you in the Scriptures, and you must if you would be children of God. You cannot stand still; you must either advance or retrograde. . . .

“Will you have a stunted Christian growth, or will you

make healthy progress in the divine life? Where there is spiritual health there is growth. The child of God grows up to the full stature of a man or woman in Christ. There is no limit to his improvement. . . .

“Some who ought to be strong and established in Christ are as babes in understanding and experimental knowledge of the workings of the Spirit of God. After years of experience they are able to comprehend only the first principles of that grand system of faith and doctrine that constitutes the Christian religion. They do not comprehend that perfection of character which will receive the commendation: ‘Well done.’ . . .

“We have great victories to gain, and a heaven to lose if we do not gain them. The carnal heart must be crucified; for its tendency is to moral corruption, and the end thereof is death. . . . Pray that the mighty energies of the Holy Spirit . . . may fall like an electric shock on the palsy-stricken soul, causing every nerve to thrill with new life, restoring the whole man from his dead, earthly, sensual state to spiritual soundness. You will thus become partakers of the divine nature, . . . and in your souls will be reflected the image of Him by whose stripes you are healed.” –*Maranatha*, p. 75

“But while God can be just, and yet justify the sinner through the merits of Christ, no man can cover his soul with the garments of Christ’s righteousness while practicing known sins, or neglecting known duties. God re-

quires the entire surrender of the heart before justification can take place; and in order for man to retain justification, there must be continual obedience, through active, living faith that works by love and purifies the soul.” –*Maranatha*, p. 83

“If you are willing to drift along with the current of evil, and do not cooperate with the heavenly agencies in restraining transgression in your family, and in the church, in order that everlasting righteousness may be brought in, you do not have faith. Faith works by love and purifies the soul. Through faith the Holy Spirit works in the heart to create holiness therein; but this cannot be done unless the human agent will work with Christ. We can be fitted for heaven only through the work of the Holy Spirit upon the heart; for we must have Christ’s righteousness as our credentials if we would find access to the Father. In order that we may have the righteousness of Christ, we need daily to be transformed by the influence of the Spirit, to be a partaker of the divine nature. It is the work of the Holy Spirit to elevate the taste, to sanctify the heart, to ennoble the whole man.” –*Selected Messages*, bk. 1, p. 374

*Ellen G. White*

*Compiled and Submitted by Sister Rose Mvidi ,  
DR Congo*

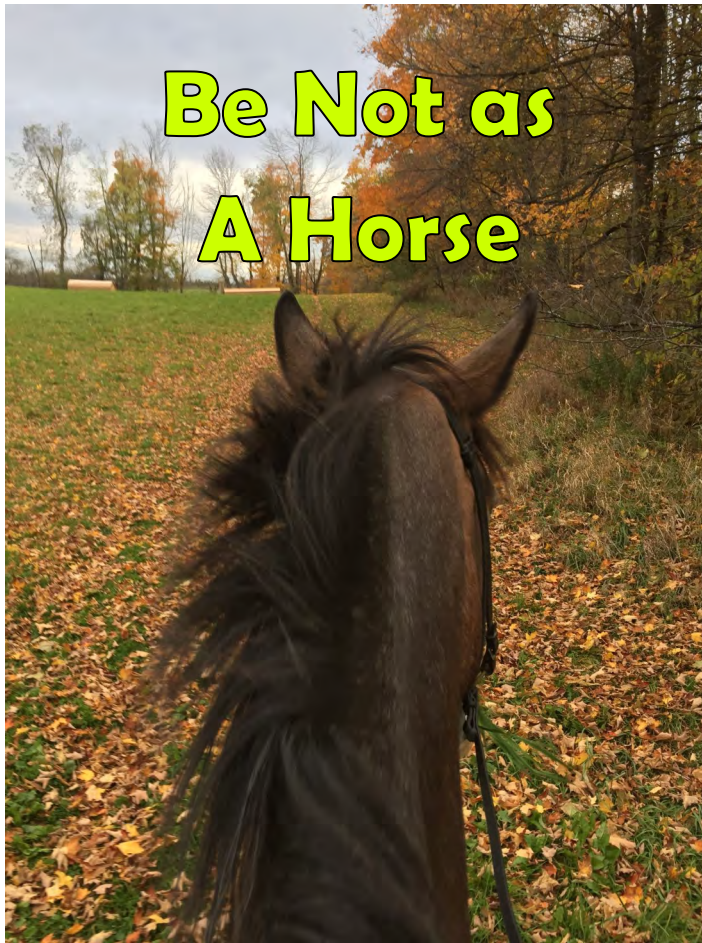
**“The night of trial is nearly spent. Satan is bringing in his masterly power because he knoweth that his time is short. The chastisement of God is upon the world, to call all who know the truth to hide in the cleft of the Rock, and view the glory of God. The truth must not be muffled now. Plain statements must be made. Unvarnished truth must be spoken, in leaflets and pamphlets, and these must be scattered like the leaves of autumn. . . .**

**“Some may say, ‘I am not a minister; I cannot preach to the people,’ You may not be able to preach, but you can be an evangelist, ministering to the needs of those with whom you come in contact; you can be God’s helping hand, working as the disciples worked; you can ask those you meet if they love the Lord Jesus.” –*Christian Service*, p. 147**

**“Church members, ask God to give you a burden to open the Scriptures to others and to do missionary work for those who need help. Some will be rescued in one way and some in another, but the work must always be done as the Lord shall lead. . . . Let the publications containing Bible truth be scattered like the leaves of autumn. Lift Him up, the Saviour of souls, lift Him up higher and still higher.” –*In Heavenly Places*, p. 323**

**“Publications must be multiplied, and scattered like the leaves of autumn. These silent messengers are enlightening and molding the minds of thousands in every country and in every clime.” –*The Review and Herald*, November 21, 1878**





## Be Not as A Horse

God's ways are mysterious. Sometimes He works in completely unexpected ways. Sometimes He may ask something of us that makes no sense to our human way of thinking. Or then He chooses people to work for Him, whom others would never have suspected could do a great work for Him. He sometimes passes by the educated and influential and chooses the simple, humble people. "Mark the features of Christ's work. He moved in the greatest simplicity. Although His followers were fishermen, He did not advise them to go first into the school of the rabbis before entering upon the work. He called His disciples from their fishers' nets, and said: 'Follow Me, and I will make you fishers of men.'" — *Fundamentals of Christian Education*, p. 359. Although church mission schools are beneficial, they are not mandatory.

How does this thought just mentioned relate to horses? The title indicates that this article is about horses. Let us study further and see. Horses are very useful animals. They are also very beautiful and majestic animals. There is something about the manner of a horse that man has and greatly admired. God never intended the horse to be worshiped. His intention was for this incredible creature to draw our praise, admiration and

reverence to our Creator.

Unfortunately, mankind has so much admired horses that they have gone as far as to worship them. King Josiah made a reform in the nation of Israel and removed this practice. "And he took away the horses that the kings of Judah had given to the sun, at the entering in of the house of the LORD, by the chamber of Nathanmelech the chamberlain, which was in the suburbs, and burned the chariots of the sun with fire." 2 Kings 23:11

Horses, as with many animals, make great friends with their owners. Horses have been beneficial to mankind in many ways throughout history and they played a prominent role in the Bible. They were used for transportation purposes ("And there went up with him [Joseph] both chariots and horsemen." Genesis 50:9); or for military purposes ("They shall lay hold on bow and spear. . . and they ride upon horses, set in array as men for war against thee." Jeremiah 6:23); or we see royalty riding a majestic horse ("Let the royal apparel be brought which the king useth to wear, and the horse that the king rideth upon, and the crown royal which is set upon his head." Esther 6:8).

Horses were sometimes given as royal gifts. They were a symbol of wealth. "And Solomon had horses brought out of Egypt, and linen yarn: the king's merchants received the linen yarn at a price. And a chariot came up and went out of Egypt for six hundred shekels of silver, and an horse for an hundred and fifty: and so for all the kings of the Hittites, and for the kings of Syria, did they bring them out by their means." 1 Kings 10:28–29

As beautiful as these animals are, when the nation of Israel settled in Canaan, God gave the command that they should, "Not multiply horses to himself, nor cause the people to return to Egypt, to the end that he should multiply horses." Deuteronomy 17:16

Why was this command given? Horses were not used for farming purposes; their main role was for military purposes—war. They were mounts of kings, princes, conquerors, and soldiers. To ride a horse implied war, doom, and victory. Men of peace did not typically ride horses but rode donkeys, mules, camels and drove oxen carts, as these animals did not herald threats of war. The more horses an army had, the greater their strength was viewed. God commanded the Israelite kings not to keep many horses, which would prevent them from building their armies as did the heathen—with horses. The Lord wanted to have men put more faith and trust in Him than in their own resources or



strength—their horses and chariots. He wanted His people to rely on Him for deliverance and victory from their enemies. “The horse is prepared against the day of battle: but safety is of the LORD.” Proverbs 21:31

King Saul obeyed this command and his armies never included cavalry. However, we see a deviation from this command beginning with King David. “David smote also Hadadezer, the son of Rehob, king of Zobah, as he went to recover his border at the river Euphrates. And David took from him a thousand chariots, and seven hundred horsemen, and twenty thousand footmen: and David hocked all the chariot horses, but reserved of them for an hundred chariots.” 2 Samuel 8:3–4. David spared only 100 horses for his military—but it was still a disobedience from the command of the Lord. Solomon, his son, learning from his father, had many horses.

Another reason that this prohibition was given is that God loves these beautiful creatures also, and they have a sweet and innocent nature when correctly trained. I am sure many of them perished in battle. These poor creatures became victim to man’s cruelty and hatred of each other. “And Miriam answered them, Sing ye to the LORD, for He hath triumphed gloriously; the horse and his rider hath He thrown into the sea.” Exodus 15:21. These horses perished, sadly, while putting all their energy and might into pleasing and obeying their masters.

Horses are faithful and loving animals and if treated well, they will happily try to please their owners. For this reason man has viewed them as good military animals, “as the horse rusheth into the battle.” Jeremiah 8:6. When their owner tells them to go, they go with all their energy, rushing fearlessly into battle, wishing to please their master and trusting his owner with his own life. Sadly, as I just stated, some get wounded and killed—betrayed by their owners who they trusted for their safekeeping.

Horses are only flesh and blood as man is. They all perish one day. Although many trust in them for safety, our only true safety comes from the Lord. In the Bible we read many times when the Lord defeated the greatest armies of the world who were fighting against His people (when His people were being faithful). Regardless of the number of soldiers, horses, or chariots, the enemy was no match for the angels of the Lord. “And it came to pass that night, that the angel of the LORD went out, and smote in the camp of the Assyrians an hundred fourscore and five thousand: and when they

arose early in the morning, behold, they were all dead corpses.” 2 Kings 19:35. “An horse is a vain thing for safety: neither shall he deliver any by his great strength.” Psalm 33:17. “Some trust in chariots, and some in horses: but we will remember the name of the LORD our God.” Psalm 20:7

Horses are known for their speed. There are many horse racing events in our world today. Jeremiah compared our spiritual walk/run to horses. “If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses?” Jeremiah 12:5. Can we run with the horses? Very few, I could say, would be able to outrun a horse on their own, but we read of Elijah when he was filled with the spirit of the Lord—he did run with the horses. “And the hand of the LORD was on Elijah; and he girded up his loins, and ran before Ahab to the entrance of Jezreel.” 1 Kings 18:36. Horses have great endurance and can run great distances. We need to have this same kind of endurance in our Christian race.

With all these good qualities of the horse, and although we are told we should be able to run *with* the horses in the Christian race, King David tells us not to *be* like the horse. Why? “Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.” Psalm 32:9

The Apostle James agrees with what King David wrote. He wrote how this very large animal can be controlled by a small bit in its mouth. He compares this to man, and how this small tongue can control the entire man. “Behold, we put bits in the horses’ mouths, that they may obey us; and we turn about their whole body. . . Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!” James 3:3, 5. This little tongue can make or break us. “For by thy words thou shalt be justified, and by thy words thou shalt be condemned.” Matthew 12:37. How little thought some people give to their words. James even goes on to say that he who is able to control his tongue is a perfect man. “If any man offend not in word, the same is





a perfect man, and able also to bridle the whole body.” James 3:2. “As Christians we should speak as Christ would speak were He in our place.” —*The Review and Herald*, April 9, 1901

You can read pages and pages of quotes from the Spirit of Prophecy regarding the right and wrong use of the tongue, and the serious consequences of its wrong use. Here are a few:

“Let the Christian bridle his tongue, firmly resolving not to speak harsh, impatient words. With the tongue bridled, he may be victorious in every trial of patience through which he is called to pass.” —*Messages to Young People*, p. 136. “Guard well the talent of speech, for it is a mighty power for evil as well as for good. You cannot be too careful of what you say; for the words you utter show what power is controlling the heart.” —*In Heavenly Places*, p. 174. “The talent of speech is a gift of God, and when we hear so much useless, meaningless chit-chat, we may be assured that those who thus use this precious gift are not Christians. They are not abiding in Christ, nor is Christ abiding in them.” —*The Voice In Speech and Song*, p. 65–66

Horses need training. Many are easily trained and controlled by man. When controlled by man with this small

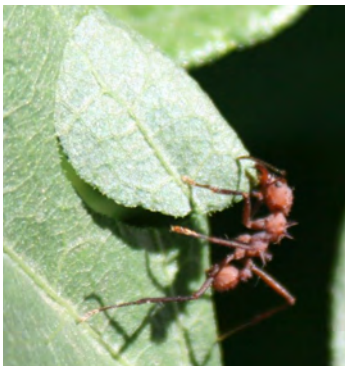


bit in their mouth, they can be quite submissive. “A whip for the horse.” Proverbs 26:3. Some need constant discipline to get them to comply, but many well-trained horses do not think

for themselves, but only do as directed by their beloved master. While we can say that it is good to be controlled by our heavenly Master, we are also asked to think and act for ourselves—in keeping with the law of God.

### WHO ARE WE TO IMITATE?

Although horses are beautiful animals, we are told not to imitate them. Rather we are told to imitate one of the smallest creatures. We are told to imitate an ant.



“Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest.” Prov-

erbs 6:6–8. They need no guide, overseer or ruler in order to do useful work; contrary to the horse, who needs a bit and bridle to do useful work. The ant works as an individual for the good of the colony. They busily do their work with no interference or training from mankind. They simply work individually, but collectively for the good of the colony—for its survival. Have you ever seen an ant sitting still? Ants are barely noticeable as they quietly and faithfully do their work.

Often God uses the smallest, unnoticed, and unexpected people and methods to do His work. It is not always the grand and most talented people He uses.

It was not the earthquake or fire but the still small voice on the mountain that the Lord used to speak to Elijah (1 Kings 19:12).

Now, back to the beginning of the article where I mentioned the call of the disciples. Jesus called 11 of the disciples, not because of their education or talents. One of the 12 disciples was called of man, not by Jesus. This one was the most educated and talented. He was a horse in comparison to the ants of the other disciples; however, Jesus was not looking for outward talents. That was the furthest thought from His mind. His primary focus was on sincere, heartfelt devotion from His followers. On the day of Pentecost, the people marvelled at the preaching of the followers of Jesus “And they were all amazed and marvelled, saying one to another, Behold, are not all these which speak Galileans?” Acts 2:7. The 11 men (ants) spoke eloquently, and in different languages, not having been highly educated by worldly institutions. They preached for the benefit of the colony (church). The talented one (well-trained horse), who had been called by man because he was talented, had committed suicide.

David looked like an ant compared to Goliath, but the victory was made through this unarmed ant, who had put on the armour of God, which is stronger than any earthly horse, chariot, or armour. Here we see David acting individually (in the Spirit of the Lord) for the good of the nation. “Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the LORD of hosts, the God of the armies of Israel, whom thou hast defied.” 1 Samuel 17:45. Shortly afterwards, to everyone’s surprise, David killed Goliath. No one expected this except David himself. The ant killed the horse.

Samuel was called by the Lord at a young age. Who was this child in comparison to the Priest Eli? “When but twelve years old, the son of Hannah received his special commission from the Most High.” —*The Signs of the Times*, December 15, 1881. I am sure Samuel was sur-



prised as he was not even a teenager or from the tribe of Levi, yet he was called to be a messenger for the Lord to the people and to serve in the temple. “God will work with children and youth who give themselves to Him. . . . God passed by the hoary-headed Eli and conversed with child Samuel.” —*The Seventh-day Adventist Bible Commentary*, vol. 2, p. 1010

Gideon had no horses when he won the victory over the Midianites. I am sure he was mystified initially when the Lord told him his army of 32,000 men was too large to fight the army of the Midianites that numbered 120,000. He must have felt like an ant compared to the horses of Midian. But the Lord won the victory. “Be not disheartened at small beginnings. It is often the humblest work that yields the greatest results.” —*Gospel Workers* p. 340

Johnathan and his armourbearer won the victory over the Philistines—just the two of them—two little ants against the horses of the enemy (1 Samuel 4:11–15). King Saul was losing hope at the sight of his dwindling army; however, the victory was gained through a smaller method than his waning army. Why? Johnathan believed in God’s power to save. “And Jonathan said to the young man that bare his armour, Come, and let us go over unto the garrison of these uncircumcised: it may be that the LORD will work for us: for there is no restraint to the LORD to save by many or by few.” 1 Samuel 14:6. “It would have been an easy matter for the Philistines to kill these two brave, daring men; but it did not enter into their minds that these two solitary men had come up with any hostile intent. The wondering men above looked on, too surprised to take in their possible object.” —*The Seventh-day Adventist Bible Commentary*, vol. 2, p. 1015

The two soldiers had the work ethic of an ant. They got busy doing their work for the good of the colony. Although they were unnoticed as ants to the enemy, the enemy was terrified when they saw the hosts of the heavenly horses. “This daring work sent a panic through the camp. There lay the dead bodies of twenty men, and to the sight of the enemy there seemed hundreds of men prepared for war. The armies of heaven were revealed to the opposing host of the Philistines.” —*Ibid.*, p. 1015. What an awesome and fearful scene that must have been for the Philistine soldiers—to see the heavenly army.

Ellen G. White was called to be a prophet—the weakest of the weak. The more prominent and educated men refused to bear the message of the Lord, so He chose the unexpected. The last person anyone would have expected to be called into the office of a Messenger of the Lord. “But God hath chosen the foolish things of the

world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty.” 1 Corinthians 1:27

In the world it has often been that people who are rich and famous get more privileges and honour in society than the simple humble working man who is barely noticed. But God does not look at it that way. “For the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.” 1 Samuel 16:7

We often have no problems stepping on an ant which seems to be in our way, but we would never want to squash a large horse. Think, though, before stepping on that ant. If it is not in your way, or not hurting you and is busy with its own labour, then do not go out of your way to step on him. Watch, admire, and imitate its work ethic.

*Jesus Returns on a Horse*: “And I saw heaven opened, and behold a white horse; and He that sat upon him was called Faithful and True, and in righteousness He doth judge and make war.” Revelation 19:11. Why will Jesus choose a horse as the animal to ride on when He returns to earth? Riding a horse is a sign of royalty. Jesus returns as victor—the King of kings and Lord of lords. He returns as a conqueror; He returns for the final battle to defeat the forces of evil.

Horses are our friends, as with all domestic animals. They are regal and majestic, as well as loving and loyal creatures. They have their place in their duties. We are to love them and care for them, but we are not called to imitate them. We are called to imitate the smallest of the small—the ant. And from these small beginnings the Lord can do a great work.

“Most things have small beginnings. Christ tells us that the smallest of seeds, put into the ground, grows to be a tree that the birds may lodge in.” —*The Review and Herald*, October 11, 1898. “Do not fret at small beginnings. It is often the humblest work that accomplishes the greatest results.” —*Ibid.*, December 8, 1885

**Wendy Eaton**







Our bodies are built up from the vitamins in the food we eat. In general, most vitamins, minerals and other nutrients can be obtained from food. But you may ask yourself: *What* is healthy food? *When* should we eat? *How much* should we eat? *Where* should we eat? *Why* should we eat?

When we have a vitamin deficiency our body suffers. For example, a vitamin A deficiency (one of the most important vitamins) results in problems with our eyesight (night blindness), sinusitis, frequent colds, abscesses in the ears, infections in the respiratory system, pneumonia, skin diseases, acne and reproductive difficulties, such as abortion. A vitamin B deficiency leads to problems with our nerves. A Vitamin C deficiency results in viral infections. The same thing occurs with our spiritual health. When we lack the “vitamin” of prayer, our spiritual eyesight suffers, our faith weakens, and we can easily fall a prey to temptation.

“Temptations often appear irresistible. . . through neglect of prayer and the study of the Bible.” —*The Great Controversy*, p. 599

Once when a criminal was being taken to the scaffold, he said: “Oh, if I had only prayed to God that morning, I would not have committed that crime! If I had only thought of You, my Lord, You would have protected me!”

In order to be healthy, we not only need to know what

are the most healthy foods to eat, but we also need to follow different guidelines for healthy living, and be able to answer above questions

(what, when,

how much, where and why . . . should we eat?). The same applies to our spiritual growth. In like manner we need to have a deep understanding about prayer. People talk a lot about prayer. Many pray in public. Does God listen? What does the Bible teach about prayer? Do our actions or neglects play a factor in answered prayer? In this article we will examine, when, where, and how we should use our spiritual vitamin—prayer.

#### ***Different types of prayer:***

**Public:** During public prayer, only one person prays while the rest of the people listen with heads bowed and kneeling. Public prayer should not be long. It is a cause of disorder if more than one person prays at a time.

**Family:** Every morning and evening the family should gather for worship and prayer to thank God for His blessings and the protection He provides, asking Him to direct their paths for the day.

**Private:** Private prayer is secret communion with God which sustains the life of the soul (Matthew 6:6).

#### ***What is the best position for prayer?***

*People pray in many different positions, such as:*

- Lying flat on the floor, face down, with hands stretched out (also known as 'prostrate');
- Standing, hands raised and spread, palms up, looking upward;
- Sitting, head bowed, eyes closed, hands folded (the most common position today);
- Kneeling, head bowed, hands folded;
- Kneeling, head to the ground, hands face down on ground next to head;
- Standing, eyes forward, facing the altar;
- Sitting, eyes closed, hands in front, palms up;
- Lying flat on the floor, face up, palms up;
- While walking leisurely.

*When a Jew, Buddhist, Hindu, Muslim, or Christian prays*





to God, the very act itself assumes that they believe:

- there is One beyond each and all of us, beyond all that is around us;
- this One cares enough to listen to you;
- this One cares enough to want your response;
- this One cares enough to respond to you;
- this One cares enough that His response will make a difference.

Although we can offer a prayer to our Heavenly Father any time and in any place during the day, when it comes to formal, public, family or private prayers, the following counsel is given: "I have received letters questioning me in regard to the proper attitude to be taken by a person offering prayer to the Sovereign of the universe. Where have our brethren obtained the idea that they should stand upon their feet when praying to God? . . . 'Get down upon your knees.' *This is the proper position always.*" – *Selected Messages*, bk. 2, p. 311 (emphasis mine)

Christ is our pattern. "And He was withdrawn from them about a stone's cast, and kneeled down, and prayed." Luke 22:41

The apostles also left us a good example: "Peter put them all forth, and kneeled down, and prayed;" Acts 9:40. "They stoned Stephen, calling upon God, and saying, Lord Jesus, receive my spirit. And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep." Acts 7:59–60. "When he had thus spoken, he kneeled down, and prayed with them all." Acts 20:36. "When we had accomplished those days, we departed and went our way; and they all brought us on our way, with wives and children, till we were out of the city: and we kneeled down on the shore, and prayed." Acts 21:5. "For this cause I bow my knees unto the Father of our Lord Jesus Christ." Ephesians 3:14

The patriarchs and prophets of the Old Testament also left us good examples: "At the evening sacrifice I arose up from my heaviness; and having rent my garment and my mantle, I fell upon my knees, and spread out my hands unto the LORD my God, And said, O my God, I am ashamed and blush to lift up my face to thee, my God: for our iniquities are increased over our head, and our trespass is grown up unto the heavens." Ezra 9:5–6. "O come, let us worship and bow down: let us kneel before the LORD our maker." Psalm 95:6

"Kneeling in prayer teaches reverence and awe for God. —May God teach His people how to pray. . . Both in public and in private worship, it is our privilege to bow

on our knees before the Lord when we offer our petitions to Him. . . . Daniel 'kneeled upon his knees three times a day, and prayed, and gave thanks before his God.'

"True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen, every heart should be deeply impressed." –*Prayer*, p. 209

### **Where should we pray?**

Some set aside a special room solely for the purpose of prayer (Prayer Rooms). A personal space for prayer can really be just about anywhere that you can stay (relatively) undisturbed. Perhaps there is a quiet place in a park, in the woods, in a field, or in a garden (as Jesus used). It may be indoors, in the spare bedroom or some other quiet corner. You may be more likely to use the room if it is cleaned out and set aside just for prayer.

We can pray in silence any time during the day, for example: when we are traveling or working (1 Corinthians 14:15), or in moments of danger or need (Jonah 2:1). Even though it is ideal to pray three times a day as Daniel did (Daniel 6:10), we should "pray without ceasing." 1 Thessalonians 5:17

We only have to remember that "the hour and place of prayer are sacred, because God is there; and as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened. 'Holy and reverend is His name,' the psalmist declares. Angels, when they speak that name, veil their faces. With what reverence, then, should we, who are fallen and sinful, take it upon our lips!

"Well would it be for old and young to ponder those words of Scripture that show how the place marked by God's special presence should be regarded. 'Put off thy shoes from off thy feet,' He commanded Moses at the burning bush, 'for the place whereon thou standest is holy ground.

life of constant prayer. He knows that the light and strength of one day is not sufficient for the trials and conflicts of the next. Satan is continually changing his temptations. Every day we shall be placed in different circumstances; and in the untried scenes that await us we shall be surrounded by fresh dangers, and constantly assailed by new and unexpected temptations. It is only through the strength and grace gained from heaven that we can hope to meet the temptations and perform the duties before us.



“It is a wonderful thing that we can pray effectually; that unworthy, erring mortals possess the power of offering their requests to God. What higher power can man desire than this,—to be linked with the infinite God? Feeble, sinful man has the privilege of speaking to his Maker. We may utter words that reach the throne of the Monarch of the universe. We may speak with Jesus as we walk by the way, and He says, I am at thy right hand [see Ps. 16:8].

“We may commune with God in our hearts; we may walk in companionship with Christ. When engaged in our daily labor, we may breathe out our heart’s desire, inaudible to any human ear; but that word cannot die away into silence, nor can it be lost. Nothing can drown the soul’s desire. It rises above the din of the street, above the noise of machinery. It is God to whom we are speaking, and our prayer is heard.” —*Gospel Workers*, p. 257–258

***In whose name should we pray?***

“And in that day ye shall ask Me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in My name, He will give it you. Hitherto have ye asked nothing in My name: ask, and ye shall receive, that your joy may be full.” John 16:23–24. Sin separated us from God. It is only through the grace of Christ that we can expect our prayers to reach the throne of God’s mercy (1 Timothy 2:5; 1 John 2:1–3).

***What or whom should we pray for?***

- For the sick, for individuals (James 5:13–16)
- For the messengers of God and progress of the Gospel (Acts 12:5; Habakkuk 3:2; Philippians 1:3–6)
- For the Holy Spirit to come upon us (Luke 11:13)
- Pray for the Church Leaders
- For our enemies
- Etc.

***The three parts of the prayer model:***

1. Address: our Father in heaven
2. Body of prayer:
  - Praise: hallowed be Thy name
  - Thanksgiving: I thank You for. . .
  - Confession: Forgive . . .
  - Request: I ask you to . . .
  - Mediation: please help (self and others) . . .
3. Ending: in the name of Jesus
  - End: AMEN, which means “so be it”

Speak as though you are talking directly to God, be-

cause you are.

The Bible plainly declares that powerful praying can accomplish much. “The effectual fervent prayer of a righteous man availeth much.” James 5:16. God wants people to pray. Jesus set the example. He prayed. He taught His followers to pray, and how not to pray. He brought His closest followers with Him to keep watch and to pray with Him, as He began His hardest day in prayer. The apostles call on the believers to be in “unceasing prayer” (Romans 12:12; Colossians 4:2; 1 Thessalonians 5:17; Ephesians 6:18; Jude 20; 1 Peter 4:7; Philippians 4:6.). Paul also prayed (2 Corinthians 13:7; Ephesians 1:16–23; Philippians 1:9; 2 Thessalonians 1:11).

***Throughout the Bible, prayer is described as powerful (a strong vitamin) for many spiritual diseases and situations:***

- Prayer has power to find a spouse without a dating service or matchmakers (Genesis 24:12–15).
- Prayer has power with a spouse though the situation may be difficult (Esther 4:13–17; Malachi 2:13).
- Prayer has answer when health fails and the prognosis is grim (2 Kings 4:22–37; Isaiah 38:1–8).
- Prayer has power for life in general to be blessed and sheltered (1 Chronicles 4:9–10).
- Prayer has power over enemies (Exodus 3:7–10; Numbers 16:15, 22; 2Kings 19:14–19; Psalm 18:4–19).
- Prayer has power over nations for God’s praying people (Genesis 18:23–33; Jeremiah 29:4–7; Dan 9:1–3).
- Prayer has power for children when a godly father intercedes (Job 1:4–5; 42:13–17).
- Prayer has power during prayer meetings as when the early church prayed (Acts 4:23–31).
- Prayer has power in desperation as with Hagar (Genesis 16:6–14; Matthew 14:30–31; Acts 12:5, 17).
- Prayer has power for spiritual revival among the lukewarm (1 Kings 18:21–40; Psalm 119:25, 37).
- Prayer has power for conceiving children even when barren (1 Samuel 1:9–20; 2:20–21).
- Prayer has power for jobs and businesses (Genesis 28:16–22; 32:9–10; Nehemiah 2:1–8; Daniel 2:14–23).
- Prayer has power while we are sighing and crying (Exodus 2:23–25; Psalm 56:8; Malachi 2:13).
- Prayer has power for restoration (2 Chronicles

**“Prayer and faith will do what no power on earth can accomplish.”  
– *The Ministry of Healing*, p. 509**



33:11–13; Psalm 51:7–15; Jonah 2:1–10; Luke 23:42–43).

- Prayer has power over weather (Joshua 10:12–14; 2 Kings 20:8–11; James 5:17).
- Prayer has power for godliness (Exodus 33:18–23; 2 Kings 2:9–12; Luke 11:13; Acts 10:1–6; Ephesians 3:14–21).
- Prayer has power for wisdom (1 Kings 3:5–13; Proverbs 2:3–9; Luke 11:13; Ephesians 1:17–18; James 1:5).
- Prayer has power for all our dilemmas (2 Chronicles 20:12–18; Proverbs 16:33; Acts 1:21–26).
- Prayer has power when overwhelmed (1 Samuel 30:6–8; 2 Chronicles 14:9–15; Psalm 142:1–3).

“Ask God to do for you those things that you cannot do for yourselves. Tell Jesus everything. Lay open before Him the secrets of your heart; for His eye searches the inmost recesses of the soul, and He reads your thoughts as an open book. When you have asked for the things that are necessary for your soul’s good, believe that you receive them, and you shall have them.”  
—*The Youth’s Instructor*, July 7, 1892

“To every sincere prayer an answer will come. It may not come just as you desire, or at the time you look for it; but it will come in the way and at the time that will best meet your need. The prayers you offer in loneliness, in weariness, in trial, God answers, not always according to your expectations, but always for your good.” —*Gospel Workers*, p. 258

God will answer either, “yes”, “no” or “wait”, but He *does* answer all sincere prayers. For this reason, we must always add: “Thy will be done” to all our prayers.

#### **Prayer is made powerful:**

- By adding fasting when experiencing greater difficulties (Matthew 17:15–21; 1 Corinthians 7:5).
- When practiced effectually (James 5:16; Luke 11:1).
- When done fervently (James 5:16–17).
- When done righteously (James 5:16; Psalm 34:15; 66:18). Obey God.
- Without adding unnecessary details, repetition, or length (Matthew 6:7–8; 10:29–31; Romans 1:9).
- Without unnecessary eloquence (Romans 8:26–27). The Holy Spirit adds to your prayers.
- By not ceasing (Luke 11:5–8; 18:1–6; Romans 12:12; 1 Thessalonians 5:17).

Not only is the quality of food important but also a proper quantity is needed. This is true also for our spiritual vitamin—prayer. “Important lessons are presented to us in the experience of Elijah. When upon Mt. Carmel he offered the prayer for rain, his faith was tested, but he persevered in making known his request unto God. Six times he prayed earnestly, and yet there was no sign that his petition was granted, but with a strong faith he urged his plea to the throne of grace. . . . God does not always answer our prayers the first time we call upon Him; for should He do this, we might take it for granted that we had a right to all the blessings and favors He bestowed upon us. Instead of searching our hearts to see if any evil was entertained by us, any sin indulged, we should become careless, and fail to realize our dependence upon Him, and our need of His help.

“Elijah humbled himself until he was in a condition where he would not take the glory to himself.” —*Seventh-day Adventist Bible Commentary*, vol. 2, p. 1034

Begin the morning with prayer—“The very first outbreathing of the soul in the morning should be for the presence of Jesus. ‘Without Me,’ He says, ‘ye can do nothing.’ It is Jesus that we need; His light, His life, His spirit, must be ours continually. We need Him every hour. And we should pray in the morning that as the sun illuminates the landscape, and fills the world with light, so the Sun of Righteousness may shine into the chambers of mind and heart, and make us all light in the Lord. We cannot do without His presence one moment. The enemy knows when we undertake to do without our Lord, and he is there, ready to fill our minds with his evil suggestions that we may fall from our steadfastness; but it is the desire of the Lord that



from moment to moment we should abide in Him, and thus be complete in Him.” –*The Bible Echo*, January 15, 1892

***We must climb the prayer ladder ourselves:***

“After we have offered our petitions, we are to answer them ourselves as far as possible, and not wait for God to do for us what we can do for ourselves. The help of God is held in reserve for all who demand it. Divine help is to be combined with human effort, aspiration, and energy. But we cannot reach the battlements of Heaven without climbing for ourselves. We cannot be borne up by the prayers of others when we ourselves neglect to pray, for God has made no such provision for us . . . . The unlovely traits in our characters are not removed, and replaced by traits that are pure and lovely, without some effort on our part.” –*The Signs of the Times*, August 14, 1884

If you are convicted that you have neglected prayer, then begin tonight to pray more earnestly. If you do not know how to pray effectually, then seek the Lord and study your Bible. Prayer is a large subject. Much is written in the Bible, and if you study earnestly, you will learn more.

Take time to reflect by asking yourself, how do you pray? What do you pray for? Have you ever felt afraid to pray? Is there something you are afraid of, or afraid to ask? Why? What kind of answers did you receive from your prayers? When you were ill or in serious trouble, did you ever *feel* the prayers of others?

Beginning on Friday December 7, until Sabbath December 15, 2018, there will be a worldwide program called the *Week of Prayer*. Sabbath, December 15, 2018, will be a special day of fasting and prayer. It will be a day to afflict our souls “between the porch and the altar” in the presence of God. Joel 2:17. The subject for the week of prayer is

“*The Spiritual Gifts*” Some of the websites that you can download the readings from are: [www.sda1844.org](http://www.sda1844.org), [www.sda1888.org](http://www.sda1888.org) (English, Spanish and French), [www.asd1844.org](http://www.asd1844.org) (Spanish), and [www.reform-adventisten.net](http://www.reform-adventisten.net)



(German). All are encouraged and invited to take part in the special meetings for study, fellowship, worship, prayer, and praise. All over the world believers will be united in mind and heart through the grace of Christ. Wherever you are, find the nearest location of the International Missionary Society, SDA Church Reform Movement; do not miss this privilege.

“The patriarchs were men of prayer, and God did great things for them. [What about ourselves, living in the time of the end?] When Jacob left his father’s house for a strange land, he prayed in humble contrition, and in the night season the Lord answered him through vision.

“Joseph prayed, and he was preserved from sin amid influences that were calculated to lead him away from God. When tempted to leave the path of purity and uprightness, he rejected the suggestion with, ‘How can I do this great wickedness, and sin against God?’

“Moses, who was much in prayer, was known as the meekest man on the face of the earth. . . . While he was leading the children of Israel through the wilderness, again and again it seemed that they must be exterminated on account of their murmuring and rebellion. But Moses went to the true Source of power; he laid the case before the Lord. . . . And the Lord said, ‘I have pardoned according to thy word’ . . .

“Daniel was a man of prayer, and God gave him wisdom and firmness to resist every influence that conspired to draw him into the snare of intemperance. Even in his youth he was a moral giant in the strength of the Mighty One . . . .

“In the prison at Philippi, while suffering from the cruel stripes they had received, their feet fast in the stocks, Paul and Silas prayed and sang praise to God; and angels were sent from heaven to deliver them.” –*My Life Today*, p. 20

Let us use the “telephone” to God, the key in the hands of faith, the vitamin of the soul, to praise Him, to thank Him, to confess our sins to Him, to tell Him our worries, and to keep in daily, personal contact with Him.

Cultivate the habit of praying in the family, teaching your children how to pray. This is the only way we can live happily and in peace, having the confidence that He will help us in our most difficult circumstances. He has promised to sustain us.

***Victor Shumbusho***

***D R Congo***



# Adventure In the Land of the Incas

their arms and knees. Within seconds water was coming down from the ceiling and we all jumped up to hurry to the other side of our compartment. A terrible sight met our eyes: the floor was completely buckled, the seats had become loose, the wooden tables were broken, a woman with a bleeding head was lying on the floor, and a girl crushed between seats was screaming in pain.

My brother, my friend, and I instantly folded our hands in prayer and asked God for His protection and guidance. "Your seats are on the left." I heard the train attendant's voice in my mind saying. Slowly we realized it. Sitting on the left side of the compartment had protected us and saved our lives. "Though I walk in the midst of trouble, you preserve my life. [...] with your right hand you save me." (Psalm138:7)

My brother then rushed to help the injured people in our compartment while my friend and I managed to get off the train. It turned out that another train had collided with ours from the back and about 30 passengers had been injured. The accident happened in a remote place. No road, no town nearby, only the Peruvian rainforest. While some people were patiently waiting for any news or instructions from the train attendants, others were nervously bustling around. We, however, were feeling peace in our hearts. Profound peace. Peace of God which surpasses all understanding. (Philippians 4:7)

After five hours of waiting we could finally continue our way to our final destination in the first part of the train which had not been damaged. With thankful and relieved hearts we arrived at Aguas Calientes and planned our hike to Machu Picchu for the following day. We praised the Lord for being with us in every moment during the situation that occurred before our heads hit the pillows of our comfortable hotel bed.

**Manuela Di Franca**



The alarm clock rang; it was four o'clock in the morning of July 31. The excitement hit me as I hopped out of the warm bed and got dressed. Finally, I would fulfill my long-cherished dream of visiting Machu Picchu, the lost city of the Incas. It was the first stop of our four week tour through Peru and Colombia. My brother Mario, my friend Lourdes, and I made our way from Cusco to the town of Ollantaytambo where we would catch the 6:40 a.m. train to Aguas Calientes, the closest train station to the UNESCO World Heritage Site.

Our booked seats were in the second to the last compartment of the train run by the company "Inca Rail". As we got on the train, the train attendant helped us to our assigned spots: "Your seats are on the left." During the next 40 minutes we kept looking out the window and were enjoying the spectacular views. The Urubamba River running through the fields. Rugged mountains overlooking the valley. Stone houses sitting against the dominating backdrop of the Andes. Due to a protest by people standing on the tracks the train had to stop. After a while the protest was cleared and the train continued on its route. We were happily having our breakfast and chatting about the interesting history of the Incas.

All of a sudden we heard a loud bang and felt a strong impact on our train. My brother and my friend crashed into the table in front of us. They received scrapes on



# **HYDROTHERAPY: An Introduction**

## **The Importance Of Water**

On the first day of creation, we read in the Bible, “In the beginning, God created the heaven and the earth. And the earth was without form and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light.” Genesis 1:1–3. Before He began the work of creation, before He created light, the earth, still without form and void, contained water. God gave water to the earth to be a blessing. In Genesis 2, we read of the river which flowed from Eden to water the garden. Job said, “Behold, God is great. . . For He maketh small the drops of water: they pour down rain according to the vapour thereof: Which the clouds do drop and distil upon man abundantly.” Job 36:26–28

In science, we talk about molecules, known as a group of two or more atoms, held together by chemical bonds. Water is made up of billions of molecules, containing two hydrogen atoms and one oxygen atom, thus its scientific name is H<sub>2</sub>O. Water is tasteless, odorless, and almost colourless. Water appears clear in small quantities; however, as seen in large bodies of water, it is a light blue colour. It is the only substance on this earth that exists naturally in three forms—a gas, liquid or solid. As a solid, it is most often known as ice; as a gas, it is referred to as a vapour. Most often when we use the word “water”, we are talking about its liquid form. Water becomes a solid at 0°C and a gas at 100°C. Water is also known as the universal solvent, as many other substances can be dissolved in water.

Water covers 70% of the earth's surface. Oceans and seas contain 97.5% of the earth's bodies of water. Freshwater sources only contain 2.5% of the earth's water, with only 1% of all of earth's water being drinka-

ble by humans. The water in the oceans helps to regulate the earth's climate, to maintain earth at a certain temperature that is most conducive to life. The earth's water cycle is described as the evaporation of water from the earth's surface, which then rises into the atmosphere. There it cools and condenses into rain or snow in the clouds, and falls again to the earth as precipitation. The water then flows from the land, from rivers and lakes, and through the porous layers of rock, with the majority of it flowing back into the oceans, where it evaporates once again, and the cycle continues. This cycle provides water for all living things, including crops, and water for drinking, cooking and bathing.

This water cycle, created by God, has been disrupted by humankind's introduction of chemicals and industrial processes, in causing the overall temperature of the earth to increase. This is referred to as “global warming”. This warming has increased the evaporation of water on the earth's surface, including of the oceans, leading to increased precipitation; this evaporation has also caused drying in some areas of the world. Most of the increase in temperature is held in the oceans, with negative impacts to sea life, the polar ice caps, and weather patterns. The increased frequency of extreme weather conditions such as droughts, heat waves, hurricanes, floods from increased rain and snowfall, and wildfires are attributed to the rise in the earth's temperature. Crops are also decreasing their yields as the temperature of the earth rises.

Water is necessary to all forms of life that exist on earth. Animals, plants, humans, in fact, every creature that has life—all have water as part of their framework. It has many properties that are critical for proliferation



of life.

In the human body, water makes up 45–75% of a person's body weight. The brain is 75% water, bones 25%, blood 83%, lean muscle 75%, body fat 14%. The total percentage of water that a specific person's body contains is reflective of the amount of body fat one has. Water is an essential component of every cell, and every cell is surrounded by water. Water is essential for digestion of food, for the absorption of vitamins and minerals, to lubricate and



cushion joints, to keep the skin and mucous membranes moist; in the blood it carries oxygen and nutrients to the cells. Water eliminates waste through urine, sweat, feces, and exhaling. In essence, all of the body's metabolic processes, which are necessary to sustain life, require water. Without water, our cells could not reproduce, and we would quickly die. Water regulates our body temperature, prevents dehydration, and moistens the air we breathe into our lungs. All chemical reactions in our body take place in water. The human body is a machine designed to run on water and minerals. Scientists, in their search for planets that may contain life, search for water. If a planet contains water, it can potentially support living beings. Without water, life cannot exist.

Because our bodies are so dependent on water to survive, we have to ensure that we take in adequate amounts of water so that our body can function optimally. It can take weeks or even months to die from lack of food; however, we would survive less than a week without water. Even a 2% loss of body water can result in a 20% drop in energy levels. Daily we need to replace the amount of water that is used by the body and the amount that is excreted by the body through waste. Individual daily requirements depend on one's level of activity, heat, and humidity. Current daily recommendations are 2.7 litres for women and 3.7 litres for men. This includes water from both food and fluid intake.

Up to 20% of our water intake comes from food sources. Fruits and vegetables are 80–95% water, grains are 35% water. Once food sources are taken into account, women should drink 8 glasses of fluid a day, and men should drink 12 glasses of fluid a day. With extreme heat and physical exercise, an individual will need more. Other recommendations suggest



that thirst be one's guide to the amount of fluid needed. However, older adults experience a decreased thirst sensation and can readily become dehydrated if they rely solely on thirst to maintain adequate fluid intake.

We begin to feel thirsty once our water levels have dropped by 2%. A drop of 5% is considered dehydration; when this occurs your body does not have enough water to sustain all its functions. A drop of 10% of one's body weight is considered fatal. Some long term effects of ongoing deficient water intake include: low blood pressure, increased clotting of blood which can lead to strokes, kidney malfunction, severe constipation, migraine headaches, weakening of the heart, and high blood sugar.

Despite the abundance of water on this earth, people in many areas of the world suffer from lack of access to safe drinking water. According to the World Health Organization, 2.1 billion people lack readily available, safe drinking water at home, and more than twice as many (4.5 billion) lack safe sanitation. Every year, 842,000 people die from diarrhea related to unsafe water, sanitation and hand hygiene; this number includes 361,000 children under the age of 5.

“In health and in sickness pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease.” —*Counsels on Diet and Foods*, p. 419

Water, a blessing from God, is essential to human life, to its health, to all of God's created beings, and to the health of the earth itself.

### WATER AS A SPIRITUAL LESSON

We are taught beautiful lessons of Jesus' work in behalf of man, through images of water. The message of the Gospel is "Let him that is athirst come. And whoever will, let him take of the water of life freely." Revelation 22:17. "The refreshing water, welling up in a parched and barren land, causing the desert place to blossom and flowing out to give life to the perishing, is an emblem of the divine grace which Christ alone can bestow, and which is as the living water, purifying, refreshing, and invigorating the soul." —*My Life Today*, p. 139





Baptism, when a soul makes the decision to give up the world, to follow Jesus, and to be used in His service, is through full immersion in water. "The waters cover the candidate, and in the presence of the whole heavenly universe, the mutual pledge is made. In the name of the Father, the Son, and the Holy Spirit, man is laid in his watery grave, buried with Christ in baptism, and raised from the water to live the new life of loyalty to God." —*The Seventh-day Adventist Commentary*, vol. 6, p. 1074. Jesus gave us the example of the need for baptism when He was baptized by John in the river Jordan. "Jesus did not receive baptism as a confession of guilt on His own account. He identified with the sinners, taking the steps we are to take, and doing the work that we must do." —*The Desire of Ages*, p. 111. After His baptism, He began His earthly ministry, which was to end with His death on the cross.

Jesus met with the woman of Samaria at Jacob's well. He taught her of the gift of God in giving us living water. "Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:13–14. "The water that Christ referred to was the revelation of His grace in His Word. His Spirit, His teaching, is as a satisfying fountain to every soul. . . . Christ's gracious presence in His Word is ever speaking to the soul, representing Him as the well of living water to refresh the thirsting." —*Letter 73*, 1897.

Once we receive of the living water, then we also become fountains of water, bringing life to those who we come into contact with. "He that believeth on Me, . . . out of his belly shall flow rivers of living water." John 7:38. "Drink deeply of the water of salvation, that it may be in your hearts as a living spring, flowing forth to refresh souls ready to perish. . . . He will make you channels for communicating His blessings." —*The Colporteur Evangelist*, p. 14

When we impart the Gospel message to others, we are also strengthened. As the water cycle replenishes the earth with water, so is the same cycle when we give of the living water. "'He that watereth shall be watered also himself.' This is not merely a promise; it is a divine law, a law by which God designs that streams of benevolence, like the waters of the great deep, shall be kept in constant circulation, continually flowing back to their source. In the fulfilling of this law is the secret of spiritual growth." —*The Signs of the Times*, June 12, 1901

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"The gift of Christ to the marriage feast was a symbol. The water represented baptism into His death; the wine, the shedding of His blood for the sins of the world. The water to fill the jars was brought by human hands, but the word of Christ alone could impart to it life-giving virtue." —*The Desire of Ages*, p. 148

We are given a wonderful promise of what awaits the faithful ones when Jesus comes again. "And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb." Revelation 22:1. Throughout eternity, this river of water of life is a reminder of Jesus' work in bringing mankind once again into perfect harmony with Him.

### HISTORY OF HYDROTHERAPY

The definition of hydrotherapy, or water therapy is the use of water to relieve discomfort, treat illness and injury, and promote physical well-being. The therapeutic use of water has a long history; it is one of the oldest remedies known for healing. We find references to bathing and the use of water in Bible times, much of it associated with the laws of Moses and also in the services associated with the sanctuary. Many ancient cultures, including the Egyptians, Chinese, and Greeks considered bathing as important, and ruins of baths can be found in many of these areas. The use of steam, baths, and aromatic massage to promote wellbeing was in existence in the first century AD.

Hippocrates, a Greek physician who is considered the father of modern medicine wrote about healing with water. He noted the various sources of water in nature, that were either rain fed, such as in lakes and marshes, or from subterranean aquifers, or in mineral springs that bubbled out from the rocks. He theorized that the differing properties of healing came from the differing content of minerals contained in these water sources, including copper, iron, silver, gold, or sulfur. He wrote the famous book called *On Airs, Waters, and Places*. After Hippocrates, many physicians studied the healing properties of the many mineral springs in that area. In Greek medicine, water was considered an "expulsive virtue" that washes wastes and impurities from the body.



The Romans built public baths for bathing and relaxation. They often contained an open-air swimming pool, hot rooms, sweating rooms, and frigidariums or cool rooms, rooms for massage and other health treatments. Wealthy





Romans also had private baths in their homes. Roman physicians wrote of treating patients with warm and cold baths in order to prevent disease. During the “Dark Ages” in Europe, bathing was not considered important, and was thought to be the cause of the many pestilences and plagues in that period of earth's history.

Native Americans developed vapour baths. Sweating was used to cleanse the skin and purge bodies of waste. Baths were followed by plunging into a cold stream. This prevented the Native Americans from contracting the flu from French invaders. They had never been exposed to the flu brought to North America from France, and were thus susceptible to all its forms. In Finland, a hot sauna bath was followed by jumping into snow or an ice cold lake. Native Mexicans use a hot sauna to destroy disease.

By the seventeenth century, bath-houses became popular throughout Europe. Public bath-houses were built in America since the mid-1700's. Many European countries built spas outside of mineral springs, and water therapy was considered a specialty of medicine.

#### **FOUNDERS OF MODERN HYDROTHERAPY METHODS**

As traditional medical practice began to become more formalized and professional, it alienated many patients who felt that contact with the medical profession was becoming less personal, and less understood, especially when scientific language began to be introduced. Hydrotherapy was a return to a treatment that was natural, and an acceptable alternative to those who were uncomfortable with the path that traditional medicine was taking.

Sebastian Kneipp, born in 1821, is said to be the "father of modern hydrotherapy." He was a Bavarian priest, who began treating his parishioners with water after he himself was cured of tuberculosis after experimenting with water treatments that were in existence in his time. He developed a personalized form of hydrotherapy which took into account each patient's strengths and weaknesses. He wrote extensively on hydrotherapy and opened a number of clinics, many of which are still in operation today.

Vincent Preissnitz (1799-1851) lived in a small village in Austria, and was considered the “founder” of modern hydrotherapy methods. Despite having very little formal ed-

ucation, he had a high level of intelligence, along with a keen and active mind. He enjoyed studying his natural surroundings. At age 16, he fell off a horse and was kicked in the chest by its hoof. He was told that he may become crippled or even die. He treated his chest wound with cold packs, after observing a deer bathing a wound in a cold mountain stream. His treatment was successful, and drew considerable attention. He began to treat others with cold water therapy and his fame grew as he cured many diseases in those who were considered incurable. In 1822, he built a spa by renovating his family home. By 1839, he was treating up to 1,500 people a year in his spa. This was a model for other physicians and specialists to learn the techniques of hydrotherapy. He did not discover any new methods of treating with water, but used therapies that were thousands of years old.

A famous neurologist, Dr. Winternitz observed Preissnitz's water cures. He spent the rest of his life developing new methods of water treatment. He influenced the work of John Harvey Kellogg, who expanded the use of hydrotherapy at the Battle Creek Sanitarium which was the largest hydrotherapy treatment centre in USA at that time.

Throughout the development of hydrotherapy, there was much hostility and resistance from physicians who opposed people getting hold of a remedy that was practical, inexpensive, and could be used in any home. At one point in time, hydrotherapy was banned in New York State. Often people were cured with hydrotherapy whom physicians deemed hopeless. Today, hydrotherapy is considered an alternative medicine, extensively used by physicians, rehabilitation specialists, physiotherapists, occupational therapists, nurses, and naturopaths. The term encompasses a broad range of therapies that take advantage of the physical properties of water to promote healing.

“If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented. Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.” –*My Life Today*, p. 139



## CHILDREN'S CORNER:



# If You are Only Honest

It is not a good idea to try to quiet the voice of your conscience by repeating the popular saying, "If you are only honest, that is all that matters."

We will illustrate this concept by relating a story of two young boys, Jack and David, who lived a long time ago. The two boys were riding into town on their horse to the mill with a large bag of corn that they wanted to be ground up. The mill was very busy that day. The boys lived on a small farm eight kilometres from the main road. They knew that they would have to wait a few hours for their corn meal but they did not mind.

This would give them a chance to relax from farm duties and see some of the sights of the town. They were in the part of the village called "The Corner," where stood the inn, the store, and the mill.



Since Jack and David had plenty of time, they ran around a great deal, here and there, and saw and heard many things.

At last, a heavy rain shower was coming on so they went back to the mill to eat their lunch, and to ask when it would be their turn.

There they found the miller's son and the son of a wealthy nobleman engaged in earnest conversation.



Jack was interested in what they had to say. The miller's son was encouraging the nobleman's son regarding the importance of a correct understanding of the Bible. But the nobleman's son only insisted that, *"It doesn't matter what a man believes, if he is only sincere and honest."*

Jack was a vain, foolish young man and felt very much pleased with the careless speech of the nobleman's son, and he only wished that *he* could talk as well; then he would be able to confuse his old grandfather who also believed in the importance of the Bible. He would love to be able to do so.

"It does not matter what a man believes, provided he is honest," muttered Jack, bracing his conscience against the godly conversation of his relatives; "I'll fix them now," he said to himself, with a decided nod of the head.

Late in the afternoon the boys' cornmeal was ready; then the old horse was brought out of the shed, the bag of meal placed across her back, and Jack and David both mounted; boys, horse, and bag, all began their homeward journey.

"You have a longer ride ahead than I wish you had, boys," said the miller, casting his eyes toward the dark clouds which were rising in the distance and darkening the western sky; "there's plenty of water up there for my mill, you can spend the night if you wish. I would hate to see you caught out in the storm or darkness."

The boys, however, decided not to stay and they set off briskly. Soon they lost sight of the lights from the village as they rode along the winding forest road. The gloom gathered faster than the horse trotted, so that it was very dark when they reached a fork in the road where it might make considerable difference which road they took. One was the main road; this way there was a good bridge over Bounding Brook, a mountain stream which was often dangerously swollen by the spring rains. It was the safest, though the longest way home.

The other was a narrow path through the woods, which was the one often taken by farmers living east of the town, to shorten the distance to The Corner. In this road, Bounding Brook was crossed by going through the stream, which on most days was not very deep.

"Father told us to be sure to take the main road if it was late. That is the way you will go, will you not?" asked Da-



vid.

"Yes, I plan to do that," answered Jack, as he slowed the horse down for a moment, at the point where the road divided.

Unfortunately, Jack was confused. It was dark, the road was winding and there was nothing he could see but woods on each side. It was too dark to see any other distinct landmarks to direct them. Together with the gloom of the night and their lack of familiarity with the roads, puzzled the boys a lot. But Jack, being the older, wished to impress his brother with a sense of his superior wisdom, and would not admit that he was confused.

Quickly deciding which road he would take, he encouraged the horse to go forward, exclaiming, "it's all right!"

"Are you sure?" asked David.

"Certainly; I cannot be mistaken."

"I don't know," said David. "Let me jump off and run to that light; there is a cabin there. We can ask the people inside."

"Oh, we can't stop for all that," said Jack. "*Honestly*, I believe this is the main road, David; can't you trust me?"

"But your *honestly believing* it doesn't make it right!" protested David.

"I have no doubt, Dave, you be quiet," cried Jack angrily.

"I think we should ask, just to be sure," persisted David.

But Jack kicked the horse forward and poor David's words were lost in the wind, as gust after gust of the strong winds roared through the forest, preceding the coming shower. Jack urged the horse to go faster. As fast as heavy load would allow.

The determined young man was very pleased with his hasty decision, and the farther he went the more and more convinced he was that it was the right way.

Eventually the roaring of Bounding Brook arose above the noise of the tempest.

"We shall be over the bridge in a few minutes," cried Jack, "and then, David, what will you say?"

"I'd like to feel myself safely over," muttered David.

Before Jack could reply, he, David, horse, and cornmeal went floundering into the raging waters of the swollen stream. It was pitch dark; the storm was now upon them, and they were kilometres away from human help.

The first few moments of the horrible unexpected event can scarcely be expressed. Jack at last found himself anchored on a log of drift-wood, the icy waters breaking over him, and the horse's bridle still in his hand.

"David!" he shouted at the top of his voice, "David!"

"The Lord have mercy!" cried David, "I'm somewhere."

The cornmeal? Ah, that was lost in the swirling waters of the Bounding Brook, far below.

"No matter what a man believes, provided he's sincere," cried poor Jack, thoroughly drenched and humbled. "It's the biggest lie the devil ever said."

"It *does* matter; *being right* is the main thing. Sincerity doesn't save a person from the tremendous consequences of being wrong. It can't get him out of trouble. He's obliged to endure it, no matter how sincere he had been.

"Didn't I honestly believe I was on the right road, when I was like a Christian who was on the wrong road all the time?"

The experience of that night completely and forever cured poor Jack of the common error which has brought many a poor soul into unbelief.

It is dangerous to not love the truth. "For this cause God shall send them strong delusion, that they should believe a lie: that they all might be damned who believed not the truth, but had pleasure in unrighteousness." 2 Thessalonians 2:10–12. Jack was not happy with the religion of his relatives. He liked what he heard from the nobleman—all you have to do is be honest and that is fine. But that is not fine. Many honest people in society do not think they need to go to church to learn of God. They think that as long as they are good people they do not need God. But it is dangerous to not want to believe in, or to serve God. You will start to believe lies. Today, also, many Christians honestly believe their leaders who tell them that Sunday is the day to worship. "Satan was working through agents, in a number of ways. He was at work through ministers, who have rejected the truth."—*Early Writings*, p. 43–44.

You not only need to be honest, but you must study God's word for yourself so that you will know what is truth. "God will not condemn any at the judgment because they honestly believed a lie, or conscientiously cherished error; but it will be because they neglected the opportunities of making themselves acquainted with truth. The infidel will be condemned, not because he was an infidel, but because he did not take advantage of the means God has placed within his reach to enable him to become a Christian." — *Testimonies to Ministers*, p. 437

***Pray and study your Bible every day.***



# Vegan Sausages



One of my goals in my cooking work is to encourage our members to take time to make their own food at home. Most people today have very busy schedules; they do not have time to cook fresh foods at home. While it is not wrong to get up in the morning to go to work to provide for the family, we should not get too busy to have time for one of the most important things—HOMEMADE FOOD. Because many come home late and tired, they choose the easy way by buying foods that are already cooked and ready to serve. Most prepared foods that are sold in grocery stores are not 100 percent healthy. They have hidden ingredients that you might not be aware of. One of the most dangerous and well-hidden ingredients found in many processed foods is MONOSODIUM GLUTAMATE (MSG).

There are several hidden sources of MSG found in vegetarian meat substitutes. The food industry uses MSG to make processed foods that are low in nutrition taste good, by fooling your taste buds into liking something that is not healthy. Furthermore, MSG increases your insulin response, tricking your body into thinking you can eat more than you actually should. Scientists are able to make rats obese by feeding them MSG-laced food. I do not know about you, but knowing there is a potential substance that can trick me into eating more food is reason enough to avoid this at all costs. Furthermore MSG is added in large amounts to prepackaged meals, soups, snacks, and fast food; all of which we are

tempted to eat and feed our families every day. MSG is linked to all sorts of terrible reactions in humans including toxicity, autoimmune disorders, diabetes, migraines, headaches,

autism, ADHD, and Alzheimer's.

### ***Here is the challenging part for consumers***

There is a certain legal amount that manufacturers are not to exceed if they want to label their products as "free from MSG" or "free from Glutamate".

Manufacturers are allowed to hide MSG under any of 40 different names. These are the most common ones: Hydrolyzed Vegetable Protein, Hydrolyzed Plant Protein, Plant Protein Extract, Sodium Caseinate, Calcium Caseinate, Yeast Extract, Textured Protein, Autolyzed Yeast, Natural Flavoring, Natural Chicken Flavoring, and many others. When any product contains at least 79 percent free glutamic acid, it must be called MSG. The quantity of less than this amount does not fall under MSG-labelling restrictions. Many food that you buy in supermarkets that is already cooked contains MSG. If MSG was not harmful, why would they need to hide it? We need to be aware of these things for our good and the good of our families. Children are innocent; they eat what they see on the table.

If you want healthy sausages or any meat substitute, go home and make these simple, easy, and delicious sausages.

For more simple, healthy, and delicious recipes, visit my website: [www.dorcasvegankitchen.com](http://www.dorcasvegankitchen.com)

You can also find the video on homemade vegan sausages on my YouTube channel, "Dorcas Ndomba Luboya". You can also visit my Facebook page, "Dorcas Vegan Kitchen".

Please support this work in any way you can. There are many families who need help. God bless you.

***Dorcas Ndomba Luboya,  
Senegal***





**“In order to learn how to cook, women should study, then patiently reduce what they learn to practice. . . . Do not think the time wasted which is devoted to obtaining a thorough knowledge and experience in the preparation of healthful, palatable food. No matter how long an experience you have had in cooking, if you still have the responsibilities of a family, it is your duty to learn how to care for them properly. If necessary, go to some good cook and put yourself under her instruction until you are mistress of the art.” –Counsels on Health, p. 117**



### INGREDIENTS

- 2 cups boiled red beans (or other beans)
- 1 cup soy, minced, soaked (or mushrooms)
- 1 large onion, finely chopped
- ½ cup chickpea flour (substitute gluten flour, whole wheat flour, or rice flour)
- ½ cup breadcrumbs (optional)
- 2 Tbsp. tomato paste
- ⅓ cup nutritional yeast (optional)
- Seasoning of your choice (cumin, fennel seeds, ground coriander, celery, garlic powder, oregano, rosemary, thyme, etc.)

### PREPARATION

In a large mixing bowl, mash beans with a fork, potato masher or food processor.

Once it is done, add the other ingredients one by one, except flour and breadcrumbs. Mix well using your hands or food processor.

Once that is done, add flour and breadcrumbs and mix again until you get a nice batter (you may have to add a bit more flour and breadcrumbs if it is too moist).

Divide the mixture into small pieces. With your oiled hands, roll the dough and place it onto a piece of parchment paper (not aluminum), roll it up and shape the VEGAN SAUSAGES into sausages. Shape and twist the ends, then close with an elastic rubber band.

Place the sausages into a steaming basket and steam them for 30 minutes, you may need to steam longer for them to become firm.

Allow to cool for 10 minutes, unwrap and enjoy steamed, or baked. Serve with anything you wish.

To store, place the wrapped Sausages in freezer bags and store in the freezer.



**“There is a class who seem to think that whatever is eaten is lost, that anything tossed into the stomach to fill it, will do as well as food prepared with intelligence and care. But it is important that we relish the food we eat. If we cannot, and have to eat mechanically, we fail to receive the proper nourishment. Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful. Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned.” –Christian Temperance and Bible Hygiene, p. 48–49**



# Autumn

The summer is past,  
The toil of the sowing,  
The space of the growing—  
Time hastens so fast.

How the winter draws on,  
The winter of ages,  
Of Scriptural pages,  
When summer is flown.

But a few days more  
Of faithfulness keeping,  
Of watching and reaping,  
The harvest is o'er.

But a numberless host  
In shame will discover,  
When harvest is over,  
That all, all is lost.

Then, sinner, today,  
While harvest is keeping,  
Yield, yield, to the reaping  
Of Jesus for aye.

*Edw. J. Urquhart*  
—*Review and Herald, January 1,*  
*1914*

## Baptism in Panama

At 76 years of age, Brother Ernest Vargas was baptized on November 11, 2018. Brother Vargas lives outside Panama City in an area called Chorrera. He regularly hosts evangelistic meetings in his house, with some interested souls attending the meetings. Brother Vargas has already proved to be a blessing for the church in Panama. It is never too late to commit your life to Christ, but today is the day—harden not your heart (Hebrews 3:15).





## Women's Retreat on the island of Mallorca, Spain, October 12-14



### *International Congress for women*

140 women attended from 32 countries.  
The Motto was: Rise and shine

A woman identified in God finds a path of freedom and inner peace. When we see ourselves as Jesus sees us we find many reasons to love, serve and to be happy.



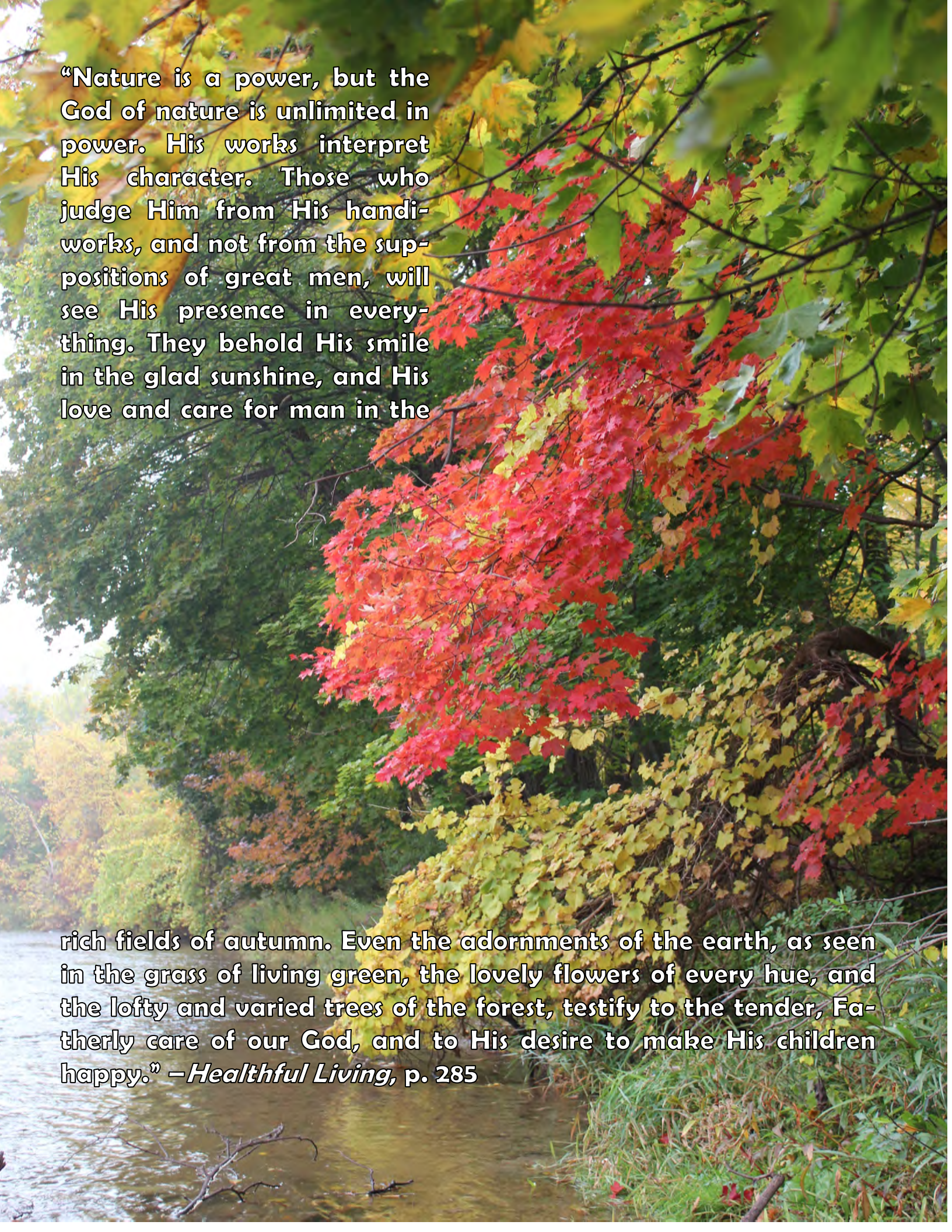
## Conference in Calgary,

### Canada

### October 5-7, 2018







“Nature is a power, but the God of nature is unlimited in power. His works interpret His character. Those who judge Him from His handiworks, and not from the suppositions of great men, will see His presence in everything. They behold His smile in the glad sunshine, and His love and care for man in the

rich fields of autumn. Even the adornments of the earth, as seen in the grass of living green, the lovely flowers of every hue, and the lofty and varied trees of the forest, testify to the tender, Fatherly care of our God, and to His desire to make His children happy.” —*Healthful Living*, p. 285