

A person in a dark hoodie and pants stands with their back to the camera in a grassy field. The field is covered with fallen brown leaves. In the background, there is a dense forest of green trees and a large, forested hillside under a cloudy sky. The scene is framed by dark tree branches and leaves in the foreground.

The Reformation
Messenger
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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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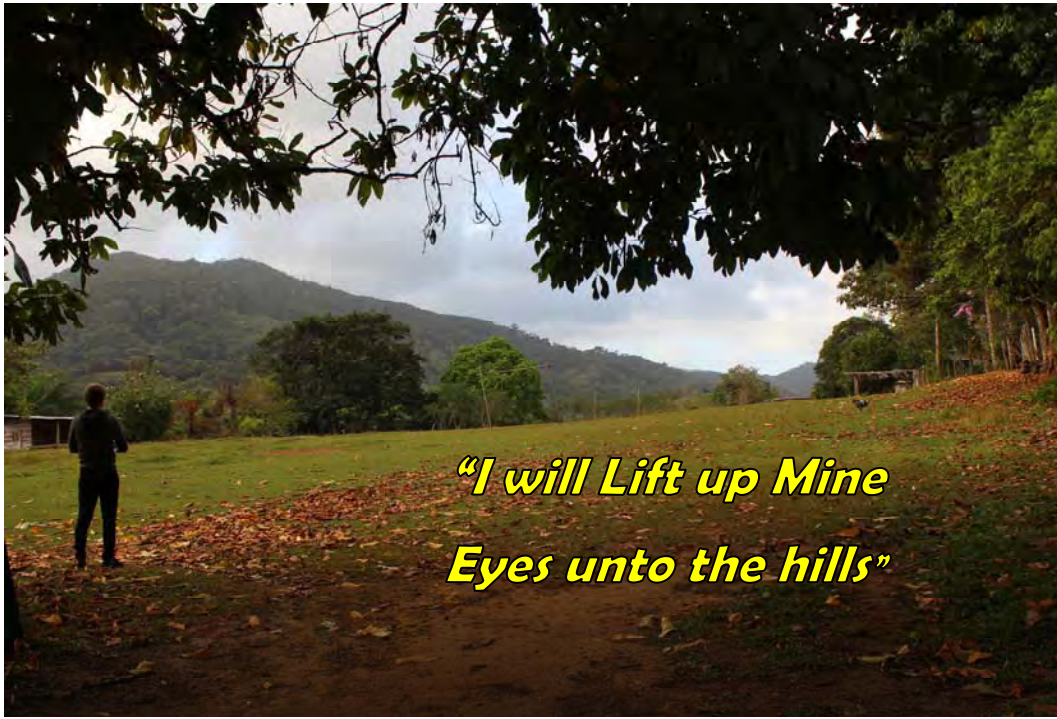
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***“I will Lift up Mine
Eyes unto the hills”***

“David could not be present at the funeral of Samuel; but he mourned for him as deeply and tenderly as a faithful son could have mourned for a devoted father. He knew that his death had broken another bond of restraint from the spirit and actions of Saul, and he felt less secure than while the prophet lived. While the attention of Saul was engaged in mourning for the death of Samuel, David thought it necessary to seek for a place of greater security; so he fled to the wilderness of Paran. It was here that he composed the one hundred and twentieth and twenty-first psalms.” *—The Signs of the Times, October 19, 1888*

“I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth.” Psalm 121:1–2

“In training His disciples, Jesus chose to withdraw from the confusion of the city to the quiet of the fields and hills, as more in harmony with the lessons of self-abnegation He desired to teach them. And during His ministry He loved to gather the people about Him under the blue heavens, on some grassy hillside, or on the beach beside the lake. Here, surrounded by the works of His own creation, He could turn the thoughts of His hearers from the artificial to the natural. In the growth and development of nature were revealed the principles of His kingdom. As men should lift up their eyes to the hills of God, and behold the wonderful works of His hands, they could learn precious lessons of divine truth. Christ's teaching would be repeated to them in the things of nature. So it is with all who go into the fields with Christ in their hearts. They will feel themselves surrounded with a holy influence. The things of nature take up the parables of our Lord, and repeat His counsels. By

communion with God in nature, the mind is uplifted, and the heart finds rest.” *—The Desire of Ages, p. 291*

“God encourages us to contemplate His works in the natural world. He desires that we shall turn our mind from the study of the artificial to the natural. We shall understand this better as we lift up our eyes to the hills of God, and contemplate the works which His own hands have created. They are God's work. His hand has molded the mountains and balances them in their position, that they

shall not be moved except at His command.” *—The Upward Look, p. 98*

“We should spend a portion of the Sabbath in religious meditation, and in considering the blessings and wonders of God in His created works, manifested alike amid the rugged mountain scenery, where mountain top rises above mountain top, where terrible ravines, and rocks broken apart by the earthquakes, and the lightnings, bear the unmistakable marks of One who has trodden the mountains in his anger; and in the softer aspect of nature, where the lofty trees, the babbling brooks, the green grass and tinted flowers express the love of the Infinite God. When we behold rugged mountains, the lesson of Sinai should be repeated to us, and we should contemplate that scene when Jehovah spake his law in the hearing of all the vast army of Israel.” *—The Signs of the Times, February 28, 1878*

“We love to contemplate the works of God as seen in nature. Our Heavenly Father has spread out before us nature's beautiful scenery to charm the senses, leading us to associate the perfection seen in His created works with His love, goodness and glory.

“We have, here in the mountains, a view of the most rich and glorious sunset it was ever our privilege to look upon. . . . As we stand almost entranced before this picture of nature's unsurpassed loveliness, contemplating the glories of Heaven of which we have a faint reflection, we repeat softly to ourselves, ‘Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.’” *—The Health Reformer, August 1, 1873*

Ellen G. White



The Word of God

One of the most precious gifts that God has given to us is the Bible, the word of God. There are almost 4,000 different churches in the world and they all believe that the Bible is the word of God, but they all interpret it in a different way; therefore, they cannot join together. God has only one church, and this church follows the Bible in all its teachings. This was the defensive argument of Martin Luther, “sola scriptura,” only the Bible, the Bible only.

I know members in our church who love Bible reading. I was traveling with one of our ministers, and as soon as we sat down in the boat he took a Bible from his pocket and started reading. One of our ministers in Bulgaria has read the Bible 64 times. A sister in Venezuela told me that she had read the Bible 56 times in her life so far. I have read the Bible in three different languages, and also in different English translations. Every time you read the Bible you get a better understanding of it. Many questions come clear to us, for example, how to use our talents, how to overcome all sin, and many other questions. Jesus said, “Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of Me.” John 5:39

Bible study purifies our minds, our thoughts, our words, and our actions. Always carry a Bible with you; then, whenever you have an opportunity you can read it. The more you read it, the more you will learn to love this precious book. Whatever you have learned, put it into practice. Every time you start reading the Bible, pray first, then the Holy Spirit will help you to understand it. Then you can start teaching others what you have learned.

Because people do not read the Bible, they make great mistakes in their religious lives. They join churches that do not teach the saving truth. One couple came to our church and said, “In reading the Bible we learned that the seventh day of the week is the Sabbath, and not the

first day of the week, Sunday.” Then they looked for a Sabbath-keeping church, and they eventually joined our church.

“Just as soon as there is the diligent study of the Bible that there should be, we shall not fail of noting a marked difference in the characters of the people of God. We shall say from the heart, ‘The things I once loved, I now hate; and the things I once hated, I now love.’” —*The Review and Herald*, April 9, 1889

There is an island near Australia that belonged to England. Someone from England came to see the island. They were drinking

alcohol, smoking, committing much evil, and England was very much concerned for them. Then one time the Bible was brought to this island. The citizens were reading and listening to the word of God, and everything changed. No more alcohol was available, the stores had been closed. No one was smoking, churches had been built, and no criminals were among them. The next time when England sent a man to see the island, he was surprised—what had happened? The whole island was one Christian family. It was the Bible, the word of God that did it.

The Bible is a love letter from God to us. It begins with a gift that God gave us, which was this world for us to live in, and it ends with an offer of eternal life to us. Throughout the whole Bible, there are instructions on how to live a happy, successful life. The mighty power of God is offered to us so that we can move mountains and nothing is impossible to us. We need to read the Bible every day; it will tell us what we may be lacking, and what our duty is.

If someone tells you something new and different, then always ask, “Where is it written in the Bible?” And if it is not written in the Bible, do not believe it. Many people love the Bible; it has changed their lives to fullness of joy and happiness. But there are others who hate the Bible, therefore they never read it. In the Middle Ages, the Catholic Church condemned people to death if they had a Bible in their homes.

By the word of God we are recreated, we are born again. The word of God is our spiritual food, it makes us living Christians; also, it opens our eyes to see everything in a different light. It transforms the sinner into a saint. The word of God is powerful; the whole universe was created by His word. The Bible is the greatest power in our world; it is the only thing that can change bad to good, and evil to righteousness.

“For the word of God is quick, and powerful, and sharper

than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Hebrews 4:12

The word of God is sharp, it divides in us soul and spirit, and separates in us good and evil. It also is a discerner of the thoughts and intents of the heart, or mind.

The Bible is not a dead letter, but a living word, filled with power to do all what is humanly impossible. It will judge us, what is in our soul, how our characters are, what is in our hearts. The word of God is a mirror that shows us how clean our souls are. It is more important to look into the word of God every day, than to the mirror to see our own faces. The Bible will declare if we are worthy of life or worthy of death.

Jesus said, "These things have I spoken unto you, that My joy might remain in you, and that your joy might be full." John 15:11

The words in the Bible will give us comfort. "Wherefore comfort one another with these words." 1 Thessalonians 4:18

Young people often have difficulty overcoming temptation, and living a pure life. But, the Bible gives the answer as to how they can overcome. "Wherewithal shall a young man cleanse his way? by taking heed thereto according to Thy word." Psalm 119:9

"And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death." Revelation 12:11

"Thy word is a lamp unto my feet, and a light unto my path." Psalm 119:105

This light shines and guides us throughout our lives; it takes away all confusion, doubts, and uncertainty. Tradition and the sayings of men disappear in the light of the word of God. Traditions such as, "Ye have heard that it hath been said, Thou shall love thy neighbour, and hate thine enemy." Matthew 5: 43. The word of God clears our minds of these traditions.

The word of God is also a sword to fight our enemies. "And take the helmet of salvation, and the sword of the Spirit, which is the word of God." Ephesians 6:17. "It is written" is a powerful weapon in our hands; it makes us good soldiers in the army of Christ. If we would understand this, and realize how high our goal is—Christlikeness in character—we would read the Bible every day.

Many do not like Bible study because it condemns them. Paul was studying the Bible, and it condemned him, and

he writes, "O wretched man that I am! who shall deliver me from the body of this death?" Romans 7:24. The book of Revelation has a prophecy of the mighty things that the two testimonies in the Bible will do.

"And I will give power unto My two witnesses, and they shall prophesy a thousand and two hundred and three-score days, clothed in sackcloth. These are the two olive trees, and the two candlesticks standing before the God of the earth. And if any man will hurt them, fire proceedeth out of their mouth, and devoureth their enemies: and if any man will hurt them, he must in this manner be killed. These have power to shut heaven, that it rain not in the days of their prophecy: and to have power over waters to turn them to blood, and to smite the earth with all plagues, as often as they will." Revelation 11:3–6

"The daily study of the Scriptures will have a sanctifying influence upon the mind. You will breathe a heavenly atmosphere." —*Testimonies for the Church*, vol. 1, p. 242

"Our people should not be made to think that they need to listen to a sermon every Sabbath. Many who listen frequently to sermons, even though the truths be presented in clear lines, learn but little. Often it would be more profitable if the Sabbath meetings were of the nature of a Bible class study. Bible truth should be presented in such a simple, interesting manner that all can easily understand and grasp the principles of salvation." —*Evangelism*, p. 348

"Angels stand beside the searcher of the Scriptures, to impress and illuminate the mind." —*Messages to Young People*, p. 257

Make the Bible your friend, read it through and through. Memorize the wonderful promises. Study the word of prophesy. Compare your life to the life of Christ, and you will become a living Christian; you will be presentable to the angels, and before the judgment seat of God. Your lovely character will be as a precious jewel which God will soon gather together. AMEN.

Timo Martin





To Love Beyond Feeling

All people have feelings and emotions. Some display them in a stronger manner than others, yet all people do have them. Love is one of the most desirable feelings a person often craves. Two young people feel very much in love and then get married. Many get married on emotion alone. They have warm feelings of love, joy, contentment, satisfaction etc. when in the company of the one they say they love. Sadly, about half of the marriages fall apart. People are no longer in love with their spouse. What has happened? How can the feelings change?

From a worldly perspective, love is only an emotion with feelings we experience; an emotion characterized by the desire to be close to another person in a relationship, whether in marriage, in the family or with friends. In the Greek language there are different words describing the different forms of love such as: Eros (marriage) Filial (family and friends). Unfortunately, sometimes friends separate, families alienate, and, as mentioned above, marriages end in divorce because feelings of love can change. One day you may feel you love someone but the next day you may be annoyed, or even angry, by their actions. Separations occur when the feelings of love wane. They move on to someone else who they *feel* more loving towards.

If we limit our understanding of love to the experience of our emotions, we do not have a true concept of the love of God. The love of God abiding in the soul is not dependent upon changing circumstances, feelings or perceptions. It is a love that endures under all circumstances. Beyond feelings.

When Jesus died on the cross, He prayed to His Father saying, "Father forgive them" Luke 23:34. Do you think He loved them? Yes, He did. Do you think He actually had a strong feeling of affection for them? Very likely—

as a parent does to an erring child. It is a love filled with sorrow and sadness—a love that is beyond one's personal feelings and needs at the time. A parent will often suffer and sacrifice for the benefit of an erring child regardless if they are worthy of such sentiments or not.

The principle of love, which tells us that we are to be gentle, kind and treat others with respect despite sometimes not having corresponding emotions is called Agape in Greek. Unconditional love—the ability to love the unlovable without expecting any love in return. It has no restraints or conditions. We are to go as far as Jesus did—"But I say unto you, Love your enemies." Matthew 5:44. This is often beyond any warm, affectionate feelings.

Corrie Ten Boom spent many years in a Nazi prison camp in World War II. She lost her sister to the cruelty of the prison guards. Corrie survived her time in the prison camp and was released. After the war, she went around the continent giving motivational, inspirational talks. At one meeting, an elderly man walked into the back.

He was, "a former SS man who guarded her in the concentration camp. As the man approached her to shake her hand, everything in her reminded her of the horrid pain this man had brought upon her. And even though Corrie often spoke of the need to forgive others, she knew she couldn't forgive this man in her own strength. God had to do it through her. Corrie writes, 'When He tells us to love our enemies, He gives, along with the command, the love itself.' God gave Corrie the strength to forgive and love the man when she could not." <https://www.markmerrill.com/corrie-ten-boom-the-ultimate-forgiveness-story/>

This is to love beyond feeling. Once we make a decision to do right, the Lord provides the strength, and some-

times the proper feelings and emotions. When you make the decision the Lord will provide the necessary feelings in your heart in due time. If you wait to “feel ready” to forgive or love, it may never to happen. You must make the decision to forgive and love (agape) regardless of how your heart feels at the moment.

After His resurrection, “Christ mentioned to Peter only one condition of service—‘Lovest thou Me?’ This is the essential qualification. Though Peter might possess every other, yet without the love of Christ he could not be a faithful shepherd over the flock of God. Knowledge, benevolence, eloquence, zeal—all are essential in the good work; but without the love of Christ in the heart, the work of the Christian minister is a failure.” —*The Acts of the Apostles*, p. 515

Reading from 1 Corinthians 13, we see that the Apostle Paul clearly laid it out that the greatest deeds done are nothing if they are not done in love.

WHAT IS LOVE?

Many people do not understand what love really is. They think only of that warm fuzzy feeling that they expect to accompany love.

But the reality is, “The love of Christ is *not a fitful feeling, but a living principle*, and it is *not only to be expressed in words, but to be lived out in the life*, and to be made manifest as an abiding power in the heart.” — *The Bible Echo*, May 28, 1894. (emphasis mine). It mentions words *and* deeds here. Love is beyond words and feelings only.

I am sure most of us have all heard this phrase many times over (love is not a feeling but a principle). It is a term used throughout the Christian world and much is written about this in the Spirit of Prophecy. The words “love” and “principle” appear over 800 times in the same paragraph in the Spirit of Prophecy, therefore it must be an important truth. What does this mean? Are you to have no feelings for the person you marry, or for family or friends? Does that make us robots? Are we to be kind and obey without feeling or emotion?

One young man stated, “I was taught that ‘love is a principle.’ This produced superficial behaviours that could be ‘produced’ because they were right but my heart was not engaged. This gave justification to the idea that appearances were more important than my internal, relational, emotional or spiritual state. This produced the culture of hypocrisy—feel one thing but say and do another. Denial of the emotional side of who I am led to ‘emotional flattening’ and joylessness.”

<http://www.formeradventist.com/discuss/messages/12959/10573.html?1287516773>

Was he correct? In the extreme sense, there is some merit in what he said. God did create man as a thinking and feeling person with emotions. However, feelings are not facts. They are just how we feel. We cannot ignore our feelings—that would not be correct, or, as I stated, we would be mere robots. While we need to pay attention to our feelings we do not always need to act on them. Our course of action in life should not be how we feel, but what we know to be right. It is possible to do right things but from an unloving heart. We love ourselves and fear the punishment, so we grudgingly obey. We do not love to obey and serve others. Genuine love, not only helps and serves others, but sincerely enjoys doing it.

To be able to love is actually a gift from God. "Supreme love for God and unselfish love for one another—this is the best gift that our heavenly Father can bestow. This love is not an impulse, but a divine principle, a permanent power. The unconsecrated heart cannot originate or produce it. Only in the heart where Jesus reigns is it found." —*Reflecting Christ*, p. 234

Here is a key point. Read it slowly. The genuine principle of love is to live by giving love. Many have a preconceived idea that love is something we receive from others. Marriages break down when one feels their spouse did not love and respect them as they should. They feel happy when they are loved and unhappy when they do not *feel* loved. However, true love is not something that we take, but something we give and keep on giving expecting no reward. “Love that gives” is eternal happiness as it is not conditioned on the love that we receive from others. And yet, we are not to wait until we have warm feelings before we are asked to love and obey (as did Corrie Ten Boom).

Let’s define a few terms here:

Feelings are emotions that end up with some sort of sensation, such as: a feeling of warmth; a feeling of pain; a feeling of sorrow; a feeling of joy.

Passion is a powerful emotion, feeling, or desire (i.e. Lust, hatred) that often leads to actions.

Principle: is a fundamental truth or proposition that serves as the foundation for a system of belief or behavior.

To love, we may have a warm feeling, but it should not be uncontrolled feelings leading to passion, but feelings controlled by principle.

“Love is a precious gift, which we receive from Jesus. *Pure and holy affection is not a feeling, but a principle.* Those who are actuated by true love are neither unreasonable nor blind.” —*The Adventist Home*, p. 50. Interesting—holy affection is not a feeling.

“There is but little real, genuine, devoted, pure love. This precious article is very rare. *Passion is termed love.*” —*Ibid.* Passion is mentioned here as not being love. Uncontrolled feelings lead to passion which has a difficult time controlling actions.

“Love . . . is not unreasonable; it is not blind. It is pure and holy. But the passion of the natural heart is another thing altogether. While pure love will take God into all its plans, and will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol. In all the deportment of one who possesses true love, the grace of God will be shown. Modesty, simplicity, sincerity, morality, and religion will characterize every step toward an alliance in marriage. Those who are thus controlled will not be absorbed in each other's society, at a loss of interest in the prayer meeting and the religious service. Their fervor for the truth will not die on account of the neglect of the opportunities and privileges that God has graciously given to them.” —*The Adventist Home*, p. 50–51

“True love is not a strong, fiery, impetuous passion. On the contrary, it is calm and deep in its nature. It looks beyond mere externals, and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding.” —*The Adventist Home*, p. 51

“True love is a high and holy principle, altogether different in character from that love which is awakened by impulse, and which suddenly dies when severely tested.” —*The Adventist Home*, p. 50. It is enduring, as is the love of Christ.

True love must be nourished so it can grow as a plant. “Mildness, gentleness, forbearance, long-suffering, being not easily provoked, bearing all things, hoping all



things, enduring all things—these are the fruit growing upon the precious tree of love, which is of heavenly growth.” —*Testimonies for the Church*, vol. 2, p. 134–135

Jesus said, “If ye love me, keep my commandments.”

John 14:15. “He that hath My commandments, and kept them, he it is that loveth Me: and he that loveth Me shall be loved of My Father, and I will love him, and will manifest Myself to him. . . . If a man love Me, he will keep My words: and My Father will love Him, and We will come unto Him, and make Our abode with him. He that loveth Me not keepeth not My sayings: and the word which ye hear is not Mine, but the Father's which sent Me.” John 14:21, 23, 24. Clearly, love=obedience (keeping the commandments)

TRUE LOVE BEYOND FEELING

“You would then serve God from principle. Your feelings might not always be of a joyous nature; clouds would at times shadow the horizon of your experience; but the Christian's hope does not rest upon the sandy foundation of feeling. Those who act from principle, will behold the glory of God beyond the shadows, and rest upon the sure word of promise. They will not be deterred from honoring God, however dark the way may seem. Adversity and trial will only give them an opportunity to show the sincerity of their faith and love. When depression settles upon the soul, it is no evidence that God had changed. He is ‘the same yesterday, and today, and forever.’ You are sure of the favor of God when you are sensible of the beams of the Sun of Righteousness; but if the clouds sweep over your soul, you must not feel that you are forsaken. Your faith must pierce the gloom. Your eye must be single, and your whole body shall be full of light. The riches of the grace of Christ must be kept before the mind. Treasure up the lessons that His love provides. Let your faith be like Job's that you may declare, ‘Though He slay me, yet will I trust in Him.’ Lay hold on the promises of your Heavenly Father, and remember His former dealing with you, and with His servants; for ‘all things work together for good to them that love God.’” —*The Review and Herald*, January 24, 1888

From the personal experience of Ellen White, she states: “Teach them [CHILDREN] that religion is a living principle. Had I been brought up with the idea that religion is a mere feeling, my life would have been a useless one. But I never let feeling come between Heaven and my soul. Whatever my feelings may be, I will seek God at the commencement of the day, at noon, and at night, that I may draw strength from the living Source of power.” —*Reflecting Christ*, p. 169

The Apostle Paul wrote, “Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectioned one to another with broth-

erly love; in honour preferring one another." Romans 12:9–10. Your love must be without dissimulation (It must be genuine—without pretense). We are to be kindly *affectioned* to one another in *brotherly love* (filial)—remember that holy affection is not a feeling but a principle (as mentioned above). In honour preferring one another. This is a difficult one. How often human nature prefers to look out and prefer themselves. This is the common theme in worldly people—they do whatever makes *them* happy. They go wherever *they want to go*. They eat what *they* want to eat. And so on. Whatever makes *them* happy, regardless what others around them think or feel. They only love themselves. This is not the love of God. The love of God denies self for the good of others. The love of self, denies others for the good of self.

“Love is power. Intellectual and moral strength are involved in this principle, and cannot be separated from it. The power of wealth has a tendency to corrupt and destroy; the power of force is strong to do hurt; but the excellence and value of pure love consist in its efficiency to do good, and to do nothing else than good. Whatsoever is done out of pure love, be it ever so little or contemptible in the sight of men, is wholly fruitful; for God regards more with how much love one worketh than the amount he doeth. Love is of God. The unconverted heart cannot originate nor produce this plant of heavenly growth, which lives and flourishes only where Christ reigns.” —*Testimonies for the Church*, vol. 2, p. 135

“**Love cannot live without action**, and every act increases, strengthens, and extends it. Love will gain the victory when argument and authority are powerless. Love works not for profit nor reward; yet God has ordained that great gain shall be the certain result of every labor of love. It is diffusive in its nature and quiet in its operation, yet strong and mighty in its purpose to overcome great evils. It is melting and transforming in its influence, and will take hold of the lives of the sinful and affect their hearts when every other means has proved unsuccessful. Wherever the power of intellect,

of authority, or of force is employed, and love is not manifestly present, the affections and will of those whom we seek to reach assume a defensive, repelling position, and their strength of resistance is increased. Jesus was the Prince of Peace. He came into the world to bring resistance and authority into subjection to Himself. Wisdom and strength He could command, but the means He employed with which to overcome evil were the wisdom and strength of love. Suffer nothing to divide your interest from your present work until God shall see fit to give you another piece of work in the same field. Seek not for happiness, for it is never to be found by seeking for it. Go about your duty. Let faithfulness mark all your doings, and be clothed with humility.” —*Ibid*, p. 135-136

“To love as Christ loves means to manifest unselfishness at all times and in all places by kind words and pleasant looks.” —*The Seventh-day Adventist Bible Commentary*, vol. 5, p. 1140. “There is no such thing as a loveless Christian.” —*Ibid*, p. 1141

King Solomon wrote a Proverb that is an appeal from Jesus. “My son, give me thine heart, and let thine eyes observe my ways.” Proverbs 23:26. Two things mentioned. Give Me your heart, *and* observe (obey) My ways. Love and obey—the heart being the seat of love.

“If you would know the mystery of godliness, you must follow the plain word of truth,—feeling or no feeling, emotion or no emotion. Obedience must be rendered from a sense of principle, and the right must be pursued under all circumstances.” —*Fundamentals of Christian Education*, p. 125

May God help us to understand the true nature of love which is beyond any natural feelings and passions, to act on principle yet not ignore or consider feelings unessential. God did create man with the ability to love and have emotions. However, we need a true understanding of the love (agape) of God, which goes beyond any human feelings and God will supply the feelings as we step out and obey. Amen

Wendy Eaton

“The love of Christ in the heart is what is needed. Self is in need of being crucified. When self is submerged in Christ, true love springs forth spontaneously. It is not an emotion or an impulse, but a decision of a sanctified will. It consists not in feeling, but in the transformation of the whole heart, soul, and character, which is dead to self and alive unto God.” —*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1100-1101





Behind the Net

PART 2—

The Training

In the first part of this article, we covered a story of one football team and its fans, in a country called Zamunda, which decided to erect a new standard for goals scored in a football match, after they had repeatedly failed to score. Drawing from this analogy of a football team, we learn that many things must be done by any player leading up to the scoring of a goal in a football match. Each player must *train*. The training must be with a *ball*, on a *pitch*. The player must belong to a *team*, and even though a *goal* is ultimately scored by one individual, this is usually done through the effort of the entire team. Each team has at least one *coach*. The team plays with *opponents* in any given match. Each match has a given *timeline* (usually 90 minutes), in which each team must score to gain points over their opponents. Each match has *spectators*. The game and its practice are regulated by a football *authority*. The winning team is awarded a *prize*. How do these concepts relate to the game of life?

THE TRAINING

Imagine that you are on a football pitch with a ball under your foot aiming for the goal post. The pitch is the world in which we live and the spectators consist of the entire universe (1 Corinthians 4:9). What would that ball be and what is the goal post? The Christian's ball consists of the mind and character, henceforth collectively referred to as character. As stated above, the goal is Christlikeness—to have a mind and character that is in harmony with and perfectly obedient to God's law. This is not as straight forward as you might think it is. The game of life lasts a lifetime, but matches (trials or temptations), though met with every day, have a limited timeframe.

To score, usually, one must dribble the ball and run

around the football pitch several times before one beats the opponent's defense to score. Statistics put the average distance covered by soccer players at 7 miles (11km) per game. From my own experience, I can attest to the fact that it is not an easy matter to run around for 90 minutes if you have not trained hard enough. I recall in 2012 during a recreational exercise at my workplace, I joined colleagues in a football match. Within 20 minutes of play I was gasping for breath and could no longer run. One colleague passed the ball to me when I was lying on the ground very close to the goal post, but I could only look at the ball as it passed me by because I was so tired that I couldn't even stand. That was after a mere 20 minutes of play. What kind of training does the Christian need to last for the entire duration of the game—probationary time?

TEMPERANCE

Football players (and those in other kinds of sports as well) go through vigorous physical and mental training to stay focused and in shape. The Bible, in 1 Corinthians 9:24–27, uses an analogy of track and field athletes, to encourage Christians to run their race and obtain the *prize* of an incorruptible crown: "Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain." The apostle knows that running is not an easy thing; he therefore adds the training required: "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." Notice how he emphasizes keeping the goal in mind while

one is running and the role of temperance in character building. Is it any wonder that God saw it fit to give his people the message of health reform in 1863?

“All who would perfect holiness in the fear of God must learn the lessons of temperance and self-control. The appetites and passions must be held in subjection to the higher powers of the mind. This self-discipline is essential to that mental strength and spiritual insight which will enable us to understand and to practice the sacred truths of God’s word. For this reason temperance finds its place in the work of preparation for Christ’s second coming.” —*The Desire of Ages*, p. 101

“Every action of the human agent should be in perfect harmony with the laws of life. The light God has given on health reform is for our salvation and the salvation of the world.” —*Counsels on Diet and Foods*, p. 461. It is interesting that many people desire to be holy, yet still entertain the thought that their diet and lifestyle has no effect on their spirituality. “True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny.” —*Patriarchs and Prophets*, p. 562. “Anything that lessens physical strength enfeebles the mind and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good and have less strength of will to do that which we know to be right.” —*Christ’s Object Lessons*, p. 346

If there is such a direct relationship between our diet and mental and spiritual state, is it any wonder that there is so much junk food being advertised every day? Is it any wonder that the demands for flesh foods are so high that nowadays people find eating chicken heads and toes pleasurable? Is this a coincidence or does Satan know what game he is playing? And no, true temperance is not only about vegetarianism but about true health reform; it not only includes eating healthful food, but also knowing when to eat, how to prepare food, cleanliness, modest and healthful clothing, etc.

Seemingly little things, such as not making one’s bed in the morning, and eating between meals, have an impact on one’s character building. If this was a matter of minor im-

portance, this testimony would not have been written: “Three meals a day and nothing between meals—not even an apple—should be the utmost limit of indulgence. Those who go further violate nature’s laws and will suffer the penalty.” —*Counsels on Diet and Foods*, p. 182

I was impressed by one brother’s children when I visited the General Conference headquarters in 2016: After our recreational visit to the Little River Canyon, on our way back, someone offered us some snacks in the car. This brother’s young son and youngest daughter refused to eat and said they would eat during their evening meal time. They did this even though their parents were not in the same car! This is an encouraging illustration of how we can all train ourselves and our children to consider a violation of health’s laws as a violation of God’s law, and that adherence to health principles promotes a healthy body and mind that is ready to adhere to God’s law. This can be achieved with practice, for nothing is perfected without practice; even laziness requires practice for one to be good at it. Do not wait for big temptations: begin by resisting that apple or nut that would be inviting you to eat it between meals.

In his presentation of the ladder of progress to Christian perfection, the apostle Peter puts temperance as a prerequisite step to other steps, such as patience, godliness, brotherly kindness and love (2 Peter 1:5–7). This means you can never have patience if you are intemperate. Likewise, you cannot be godly if you are impatient, and you cannot truly love without being godly. To score goals in this game of life, begin by observing strict temperance; that way, you provide yourself with the necessary strength to run for, not only 90 minutes as in a football match, but for 24 hours a day, 7 days a week, 52 weeks a year, until you die or until Jesus comes (whichever comes first).

SOCIAL LIFE

Many fail in their attempts to perfect Christian character because they distance God’s commandments from their daily life. They create a separation between their religious life and business life. However, to be a successful Christian—and by success, I mean to be able to score goals of perfection—one must know that the business life *should* be the religious life in practice. Whatever your line of work maybe, you are to bring Christ’s spirit and principles into it. “We have not the genuine religion, unless it exerts a controlling influence upon us in every business transaction. We should have practical godliness to weave into our life-work.” —*The Signs of the Times*, February 3, 1890

We mourn our failure to be perfect, yet we do not want



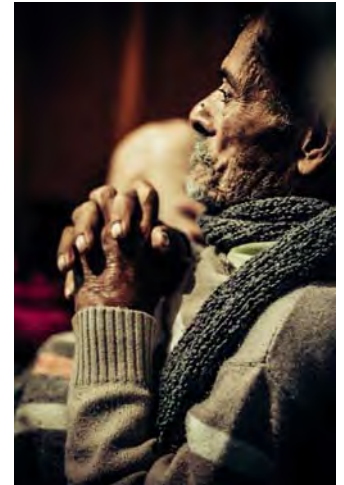
to practice our Christianity at work, school, or even at home. Indeed, the first step to denying Christ is to be shy or be ashamed to show our family, friends, workmates, or school mates, that we stand with Christ and principles that govern His Kingdom. This is exactly what led Peter to denying Jesus. He was afraid and ashamed to be identified as one of Christ's disciples, and this made it difficult for him to practice his faith; he decided to pretend to be one of those against Christ, but he was not good at that either. Similarly, if we want to score goals and avoid falling into Satan's traps we must begin by being bold enough to let others know what we believe and stand for, even in seemingly little things. It is little things, like being able to offer a prayer for a meal even when amidst friends or colleagues that are atheists, that help us take a bolder stand for Christ in bigger things.

"In our mingling in society, in families or in whatever relations of life we are placed, either limited or extended, there are many ways wherein we may acknowledge our Lord and many ways wherein we may deny Him. We may deny Him in our words, by speaking evil of others, by foolish talking, jesting and joking, by idle or unkind words, or by prevaricating, speaking contrary to truth. In our words we may confess that Christ is not in us. In our character we may deny Him by loving our ease, by shunning the duties and burdens of life which someone must bear if we do not, and by loving sinful pleasure. We may also deny Christ by pride of dress and conformity to the world, or by uncourteous behavior. We may deny Him by loving our own opinions and by seeking to maintain and justify self. . . . No one can truly confess Christ before the world unless the mind and spirit of Christ live in him. It is impossible to communicate that which we have not." — *Counsels for the Church*, p. 81–82

While many sincere Christians pray for the possession of several Christian virtues, such as patience, I tend to think that often, many think God does not answer their prayers because they probably do not know or fail to see the answer. When we pray to God for courage, how do we think He would answer such a prayer? Does He miraculously fill us with courage, or does He give us circumstances that demand our courage? When we pray to God for a job, does He give us a job or an opportunity? God provides the opportunities and it is left with us to make use of them. Similarly, when we pray to God for patience He does not miraculously fill us with patience but gives us circumstances that would test and build our patience. By choosing to remain under the control of the Holy Spirit amidst life's annoyances and irritating circumstances, we gain patience. You might have noticed that the day when you decide to be happy and not allow yourself to be annoyed or irritated by anything, is the day you meet

with the most annoyances! Do not be surprised, that is an answer to your prayer!

Some people think that the best way to attain holiness and wholeness to God is to live in seclusion and dedicate oneself to a life of prayer, perhaps as a monk or nun, shut away in a monastery, or simply live far away in the forest without anyone to annoy them. But, how would you know that you are selfish, unless you meet with circumstances that require you to think of others first? How would you know that you are short tempered, unless you meet with irritation? By secluding ourselves from others, we lose the true object of life and prayer, which is ministry. Therefore, we cannot separate our attempts to attain Christian perfection from our daily life. "When men take themselves out of social life, away from the sphere of Christian duty and cross bearing; when they cease to work earnestly for the Master, who worked earnestly for them, they lose the subject matter of prayer and have no incentive to devotion. Their prayers become personal and selfish. They cannot pray in regard to the wants of humanity or the upbuilding of Christ's kingdom, pleading for strength wherewith to work." — *Steps to Christ*, p. 101



"Satan is playing the game of life for every soul. He knows that practical sympathy is a test of the purity and unselfishness of the heart, and he will make every possible effort to close our hearts to the needs of others." — *Conflict and Courage*, p. 286

"No loose, shiftless work is to come into our religious experience and training. Those who are truly converted will understand that they will never see the Lord in His glory unless they form characters that will harmonize with the character of Christ. Those who are indifferent in regard to bringing thoughts and words and actions into harmony with Christ will never enter the gates of the City of God. Precious results will follow the efforts made out of sincere love for Christ." — *The Upward Look*, p. 305

SERVICE

In Matthew 25:14–30, we learn of the parable of the talents, which Christ gave to illustrate the fact that those who are waiting for His second appearing, are not to wait in idle expectancy, but are to put their entrusted talents to use in the Master's service. The responsibilities that

God entrusts to each person bind that person to God and his fellow men. Indeed, "Christ's followers have been redeemed for service. Our Lord teaches that the true object of life is ministry. Christ Himself was a worker, and to all His followers He gives the law of service—service to God and to their fellow men. Here Christ has presented to the world a higher conception of life than they had ever known. By living to minister for others, man is brought into connection with Christ. The law of service becomes the connecting link which binds us to God and to our fellow men." —*Christ's Object Lessons*, p. 326

By engaging ourselves in the Lord's service, in whatever capacity—for instance, teaching God's word to our children, our siblings, friends at school or work—naturally we will tend to keep ourselves from those things that would bring a reproach upon God's name because we would be aware that the people we have spoken to are watching to see whether we believe and practice what we teach. The reason many struggle and think holiness is an impossibility is because they choose to do nothing for Christ and think Christian service is only for ministers and Bible workers. To many, their Christian service begins and ends with attending worship. However, we have an object lesson from Jacob. To help Jacob preserve his purity, God made him know his responsibility as the progenitor of the faithful:

"The Lord knew the evil influences that would surround Jacob, and the perils to which he would be exposed. In mercy He opened up the future before the repentant fugitive, that he might understand the divine purpose with reference to himself, and be prepared to resist the temptations that would surely come to him when alone amid idolaters and scheming men. There would be ever before him the high standard at which he must aim; *and the knowledge that through him the purpose of God was reaching its accomplishment, would constantly prompt him to faithfulness.*" —*Patriarchs and Prophets*, p. 184 (emphasis supplied)

We too should be prompted to faithfulness, knowing that "there will be no one saved in heaven with a starless crown. If you enter, there will be some soul in the courts of glory that has found an entrance there through your instrumentality." —*Signs of the Times*, June 6, 1892. You can never be perfect if you do nothing for Christ. It does not matter how much you read your Bible and pray, if you choose not to help others in their salvation, you can never attain perfection. In fact, it is impossible for one to sincerely read the Bible and then do nothing for Christ.

WILLPOWER

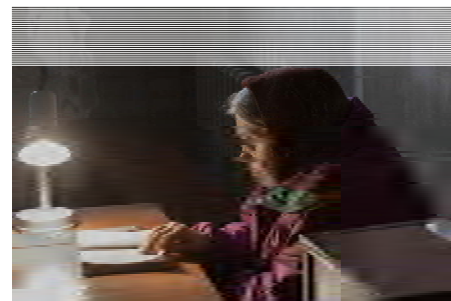
Many Christians fail to perfect their characters because

of not understanding the true force of the will—the power of choice. Instead of choosing to serve Christ, they only promise to do so. Like ancient Israel, many say, "all that the LORD has said, we promise, we will do", and then immediately turn to their old Egyptian ways, for instance, parties of pleasure and idol worship—by creating a molten image to worship (Exodus 32). It is not our duty to promise God anything; ours is to choose Him and His way, choose life, choose to serve Him at every point we are called to make such a choice, and God will fulfil His promises. Rather than saying, "Lord I promise to be a good person", just choose to be a good person; because our promises are like ropes of sand. Many desire to be like Christ but do not choose to be so when faced with a choice. Choose to be a Christian rather than promising to be one. Desire is not enough (see *Steps to Christ*, p. 47–48). "You will be in constant peril until you understand the true force of the will. You may believe and promise all things, but your promises and your faith are of no account until you put your will on the right side. If you will fight the fight of faith with your will-power, there is no doubt that you will conquer." —*Christian Temperance and Bible Hygiene*, p. 148

STUDY

But how can one have this firm, decided will if the mind is not properly trained? This is where the study of God's word comes in.

"Why is it that our youth, and even those of maturer years, are so easily led into temptation and sin?—It is because the word of God is not studied and meditated upon as it should be. If it were appreciated, there would be an inward rectitude, a strength of spirit, that would resist the temptations of Satan to do evil. A firm, decided



will-power is not brought into the life and character, because the sacred instruction of God is not made the study and the subject of meditation. There is not the effort put forth that there should be, to associate the mind with pure, holy thoughts, and to divert it from what is impure and untrue Meditation upon holy things will elevate and refine the mind, and will develop Christian ladies and gentlemen." —*Messages to Young People*, p. 426

It is common knowledge that when a lion catches its prey, the first point it bites is the throat—to choke the

life out of its victim. In 1 Peter 5:8, the Bible tells us that the devil is like a roaring lion walking about seeking whom he may devour. Many think perfecting character is an impossibility but seem not to realize that they have the devil on their throats, choking their Bible study and prayer life out of them. Quite often we talk of being busy with secular work, movies, or other kinds of earthly distractions and attractions, but rarely do we consider religious music to be a snare that Satan uses to choke life out of us.

The first hook Satan uses has to do with *singing and choir practices*. How can this be? Is not religious music a good thing? “No words can properly set forth the deep blessedness of genuine worship. When human beings sing with the Spirit and the understanding, heavenly musicians take up the strain, and join in the song of thanksgiving.” —*Evangelism*, p. 504. The following quote will give a good explanation, as to when religious music can be a snare.

“There are many things which are right in themselves, but which, perverted by Satan, prove a snare to the unwary. The gathering together of our youth for a singing exercise sounds very harmless, but it has been my experience, during half a century, that these singing exercises often prove a source of much harm to souls. . . God’s Holy Word is not studied diligently day by day, and because of lack of spiritual food, they [singers] grow weak in moral power.” —*The Upward Look*, p. 138. “Singing should not be allowed to divert the mind from the hours of devotion. If one must be neglected, let it be the singing. It is one of the great temptations of the present age to carry the practice of music to extremes, to make a great deal more of music than of prayer. . . By the temptations attending these singing exercises, many who were once really converted to the truth have been led to separate themselves from God. They have chosen singing before prayer, attending singing schools in preference to religious meetings, until the truth no longer exerts its sanctifying power upon their souls. Such singing is an offense to God.” —*The Review and Herald*, July 24, 1883

The second hook also has to do with music, however, it has to do with *listening* to (religious) music. Many spend hours listening to gospel music, yet never seem to have time to study their Bibles. Others seem to have much more affinity with their music instruments than with the Bible. Again, there is no sin in listening to wholesome, religious music, but, when carried to excess at the neglect of Bible reading, it can become a snare as is true with many other good things, when carried to excess,

they can become snares.

Satan has effectively snared many people with the use of something good God gave—music. “I feel

alarmed as I witness everywhere the frivolity of young men and young women who profess to believe the truth. God does not seem to be in their thoughts. Their minds are filled with nonsense. Their conversation is only empty, vain talk. They have a keen ear for music, and Satan knows what organs to excite to animate, engross, and charm the mind so that Christ is not desired. The spiritual longings of the soul for divine knowledge, for a growth in grace, are wanting. . . The introduction of music into their homes, instead of inciting to holiness and spirituality, has been the means of diverting their minds from the truth. . . The instruments of music have taken time which should have been devoted to prayer. Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse. It excites, but does not impart that strength and courage which the Christian can find only at the throne of grace while humbly making known his wants and with strong cries and tears pleading for heavenly strength to be fortified against the powerful temptations of the evil one. . . Music has occupied the hours which should have been devoted to prayer. Music is the idol which many professed Sabbathkeeping Christians worship.” —*Testimonies for the Church*, vol. 1, page 496–497, 505–506. For more details, see also *The Voice in Speech and Song*, p. 417–426

Instead of just listening to music to the exclusion of Bible reading every time when we are too busy, it would be more beneficial to leave off with the music and to read, listen to the audio Bible, or any of the several audio versions of the Spirit of Prophecy books, such as *Steps to Christ*, *The Great Controversy*, *The Desire of Ages*, and the *Testimonies for the Church*, volume 1–9.

To be like Jesus, we must know Him, for “It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness.” —*Steps to Christ*, p. 70

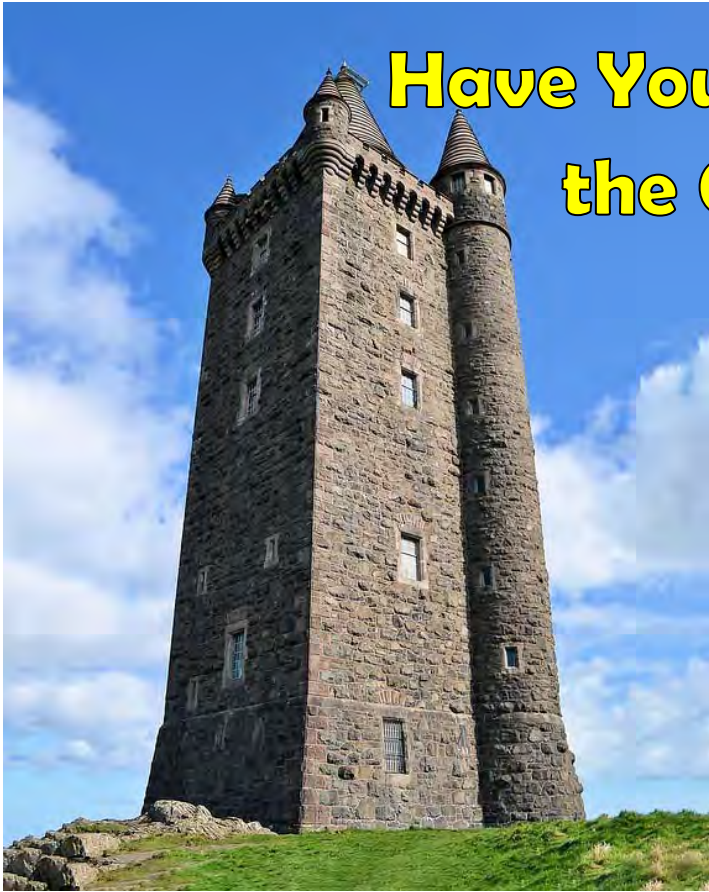
But, who are our opponents in the game of life?

To be continued . . .

Mukelabai Mukelabai, Sweden



Have You Counted the Cost?



“For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?” Luke 14:28

“Every soul must count the cost. Not one will succeed but by strenuous effort. We must spiritually exercise all our powers and crucify the flesh with its affections and lusts. Crucifixion means much more than many suppose.” –*In Heavenly Places*, p. 117

STRIVE TO REACH THE GOAL

“He who begins to build a tower must first sit down and count the cost, to find out whether, after beginning to build, he will be able to finish.” –*Medical Ministry*, p. 151

“Singleness of purpose, wholehearted devotion to God, is the condition pointed out by the Saviour’s words. Let the purpose be sincere and unwavering to discern the truth and to obey it at whatever cost, and you will receive divine enlightenment. Real piety begins when all compromise with sin is at an end. Then the language of the heart will be that of the apostle Paul: ‘This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.’ ‘I count all things but loss for the

excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ.” – *Thoughts from the Mount of Blessing*, p. 91

“In order to be true soldiers of Jesus Christ we must meet the requirements of His Word as loyal subjects of the heavenly kingdom. . . . Those who claim to believe the truth must appreciate the great warfare before us and what is comprehended in being a faithful soldier of Jesus Christ. . . . The Saviour’s army invites voluntary enlistment. There must be a complete surrender of the passions, will, and ways to the will of the Master. Our work is to obey the orders of the mighty General of armies.” –*The Upward Look*, p. 230

“Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand? Or else, while the other is yet a great way off, he sendeth an ambassage, and desireth conditions of peace.” Luke 14:31–32

“Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able.” Luke 13:24

“Remember Matthew’s reaction to hearing the words of Jesus? He considered the invitation, counted the cost, and, without delay, got up, left everything, and followed Him. But the seed that falls in ‘rocky places’ represents those who act rashly. They don’t count the cost; they act impulsively. They don’t make a full commitment to the Lord Jesus or to living the life He offers. They are content to live with external appearances without making changes in their destructive habit

patterns.” – *A Call To Stand Apart 2002*, p. 35

THE PERIL OF NEGLECTING SALVATION

We Are God’s Servants

“We then, as workers together with Him, beseech you also that ye receive not the grace of God in vain. (For He saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.)” 2 Corinthians 6:1–2

“But let the impenitent look to the plan of redemption, and ask themselves, ‘How shall we escape, if we neglect so great salvation?’ It is perilous to neglect to render to God the full consecration of all our powers, for He has given them to man in trust. Will you not ask yourself, ‘How is it with my soul?’ The great gift of salvation has been placed within our reach at an infinite cost to the Father and the Son. To neglect salvation, is to neglect the knowledge of the Father and of the Son whom God hath sent in order that man might become a partaker of the divine nature, and thus, with Christ, an heir of all things. A neglect to lay hold of the priceless treasure of salvation, means the eternal ruin of your soul. The peril of indifference to God and neglect of His gift, is measured by the greatness of salvation. God has done to the uttermost of His almighty power.” –*The Review and Herald*, March 10, 1891

“Satan constantly seeks to make of none effect the great work of redemption. What importance, what magnitude, it gives to the theme of redemption, that He who has undertaken the salvation of man was the brightness of the Father’s glory, the express image of His person. How, then, can heaven regard those who neglect so great a salvation, wrought out for man at such infinite cost? To neglect to lay hold on the rich blessings of heaven, is to refuse, to set at naught, Him who was equal with the Father, the only one who could save fallen man. O, shall we through neglect of Christ throw away our one chance for eternal life? Shall we scorn divine mercy, and trample underfoot the Son of God, and count the blood of the covenant an unholy thing?” –*Ibid.*, March 10, 1891

Brothers and sisters, Paul admonishes us: “Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.” Philippians 2:12

“Are we willing to pay the price for eternal life? Are we ready to sit down and count the cost, whether heaven

is worth such a sacrifice as to die to self and let our will be bent and fashioned into perfect conformity with the will of God? Until this shall be, the transforming grace of God will not be experienced by us.” –*In Heavenly Places*, p. 155

“How many have come to Christ, ready to cast their interests in with His, and, like the rich young ruler, earnestly desiring to inherit eternal life! But when the cost is presented to them,—when they are told that they must forsake all, houses and lands, wife and children, and count not their lives dear unto themselves,—they go away sorrowful. They want the treasures of heaven, and the life that measures with the life of God, but they are not willing to give up their earthly treasures. They are not willing to surrender all to obtain the crown of life.” –*The Review and Herald*, April 19, 1898

“Wrench yourself away from hurtful associations. Count the cost of following Jesus, and make it, with a determined purpose to cleanse yourselves from all filthiness of the flesh and spirit. Eternal life is worth your all, and Jesus has said, ‘Whosoever he be of you that forsaketh not all that he hath, he cannot be My disciple.’ He who does nothing but wait to be compelled by some super-natural agency, will wait on in lethargy and darkness. God has given His word. God speaks in unmistakable language to your soul. Is not the word of His mouth sufficient to show you your duty, and to urge its fulfillment?” –*Ibid.*, July 17, 1888

GOD CALLS FOR FAITHFUL STEWARDS

“Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.” 1 Timothy 6:12

“God calls upon those to whom He has entrusted His goods to acquit themselves as faithful stewards. The Lord would have all things of temporal interest occupy a secondary place in the heart and thoughts; but Satan would have the matters of the earth take the first place in our lives. The Lord would have us approve the things that are excellent. He shows us the conflict in which we must engage, reveals the character and plan of redemption. He lays open before you the perils you will meet, the self-denial that will be required, and He bids you count the cost, assuring you that if you zealously engage in the conflict, divine power will combine with human effort.” –*Faith and Works*, p. 92

“To us as well as to the disciples, Christ has given the work of carrying the truth to the world. But before en-

gaging in this great and aggressive warfare, upon which eternal results depend, Christ invites all to count the cost. He assures them that if they take hold of the work with undivided hearts, giving themselves as light-bearers to the world, if they will take hold of His strength, they will make peace with Him, and obtain supernatural assistance that will enable them in their weakness to do the deeds of Omnipotence. If they go forward with faith in God, they will not fail nor become discouraged, but will have the assurance of infallible success.” –*The Review and Herald*, March 15, 1898

“And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following. Amen.” Mark 16:20

“The Christian is enlisted to fight in the cause of God, to be a soldier of Jesus Christ. Jesus fought all our battles during His life upon earth, and in that He was tempted, He knows how to succor those who shall be tempted. We have no power to war with principalities, and powers, and spiritual wickedness in high places, except as we draw strength from Christ. Jesus calls upon you to behold the confederacy of evil, to behold the conflict through which you must pass. He bids us count the cost of standing under the blood-stained banner; He does not flatter us that we shall have no difficulties in this life; but although we shall be tried



and tempted in meeting the confederacy of evil, yet we are assured that all the heavenly intelligences will be enlisted on our side in every battle.” –*The Bible Echo*, December 1, 1892

“Salt is good: but if the salt have lost his savour, wherewith shall it be seasoned?” Luke 14:34

“Let there be proclaimed, with no uncertain sound, the message: ‘Watch; ... for in such an hour as ye think not the Son of man cometh.’ In every place is to be heard the voice of the faithful sentinel of truth. God is now calling upon His servants to engage in this closing work of warning the world. Those whose talents have heretofore been tied up in mercantile and other worldly pursuits, are now to plan to their talents speedily in proclaiming the third angel’s message. Let not Satan keep you from engaging in this work. Count the cost of delay. Souls are perishing in sin. We must now improve every opportunity.” –*The Review and Herald*, October 25, 1906

“Now the Saviour’s eye penetrates the future; He beholds the broader fields in which, after His death, the disciples are to be witnesses for Him. His prophetic glance takes in the experience of His servants through all the ages till He shall come the second time. He shows His followers the conflicts they must meet; He reveals the character and plan of the battle. He lays open before them the perils they must encounter, the self-denial that will be required. He desires them to count the cost, that they may not be taken unawares by the enemy.” –*The Desire of Ages*, p.352

Finally brethren, “Wherefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our profession, Christ Jesus.” Hebrews 3:1

Peace be unto you, Amen.

**Jenifer Akello,
Uganda**



HEALTH MATTERS:

Forms Of Hydrotherapy And Their Uses, Part 1

In the previous articles, we have learned about the properties of water, and how the body reacts to the application of cold and hot water. This month we will begin to delve into the different forms of hydrotherapy; we will learn about their proper use and the ailments that are treated using the various methods.

Already in the time of Ancient Israel, Moses had been given instruction by God on the many laws regarding bathing. The Greeks, Egyptians, and Romans built extensive baths in their cities, but, these practices fell by the way for many centuries.

For 1,000 years during the Dark Ages, Dr. Kellogg (see reference below) writes, “the bath was unknown in Europe.” In Spain it was sacrilegious for a woman to bathe more than once in her life. During this time, plagues and pestilence killed millions of people, much of it due to the unhygienic conditions at the time.

In the book, *Uses of Water*, by Dr. J.H. Kellogg, written in 1876, we find a comprehensive study on the properties of water that were known at that time (some erroneous understandings regarding water and its properties still persisted), and its effects on the body, along with the different forms of hydrotherapy they practiced. The custom at that time was for people to bathe once a year, and many people had not taken a full bath in their whole lifetime. However, science had evolved to the point where the skin was recognized as part of the elimination system, where “poisons” leave the body through the millions of pores contained in the skin. In his book, Dr. Kellogg suggests that a daily to tri-weekly bath, accompanied by friction, will keep the skin clean, supple, and vigorous. He also recommends that adding a little soap is helpful for removing the oily secretions on the skin.

During Dr. Kellogg’s lifetime, water had been studied scientifically. The usefulness of water was recognized and standard medical textbooks acknowledged water as an excellent remedy for many diseased conditions. Dr. Kellogg states, “There are very few agents which possess so many remedial properties as water. There are none which effect so much with so little expense to the vital powers of the patient. . . . The aim of the faithful physician should be to accomplish for his patient the greatest amount of good at the least expense of vitality; and it is an undisputable fact that in a large number of cases water is just the agent with which this desirable end can be obtained.”

FORMS OF HYDROTHERAPY

FULL BODY PACK

This is the most effective and most powerful of all water therapies. A full body pack works as a sedative, improves circulation, produces perspiration, and allows for release of toxins through the skin. Conditions that can be treated include fever, anxiety, cold/flu, skin conditions, joint and muscle problems, and menopause.

APPLYING A FULL BODY PACK

The entire body is wrapped in a cold, wet sheet and covered with a dry thick blanket. The feet are kept warm with blankets or a hot foot bath. The pack is left in place until the body heat dries the sheet. The effect depends on the duration of the treatment.

The full body pack has four specific stages of treatment:

1. When the pack is still cold, it can reduce fever, weakness (5 minutes)
2. Slowly the pack heats up from the body heat.

Decreases anxiety, nervousness, decreases perception of pain, encourages sleep and relaxation (1/2 hour)

3. Hot stage. Relieves sinus congestion, pain, bowel discomfort (1/2 hour)
4. Profuse sweating. Detoxifying.

During the hot stages, a cold cloth should be applied to the forehead to prevent dizziness from loss of blood to the head. The whole process takes about three hours. The pack can be removed at any of the four stages if the stage of the pack has served its purpose.

STEAM BATH

The steam bath was first made popular by ancient Greeks and Romans. It consists of a steam-filled room, and was used for the purpose of relaxation and cleansing. It is recommended for healing whenever generalized moist heat applications and steam are indicated. Conditions include: asthma, bronchitis, coughs, rheumatic conditions, painful joints, musculoskeletal pain, chronic back pain, sciatica, skin conditions, insomnia, elimination of toxins, relieve headaches and nausea.

STEAM BATH EFFECTS

In a steam bath, the surface circulation of blood increases which absorbs more heat into the body. The rise in body temperature depends mainly on the temperature and humidity contents of the steam bath, the sweating capacity of the bather, and the length of bathing time. Overall, the body temperature rises when the environmental temperature reaches the levels present in saunas and steam baths. The impact of the steam bath is due in part to the rise in body temperature and the action of the hormonal and nervous systems attempts to increase heat loss. In a steam bath, humidity is above 100%, therefore, a moist heat. The moisture-laden air does not allow for evaporation of sweat, so you continue to sweat. Typically the heat in steam baths is approximately 43C–46C (109F–115F). It stimulates the subcutaneous blood flow, cleanses the skin, opens pores, and removes dead skin and impurities. Steam baths induce “artificial fevers” by raising the body temperature. When the body temperature reaches 38C–39.5C (100.5F–103F), a signal is sent to the immune system to swing into action. Most pathogens (germs) that enter the body cannot withstand high temperatures and they die.

SAUNAS

Saunas function at a higher temperature than a steam

bath. In a sauna, the temperature is ideally between 70C–80C (158F–176F). However, the humidity is only 6–8%. As opposed to steam baths, saunas have very dry heat. Saunas promote an increase in blood circulation, increased sweating, lowering of blood pressure, and is able to kill germs, and detoxify the body.

They lower body temperature, therefore they do not have the ability to induce artificial fevers.



SAUNA EFFECTS

When the surrounding temperature is hotter than the body, the only way to lose heat is through sweating. When perspiration evaporates, it lowers the body temperature. Pulse rate speeds up anywhere from 75 beats a minute to double that, resulting in an increase in blood circulation. Blood pressure remains stable since heat also causes blood vessels to expand.

STEAM BATH AND SAUNA THERAPY ADVISORIES

Saunas and steam baths are not recommended for people with heart disease, diabetes, high blood pressure, and other cardiovascular problems. Avoid these therapies if you have an existing fever or open wound. Wait for an hour after eating, as you need your blood circulating on the surface of the skin, not in the digestive tract. Wait until you are cooled down from vigorous exercise, as the body temperature could increase to dangerous levels. Maximum time should in a steam bath or sauna should not exceed 20 minutes. You can lose a lot of water through perspiration; therefore, drink plenty of water afterwards.

BATHING

Bathing is important in our daily life, cleaning away dirt adhering to the body, opening pores, thus facilitating the elimination of toxins in the body through perspiration. Friction on the body by scrubbing with soap and drying with a towel stimulates circulation. Even a basic bath or shower is healthful to the body.

FULL BODY BATHS

Cold baths: below 29C (84F). Relieves fever, helps combat fatigue, energizes, and stimulates. A cold bath should only last from 30 seconds to 2–3 minutes.

Hot baths: above body temperature (37C/98.6F). Ease joint pain, constipation, respiratory ailments; reduce

stress; flush out toxins, with increased sweating; treat infections; boost the immune system; sedate; and relax. Duration of a hot bath should be 2–15 minutes. Keep a cold cloth to the head to prevent fainting. Always follow with short, cold bath to counteract the effects of depleted energy.

Warm/tepid baths: 29C–33C (84F–91F). They should never exceed the temperature of the body. They work to decrease temperature, pulse, and respiration. It is similar to a cold bath but without the shock of cold water.

Neutral bath: as close to body temperature as possible. The body is to be immersed to the neck. Treats insomnia, emotional agitation, hot flashes, it relaxes and sedates. Soak for 20 minutes.



LAVENDER

Adding various substances to bath water can enhance the healing effects—Epsom salts, chamomile, peppermint, oatmeal, bran and lavender.

SHOWERS

Cold showers can improve circulation and improve the flow of white blood cells, which help fight infection. For the last two minutes of your regular shower, turn the cold water on to reap the benefits. This can also head off a migraine. Hot showers directed to specific parts of the body relieve stiffness and pain. They also work through reflex action to relieve gastro-intestinal upset, and diarrhea. A hot stream of water directed to the shoulder can relieve constipation. Alternating hot and cold showers can help to clear skin, relax muscles, increase circulation, and relieve stiff joints.

LOCAL BATHS

Local baths are used in specific areas of the body depending on the condition being treated. Some examples are: Sitz bath, spinal bath, and foot baths. Use either cold or hot water, or a combination of both.

SITZ BATH

The buttocks, lower abdomen, and hips are immersed in water. This can be done in the bath tub in 15–20 cm (6–8 inches) of water. Elevate the legs on a bench or stool so that the feet are not in the water. A hot water Sitz bath should be 41C–43C (105F–109F). Sit in the bath for 20–30 minutes. This increases blood flow to area. Sitz baths are used to treat delayed or painful menstruation, uterine cramps, prostate problems, painful urination, pain due to hemorrhoids, bladder spasms, sciatica, and to speed the healing of urinary tract infections. Place a cold compress

on the head during treatment to prevent dizziness.

A cold water Sitz bath should be between 12C–24C (53F–75F). Stay in the bath for 45–60 seconds. A cold bath decreases blood flow to the area. Cover the top half of the body to avoid chilling your whole body. A cold Sitz bath is used to treat constipation, vaginal discharge, inflammation, and hemorrhoids. Alternating hot and cold baths can be used to treat headaches, congestion, and hemorrhoids. Immerse the area in hot water for 2–4 minutes, then in cold water for 5–60 seconds. Use alternating hot and cold 2–3 times.

FOOT BATH

As much as 10% of our body surface is in the feet. Many nerve endings in the feet are connected to different areas of the body; therefore, the reflex action of hot or cold applied to the feet can affect many areas of the body. Hot foot baths treat foot and leg cramps, sore throats, cold, flu, and produce sweating. They treat bladder, kidney, throat and ear inflammation through the process of decongestion.

Cold foot baths treat insomnia, headaches including migraines, constipation, nosebleeds, and tired feet. Alternating hot and cold is also useful. Apply hot for 5 minutes, and then cold for 10 seconds. This relieves swelling in the legs and feet. It also causes arteries to contract and dilate; the muscles of artery walls will work more vigorously if exercised in this way. It will improve circulation to the lower legs and feet, prevent varicose veins and edema (swelling) in the feet. Alternating hot and cold also treats chronically cold feet by improving circulation.



KNEIPP THERAPY

Sebastien Kneipp, a German priest, who promoted various forms of water therapy stated that “circulation is life and health”. He perfected his own system of hydrotherapy involving the application of water through various methods, temperatures, and pressures. He promoted bathing in and drinking cold water, and barefoot walks in wet grass. He used cold water directed to various part of the body, with enough pressure to allow a steady stream of water without splashing—for arms, legs, knees, hips, and feet. Kneipp therapy is widely practiced in Germany to this day, in special spas known as “Kneipp spas”.

WATER STEPPING

Water stepping is the most effective of Kneipp treatments. In German resort towns, hikers can use basins fed by natural springs just for this therapy. If there is no body of water nearby, use a bath tub. Fill the bath tub to calf level

with cold water (13C–16C/55F–60F). Walk back and forth in the tub, with each step lifting the leg high out of the water. The alternation between the water and the air makes the treatment effective. In the winter, this can be done in the snow. Duration of the treatment is 15 seconds to 5 minutes. Afterwards, dry the legs and apply warm socks. This treatment helps the arteries in the legs to contract, strengthens the valves in the veins, decreases leg cramps, increases circulation, and builds up the body's resistance to disease.

COMPRESSES

Compresses are cloths soaked in water, wrung out, and applied to various parts of the body. A cold compress is a milder form of cold than ice packs, and can be placed over more delicate areas such as the eyes. Compresses mold well to the body, and can cover a larger area than ice packs. You can add anti-inflammatory and antiseptic herbs, Epsom salts, and essential oils to the compress. The different compresses are named for the part of the body that it is applied to. Compresses can be made with cloth towels, dish towels, and bath towels. The thicker the cloth, the longer lasting the effect of the compress.

COLD COMPRESS

A cold compress consists of an application of a cold, damp cloth to an area of injury to relieve pain and minimize swelling from bruises and sprains. Only use a cold compress for a few minutes at a time to prevent damage to the skin. The length of time to apply a cold compress depends on how cold the cloth is. The temperature of the cloth should be between 18C–24C (64F–75F). The maximum time should be no longer than 20 minutes. Use a thick cotton cloth or a towel as a compress. Fold the cloth into four folds, dip it into cold water, and wring out well. When applied continuously, change the cloth every few minutes. You can maintain the cold by using two compresses alternately, always having one cloth sitting in the cold water. Cold compresses can also be applied to the forehead during full-body hot treatments to avoid dizziness.

USES OF COLD COMPRESSES

Reduces inflammation—whether superficial or deep—for skin, muscles, joints, internal organs, and eyes. On the head it lowers body temperature, and reduces fevers. On the face and upper spine, it stops nosebleeds. Apply to the stomach to stop vomiting. On the skin it stops bleeding from wounds. Use on the neck treats sore throats and headaches. Chest—treats colds,



asthma, fever, and cough. Abdomen—treats constipation. Pelvis—reduces hemorrhoids, treats painful menstruation. Joints—relieves arthritis pain.

WARMING COMPRESS

A warming compress it consists of an application of cold which ultimately warms up to become a mild moist heat treatment. A cold compress is applied to a part of the body, and then is covered with a dry towel or cloth, and finally a layer of plastic. The area under the layers is initially cooled, but then warms up from the body heat. Because the body heat cannot escape due to the plastic layer, the area begins to warm up. Leave in place until the area is warm; this can even be used overnight. A warming compress is similar to a full body wrap but used on a specific area of the body.

USES OF WARMING COMPRESSES

Warming compresses warm and relax muscles. They first cause constriction of blood vessels (to prevent inflammation), and then as the compress warms, the flow of blood increases to the area, bringing healing nutrients and breaking up congestion. This response of the body is used to treat sore throats, ear infections, sinus congestion, flu, chest colds, backache, joint pain, and digestive problems. Warming compresses can be applied to the feet to treat respiratory ailments and sinus congestion. Cover the feet with cold, wet socks, and then layer wool socks on top. This can be left on overnight.

WARMING THROAT COMPRESS

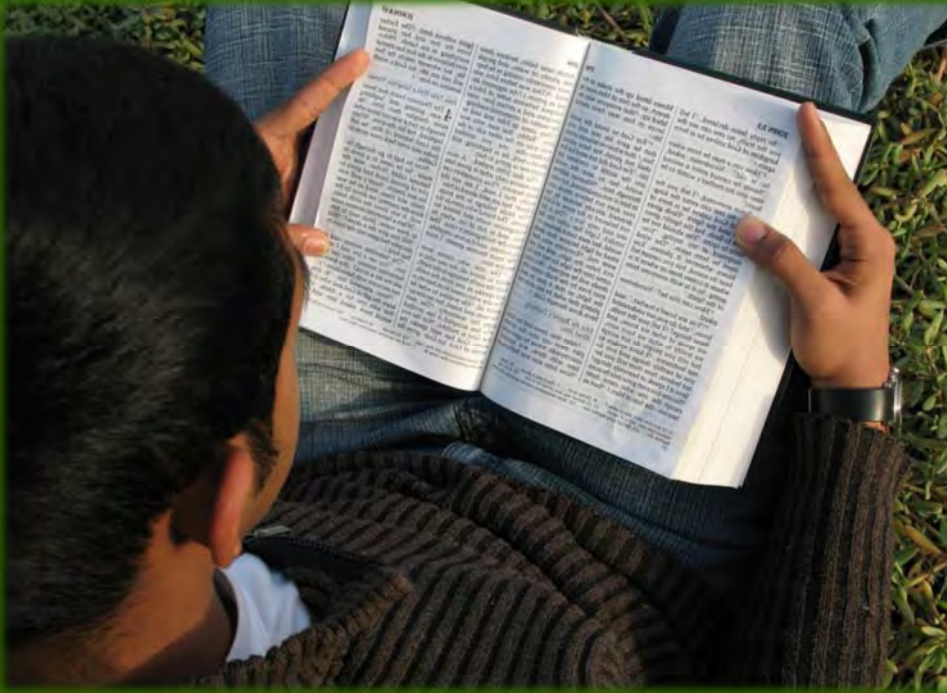
This is helpful for the treatment of: Sore throat, hoarseness, tonsillitis, ear infection, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections. Never apply a warming compress directly to the head.

CONCLUSION

This article outlines several different forms of hydrotherapy. This is just a general outline; it does not take into account individual people's needs based on their overall health profile. To choose the correct hydrotherapy method to use with any person, knowledge regarding the effects of each of the treatments on the human body must be carefully studied. The practitioner also needs to be aware of the health condition of the individual, as some therapies are contra-indicated with some health conditions. But, for those who want to learn, there are many resources available to guide interested individuals in the art and science of hydrotherapy.

"In health and in sickness, pure water is one of heaven's choicest blessings." —*The Ministry of Healing*, p. 237

NEXT MONTH: FORMS OF HYDROTHERAPY, PART 2



Two Ways Of Reading The Bible

“Would you like another chapter, Lilian dear?” asked Kate of the invalid cousin whom she had lately come from Hampshire to nurse.

“Not now, thanks; my head is tired,” was the reply.

Kate closed her Bible with a feeling of slight disappointment. She knew that Lilian was slowly sinking under an incurable disease, and what could be more suitable to the dying than constantly to be hearing the Bible read? Lilian might surely listen, if she were too weak to read for herself.

Kate’s mind was never at ease unless she read at least two or three chapters daily, besides a portion of the Psalms; and she had several times gone through the whole Bible from beginning to end. And here was Lilian, whose days on earth might be few, tired with one short chapter!

“There must be something wrong here,” thought Kate, who had never during her life been in bed for one day through sickness. “It is a sad thing when the dying do not prize the word of God.”

“Lilian,” said she, trying to soften her naturally quick sharp tones to gentleness. “I should think that now, when you are so ill, you would find special comfort in the Scriptures.”

Lilian’s languid eyes had closed, but she opened them, and fixing her soft, earnest gaze upon her cousin, re-

plied, “I do—they are my support; I have been feeding on one verse all the morning.”

“And what is that verse?” asked Kate.

“Whom I shall see for myself”, began Lilian slowly; but Kate interrupted her before she could finish—

“I know that verse perfectly—it is in Job; it comes just after ‘I know that my Redeemer liveth;’ the verse is, ‘Whom I shall see for myself, and mine eyes shall behold, and not another.’”

“What do you understand by the expression ‘not another?’” asked Lilian.

“Really, I have never particularly considered those words,” answered Kate. “Have you found out any remarkable meaning in them?”

“They were a difficulty to me,” replied the invalid, “till I happened to read that in the German Bible they are rendered little differently; and then I searched in my own Bible, and found that the word in the margin of it, is like that in the German translation.”

“I never look at the marginal references,” said Kate, “though mine is a large Bible and has them.”

“I find them such a help in comparing Scripture with Scripture,” observed Lilian.

Kate was silent for several seconds. She had been care-

ful to read daily a large portion from the Bible; but to “make a special note of, to learn, and to inwardly digest it,” she had never even thought of trying to do. In a more humble tone she now asked her cousin, “What is the word which is put in the margin of the Bible instead of ‘another’ in that difficult text?”

“A *stranger*,” replied Lilian; and then, clasping her hands, she repeated the whole passage on which her soul had been feeding with silent delight: “‘Whom I shall see for myself, and mine eyes shall behold, and *not a stranger*.’”

“O Kate,” continued the dying girl, while unbidden tears rose to her eyes, “if you only knew what sweetness I have found in that verse all this morning while I have been in great bodily pain! I am in the Valley of the Shadow—I shall soon cross the dark river; I know it; but He will be with me, and ‘not a stranger.’ He is the Good Shepherd, and I know His voice; a stranger I would not

follow.

“Oh,” continued Lilian, “in the glad resurrection morn, it is the Lord Jesus whom I shall behold—my own Saviour, my own tried Friend, and ‘not a stranger;’ I shall at last see Him whom, not having seen, I have loved.”

Lilian closed her eyes again, and the large drops, overflowing, fell down her pallid cheeks; she had spoken too long for her strength, but her words had not been spoken in vain.

“Lilian has drawn more comfort and profit from one verse—nay, from three words in the Bible, than I have drawn from the whole book,” reflected Kate. “I have but read the Scriptures,—she has searched them. I have been like one floating carelessly over the surface of waters under which lie pearls; Lilian has dived deep and made the treasure her own.”

Daniel in The Lion’s Den



One of the most thrilling stories of the Bible is the story of Daniel in the lion’s den.

King Darius had 120 princes and Daniel was made leader of all of them. Three of them went against him by telling lies to the king but they had no proof. One day the three princes came up with a new idea to try to get rid of Daniel. They told the king to sign a decree as follows: “All the presidents of the kingdom, the governors, and the princes, and counsellors, and the captains, have consulted together to establish a royal statute, and to make a firm decree, that whosoever shall ask a petition of any God or man for thirty days, save of thee, O king, he shall be cast into the den of lions. Now, O king, establish the decree, and sign the writing, that it be not changed, according to the law of the Medes and Persians, which altereth not.” Daniel 6:7–8

Daniel heard that the king signed the decree but he went home, opened his window, and still prayed to God three times a day as he normally did every day. He would not let a decree stop him praying to God. All the princes saw him praying and they ran to tell the king. The king was so sad when he realized that he had been deceived by his own princes into getting rid of Daniel. King Darius, however, had no choice and ordered that Daniel be thrown into the lion’s den.

The night with the lions had begun and Daniel was not afraid and continued to pray. Did God hear Daniel? Of course he did! God always hears our prayers. He sent an Angel to protect Daniel from the lions by shutting their mouths. The lions did not hurt Daniel at all.

“He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.” God will help us in all of our struggles if we just pray.” Psalm 91:11

We should never think that we are alone. If we are faithful and serve the Lord, His Angels are always by our side. Amen.

Marcus Newby

Vegan Hotdogs



“Men, as well as women, need to understand the simple, healthful preparation of food. Their business often calls them where they cannot obtain wholesome food; then, if they have a knowledge of cookery, they can use it to good purpose.

“Both young men and young women should be taught how to cook economically and to dispense with everything in the line of flesh food.” —*Child Guidance*, p. 376

This homemade hotdog recipe is very simple, easy, delicious, and healthy.

Some of my followers requested that I make a hotdog recipe. I promised them I would work on it. I have seen a couple of hotdog recipes, but I wanted to come up with my own recipe, different from what everyone else does—and there you have it. I hope you will give it a try. Enjoy!

INGREDIENTS

- 1 cup soy mince, ground
- 1 medium potato, cooked and mashed
- ½ cup rice flour (you can use any flour that you have)
- 3 Tbsp. tomato paste
- 2 Tbsp. beetroot paste (I make my beetroot paste by blending fresh beetroot until I get a smooth paste. But if you don't have a blender, you can grate your beetroot. You need it for this recipe for natural coloring)
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 Tbsp. grounded flaxseed + 3 Tbsp. water
- 1 tsp. thyme
- Salt to taste

PREPARATION

First combine flaxseed and water. Mix and let it sit for 15 minutes.

In a medium bowl, combine all the ingredients together, except flour. Mix well. Add flour and mix well again until you get a nice dough. Not too hard, not too soft either. If it seems there is not enough moisture, add a tablespoon or two of water. If it is too moist add more flour.

Cut the dough into 8 small balls. Cut 8 pieces of parchment paper (Most people use aluminum foil, but I want to encourage you not to use aluminum in your kitchen. Aluminum is not good for our health).

Roll your homemade hotdogs in parchment paper and twist the ends.

Place in a steaming basket over a large pot and steam for 45 minutes.

Dorcas N.K. Luboya

For more delicious, easy, and healthy vegan recipes, visit www.dorcasvegankitchen.com. Like my Facebook page. Or contact me through WhatsApp on 00221763755706.



“It is important that the members of our churches should attend our camp meetings. The enemies of truth are many; and because our numbers are few, we should present as strong a front as possible. Individually you need the benefits of the meeting, and God calls upon you to number one in the ranks of truth.

“Some will say: ‘It is expensive to travel, and it would be better for us to save the money and give it for the advancement of the work where it is so much needed.’ Do not reason in this way; God calls upon you to take your place among the rank and file of His people. Strengthen the meeting all you possibly can by being present with your families. Put forth extra exertion to attend the gathering of God's people.

“Brethren and sisters, it would be far better for you to let your business suffer than to neglect the opportunity of hearing the message God has for you. Make no excuse that will keep you from gaining every spiritual advantage possible. You need every ray of light. You need to become qualified to give a reason of the hope that is in you with meekness and fear. You cannot afford to lose one such privilege. “ *—Testimonies for the Church, vol. 6, p. 38–39*

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Little Voices

**I am glad that the brook can praise Him,
As well as the boundless sea;
That the tiny blade of the grasses
May join with the forestry;
That the wee lone flower by the wayside
Unites with the garden fair
To utter a fragrant message
Of His infinite thought and care.**

**I joy in the summer's sunshine,
In the winter's frost and snow,
In the gales that bend low tree-monarchs,
And the zephyrs that softly blow;**

**But the sun pales before His glory,
And no snow can His raiment meet,
And the winds that blow are but symbols
Of His power for those who seek.**

**I rejoice, though so small and feeble,
I may sing of His power and might,
That the God who will note the sparrow
Is guardian through earth's night;
And erelong in the day, beholding
His excellent majesty,
I shall kneel at His feet adoring,
And proclaim His great love for me.**

Worthie Harris Holden

—The Review and Herald, September 5, 1912

Youth Conference in Colombia



Ethiopia




Australian Field Conference



Conference in Estonia





“The stream that goes singing on its way leaves behind its gift of verdure and fruitfulness. The grass on its banks is a fresher green, the trees have a richer verdure, the flowers are more abundant. . . .

“So it is with the true child of God. The religion of Christ reveals itself as a vitalizing, pervading principle, a living, working, spiritual energy. When the heart is opened to the heavenly influence of truth and love, these principles will flow forth again like streams in the desert, causing fruitfulness to appear where now are barrenness and dearth.” —*Prophets and Kings*, p. 234