



*The Reformation*  
**Messenger**

VOLUME 26, NUMBER 4, April 2019

**We Must Reach a Higher Standard**

Page 4

**Beyond Feeling**

Page 6

**Behind the Net, part 3—The Opponents**

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

## **In This Issue:**

- 3 Roses, Lilies and Pinks**
- 4 We Must Reach a Higher Standard**
- 6 Beyond Feeling**
- 10 Behind the Net, part 2—The Opponents**
- 15 John Byington**
- 16 "Once Every Week" in 2019**
- 20 Health Matters: Form of Hydrotherapy, Part 2**
- 24 Children's Corner: Respect Your Elders**
- 25 Natural Shampoo**

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# Roses, Lilies and Pinks

“Suppose you were in a garden where bloomed beautiful roses, and lilies, and pinks; but instead of gathering the beautiful flowers, you should seek for everything objectionable to take away to show to others as a sample of that garden. Would the objectionable things you had gathered properly represent the garden?—By no means. If Christians gather up gloom and sadness to their souls, and murmur and complain, are they representing God and the Christian life as it really is? Christ tells us that if we abide in Him, He will abide in us. Are we doing as He has bidden us? Will we gather the roses and the lilies and the pinks, and present to the world the hopeful, bright side of religion?” —*The Review and Herald*, April 16, 1889

“Oh, how many walk a dark path, looking to the objectionable, unlovely things on either side of them when a step higher are the flowers.” —*Mind, Character and Personality*, vol. 2, p. 808

“The mind must not be permitted to dwell on the most objectionable features of our faith. In God's Word, which may be represented as a garden filled with roses and lilies and pinks, we may pluck by faith the precious promises of God, appropriate them to our own hearts, and be of good courage—yes, joyful in God—or we may keep our attention fastened on the briars and thistles and wound ourselves severely and bemoan our hard lot.

“God is not pleased to have His people hanging dark and painful pictures in memory's hall. He would have every soul plucking the roses and the lilies and the pinks, hanging memory's hall with the precious promises of God blooming all over the garden of God. He would have us dwelling upon them, our senses sharp and clear, taking them in in their full richness, talking of the joy that is set before us. He would have us living in the world, yet not of it, our affections taking hold of eternal things. He would have us talking of the things which He has prepared for those that love Him. This will attract our minds, awaken

our hopes and expectations, and strengthen our souls to endure the conflicts and trials of this life. As we dwell on these scenes the Lord will encourage our faith and confidence. He will draw aside the veil and give us glimpses of the saints' inheritance.” —*Selected Messages*, bk. 3, p. 163

“Do not listen to Satan's lies, but recount God's promises. Gather the roses and the lilies and the pinks. Talk of the promises of God. Talk faith. Trust in God, for He is your only hope. He is my only hope. I have tremendous battles with Satan's temptations to discouragements, but I will not yield an inch. I will not give Satan an advantage over my

body or my mind.” —*Daughters of God*, p. 146

“We are to go into the garden of God's Word and pluck the lilies and roses and the fragrant pinks of His promises. Those who look upon the difficulties in their experience will talk doubt and discouragement, for they do not behold Jesus, the Lamb of God, who taketh away the sins of the world.” —*That I May Know Him*, p. 278

“Gather all the fragrance possible from the roses and the lilies and the pinks, and do not let us bruise our hands by grasping the thorns and letting them bruise us. This is what Satan would have us do.” —*The Gospel Herald*, Sept 1, 1898

“We may look up through nature to nature's God. In the beautiful lofty trees, the shrubs, the flowers, God reveals His character. He is to be compared to the most beautiful lilies and roses and pinks.” —*This Day with God*, p. 241

“Your life is precious in the sight of God. He has a work for you to do. It is not unfolded to you now, but just walk on trustingly without a single word because this would grieve the dear Jesus and show that you were afraid to trust Him. Lay your hand in His. He is reaching over the battlements of heaven for it to be laid confidently in His. Oh, what love, what tender love has Jesus manifested in our behalf. The Bible promises are the pinks and the roses and the lilies in the garden of the Lord.” —*Mind, Character and Personality*, vol. 2 p. 808

“There are enough roses, pinks, and lilies in the garden of God's love so that you need not look at the briars, the thistles, and the brambles. Now, I did not see these things, because I was delighting myself with the flowers and all the beauties of the garden.” —*The Ellen G. White 1888 Materials*, p. 77

**Ellen G. White**



# We Must Reach a High Standard

We are trying to prepare ourselves for the coming of Jesus, to go to heaven, and to have eternal life. The standard that we must reach is high; it is perfection; it is likeness to God, our Father. “Be ye therefore perfect, even as your Father which is in heaven is perfect.” Matthew 5:48

What makes our character development difficult is Satan, who is constantly trying to deceive us and lead us into sin. Therefore, Jesus said, “Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.” Matthew 7:14. “These things I have spoken unto you, that in Me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” John 16:33

Daily we must fight against Satan’s temptations; he is like Goliath on our way, and we must overcome him .

In the time of Noah, only eight persons were saved out of millions living at that time. In the time of Ancient Israel, when they left Egypt there were over 600,000 men, twenty years and older. Only two of them entered Canaan’s land. And today, from over two billion Christians only a small number of them will make it to heaven.

“Those who come up to the Bible standard, the Bible description of Christ’s followers, will be found rare indeed. Having forsaken God, the fountain of living water, they have hewn them out cisterns, ‘broken cisterns that hold no water.’ Said the angel: ‘Lack of love and of faith are the great sins of which God’s people are now guilty.’ Lack of faith leads to carelessness and to love of self and the world. Those who separate themselves from God and fall under temptation indulge in gross vices, for the carnal heart leads to great wickedness. And this state of things is found among many of God’s professed people. While they are professedly serving God they are to all intents and purposes corrupting their ways before Him. Appetite and passion are indulged by many, notwithstanding the clear light of truth points out the danger and lifts its warning voice: Beware, restrain, deny. ‘The wages of sin is death.’ Although the example of those who have made shipwreck of faith stands as a beacon to warn others from pursuing the

same course, yet many rush madly on. Satan has control of their minds and seems to have power over their bodies.

“Oh, how many flatter themselves that they have goodness and righteousness, when the true light of God reveals that all their lives they have only lived to please themselves! Their whole conduct is abhorred of God.” – *Testimonies for the Church*, vol. 3, p. 474–475

The above testimony was written by Sister White in 1875, and God only knows what the condition of His church is like today.

God requires a higher standard than many realize. If we are not faithful to God, then Satan leaves us alone. We have no persecutions or trials because we belong to him. Let someone try to put the last idol away and make a full surrender to God, then Satan becomes angry and brings trials and temptations against this person, fiercely attacking their soul.

We must reflect the image of Jesus fully; anything short of it is not accepted by God. A formal, half-hearted religion is an abomination to Him. He wishes that we were hot or cold, but not lukewarm.

The work of the prophets, since the earliest times, was to waken and arouse the people of God from their spiritual sleep or of their spiritual death, as Paul calls it.

Isaiah writes, “Ah sinful nation, a people laden with iniquity, a seed of evildoers, children that are corrupters: they have forsaken the LORD, they have provoked the Holy One of Israel unto anger, they are gone away backward. Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment.” Isaiah 1:4–6

Jeremiah writes, “For My people have committed two evils; they have forsaken Me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.” Jeremiah 2:13

When God tried to arouse His people to see their danger, and to work out a revival and reformation, what kind of response did He get? "Because I have called, and ye refused; I have stretched out My hand, and no man regarded; But ye have set at nought all My counsel, and would none of My reproof." Proverbs 1:24-25

Finally God said, "What could have been done more to My vineyard, that I have not done in it? wherefore, when I looked that it should bring forth grapes, brought it forth wild grapes?" Isaiah 5:4

Instead of love, meekness, kindness, and faithfulness, He sees selfishness, pride, and love of the world.

Sister White wrote over 100,000 pages of testimonies, including warnings, counsels, and reproofs to the members of the church. Then she writes, the testimonies have been neglected or even rejected (*Christian Temperance and Bible Hygiene*, p. 129). She trembled for the members of the church.

"Many now despise the faithful reproof given of God in testimony. I have been shown that some in these days have even gone so far as to burn the written words of rebuke and warning, as did the wicked king of Israel. But opposition to God's threatenings will not hinder their execution. To defy the words of the Lord, spoken through His chosen instruments, will only provoke His anger and eventually bring certain ruin upon the offender." —*Testimonies for the Church*, vol. 5, p. 678

"I seldom weep, but now I find my eyes blinded with tears; they are falling upon my paper as I write. It may be that ere long all prophesyings among us will be at an end, and the voice which has stirred the people may no longer disturb their carnal slumbers." —*Ibid.*, p. 77

Our great danger is to fall into a Laodicean condition, to have complacent, self-satisfied feelings, and to start looking for pleasure and a comfortable life, while our destiny is being decided in the investigative judgment. It is a time when we should be working out our own salvation with fear and trembling.

Many lose sight of the goal. The goal is a perfect, God-like character, and our work is to arouse others to seek eternal life.

"Many are ruined by their desire for a life of ease and pleasure. Self-denial is disagreeable to them. They are constantly seeking to escape trials that are inseparable from a course of fidelity to God. They set their hearts upon having the good things of this life. This is human success, but is it not won at the expense of future, eternal interests? The great business of life is to show ourselves to be true servants of God, loving righteousness and hating iniquity." —*Ibid.*, p. 70

Jesus was made perfect through sufferings, and this is the only way that we can reach perfection. "He 'that forsaketh not all that he hath, says Jesus, 'cannot be My disciple.' Whatever shall divert the affections from God must be given up. Mammon is the idol of many. Its golden chain binds them to Satan. Reputation and worldly honor are worshiped by another class. The life of selfish ease and freedom from responsibility is the idol of others. These are Satan's snares, set for unwary feet." —*Ibid.*, p. 83

"Many are looking with self-complacency upon the long years during which they have advocated the truth. They now feel that they are entitled to a reward for their past trials and obedience. But this genuine experience in the things of God in the past makes them more guilty before Him for not preserving their integrity and going forward to perfection. The faithfulness for the past year will never atone for the neglect of the present year. A man's truthfulness yesterday will not atone for his falsehood today." —*Ibid.*, p. 63

The voice of God is heard in warnings, in counsels, and in reproofs. If we continue to neglect and ignore God's warning or counsel, and refuse to give up just one sin, it can ruin our salvation.

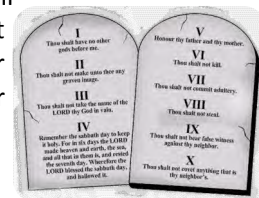
We sing in the gospel song, "I'm pressing on the upward way, New heights I'm gaining every day; Still praying as I onward bound, Lord, plant my feet on higher ground. Lord lift me up, and I shall stand, By faith, on heaven's table-land; A higher plane than I have found, Lord, plant my feet on higher ground."

Every day we must grow in our faithfulness and obedience to God. Today we are more faithful than yesterday, and tomorrow we will be closer to perfection than today. So, daily we are striving with all our strength and with God's power added, to reach the required perfection. It is a great opportunity for each person to secure heaven and eternal life for themselves. If we delay and linger until the sun of righteousness shall set, the blackness of eternal night will be our portion, and salvation for us is too late.

Adam and Eve were cast out of paradise for one little sin, and they had to die; if we have one neglected duty, one small sin, we cannot enter into paradise. The standard is high that we must reach, but if we put all our strength, our time, and add God's power to it, we all can be overcomers.

We all have made a partial surrender, but it is not enough. We must make a full surrender; we must say to God, "not our will, but Thine be done." Then we will have fullness of joy, and happiness that the world has never felt, and our Father in heaven will rejoice, and write our names in the book of life. Amen.

**Timo Martin**



A photograph of a brown and black butterfly perched on a pink flower. The background is dark and out of focus, showing more pink flowers.

# Beyond Feeling

Last month I wrote an article about love being a principle not a feeling. We may have feelings of love, but we cannot depend on feelings alone. Feelings of love can sometimes change when faced with negative circumstances. Many times we are expected to show love, regardless whether we have any loving feelings. Love is something that we are expected to give away, not something we always should expect to receive. Once we give love away, feelings of love often do arise in the heart.

This month's article is about performing certain duties and denying self when you really do not feel like it. Many people's lives are controlled by their feelings alone. They do what they feel like doing. They spend time with people they feel like spending time with. They eat what they feel like eating. They refuse to do some duties simply because they do not feel like it.

We have all felt sad at one time or another and we have also felt happy, as well as many other emotions such as anger, fear, and contentment. We are human. We were created to have feelings, and feelings are not bad.

When people allow their negative feelings to control their lives, this is when life can become challenging and unpredictable.

- Uncontrolled hatred has led to murder. Joab hated Abner and could not forgive him for murdering his brother. In turn he murdered Abner (2 Samuel 3:26–27).
- Uncontrolled sadness has led to suicide. We see much of this in our world today.
- Uncontrolled lust or passion has led to fornication. King David could not control his lust and thus fell into sin with Bathsheba (2 Samuel 11:2–5).

We all need to learn to not act impulsively when feeling negative emotions. We need to pray and find a positive solution for negative emotions.

Then there are times in our lives when we may be asked to do duties that seem unpleasant, regardless of whether we feel like it or not. We are to obey by principle, “beyond feelings.”

If you ask Jonah, when first told by God to go to Nineveh, I am sure he did not feel like it. In fact, he ran the other way (Jonah 1:1–3). Moses, after 40 years in the wilderness, also did not feel like going to Egypt. He made excuses as to why he was not the best man for the job (Exodus 4:10–12). Also Jeremiah, when called to bear an unpleasant message to his countrymen, he did not feel like going either and started making excuses (Jeremiah 1:6–8).

I wonder how Noah felt when asked to build this large ship on dry land. Was he excited? Hesitant? Dreading? Yet, he went forward and performed the required duty and was blessed thereby.

“The character will determine the nature of the resolve and the action. The doing is not in accordance with the feeling or the inclination, but with the known will of our Father which is in heaven. Follow and obey the leadings of the Holy Spirit.” —*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1058

I am sure it was not easy for these men, but they went “beyond feelings” and obeyed.

“It is man's work to cooperate with the divine. And it is the very hardest, sternest conflict which comes with the purpose and hour of great resolve and decision of the human to incline the will and way to God's will and God's way.” —*Ibid.*, p. 1058

There are times in each one of our lives when we do things even though we do not always feel like it. To make a living, we often have to get up every day and go to work. Sometimes we may feel like it, other times we may not feel like it because, for example, we did not sleep well the night before and are very tired. However, we still must go if we wish to maintain our employment and continue to have the ability to pay our bills and feed ourselves and our families. We go, whether we feel like it or not—beyond feelings. Often we are more willing to do things we do not really feel like doing for selfish purposes, but when it comes to the cause of God, it is much easier to not do as we are expected to do, simply because we do not feel like it. However, in our Christian life we should be more apt to obey beyond our feelings, than with our secular pursuits. Although we do not physically see our Employer, we are all employed in His service and are to perform our duties whether we feel like it or not until the day we die or if we quit (leave the church).

Some join the church on a flight of feeling. There are some Christian churches that play on the feelings of people. They have loud music and the services seem exciting, and feelings of excitement are aroused. When the feelings fade, so does their interest in the church and in spiritual pursuits. The things of earth that Satan provides often contain an immediate satisfying feeling, although it is rarely a long-lasting, happy feeling. Satan is very good at controlling people through their feelings in the world and in false Christianity.

#### TIMES WHEN WE ARE NOT TO TRUST OUR FEELINGS

**Donations to the church:** Money is a big challenge for many people in the world. They are seeking to amass wealth and riches in any way possible, as quickly as possible. When having Bible Studies with people, you touch a sensitive point when you mention tithe and offering payments. Many have turned away, as did the rich young ruler when Jesus asked him to part with his wealth (Matthew 19:16–22).

Tithe and offering payments were not instituted because God *needs* your money. He owns the world—all the wealth and riches also. He instituted the system of tithe and offering payments as a blessing to His people on earth; to teach them about self-sacrifice and prevent selfishness. We trust God to provide for our needs. It is beyond our feelings. It is pure faith. We give, by faith, and then the Lord opens the windows of heaven and blesses us—*after* we give (Malachi 3:10).

“Lay not up for yourselves treasures upon earth, where

moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also.” Matthew 6:19–21. Few have the faith to trust God to provide if they pay their tithes. Even fewer have the faith to part with their second tithe. God will still provide for the faithful if they pay their second tithe. If expenses are high one month, some are tempted to rob God rather than deny themselves.

“Do not trust to your feelings and give when you feel like it and withhold when you do not feel like it. Give regularly, . . . as you would like to see upon the heavenly record in the day of God.” —*Counsels for the Church*, p. 516

Make a decision as to how much you intend to give, and stick with it, whether you feel like it or not—“beyond feeling.” “The plan of systematic benevolence . . . will prove a safeguard to every family against temptations to spend means for needless things, and especially will it prove a blessing to the rich by guarding them from indulging in extravagances.” —*The Adventist Home*, p. 368–369

**Prayer:** Have there ever been times in your life when you did not feel like praying? “Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted, and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Well-spring of life, and strengthens the sinew and muscle of the religious experience. Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God. The spiritual faculties lose their vitality, the religious experience lacks health and vigor.” —*Gospel Workers*, p. 254–255

The above statement mentioned that prayer is the breath of the Christian soul. Do you ever feel like not breathing? Then you should also never feel like not praying. I am sure there are times when we have disappointed our Lord by some failure and we felt unworthy to come before the throne of God in this sinful condition. We question whether God would listen. Or perhaps we have a very busy day, we slept in late and are rushing off to our daily duties. We feel that we do not have the time to pray, although we seem to have time for everything else. Unless we decide that we can live without breathing then we should also believe and feel that we can live without praying. It is not possible. The true Christian will never pray only when they feel like it. They make sure to set aside time to pray every day.

Yet often when people are really discouraged and depressed, they do not



feel like praying. "It is difficult to exercise living faith when we are in darkness and discouragement. But this of all others is the very time when we should exercise faith. 'But,' says one, 'I do not feel at such times like praying in faith.' Well, then, *will you allow Satan to gain the victory, simply because you do not feel like resisting him?* When he sees that you have the greatest need of divine aid, he will try the hardest to beat you back from God. If he can keep you away from the Source of strength, he knows that you will walk in darkness and sin." —*My Life Today*, p. 14 (emphasis mine)

"Our only sure defense against besetting sins is prayer, daily and hourly prayer. Not one day zealous and the next careless, but through watchfulness and earnestness becoming vitalized by intercourse with God. Prayer is necessary, and we should not wait for feeling, but pray, earnestly pray, whether we feel like it or not. Heaven is open to our prayers. Prayer is the channel that conducts our gratitude and yearnings of soul for the divine blessing to the throne of God, to be returned to us in refreshing showers of divine grace. With very many, this channel is allowed to freeze up, and then the connection with heaven is interrupted. . . . Oh, that we would spend more time upon our knees and less time in planning for ourselves and in thinking we may do some great thing." —*Our Father Cares*, p. 244

"When we feel the least inclined to commune with Jesus, let us pray the most. By so doing we shall break Satan's snare, the clouds of darkness will disappear, and we shall realize the sweet presence of Jesus." —*Lift Him Up*, p. 372

"At the moment when you are offering your prayer for help you may not feel all the joy and blessing that you would like to feel, but if you believe that Christ will hear and answer your petition, the peace of Christ will come." —*Our Father Cares*, p. 326

**Diet and Appetite:** Appetite is another area where people trust their feelings and their tastes. When you wake up in the morning, or just arrive home from work, and are hungry, you often think of what you *feel* like eating. In the world, people indulge a lot in their eating habits. They eat what they *feel* like eating, whether it is healthy or not. We may feel like eating a piece of food that is unhealthy because our fallen human nature craves it; however, our reason must go beyond our feelings and decides that, no, I will not eat that even if I feel like it.

Before you eat, consider some of the following questions. Is it a sin to eat this piece of food that is unhealthy? Does this piece of food improve your health or detract from your health? Will it make your mind clear or will it make your mind dull and foggy? Why are you eating this piece of food? Is it so I can get stronger? Or are you taste buds



clamouring for indulgence for something that is actually detrimental to the rest of your body? Unhealthy foods are often eaten because it makes the person feel good for a short while, but later on the health is negatively affected. Appetite is to be controlled by reason, not feeling.

"The appetites and passions, clamoring for indulgence, trample reason and conscience underfoot. This is the cruel work of Satan, and he is constantly putting forth the most determined efforts to strengthen the chains by which he has bound his victims. Those who have been all their lives indulging wrong habits do not always realize the necessity of a change. . . . Let the conscience be aroused and much is gained. Nothing but the grace of God can convict and convert the heart; here alone can the slaves of custom obtain power to break the shackles which bind them. The self-indulgent must be led to *see and feel* that a great moral renovation is necessary if they would meet the claims of the divine law; the soul-temple has been defiled, and God calls upon them to arouse and strive with all their might to win back the God-given manhood which has been sacrificed through sinful indulgence." —*God's Amazing Grace*, p. 100. To eat unhealth foods is sin. We are to go beyond our appetites and feelings and eat healthy foods only; following all the health laws given by God. Healthy foods should also be palatable.

**Missionary Work:** This is a very difficult one because in missionary work there is a lot of rejection. The majority of the world has not chosen Christ as their Lord and Master. The master they have chosen is full of evil, and he targets the followers of Christ. Even family members can turn against family members. Unless truly connected to Jesus, feelings of discouragement can easily turn a person away from continuing to face the constant opposition. Missionary work does not get done because people do not always feel like facing the rejection. They feel more like sitting in the comfort of their home. Remember what the Lord said to Samuel? "They have not rejected thee, but they have rejected me." 1 Samuel 8:7. However, we are human and have human feelings.

Some begin but give up easily. "It is true, you may feel a sort of anxiety for the souls of those you love. You may seek to open to them the treasures of truth, and in your earnestness shed tears for their salvation; but when your words seem to make but little impression, and there is no apparent response to your prayers, you almost *feel* like casting reflection upon God that your labors bear no fruit. You *feel* that your dear ones have special hardness of heart, and that they do not respond to your efforts." —*Messages to Young People*, p. 201. And thus you give up.

Here is a very key statement. Read it slowly and carefully. "My brethren and sisters, do you desire to break the spell that holds you? Would you arouse from this sluggishness that resembles the torpor of death? Go to work, whether you *feel* like it or not. Engage in personal effort to bring



souls to Jesus and the knowledge of the truth. In such labor you will find both a stimulus and a tonic; it will both arouse and strengthen. By exercise your spiritual powers will become more vigorous, so that you can with better success work out your own salvation. The stupor of death is upon many who profess Christ. Make every effort to arouse them. Warn, entreat, expostulate. Pray that the melting love of God may warm and soften their icebound natures. Though they may refuse to hear, your labor will not be lost. In the effort to bless others your own souls will be blessed.”—*Testimonies for the Church*, vol. 5, p. 387

Go to work for Jesus—beyond your feelings; whether you feel like it or not.

**Leisure time:** Some people come home from work or school very tired, and often the last thing on their mind is to pick up their Bible and read. They want to relax and unwind. This may be true, as it may be difficult to assimilate some of the deep thoughts in the Bible when the brain is weary. However, after an hour of unwinding, a second and third hour is wasted—many times in front of the computer or TV, wasting many precious hours and then a quick read of a few Bible verses and a short prayer are done before going to bed.

Or maybe you have a day off from work, so you ask your friends and family, “What do you *feel* like doing today?” Often the answer is some work that needs to be done around one’s house, or going out and enjoying a day free from care and labour with friends and family. Or simply spending a quiet day at home. These are things we *feel* like doing, but what does God ask of us? There is nothing wrong with these endeavours, however, if we neglect missionary work and Bible Study, then it becomes an issue. “Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time.” —*Christ’s Object Lessons*, p. 342. How many decide to go do missionary work on their day off?

“What leisure time we have should be spent in searching the Bible, which is to judge us in the last day.” —*The Faith I Live By*, p. 339. Pick up your Bible and read, whether you feel like it or not—Beyond Feeling. “The more you search the Scriptures with humble hearts, the greater will be your interest.” —*Maranatha*, p.



44. And then go and find the lost sheep.

**CONVERSION IS NOT A FEELING. IT IS AN EXPERIENCE—A DECISION.**

Here we read of a very important point that many stumble over.

“The youth especially stumble over this phrase, ‘a new heart.’ They do not know what it means. They look for a special change to take place in their feelings. This they term conversion. Over this error thousands have stumbled to ruin, not understanding the expression, ‘Ye must be born again.’

“Satan leads people to think that because they have felt a rapture of feeling, they are converted. But their experience does not change. Their actions are the same as before. Their lives show no good fruit. They pray often and long, and are constantly referring to the feelings they had at such and such a time. But they do not live the new life. They are deceived. Their experience goes no deeper than feeling. They build upon the sand, and when adverse winds come, their house is swept away. . .” —*The Seventh-day Adventist Bible Commentary*, vol. 4, p. 1164

“When Jesus speaks of the new heart, He means the mind, the life, the whole being. To have a change of heart is to withdraw the affections from the world, and fasten them upon Christ. To have a new heart is to have a new mind, new purposes, new motives. What is the sign of a new heart?—a changed life. There is a daily, hourly dying to selfishness and pride.” —*Ibid.*, p. 1164–1165. Notice how she defines a new heart here. It is, a new mind, purpose and motives. It does not say new feelings.

“The truth is not to be practiced only when we feel like it, but at all times and in all places.” —*Counsels to Parents, Teachers and Students*, p. 196

“Bible sanctification is not the spurious sanctification which will not search the Scriptures, but will trust to good feeling and impulses rather than to the seeking for truth as for hidden treasure. Bible sanctification will lead its possessors to know the requirements of God and to obey them.” —*The Review and Herald*, February, 1898

On our baptism day, we make a vow (a decision) to adhere to certain Biblical principles. We may not always feel like obeying these principles throughout our lives, at all times, but we are to go beyond feelings and obey at all times, as they are the requirements of God. We are not to deny our feelings completely. It is not a sin to have feelings because we were created as thinking and feeling people. We have been given emotions so we can laugh, and cry, but we are not to allow them to control our lives if they lead us away from God or our ability to serve Him.

May God help us to find the true peace and happiness there is to be had in obeying implicitly every word that proceeds out of the mouth of God—as written in His Word—and we will experience great feelings of peace that the world cannot provide. “O taste and see that the LORD is good: blessed is the man that trusteth in Him.” Psalm 34:8. Amen.

**Wendy Eaton**



# Behind the Net, PART 3— The Opponents

We continue to learn from the analogy of the football team in Zamunda that decided to set up a new standard of scoring goals just because they had repeatedly failed to correctly score. As stated in the first part of this article, this “favorite team” of Zamunda met with tough opponents, against whom they could not score even a single goal. In the second part of the article we covered some aspects of the necessary training required to successfully contend with the opponents and score goals. In this last part of the article, we discuss who these opponents are.

## THE OPPONENTS

In any professional football match, a team always plays against opponents to score points. Similarly, in the game of life, we must know who our opponents are. A careful search for these opponents in the Bible and Spirit of Prophecy reveals a pattern of three words: the *world, the flesh (or self), and the devil*. For instance, 1 Peter 5:8 says the *devil* is our adversary; 1 John 2:15 and James 4:4 tell us not to love or befriend the *world*; and Romans 13:14, Galatians 5:24, and Luke 9:23 all refer to the need for self-denial, putting on Christ and crucifying the *flesh* and its lusts. Similarly, in the Testimonies, more than ninety statements appear with these three words mentioned in the exact same order. For instance, *The Upward Look*, p. 217 states: “To follow Christ is not freedom from conflict. It is not child’s play. It is not spiritual idleness. All the enjoyment in Christ’s service means sacred obligations in meeting oft stern conflicts. To follow Christ means stern battles, active labor, warfare against the *world, the flesh, and the devil*. Our enjoyment is the victories gained for Christ in earnest, hard warfare. Think of this.” Furthermore, *Testimonies to Ministers and Bible Workers*, p. 445

also states that “Those that overcome *the world, the flesh, and the devil*, will be the favored ones who shall receive the seal of the living God;” and *Christ’s Object Lessons*, p. 250 adds that “Prayer brings Jesus to our side, and gives to the fainting, perplexed soul new strength to overcome the *world, the flesh, and the devil*. Prayer turns aside the attacks of Satan” (emphasis mine). Let us consider the first opponent.

## THE WORLD

What exactly is the world that we must overcome? The Bible and Spirit of Prophecy give many hints as to what this is. Generally, this is understood to mean all the attractions of sin that are found in the world, e.g., parties of pleasure, sports, entertainment, fashions, etc. While this is true, we must not end there. In James 4:4 the Bible warns against forming friendships with the world because such a friendship creates enmity with God. In 2 Corinthians 4:4 the Bible tells us that Satan is the god of this world; in other words, his principles run supreme in the minds of men and all activities not inspired by God. Furthermore, we learn that it was when Eve adopted Satan’s thinking, that she perceived disobedience to God’s commands as a good thing, and thus became an enemy of God (See Genesis 3:1–5). This is why the Bible in Colossians 1:21 states that we became enemies of God in our minds; because we adopted Satan’s way of thinking. Thus, fighting against the world not only means avoiding the world’s pleasures and attractions but also any principles that do not come from God’s word.

We are to avoid any activity or association that is not approved by God’s principles. In *Early Writings* p. 15, during

her first vision, Ellen White looked for the Advent people in the world, but she could not see them; and then her angel told her to look again and look a little higher. At this point she was able to see them travelling “on a narrow path cast high above the world”. In *Testimonies for the church*, vol. 1, p. 361, we are given a practical application of what it means to travel on that narrow path cast high above the world: “Worldly men are governed by worldly principles. They can appreciate no other. Worldly poli-



cy and public opinion comprise the principle of action that governs them and leads them to practice the form of rightdoing. But God's people cannot be governed by these motives. The words and commands of God, written in the soul, are spirit and life, and there is power in them to bring into subjection and enforce obedience.” We must, therefore, constantly resist thinking and behaving like wordlings, especially nowadays when it seems shameful to be a strict Christian.

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### THE FLESH (OR SELF)

Many texts in the Bible emphasize the need to deny self, for instance Luke 9:23 and Matthew 16:24. Why? Because “Self is the ground where Satan always meets and manages those whom he wishes to deceive and conquer.”—*Our High Calling*, p. 126. When Satan rebelled against God’s government, the premises of his arguments were that God should allow the angels to do as they pleased. He “claimed that angels needed no law but should be left free to follow their own will, which would ever guide them right; that law was a restriction of their liberty; and that to abolish law was one great object of his standing as he did.” —*The Story of Redemption*, p. 18

While God’s law is based on love and consideration of the needs of others, Satan’s idea of a perfect world is one where each one lives as they please. In God’s kingdom, love is the motive of every action, while in Satan’s kingdom, only self and one’s fleshly lusts need be consulted for any action. Considering this, God has made it evidently clear that anyone who seeks to overcome sin (transgression of God’s law) must first learn self-abnegation. Failure to do this, self will always stand in the way of obedience because, instead of considering God’s requirements and the needs of others, one would first consider self. For this reason, in Satan’s kingdom, there is no such thing as love, because everyone does as they please—without regard to anyone or anything else.

The broad way spoken of in Matthew 7:13–14 is such because there are no restrictions—travelers there do as they please—whereas the narrow way is narrow because people travelling there do not live as they please but each one lives in accordance with prescribed law and order, which is meant to safeguard the interests and goodness of every traveler. The narrowness of the way is defined by fixed



boundaries of God’s law. So, if you find yourself living as you please, yet you claim to be a Christian, which way are you travelling on? The Bible tells us that “the love of Christ constraineth us; because we thus judge, that if One died for all, then were all dead: And that He died for all, that they which live should not henceforth live unto themselves, but unto Him which died for them, and rose again.” 2 Corinthians 5:14–15



In the days when Israel had no King, everyone did as they pleased: “In those days there was no king in Israel, but every man did that which was right in his own eyes.” Judges 17:6. This tells us that if we live as we please, without regard to God’s requirements, we have not yet made Jesus the Lord of our lives. But the Bible teaches us that Jesus is not only our Saviour, but LORD as well; that means, as King, we live according to His will, not ours (See 2 Peter 1:11). Sadly, this is not the case for many professed Christians.

At creation, God made man to be like Himself in nature—loving, kind, patient, and all the qualities that Paul describes in Galatians 5:22. However, when man adopted Satan’s mind of selfishness, every other evil followed, for “Selfishness is the root of all evil.” —*Evangelism*, p. 633. Imagine that you are a group of ten people in a room and someone brings you a plate with ten succulent and delicious apples in it. However, one of the apples has a rotten spot and you are given the opportunity to pick; which one would you pick? Whose mind would you be acting out when you select the apple—Jesus’ or Satan’s mind? Recall that Satan’s principle is: self-first, whereas Jesus’ is: others first. Certainly, you know that if you don’t pick the rotten one, one of your brethren will have to pick it!

Self-seeking, self-sufficiency, and selfish gratification lead to pride. Pride is what makes many to not receive correc-

tion and reform their lives. “There have ever been two classes among those who profess to be followers of Christ. While one class study the Saviour’s life and earnestly seek to correct their defects and conform to the Pattern, the other class shun the plain, practical truths which expose their errors.” —*The Great Controversy*, p. 43. In a *Review and Herald* article dated September 16, 1873, Sister White said, “I am very sure that the greatest reason why the people of God are now found in this state of spiritual blindness, is because they will not receive correction. Many have despised the reproofs and warnings given them.”



“Christ can do nothing for the recovery of man until, convinced of his own weakness and stripped of all self-sufficiency and pride, he puts himself under the control of God. Then and then only can he be a true subject of God. No confidence can be placed in human greatness, human intellect, or human plans. We must place ourselves under the guidance of an infinite mind, acknowledging that without Jesus we can do nothing.” —*The Review and Herald*, August 18, 1896

“There can be no growth or fruitfulness in the life that is centered in self. If you have accepted Christ as a personal Saviour, you are to forget yourself, and try to help others. Talk of the love of Christ, tell of His goodness. Do every duty that presents itself. Carry the burden of souls upon your heart, and by every means in your power seek to save the lost. As you receive the Spirit of Christ—the Spirit of unselfish love and labor for others—you will grow and bring forth fruit. The graces of the Spirit will ripen in your character. Your faith will increase, your convictions deepen, your love be made perfect. More and more you will reflect the likeness of Christ in all that is pure, noble, and lovely.” —*Christ’s Object Lessons*, p. 67–68

“Strength of character consists of two things,—power of will, and power of self-control. Many youth mistake strong, uncontrolled passion for strength of character; but the truth is that he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by his power to subdue his feelings, not by the power of his feelings to subdue him. The strongest man is he, who, while sensitive to abuse, will yet restrain passion and forgive his enemies.” —*Messages to Young People*, p. 412

In 1 Peter 1:22, the Bible tells us that we purify our souls by obeying the truth unto unfeigned love of the brethren. We can only do this if we adhere to the admonition: “But put ye on the Lord Jesus Christ, and make not provision

for the flesh, to fulfil the lusts thereof” (Romans 13:14) and to deny ourselves and take up our crosses daily and follow the Lord (Luke 9:23).

“We are not to make crosses for ourselves, by wearing sackcloth, by pinching our bodies, or by denying ourselves wholesome, nourishing food. We are not to shut ourselves in monasteries, away from the world, and do no good to our fellow beings, thinking this is the cross of Christ; neither are we required to expose health and life unnecessarily, nor to go mourning up the hill of Christian life, feeling it a sin to be cheerful, contented, happy, and joyful. These are all self-made crosses, but not the cross of Christ.



“To bear the cross of Christ is to control our sinful passions, to practice Christian courtesy even when it is inconvenient to do so, to see the wants of the needy and distressed and deny ourselves in order to relieve them, and to open our hearts and our doors to the homeless orphan, although to do this may tax our means and our patience.” —*Testimonies for the Church*, vol. 4, p. 626–627

#### THE DEVIL

In the Garden of Eden, Satan used the most attractive and beautiful animal—the serpent, to deceive Eve. Do we suppose that he would work in a different manner today? No; not at all. Therefore, many people fail to see Satan as their opponent because they expect him to come as a hideous monster that is terrible in appearance and terrifying in nature (see *Manuscript 9a*, 1908 or *Christ Triumphant*, p. 197). This is where many are wrong, and that is why Satan loves such representations of himself, because when he comes as an angel of light, as a pastor, a beautiful girl, as a father, mother or brother in church, many are not aware that it is him. Satan can never come to us in a manner that would be unattractive to us and that is why, in the listing of our opponents against whom we contend, he is listed last because he mostly uses the first two—the world and the flesh.

In 2 Corinthians 2:11 the Bible tells us that Satan gains advantage over us when we are ignorant of his devices (his manner of working). In John 10:4–5, 27, Jesus says that His sheep know His voice and follow Him, but they would not listen to the voice of a stranger or follow a stranger. Do we recognize whose voice it is that speaks when people tell us things to do or to think about? When Peter rebuked Jesus not to go to Jerusalem because there He would be killed, Jesus rebuked him instead and said,

“Get thee behind Me, Satan: thou art an offence unto Me: for thou savourest not the things that be of God, but those that be of men.” Matthew 16:21–23. Jesus recognized that Peter’s words (though perhaps spoken in innocence and misguided affection) were a direct instigation of Satan’s mind. Today we may not directly refer to our children, wives, relatives, friends, church members, or even pastors, as Satan, but do we recognize whose voice they echo when they offer words of “advice” to us or tell us to do certain things that are contrary to the written word of God? *The Desire of Ages*, p. 459 says, “we must bring every man’s teaching to the test of Scripture.” “Here is the test of every man’s profession. We cannot accord holiness to any man without bringing him to the measurement of God’s only standard of holiness in heaven and in earth. If men feel no weight of the moral law, if they belittle and make light of God’s precepts, if they break one of the least of these commandments, and teach men so, they shall be of no esteem in the sight of Heaven, and we may know that their claims are without foundation.” —*The Great Controversy*, p. 472

Recall that Eve appeared to express much love for Adam after eating from the forbidden tree (see *Story of Redemption*, p. 36); do not be misled by the supposed love for you by anyone who seeks to lead you away from Christ. To score in the game of life, one must be able to distinguish between the voice of Christ and the voice of Satan from those we come in contact with. If one sincerely studies the Bible to know the truth, this won’t be difficult, for Christ has said that “If any man will do His will, he shall know of the doctrine, whether it be of God, or whether I speak of Myself.” John 7:17

## THE TEAM

Considering the analogy of the game of football, we notice that footballers play in *teams*. Goals are scored individually but through the consented effort of the entire team. Teams with selfish players rarely win. Similarly, “None—no, not one—can go alone to heaven. God has a people whom He is leading, guiding, and instructing. They must be subject one to another.

If one undertakes to go alone, independently, to heaven he will find he has chosen the . . . path that will not lead him to life.” —*The Upward Look*, p. 300. Hence, the Bible tells us to not forsake “the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.” Hebrews 10:25. You cannot perfect your Christian character by staying away from the social



meetings of the church (except such meetings as are an offence to God) or by seeking to work independent of other members of Christ’s body. In a team, a player can score or assist another in scoring. We gain stars in our crowns, by not only preaching the gospel ourselves but by also assisting others in their missionary efforts; for instance, by making our money the invisible evangelist.

The entire chapter of John 17 is about Christ’s prayer for the unity of His church—unity in truth, not in error. This unity can only be achieved when members possess the mind of Christ and care for each other as Christ cares for them (Philippians 2:1–5), and build, rather than tear each other apart. Quite often, many church members take pleasure in discussing the faults of others—a habit that is detrimental to their own characters. As it is written: “The very act of looking for evil in others develops evil in those who look. By dwelling upon the faults of others, we are changed into the same image. But by beholding Jesus, talking of His love and perfection of character, we become changed into His image.” —*Gospel Workers*, p. 479. “A knowledge of the faults of Christians will be only a cause of stumbling to the unbelieving world; and by dwelling upon these things, we ourselves can receive only harm; for it is by beholding that we become changed. While we seek to correct the errors of a brother, the Spirit of Christ will lead us to shield him, as far as possible, from the criticism of even his own brethren, and how much more from the censure of the unbelieving world. We ourselves are erring, and need Christ’s pity and forgiveness, and just as we wish Him to deal with us, He bids us deal with one another.” —*The Desire of Ages*, p. 441

## THE AUTHORITY

In our day, many Christians, like the inhabitants of Zamunda, trust to uncertainty. They think, and have made themselves believe, that it does not matter what they do with their lives; “God looks at the heart”, they say, and this phrase is used to mean that God does not care much about what they eat, dress, worship, who they associate with, what professional job they take, and how they conduct themselves before others, etc. They think that God will side with them because, owing to His merciful character and their frail human nature, it is acceptable to do some percentage of righteousness, but not everything God says. Clearly, every sane and sincere Christian should stop and ask: doesn’t God have a standard? Good question! “What stronger delusion can beguile the mind than the pretense that you are building on the right foundation and that God accepts your works, when in reality you are working out many things according to worldly policy and are sinning against Jehovah? Oh, it is a great deception, a fascinating delusion, that takes possession of minds when men who have once known the truth, mis-

take the form of godliness for the spirit and power thereof; when they suppose that they are rich and increased with goods and in need of nothing, while in reality they are in need of everything.” –*Testimonies for Church*, vol. 8, p. 249. Interestingly, we read of one Lawyer who came to Jesus asking what he needed to do to inherit eternal life, and Jesus’ response to him was, “What is written in the law? how readest thou?” Luke 10:25–26. Recall that in the story of Zamunda and its deluded football fans, on the day when judgment was passed with regard to whether the “favourite team” deserved points, the judge from the football authority held out a little book containing the football regulations in Zamunda and asked the “favourite team” and its supporters which part of the book they had read to arrive at their new position. Similarly, the Bible and Spirit of Prophecy tells us of such a day when every human shall stand before God and His Law. Sister White writes of that day thus:

“Today Christ is looking with sadness upon those whose characters He must at last refuse to acknowledge. Inflated with self-sufficiency, they hope that it will be well with their souls. But at the last great day, the mirror of detection reveals to them the evil that their hearts have practiced, and shows them at the same time the impossibility of reform. Every effort was made to bring them to repentance. But they refused to humble their hearts. Now the bitter lamentation is heard, ‘The harvest is past, the summer is ended, and my soul is not saved’ (cf. Jeremiah 8:20).” –*The Upward Look*, p. 301

“The glory of the celestial city streams from the gates ajar. Then there appears against the sky a hand holding two tables of stone folded together. Says the prophet: ‘The heavens shall declare His righteousness: for God is judge Himself.’ Psalm 50:6. That holy law, God’s righteousness, that amid thunder and flame was proclaimed from Sinai as the guide of life, is now revealed to men as the rule of judgment. The hand opens the tables, and there are seen the precepts of the Decalogue, traced as with a pen of fire. The words are so plain that all can read them. Memory is aroused, the darkness of superstition and heresy is swept from every mind, and God’s ten words, brief, comprehensive, and authoritative, are presented to the view of all the inhabitants of the earth.

“It is impossible to describe the horror and despair of those who have trampled upon God’s holy requirements. The Lord gave them His law; they might have compared their characters with it and learned their defects while there was yet opportunity for repentance and reform; but in order to secure the favor of the world, they set aside its precepts and taught others to transgress.” –*The Great Controversy*, p. 639

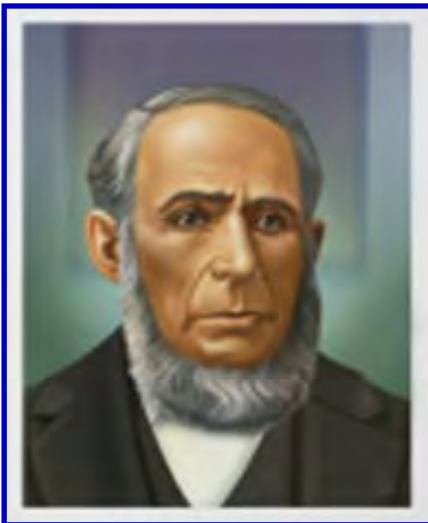
## CONCLUSION

May Christians today are deluded and think that God is too merciful to be very strict with His law. As a result, they have adopted standards of Christian practice that meet their defects of character in many things, such as how they worship, what they eat, what jobs they take, how they dress, how they preach, sing, etc. For many, like the inhabitants of Zamunda, Christianity has been brought down to relative perfection rather than absolute perfection which is based on the revealed will of God. In fact, many believe it is impossible to have perfect characters; however, the Bible makes God’s standard very clear and all who are seeking salvation will follow all the truth revealed to them.

Many are unaware that Satan is playing the game of life with their souls and that by them excusing their defects of character, they are letting Satan score goals against them since he succeeds in making them like himself—rebels against God’s government and law. To the contrary, the Christian’s goal is to be like Christ—perfectly obedient to God’s law. Achieving this requires physical and mental discipline, and spiritual insight that makes one capable of discerning the various ways in which Satan attacks. In this article we covered some dimensions of the role of temperance, social life, Christian service, willpower, and music and bible study, in the Christian’s training and self-discipline to achieve character perfection. We also covered the three main opponents that we must contend with; these being the world, the flesh, and the devil. One cannot attempt to write a practical guide to holiness without rewriting the entire Bible itself and the testimonies of God’s spirit given through Sister White. I, therefore, can do nothing but “commend you to God, and to the word of His grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.” Acts 20:32

***Mukelabai Mukelabai, Sweden***





## John Byington

John Byington was born on October 8, 1798, the sixth of ten children of Mr. and Mrs. Justus Byington of Hinesburg, Vermont. His father was a Methodist preacher

and had served as a soldier in the Revolutionary War of Independence.

Most of his brothers and sisters made no profession of religion, so John had the responsibility for family worship from 12 years of age when his father was absent. Although he felt it a burden at the time, it was a help and blessing as a foundation in his religious experience.

John was baptized into the Methodist church shortly after his seventeenth birthday. Not long after he became one of the church leaders, and was given license to preach as a lay preacher. As a circuit riding pastor, he worked to support himself, rode, and preached, visiting homes of the needy in his district. Often there was greater need to supply for the physical than the spiritual.

At the age of twenty-one he suffered an almost complete collapse of health, and moved to New Haven, Connecticut, where he could be near relatives and have access to better medical help. Here he worked in the fishing industry for about three years as his health returned. When completely well, he moved back to Vermont and returned to circuit preaching and farming.

John was also very strongly an abolitionist, who actively assisted fugitive slaves along the famous Underground Railroad.

He married Mary Ferris in Vermont, and their first child, Caroline, was born in 1828. After Mary's death, John moved to Buck's Bridge, New York. There he married Catharine Newton from Vermont in 1830, and she was a real help-meet for John for 55 years. She gave birth to five children, the oldest being John Fletcher Byington, born in 1832. Martha was two years younger, and Teresa was born in 1837.

In 1844 he heard a Millerite sermon in Cleveland, Ohio, but was not overly impressed. Then in 1852, after read-

ing a copy of the *Review and Herald* (now the *Adventist Review*) and attending his daughter Teresa's funeral, at age 15, John made his decision to observe the seventh-day Sabbath.

Shortly afterward James and Ellen White visited his home. For three years he conducted Sabbath meetings in his home, then he erected and owned a church building on his property which was the first Seventh-day Adventist-built church.

In 1858 he moved to Battle Creek, Michigan and worked closely with James White and J. N. Andrews. In 1863 at the initial organization of the General Conference in Battle Creek, Michigan, he became the denomination's first president. James White had initially been elected but declined the position.

During his term as president, 65 year old Byington visited the Adventists, held communion with them, encouraged those who had left the church to rejoin, gave public lectures, baptized new members, and organized Sabbath Schools. He spent time visiting, encouraging, preaching, giving of himself and of his means generously, he supported himself and others by selling home-churned butter, farm produce, and even fitting dentures when necessary. At the end of his term of office, he returned to his farm, but he continued to visit the churches and the members.

When John was 80 years of age, Catharine was still helping him get in loads of hay. When he was 82, they moved to Battle Creek to live with their daughter Martha, taking along their horse, cow, and chickens. At 86, he was still milking and taking the milk to the neighbors. He helped mow the neighbors' grass, using it for feed for his horse and cow! He continued to do chores on the farm until his wife passed away of pneumonia at the age of 82, two years before his death at age 89 (he passed away January 7, 1887).

If we follow this example of godliness practiced on a life-long daily basis, we also can have lives of peace and victory, and at last, claim with him the testimony he picked for his funeral address, "To him that overcometh will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne." Revelation 3:21



It is our privilege to study the signs of the times every day. Every day we need to think twice about our future and our future depends on our present.

**Every week in 2019 you should make a careful examination to learn what heaven requires of you; do this at least once every week during this year 2019.**

The solemn warning is given below in clear lines in *Testimonies to Ministers*: “Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; and were all baptized unto Moses in the cloud and in the sea; and did all eat the same spiritual meat; and did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ. But with many of them God was not well pleased: for they were overthrown in the wilderness.’ The experience of Israel, referred to in the above words by the apostle, and as recorded in the one hundred fifth and one hundred sixth psalms, contains lessons of warning that the people of God in these last days especially need to study. I urge that these chapters be read at least *once every week*.” —*Testimonies to Ministers*, p. 98 (emphasis mine)

#### **AT LEAST ONCE EVERY WEEK—WHY?**

Have you ever not only read, but studied earnestly, 1 Corinthians 10, Psalms 105 and 106? History records how God’s people were privileged to have His knowledge, protection and guidance, which would hopefully prevent them from falling into sin and would help them reach their destination.

**The privileges they received were:**

“Baptized unto Moses in *the cloud* and in the sea.” This cloud was the symbol of the presence of God and they would go wherever He directed them. They followed the cloud, day and night. Following this cloud means to have living faith, and they had to go by faith. They were to wait for its sign to move or stop, so that they would either continue their journey or would camp for awhile. The presence of the Lord was among His people.

“And did all *eat the same spiritual food*,” the manna. The Lord, in His love, provided them with heavenly food. We are warned that we should not lust after evil things, as they lusted. They rejected God’s food and lusted after flesh meat, fish, and other Egyptian foods.

They “did all drink the same spiritual drink;” their privileges were shared. None could say that he did not drink from the rock. This work symbolized the Holy Spirit which cleanses us.

“They drank of that spiritual Rock that followed them: and that *Rock was Christ*.” Before His birth on earth, Christ was guiding His chosen people. The Rock is hereby symbolizing Christ Himself, from which they drank water.

**In summary:** *The cloud* (presence of Jehovah) directed them and their duty was to obey and follow by faith. *The manna* was the food God, in His wisdom, chose to feed them with. *The Rock* was Christ and the Ten Commandments (remember, they were written by God’s own finger on the tables of stone). Christ could help them to be faithful if they would look to Him for help. Their *water* was to be drunk from the true Rock, Jesus. They were all “baptized unto Moses in the cloud and in



the sea.” Everything for their good was provided for them during the journey in the wilderness. God is love. Those privileges are also available for us just as they were for the children of Israel to help them reach the Promised Land.

But “with many of them God was not well pleased: for they were overthrown in the wilderness.” In Exodus 12:37 we read that the number which started at the beginning of journey was “about six hundred thousand on foot [that were] men, beside children.” This was a large number. Unfortunately, only two of them that crossed the Red Sea (Joshua and Caleb) reached the Promised Land. The important question is: why was God not well pleased with so many of them that they were overthrown in the wilderness? What did they do?

Since many thousands perished in the wilderness, why did the Lord allow them to start the difficult journey knowing how it would end for them? They did not die in Egypt neither in the Red Sea. Is the God of love accountable for their extermination?

We read further that “these things were our examples.” 1 Corinthians 10:6. “Now all these things happened unto them for ensamples; and they are written for our admonition, upon whom the ends of the world are come.” 1 Corinthians 10:11. Let us identify the reasons why they perished in the wilderness.

## 1. LUST

“We should not lust after evil things, as they also lusted.” 1 Corinthians 10:6. “Evil things” here refers to the flesh food they coveted and they perished for that. “The mixed multitude that was among them fell a lusting: and the children of Israel also wept again. . . . They manifested their discontent with the food provided for them by their Creator.” —*Patriarchs and Prophets*, p. 379

“Satan tempted them to regard the restriction of food as unjust and cruel. He caused them to lust after forbidden things, because he saw that the unrestrained indulgence of appetite would tend to produce sensuality, and by this means the people could be more easily brought under his control. The author of disease and misery will assail men where he can have the greatest success. Through temptations addressed to the appetite he has, to a large extent, led men into sin from the time when he induced Eve to eat of the forbidden fruit. It was by this same means that he led Israel to murmur against God.” —*Ibid.*, p. 378. In the wilder-

ness, all who lusted after the fish, meat, and ate accordingly, died the same night. Many of them died. “While the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And the name of that place was called Kibroth-hattaavah: because there they buried the people that lusted.” Numbers 11:33–34. How many died there?

Says the psalmist: “They tempted God in their heart by asking meat for their lust. Yea, they spake against God; they said, Can God furnish a table in the wilderness? Behold, he smote the rock, that the waters gushed out, and the streams overflowed; can he give bread also? can he provide flesh for his people? Therefore the LORD heard this, and was wroth.” Psalm 78:18–21

“Murmuring and tumults had been frequent during the journey from the Red Sea to Sinai, but in pity for their ignorance and blindness God had not then visited the sin with judgments. But since that time He had revealed Himself to them at Horeb. They had received great light, as they had been witnesses to the majesty, the power, and the mercy of God; and their unbelief and discontent incurred the greater guilt. Furthermore, they had covenanted to accept Jehovah as their king and to obey His authority. Their murmuring was now rebellion.” —*Patriarchs and Prophets*, p. 379

## 2. IDOLATRY

“Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play.” 1 Corinthians 10:7. In the Book of Exodus chapter 32, at Sinai, we read of a great apostasy in Israel. “The mighty miracles in Egypt and at the Red Sea were designed to establish faith in Him as the invisible, all-powerful Helper of Israel, the only true God. And the desire for some visible manifestation of His presence had been granted in the pillar of cloud and of fire that guided their hosts, and in the revealing of His glory upon Mount Sinai. But with the cloud of the Presence still before them, they turned back in their hearts to the idolatry of Egypt, and represented the glory of the invisible God by the similitude of an ox! . . . ‘These be thy gods, O Israel, which brought thee up out of the land of Egypt.’ [said Aaron.] . . . His course in giving his influence to sin in Israel cost the life of thousands.” —*Patriarchs and Prophets*, p. 316–317, 323

“Only a few days had passed since the Hebrews had made a solemn covenant with God to obey His voice. They had stood trembling with terror before the mount,

listening to the words of the Lord, 'Thou shalt have no other gods before Me.' The glory of God still hovered above Sinai in the sight of the congregation; but they turned away, and asked for other gods. 'They made a



calf in Horeb, and worshiped the molten image. Thus they changed their glory into the similitude of an ox.' Psalm 106:19, 20. How could greater ingratitude have been shown, or more daring insult offered, to Him who had revealed Himself to them as a tender father

and an all-powerful king! . . . Their sins had already forfeited the favor of God, and justice called for their destruction. The Lord therefore proposed to destroy them." *-Ibid.*, p. 317-318

"In the name of 'the Lord God of Israel,' Moses now commanded those upon his right hand, who had kept themselves clear of idolatry, to gird on their swords and slay all who persisted in rebellion. 'And there fell of the people that day about three thousand men.' Without regard to position, kindred, or friendship, the ringleaders in wickedness were cut off; but all who repented and humbled themselves were spared. Those who performed this terrible work of judgment were acting by divine authority, executing the sentence of the King of heaven." *-Ibid.*, p. 324

### 3. FORNICATION

"Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand." 1 Corinthians 10:8

"It was by associating with idolaters and joining in their festivities that the Hebrews were led to transgress God's law and bring His judgments upon the nation. . . . Israel's sin at Beth-peor brought the judgments of God upon the nation, and though the same sins may not now be punished as speedily, they will as surely meet retribution. . . . When Balaam was called to curse the Hebrews he could not, by all his enchantments, bring evil upon them; for the Lord had not 'beheld iniquity in Jacob,' neither had he 'seen perverseness in Israel.' Numbers 23:21, 23. . . . But when through yielding to temptation they transgressed God's law, their defense departed from them." *-Ibid.*, p. 458, 461, 457

What took place? "At first there was little intercourse between the Israelites and their heathen neighbors, but

after a time Midianitish women began to steal into the camp. Their appearance excited no alarm, and so quietly were their plans conducted that the attention of Moses was not called to the matter. It was the object of these women, in their association with the Hebrews, to seduce them into transgression of the law of God, to draw their attention to heathen rites and customs, and lead them into idolatry. These motives were studiously concealed under the garb of friendship, so that they were not suspected, even by the guardians of the people." *-Ibid.*, p. 454

"The lips of a strange woman drop as an honeycomb, and her mouth is smoother than oil: But her end is bitter as wormwood, sharp as a twoedged sword." Proverbs 5:3-4. "Remove thy way far from her, and come not nigh the door of her house: Lest thou give thine honor unto others, and thy years unto the cruel: Lest strangers be filled with thy wealth; and thy labours be in the house of a stranger; And thou mourn at the last, when thy flesh and thy body are consumed." verses 8-11. "Her house inclineth unto death." "None that go unto her return again." Proverbs 2:18-19. "Her guests are in the depths of hell." Proverbs 9:18. This is the gate of perdition to which Israel yielded.

"During the time of their encampment beside Jordan, Moses was preparing for the occupation of Canaan. . . . At the same time, Balaam who was regarded as a prophet of God suggested a grand festival and great numbers of the people joined him in witnessing the festivities. They ventured upon the forbidden ground, and were entangled in the snare of Satan. Beguiled with music and dancing, and allured by the beauty of heathen vestals, they cast off their fealty to Jehovah. As they united in mirth and feasting, indulgence in wine beclouded their senses and broke down the barriers of self-control. Passion had full sway; and having defiled their consciences by lewdness, they were persuaded to bow down to idols. . . .

"It was not long before the poison had spread, like a deadly infection, through the camp of Israel. Those who would have conquered their enemies in battle were overcome by the wiles of heathen women. The people seemed to be infatuated. The rulers and the leading men were among the first to transgress, and so many of the people were guilty that the apostasy became national. 'Israel joined himself unto Baalpeor.' . . . The aged leader was filled with indignation, and the wrath of God was kindled. A terrible pestilence broke out in the camp, to which tens of thousands speedily fell a prey. God commanded that the leaders in this apostasy be put to death by the magistrates. This order was promptly

obeyed. The offenders were slain, then their bodies were hung up in sight of all Israel that the congregation, seeing the leaders so severely dealt with, might have a deep sense of God's abhorrence of their sin and the terror of His wrath against them. . . . The judgments visited upon Israel for their sin at Shittim, destroyed the survivors of that vast company, who, nearly forty years before, had incurred the sentence, 'They shall surely die in the wilderness. . . .' The women also, who had been made captives by the attacking army, were put to death at the command of Moses, as the most guilty and most dangerous of the foes of Israel." *-Ibid.*, p. 454, 455, 456

#### 4. TEMPTING GOD

"Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents." 1 Corinthians 10:9

"As they continued their journey toward the south, their route lay through a hot, sandy valley, destitute of shade or vegetation. The way seemed long and difficult, and they suffered from weariness and thirst. Again they failed to endure the test of their faith and patience. By continually dwelling on the dark side of their experiences, they separated themselves farther and farther from God. They lost sight of the fact that but for their murmuring when the water ceased at Kadesh, they would have been spared the journey around Edom. God had purposed better things for them. Their hearts should have been filled with gratitude to Him that He had punished their sin so lightly. But instead of this, they flattered themselves *that if God and Moses had not interfered, they might now have been in possession of the Promised Land. After bringing trouble upon themselves, making their lot altogether harder than God designed, they charged all their misfortunes upon Him. Thus they cherished bitter thoughts concerning His dealings with them, and finally they became discontented with everything.*" *-Patriarchs and Prophets*, p. 428 (emphasis mine)

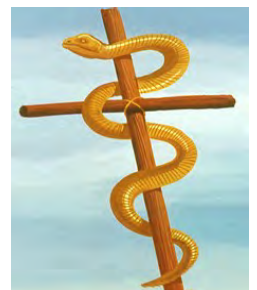
With this behaviour they tempted God. But, how? "Egypt looked brighter and more desirable than liberty and the land to which God was leading them. As the Israelites indulged the spirit of discontent, they were disposed to find fault even with their blessings. *'And the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? for there is no bread, neither is there any water; and our soul loatheth this light bread.'*" *-Ibid.*, p. 428. Was the manna really light bread? They tempted God because, firstly, they cried in Egypt to be delivered, but then after the deliverance they regretted coming to the wilderness. They preferred Egypt again.

"Moses faithfully set before the people their great sin. It was God's power alone that had preserved them in 'that great and terrible wilderness, wherein were fiery serpents, and scorpions, and drought, where there was no water.' Deuteronomy 8:15. . . . Their feet had not swollen in their long journeys; neither had their clothes grown old. . . .

"Because they had been shielded by divine power they had not realized the countless dangers by which they were continually surrounded. In their ingratitude and unbelief they had anticipated death, and now the Lord permitted death to come upon them. The poisonous serpents that infested the wilderness were called fiery serpents, on account of the terrible effects produced by their sting, it causing violent inflammation and speedy death. As the protecting hand of God was removed from Israel, great numbers of the people were attacked by these venomous creatures." *-Ibid.*, p. 428-429

What followed? "No murmuring now escaped their lips. Now there was terror and confusion throughout the encampment. In almost every tent were the dying or the dead. None were secure. Often the silence of night was broken by piercing cries that told of fresh victims. All were busy in ministering to the sufferers, or with agonizing care endeavoring to protect those who were not yet stricken. . . . The people now humbled themselves before God. They came to Moses with their confessions and entreaties. 'We have sinned,' they said, 'for we have spoken against the Lord, and against thee.' Only a little before, they had accused him of being their worst enemy, the cause of all their distress and afflictions. But even when the words were upon their lips, they knew that the charge was false; and as soon as real trouble came they fled to him as the only one who could intercede with God for them. 'Pray unto the Lord,' was their cry, 'that He take away the serpents from us. . . .'

"Many had already died, and when Moses raised the serpent upon the pole, some would not believe that merely gazing upon that metallic image would heal them; these perished in their unbelief. Yet there were many who had faith in the provision which God had made." *-Ibid.*, p. 429-320



May God help us not to make the same mistakes as Ancient Israel did. The record of their history was written for us to learn from. Next month, we will conclude the account of the history in the wilderness with the subject of murmuring.

**Victor Shumbusho, DR Congo**

## HEALTH MATTERS:

# Forms Of Hydrotherapy And Their Uses, Part 2

“Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.” —*My Life Today*, p. 139

This month we complete our series on hydrotherapy, with the discussion of several more forms of hydrotherapy, which include fomentations, alternating hot and cold compresses, poultices, steam inhalation, and enemas.

### FOMENTATIONS

To “foment” means, to warm or heat up, therefore fomentations always use hot water. They are made from thick flannel, towels, or any thick material which can absorb and retain heat. Gel packs are often used for heat, but they do not provide moisture. The combination of heat and moisture is more effective in healing as moist heat penetrates deeper. A fomentation is different from a hot compress because the use of layers will keep the fomentation hot and moist for a longer period of time. Fomentations can be medicated by soaking the cloth in an infusion of different types of herbal teas.

#### How to Prepare a Fomentation

1. Soak a cotton or flannel towel in hot water (42C–45C/107F–113F).
2. Wring the towel as dry as possible and place on the affected area.
3. Use a large enough towel that it can be folded several times to retain heat.
4. Place a layer of plastic over the hot towel to keep moisture in.
5. Place another layer of cloth on top, in order to keep the

heat in

6. Using two towels can provide continuous heat for up to 30 minutes

Fomentations raise the temperature of tissues, and thus: stimulate circulation of blood and lymph; relieve engorged tissues of stagnant blood; take pressure off nerves; bring a stream of oxygen-rich blood to refresh and revive injured tissues; and relieve pain and congestion.

Fomentations can treat various conditions, depending on the part of the body where the fomentation is applied:

- Headache—back of neck and shoulders
- Sore throat, tonsillitis—throat
- Painful menstruation—abdomen
- Dry eyes
- Arthritis—on joints

- Colic, gas, pain of gallstones, kidney stones, infections—on abdomen
- Colds, coughs, bronchitis, asthma—upper back
- Muscle spasm—on affected muscle

#### Precautions when Using Fomentations

Be careful with the level of heat applied so that it does not damage skin tissue. Avoid placing a fomentation on the heart, head or open wound. A cold compress on the head should always accompany a fomentation to prevent dizziness. Fomentations use several layers to maintain heat. A hot compress can be used instead by heating a wet cloth in the microwave or a pot, but it will need to be changed frequently to maintain heat as extra layers are not being used as insulation.

“I had for four weeks suffered much with my lungs, and it was with difficulty that I spoke to the people. Sabbath evening a fomentation was applied over my throat and lungs; but the head cap was forgotten, and the difficulty of the lungs was driven to the brain. As I arose in the morning, I felt a singular sensation upon the brain. Voices seemed to vibrate, and everything appeared to be swinging before me. As I walked, I reeled and came near falling to the floor. I took my breakfast, hoping to be relieved by so doing; but the difficulty only increased. I grew very sick and could not sit up.” —*Testimonies for the Church*, vol. 1, p. 604

#### ALTERNATING HOT AND COLD COMPRESSES

Alternating hot and cold treatments often have the most dramatic effect. It is frequently more efficient than just a continuous cold compress or a fomentation, but you may need someone to assist you. Alternating treatments dramatically increase circulation. Begin with 3–4 minutes of heat, fol-

lowed by 30–60 seconds of cold. This should be repeated 3–5 times, always ending with a cold compress.

“The light which has been given me in reference to several critical cases has been represented to me as a sick child I had in charge, and in every case the directions given were, do not apply ice to the head, but cool water; but apply hot fomentations to the bowels, stomach, and liver. This will quell the fever much sooner even than cold. The reaction after the cold applications raises the fever, in the place of killing it. This direction has been given me again and again. In some cases, the ice applications may be warrantable, but in most cases they are not advisable. If the invalid has any vitality, the system will send the blood to where the cold is, and very often the system has no power for this taxation. Some cases may endure this kind of treatment, but I greatly fear for Brother ----- if it is continued. Use hot water. In nine cases out of ten it will do a more successful work than the cold ice would do.”—*Letter 112a*, 1897

In prescribing hydrotherapy treatments, Sister White gave a warning, “danger comes in of not using judgment and reason in regard to the subject under treatment.”—*Letter 189*, 1897. Those using these treatments had to have knowledge as to how to apply them and when.

## POULTICE

Definition: a warm, moist substance, mixed to the consistency of a paste, spread between layers of cloth and applied to the body to warm, moisten or stimulate. The word “poultice”



comes from Latin “puls” which means porridge. A poultice is an external application of herbs to treat various conditions. They act similar to compresses, but involve applying the whole herb, rather than a liquid extract, directly to an affected area. It draws waste products out of body or

transfers nutrients into the body.

### What poultices do

- Increase blood flow, relax tense muscles, soothes inflamed tissues
- Treat menstrual cramps, relieve gas
- Draw toxins out from an infected area
- Draw pus from boils or infections
- Relieve pain and inflammation from abscesses
- Heal insect bites and stings
- Treat chest colds and bronchitis, break up congestion, relieve sore throats
- Can remove embedded particles from the skin, such as splinters
- Decrease joint and muscle pain and inflammation, treat sprains,
- On the skin, treat sunburn, surface ulcers, rashes from poison ivy, eczema

A poultice should never be used on an open wound as it will

affect the healing of the wound and can allow bacteria into the wound.

### How to Prepare a Poultice

1. Pulverize the substance being used so that it becomes a paste. Dried herbs can be mixed with flour, corn meal or flaxseed to obtain a thick paste. Or use ½ Cup fresh herbs with 1 Cup water and allow to simmer.
2. Gradually stir the paste into the boiling water.
3. Add water and meal alternately until the poultice is well mixed.
4. Once the mixture has the consistency of porridge, it is ready.
5. Set the mixture aside for 10–20 minutes until it has thickened.
6. Spread the paste on to a clean cloth (cotton, linen, muslin). The cloth should be large enough to cover the affected area entirely. The paste should be about ¼” thick.
7. Either apply the poultice directly to the skin, or for those mixtures that are irritating to the skin, put a layer of flannel between the poultice and the skin. Or else, place the poultice in a flannel bag, and apply that to the skin.
8. Cover the poultice with another cloth to help it retain heat and moisture.

A poultice can be kept on from 1–8 hours, often overnight. Do not reuse poultices as they will be full of toxins that were drawn out of the body.

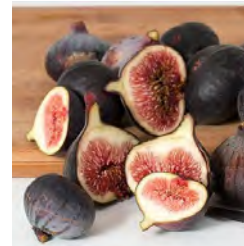
### Types of poultices

- Herbal—dandelion, goldenseal, mustard, castor oil, sage, comfrey, slippery elm, aloe vera, ginger, chamomile
- Vegetable— potato, onion, cabbage, carrot
- Fruit—lemon, tomato
- Grain—flaxseed, bran, bread, porridge
- Clay
- Charcoal—often combined with flaxseed to keep it moist

Study should be done to determine which substance should be incorporated into a poultice to be the most effective in treating the various and differing ailments mentioned above.

The Spirit of Prophecy contains many examples of the use of hydrotherapy, and its healing properties. Here are several examples of the use of poultices:

“When Hezekiah was sick, the prophet of God brought him the message that he should die. The king cried to the Lord, and the Lord heard him, and sent the promise that fifteen years should be added to his life. One word from God, one touch of the divine finger, would have been enough to cure Hezekiah instantly. But instead, he was given directions to make a poultice of figs, and lay it upon the part affected. This was done, and Hezekiah was restored to health. It would be well to treasure this



prescription which the Lord ordered to be used, more than we do.” —*Selected Messages*, bk. 2, p. 300

“On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground, and was taken to our school building near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, ‘Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.’ I replied, ‘send to a blacksmith’s shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.’ The doctor hastened away to follow out my instructions. Soon he returned, saying, ‘relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.’” —*Ibid.*, p. 295



“On Thursday Sister Sara Mcenterfer was called to see if she could do anything for brother B’s little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief

at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause.” —*Ibid.*, p. 299

### STEAM INHALATION

The inhalation of steam can reach areas unavailable to any other method of hydrotherapy. Its application treats respiratory conditions, such as bronchitis and pneumonia; helps loosen mucous in chest by liquefying it so that it drips out easily. It moistens, soothes, and warms the respiratory tract, including the throat, thus able to treat such conditions as laryngitis. It causes dilation of local blood vessels. Steam relieves chest tightness during colds, flu, tonsillitis, and sinusitis, and helps relieve headaches due to sinusitis, congestion or cold. In asthma and emphysema, it acts as a powerful expectorant (brings up mucous). For those afflicted with skin conditions, it opens the pores of the skin to treat oily skin and acne.

#### **How to administer steam inhalation therapy**

1. Equipment: facial sauna or water heated in a kettle until steam is produced

2. Duration: 5–8 minutes
3. When water has boiled, remove it from the stove and wait until steam is generated. Cover yourself with a towel, making a tent for the steam to be enclosed in. Sit in front of the kettle (not directly over) and inhale the steam through the nose and mouth. Breathe slowly and deeply.
4. With a facial sauna, once steam is produced, place face onto the base of the facial.



Also available are room steam humidifiers. These are useful for children who have congestion, and coughs. They keep the room air moist especially in cold, dry winter months. Adding essential oils can enhance effectiveness of steam inhalation, just add the oil into the water. These can include eucalyptus, wintergreen, mint, camphor, chamomile, or cinnamon.

### ENEMAS

Enemas are an injection of water into the rectum, useful for cleansing bowel and ridding the body of toxic substances or infection. You can use different temperatures of water for different purposes. **Warm water:** (38C/100F) removes fecal matter from the lower colon, improves peristaltic movements, thus relieving constipation and diarrhea. **Cold water:** (18C/64F) treats diarrhea, shrinks hemorrhoids, reduces fever, and intestinal colitis. **Hot water:** (42C/90F): expels gas; relieves painful menstruation; rids colon of infections; stimulates liver and kidneys; decreases pain of hemorrhoids.

Various herbs can be added to the enema to treat specific conditions: *Chamomile*: reduce internal spasms; *Catnip*: constipation; *Charcoal*: inflammation or infection; *Olive oil*: soften impacted feces.

Enemas must not be used too often, or else the intestinal tract will lose its tone and ability to evacuate normally.

#### **How to administer enemas**

1. Equipment: enema bottle (rubber/plastic), tube, nozzle, lubricant
2. Hook bottle to either the back of door or onto the shower rod
3. Either sit on the toilet or lie on the floor on your left side
4. Open the valve and release the water slowly—1 litre (4 cups) for adults, ¼ to ½ litre (1–2 cups) for children, depending on their size
5. Try to retain the water for 5–10 minutes
6. Release the water slowly into the toilet
7. Fleet enemas are a simpler alternative that can be used in certain conditions. They can be applied without assistance.

Throughout this series of articles, we have learned about the vital need for water, how it affects our bodies, how its prop-

erties can be used in healing, and several forms of hydrotherapy and how and when they are applied.

### SUMMARY OF SOME OF THE BENEFITS OF HYDROTHERAPY

As we have seen in the last two months, there are multiple forms of hydrotherapy that assist in treating many different ailments. To summarize, some of these include:

- Reduction in general anxiety and feelings of being stressed. Neutral bath or wet-sheet pack.
- Reduce the sensitivity of nerve endings which report pain. Cold applications, or alternate hot and cold applications.
- Calming of inflammation, which often accompanies pain. Using alternating methods of cold/hot/cold or cold alone.
- Compresses and various contrast methods can reduce local swelling and congestion, such as with strains.
- Alternating hot and cold can stimulate circulation, improving skin and tissue tone, and relieving symptoms of poor circulation.
- Contrast baths, warming compresses, and alternating hot and cold can reduce stiffness and pain in joints and muscles due to inactivity or overuse (causing reduced circulation), by increasing circulation.
- Hot applications can ease stiff muscles.
- Pain relief by using different substances in water and poultices, including epsom salts and essential oils.
- Regular cold showers reduce the incidence of colds and infections.
- Steam reduces pain in the chest and sinus congestion.
- Essential oil and mud or clay products in a poultice can treat skin conditions.

In Sister White's time, treatments such as antibiotics that we have in use today did not exist. Many people died from simple infections that took over the body. With the use of hydrotherapy, infections were cured by the use of simple water treatments. These same treatments are also effective today. We are moving into a time when the use of antibiotics will not be available. The bacteria that are present today have evolved and grown stronger. Many infections can no longer be cured by antibiotics; they have become resistant. Scientists predict that in another 20 years, we will be back to the time when antibiotics did not exist, due to the ineffectiveness of current antibiotics to cure these treatment-resistant germs.

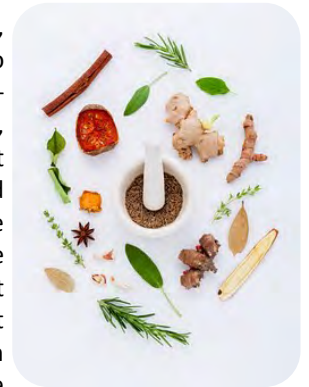


In Sister White's time, many of the medications—which she referred to as “drugs”—that were in use were dangerous and killed more people than they cured. Today these drugs that were widely used would be considered poisons, including mercury, arsenic, opium, ammonia, belladonna and hydrochloric acid. Much of these so-called medicines were used for most ailments, and in various combinations. The knowledge of the human body and the cause of many diseases were

still unknown. Physicians prescribed different medications to treat multiple symptoms at the same time, often creating a more debilitated patient after the concoction of drugs had been administered.

Hydrotherapy, one of the natural remedies, is effective for the treatment of many conditions that people even nowadays use medications to relieve suffering. For pain and inflammation relief, for reducing fevers, many of the medications have side effects that can cause liver and stomach damage. The use of water can prevent these unwanted consequences.

Sister White advocated for the “simple” and “natural” remedies, easy to give, promoted healing, and would cause no harm. These included: pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, and trust in divine power. She also promoted medicinal herbs. Even though these natural remedies are readily available and easy to use, she cautioned that they are not to be used without knowledge of their effect on the human body. Thus, study is necessary before applying even natural remedies.



“Again, there may be somebody sick there. You want to **know how to use** the common methods, the simple remedies of water. It is a simple power. Although my husband and I were not physicians, yet we were. We could go around when the doctor's children were cut down, four and five in the families of physicians. We never lost a case. That is in diphtheria, and we used only the simple treatments. In doing this, we gained the confidence of the physicians. . . . It may be that God will send you to some such homes where help is needed for the sick. You can melt your way into the hearts of the worst souls and they be converted.” —*The Southern Work*, January 23, 1902 (emphasis mine)

“The refreshing water, welling up in a parched and barren land, causing the desert place to blossom and flowing out to give life to the perishing, is an emblem of the divine grace which Christ alone can bestow, and which is as the living water, purifying, refreshing, and invigorating the soul. In the East, water was called the ‘gift of God.’” —*My Life Today*, p. 139



## CHILDREN'S CORNER:

# Respect Your Elders

Bill was the worst boy in the village; his father's indulgence had spoiled him.

"Don't discipline and restrain the boy," he would say to his mother, "you will crush all the manhood in him." And so he grew up the terror of his neighbours. The old, the infirm, and the crippled were the special objects of his vicious attacks.

There was one poor woman, bent by age and infirmities, that he loved to ridicule, as she daily went out upon her crutch, to draw water from the well near her house, which was right across the road from the school playground.

"Oh look at her," he would say, "isn't she the letter S now, with an extra crook in it?" His cruel laugh, as he followed closely behind, mocking and mimicking her, called forth from her no rebuke. She quietly went on her way.

One day, however, she turned, and looking at him reproachfully, said:—

"Go home, child, and read the story of Elisha and the two bears that came out of the woods."

"Shame on you, Bill," said Charles, "to laugh at her misfortunes! I heard my grandmother say that she became a cripple by lifting her invalid son, and tending him night and day."

"I don't care what made her so," said Bill, "but I wouldn't dare to go out in public around people if I was such a funny looking thing like that!"

"Shame on you!" said Charles; "shame!" echoed each of the boys present. And to show their sympathy, several of the boys sprang forward to help the poor woman; but Charles, the oldest, and always an example of nobleness and generosity, was the first. "Let me get the water for you, ma'am," and he gently took the bucket from her hand.



Her voice was tremulous and tearful, as she said, "Thank you, my dear boy. God grant that you may never suffer from such infirmities as I do"

"If I should," said Charles, kindly, "it would be the duty, and ought to be the pleasure of young people to assist me. One of us will bring you water every day so that you do not need to come for it."

"Yes, so we will," the other boys agreed.

"God bless you! God bless you all." She exclaimed as she wiped away the tears and entered her poor and lonely home.

One day after school, Bill was sent to the principal's office because of his misbehaviour at school. His punishment was that he had to study during recess for a week. The punishment was hard, because he loved play better than to study; but this was only small compared to the retribution from the Lord which was soon to come.

It was the second day of his punishment, and he sat near the open window, watching the sports of the boys in the playground. Suddenly, when the principal was absorbed in his work, he snuck out and ran into the middle of the boys, with a shout triumph at his achievement.

"Now let him punish me again, if he can," he said as he ran backward, throwing up his arms, and shouting in defiance. Suddenly his voice became silent briefly; there was the sound of something heavy falling and landing on the ground. Then a horrible groan was heard by his be-



wildered companions.

Now so it happened that the water well was being repaired, and the workmen had gone briefly to collect the materials they needed. Carelessly they had left the well uncovered, and it was at the very moment of his triumph that Bill fell backwards into the well.

A cry of horror burst from the assembled boys, who rushed to the spot. Charles, the bravest of them all, was the first to seize the rope, tie it around his waist, and descend into the well to rescue Bill.

The well was deep; fortunately, however, there was no water at the moment, but Bill lay motionless at the bottom. Carefully Charles lifted him, and with one arm around his mutilated and apparently lifeless form, and the other upon the rope, he gave the signal, and was slowly drawn to the top by the other boys.

The pale face of the wicked boy filled his companions with horror; and in perfect silence they carried him to the house of the poor woman, across the road. She had witnessed the accident from the window, and upon her crutch quickly went out to meet them.

Bill was now in the humble home, and upon the lowly bed of the whom he had mocked with cruelty and scorn. Faithfully she obeyed the commandment of Him who said:—

“Do good to them that hate you, and pray for them which despitefully use you, and persecute you.”

Silently her prayers ascended to God for the sufferer. Her little vials of camphor and other restoratives, provided by charitable neighbours for her to use, were now used for the relief of this boy who had mistreated her miserably. She took from her scanty store, bandages for his head, which was shockingly mangled and bleeding; and she herself, forgetful of all but his sufferings, sat down and tenderly bathed his hands and his forehead, while some of the boys ran for the doctor, and others for the school principal.

The injury to the head seemed to be the only one he had sustained; and after the doctor had done his work, the poor boy was carried home on a stretcher. He was still quite confused and emotional. That day made quite an impression on the students of the school, the principal and all that heard of the awful catastrophe—including Bill’s father.

A few hours later and a group of boys gathered in the playground. Their conversation was in whispers; a look of shock was on every face. The boys were pale and awe stricken. It was then that Charles returned from Bill’s

home.

“How is poor Bill now?” they asked.

“Well there is good and bad news,” Charlie answered. “He opened his eyes and spoke, but they think his back is broken.”

Charles clasped his hands, lifted them high in the air and said a silent prayer and then burst into tears. For a few minutes he wept in silence, and then, still pale and grief stricken, but with manly voice, he said to his companions:—

“Boys, we have learned a very important lesson today that we will never forget.”

Poor Bill—words cannot describe the agony of body and mind as he lay for long months upon his bed of suffering; but when he finally started to get out of bed, he had a feeble and distorted body, with a large scar on his forehead. He also had a change in his heart. His spirit had been crushed and he was now humble, and contrite.

Repentance had done its perfect work, and when he began to get a little better his schoolmates came to congratulate him on his recovery. He threw his arms around the necks of each of them, and burst into tears, but could not speak, except to whisper, “Forgive me, forgive me.”

At his request the poor woman was given a place to live rent free, in a cottage belonging to his father, and his mother constantly ministered to her wants. As soon as he could do so, he wrote to her a letter, humbly pleading her forgiveness, and in return she gave him her blessing.

From this time one half of his quarterly allowance was given her; he visited her in her loneliness, and at last made his peace with God, and declared his punishment just—henceforth to be a cripple and a hunchback.

Young readers, let the story of Bill impress your hearts. Respect the aged, whether they be in poverty or affluence; and feel it a privilege to minister to them in their infirmities, as they have done to you in the weakness and helplessness when you were a child. It is the only recompense which youth can make to the elderly, and God will bless the youthful heart which bows in reverence before the hoary head.

“The hoary head is a crown of glory, if it be found in the way of righteousness.” Proverbs 16:31

“Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the LORD.” Leviticus 19:32

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” Galatians 6:7

# Natural Shampoo



After sharing the recipe of my homemade hair nutrient, some people have requested that I also make a natural shampoo which has no chemicals.

As women, we all want to have healthy hair. A woman's hair serves her as her glory, but have you ever wondered how you can keep your hair shiny and glowing? Have you ever tried to make your own shampoo at home before? Do you really trust your commercial shampoo? Over the weeks, I have tried to make different shampoo recipes with no chemicals. I found them very easy and interesting, very cheap and healthy for my hair. I will be sharing them one by one with you as time goes by, so you can choose which one works better for your hair. But for now, let us start with an herbal shampoo.

Most commercial shampoos have a lot of unnecessary chemicals in them. This homemade herbal shampoo recipe avoids bad chemicals, and is much cheaper when you consider the lifetime use of the ingredients.

## INGREDIENTS:

- 1 tsp. rosemary
- 1 tsp. moringa (cassia fistulosa)
- 1 tsp. nettle
- 1 tsp. peppermint
- 1 cup hot water
- 1 cup liquid castile soap
- 5 to 10 drops of any essential oil you have

## PREPARATION:

Combine all the herbs together with 1 cup hot water, cover and let sit for an hour or until it has cooled down completely.

Once cooled, strain the liquid into a cup, and pour into a clean bottle (any old bottle will be great). Add the liquid castile soap and drops of essential oil. Give it a gentle shake.

**NOTE:** You can use any liquid castile soap you have. You can also use baby shampoo. At least the chemicals in it are not as strong as in shampoo for adults, because your skin is stronger than a baby's skin.

Here are some other additional herbs you can use in case you don't have what I used: Hibiscus, neem, chamomile, calendula, sage, lavender. They are all good and they nourish your scalp and hair. God bless you all. Enjoy the wonderfulness of plants.

*Dorcas N.K. Luboya, Senegal*

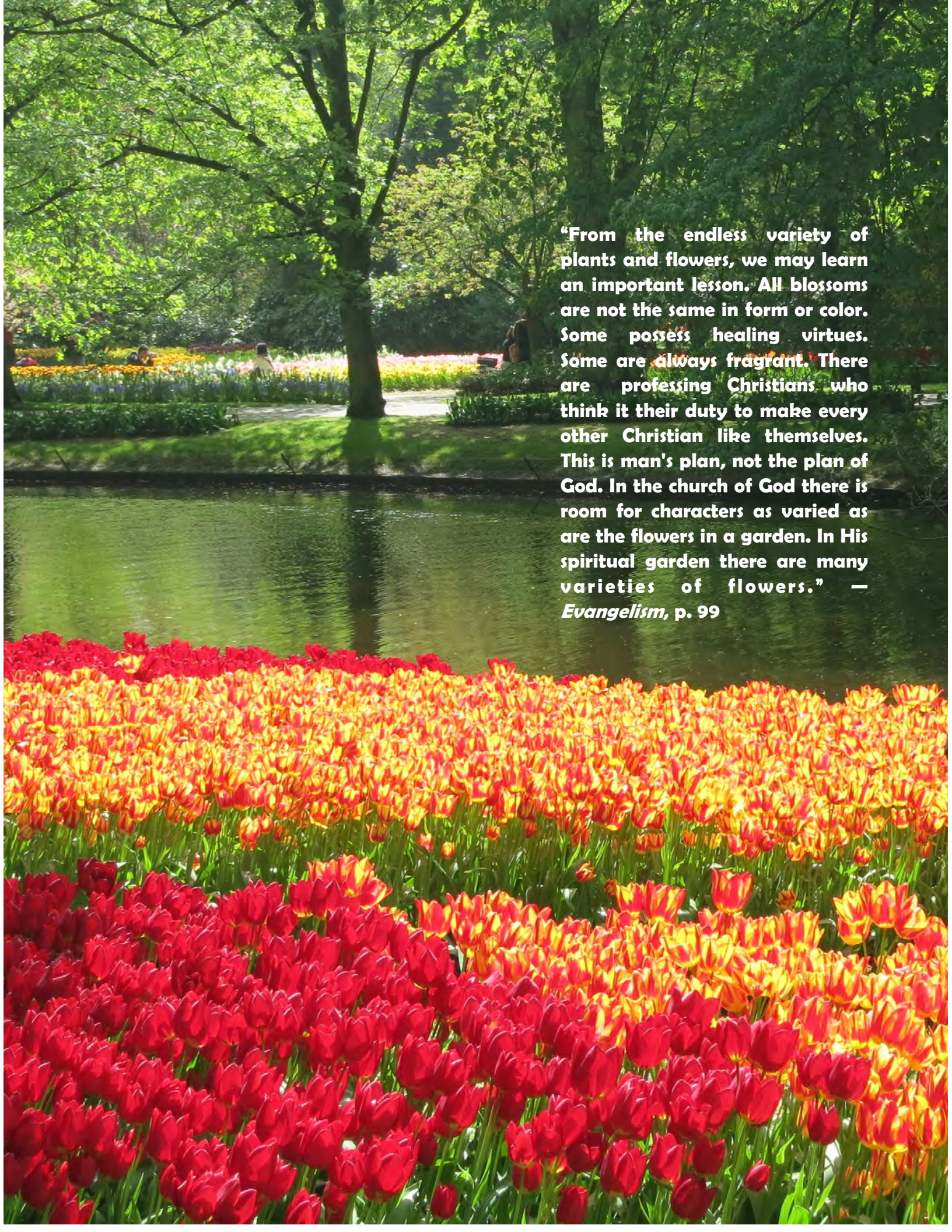
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# Ghana



# Luzon, Philippines



A scenic view of a garden. In the foreground, there is a large field of tulips, with a mix of bright red and orange-red flowers. Behind the tulips is a calm pond that reflects the surrounding greenery. In the background, there are several large, leafy trees and a path where a few people can be seen walking. The overall atmosphere is peaceful and vibrant.

**“From the endless variety of plants and flowers, we may learn an important lesson. All blossoms are not the same in form or color. Some possess healing virtues. Some are always fragrant. There are professing Christians who think it their duty to make every other Christian like themselves. This is man’s plan, not the plan of God. In the church of God there is room for characters as varied as are the flowers in a garden. In His spiritual garden there are many varieties of flowers.” — *Evangelism*, p. 99**