

The background of the cover is a photograph of a wooden boardwalk or bridge made of dark brown planks, extending from the foreground into the distance. The boardwalk has a rustic wooden railing on the left side. The surrounding landscape is a mix of green bushes and dry, brownish vegetation under a bright blue sky with scattered white clouds. In the far distance, there are rolling hills and mountains. The title 'The Reformation Messenger' is written in a large, elegant, golden-yellow script font across the top. Above the word 'Messenger' is the subtitle 'The Reformation' in a smaller, similar font. To the right of the subtitle is a small black square icon containing a white dove. Below the title, the volume and issue information is printed in a bold, golden-yellow sans-serif font.

The Reformation
Messenger
VOLUME 26, NUMBER 6, June 2019

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

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"And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30:21

"The Lord has a work for each one to do. We are to find out for ourselves what this work is, that we may have the assurance that we are working under the authority of God, as His appointed agencies. No one is excusable for remaining in ignorance. Every man should know his post of duty. He should stand in his lot and in his place, working unselfishly, earnestly, devotedly, with an eye single to the glory of God.

"The instruction given by Christ is clear and easy to be understood. It is the duty of every soul to understand for himself his appointed work. He is not to grope his way along in darkness and uncertainty, depending on human guidance. Christ has said, 'I am the light of the world: he that followeth Me shall not walk in darkness, but shall have the light of life.'

"Let God's workmen feel that every hour they are in need of divine guidance. Those who have not been looking to Jesus, inquiring, 'Is this the way of the Lord?' should commence at once to do this. We are daily to realize that God has given us a part in His great work, and that He expects us to act intelligently." *—Manuscript Releases, vol. 6, p. 119*

"I know that human beings suffer much because they step out of the path that God has chosen for them to follow. They walk in the sparks of the fire they have kindled themselves, and the sure result is affliction, unrest, and sorrow, which they might have avoided if they

had submitted their will to God and had permitted Him to control their ways. God sees that it is necessary to oppose our will and our way, and bring our human will into subjection.

"If we come to God in a humble and teachable spirit, not with our plans all formed before we ask Him, and shaped according to our own will, but in submission, in willingness to be taught, in faith, it is our privilege to claim the promise every hour of the day. We may distrust ourselves, and we need to guard against our own inclinations and strong tendencies lest we shall follow our mind and plans and think it is the way of the Lord." *—That I May Know Him, p. 249*

"He who does the will of God, who walks in the path that God has marked out, cannot stumble and fall. The light of God's guiding Spirit gives him a clear perception of his duty, and leads him aright till the close of his work." *—God's Amazing Grace, p. 201*

A portion from a letter to her son Edson

"You [Edson] need a Counselor that will not err; One whom hearsay will not prejudice; One whom narrow ideas will not unbalance His judgment. A path opens on one side, but whether it is the path for you to walk in or shun is that which you do not discern, and no mortal man can tell you. Another path closes before you, and whether it is the turning aside in another direction or to try your steadfast purpose none are wise enough to determine. You need a Guide, a Power unseen by mortal eyes, who can judge your motives and the purposes and intents of your heart to guide your ways. The Star in the East will guide your ways, if you will only follow it. . . .

"If you go to God with a humble, believing heart to seek for guidance in your perplexity, then it is your privilege to rest your case with Him. Heaven and earth may pass before the promise would fail. Then take God at His word. You did believe His promises when you were only three years old. Have the simplicity of a child now, and come to Jesus in clinging faith. Trust in the Lord with all your heart, and your confidence will never be betrayed, never be turned against you. Look at Jacob pleading with God on the plains of Penuel. His prayer was heard and answered, and he obtained a mighty victory--Letter 2, June 24, 1886, to Edson and Emma White." *—This Day with God, p. 184*

"The steps of a good man are ordered by the Lord: and He delighteth in his way." Psalm 37:23

Ellen G. White



Power in the Blood

In the world today there are almost two and a half billion Christians who believe in God and expect salvation and eternal life, but only a small number of them will be saved because most are lacking the mighty power to overcome all sin. But there is a power available to everyone who sincerely wants to be saved. We sing in our gospel song, "Would you be free from the burden of sin? There's power in the blood, Power in the blood; Would you o'er evil a victory win? There's wonderful power in the blood. There is power, power, wonder working power in the blood of the Lamb; There is power, power, wonder working power in the precious blood of the Lamb."

This hymn was based on the Bible verse, "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death." Revelation 12:11. This verse refers to the millions of martyrs who did not love their lives unto the death. The Roman judges, and the hardened soldiers could not understand, how even the little children were willing to die in flames of fire for this man, Jesus, rather than denounce Him.

When man fell into sin, 6,000 years ago, then without waiting, that very same day God met him with the offer of blood for his restoration. The lamb was slain as a symbol of Christ and His sacrifice. Throughout the Old Testament history, blood was shed symbolically for the atonement for sin, daily. The blood was shed for a peace offering, and for a

thanks offering. It was the blood on the lintel, and on the door posts, that saved the firstborn of the Israelites in Egypt. It was the blood that ratified the covenant that God made with man. "And Moses took the blood, and sprinkled it on the people, and said, Behold the blood of the covenant, which the LORD hath made with you concerning all these words." Exodus 24:8

Also, the covenant in the New Testament was confirmed with the blood. "After the same manner also He took the cup, when He had supped, saying, This cup is the new testament in My blood: this do ye, as oft as ye drink it, in remembrance of Me." 1 Corinthians 11:25

It was through this blood that the everlasting covenant was confirmed. "Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, Make you perfect in every good work to do His will, working in you that which is wellpleasing in His sight, through Jesus Christ; to whom be glory for ever and ever. Amen." Hebrews 13:20-21

Not only does the blood of Jesus justify us, but it makes us perfect in every good work. It cleanses us from all sin. "But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin." 1 John 1:7. It is possible to overcome all sin. I have found only one church that teaches

it, that today we can be perfect as our Father in heaven is perfect (Matthew 5:48). But it requires that the blood of Jesus is applied continually.

If there is someone who is still struggling to overcome sin, who has failed in seeking perfection, who may have cried, "O wretched man that I am! who shall deliver me from the body of this death?" (Romans 7:24), be not discouraged; the thief on the cross found peace to his soul in the blood of the Lamb. You also can find the power that will cleanse you from all sin.

"Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you. Whoso eateth My flesh, and drinketh My blood, hath eternal life; and I will raise him up at the last day. For My flesh is meat indeed, and My blood is drink indeed. He that eateth My flesh, and drinketh My blood, dwelleth in Me, and I in him." John 6:53–56

By eating the flesh of Jesus and drinking His blood we become one with Him. It is a new blood relationship. Paul said, "I live, not yet I, but Christ liveth in me." Galatians 2:20. As the branch that is connected to the vine, drawing nourishment from it, in order to bear fruit, so also we draw power from Christ to bear fruit. "I am the vine, ye are the branches: He that abideth in Me, and I in him, the same bringeth forth much fruit: for without Me ye can do nothing." John 15:5

"The blood of Christ is efficacious, but it needs to be applied continually." –*Testimonies for the Church*, vol. 4, p. 122

"The precious blood of Jesus is the fountain prepared to cleanse the soul from the defilement of sin." –*Ibid.*, p. 625

"The only safety for the Israelites was blood upon the doorposts. God said, 'When I see the blood, I will pass over you.' (Exodus 12:13). All other devices for safety would be without avail. Nothing but the blood on the doorposts would bar the way that the angel of death should not enter. There is salvation for the sinner in the blood of Jesus Christ alone, which cleanseth us from all sin. The man with a cultivated intellect may have vast stores of

knowledge, he may engage in theological speculations, he may be great and honored of men and be considered the repository of knowledge, but unless he has a saving knowledge of Christ crucified for him, and by faith lays hold of the righteousness of Christ, he is lost. Christ 'was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.' (Isaiah 53:5). 'Saved by the blood of Jesus Christ,' will be our only hope for time and our song through eternity." –*1888 Materials*, vol. 1, p. 218

How many unhappy, sad Christians are suffering needlessly because they have not accessed the power? The blood of Christ has power to make us happy and cheerful, without depending on outward conditions. Beholding the cross of Calvary will bring joy and happiness into the human heart.

"But there are many who claim to be children of God who are resting their hopes upon other dependencies, rather than on the blood of Christ alone. When urged to rest their faith wholly upon Christ as a complete Saviour, many reveal the fact that they have faith in something that they think they can do." –*Sons and Daughters of God*, p. 227

Many depend on their good works for salvation—they read the Bible, they pray, they give tithes and offerings, and they trust that these will give them eternal life. But these alone are not enough. We need to apply the blood of Christ daily, and never forget the scenes of Calvary.

"Thank God that He who spilled His blood for us, lives to plead it, lives to make intercession for every soul who receives Him. 'If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.' The blood of Jesus Christ cleanses us from all sin. . . . We need to keep ever before us the efficacy of the blood of Jesus. That life-cleansing, life-sustaining blood, appropriated by living faith, is our hope. . . . We are to have free access to the atoning blood of Christ. This we must regard as the most precious privilege, the greatest blessing ever granted to sinful man." –*Ibid.*, p. 226

Religion without the power of the blood of Jesus is only an empty form. It does not satisfy the longing of the soul. Powerless religion is a curse to the sinner rather than a blessing; it does not sanctify anyone. "Wherefore Jesus also, that He might sanctify the people with His own blood, suffered without the gate." Hebrews 13:12

Satan hates the blood of Jesus; he wants us to forget about it and fill our minds with other things. "Dear brother, dear sister, when Satan would fill your mind with despondency, gloom, and doubt, resist his suggestions. Tell him of the blood of Jesus, that cleanses from all sin. You cannot save yourself from the tempter's power, but he trembles and flees when the merits of that precious blood are urged." *—Testimonies for the Church*, vol. 5, p. 317

It does not matter how great a sinner you have been, He calls you to come to Him. "He says, 'I came not to call the righteous, but sinners to repentance.' Let perishing souls come to Him, just as they are, without one plea, and plead the atoning blood of Christ, and they will find acceptance with God, who dwelleth in glory between the cherubim above the mercy seat. The blood of Jesus is a never-failing passport, by which all your petitions may find access to the throne of God." *—Fundamentals of Christian Education*, p. 252. We need this passport to have entrance into heaven, and that our prayers will enter to the throne of God.

There is only one thing that can neutralize the power of the blood and make it non-effective to us, and it is willful sin. If we have the desire to sin, if we love sin, then the mighty power is gone from us, and in human weakness we will fail.

"For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins." Hebrews 10:26

Many know that what they do is wrong, but they expect that God will forgive them over and over again. At some point in time, God may not forgive them anymore if they have sinned against the Holy Spirit. They have rejected God's mercy and for the rest of their lives they belong to Satan.

Therefore, when we still have an opportunity, let us hide ourselves in Christ. "Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God." Colossians 3:2-3

"Thou art my hiding place; Thou shalt preserve me from trouble; Thou shalt compass me about with songs of deliverance." Psalm 32:7

To hide in Christ means to plunge in the cleansing stream of His blood. To many it is a new, unknown experience. We sing in our gospel song, "O now I see the crimson wave, The fountain deep and wide, Jesus my Lord mighty to save, Points to His wounded side. The cleansing stream, I see, I see, I plunge, and O, it cleanseth me! O praise the Lord! It cleanseth me, It cleanseth me, yes cleanseth me."

Yes, let us all plunge in the cleansing stream of His blood. Never forget the scenes of Calvary; at the foot of the cross the burden of sin will roll away, and we find pardon and fullness of joy and perfect peace. Amen.

Timo Martin



Joch'ebed

(whose glory is *YAHWEH*)

*A woman of faith and
courage*

Exodus 2:2-10



Yielded up – Given back

For the last time Jochebed gave suck to the child, tears running down her face. The time had come where she no longer could hide her precious son who was about three months old.

He was born in her own home and in no wise could she throw the infant into the river as Pharaoh commanded. She had a smart little girl, Miriam, old enough to understand the matter and a strong bond of love and compassion bound her to this new little brother. She, with her mother, did everything to protect and keep this newborn hidden from detection.

And God was gracious, for the babe was not only most adorable in looks, but also very quiet as would he realized, that crying aloud would jeopardize his existence. Jochebed knew that one day she had to give her son up. She feared God and put her trust in Him that He would find a solution in this precarious situation.

By faith Jochebed had prepared “an ark of bulrushes, and daubed it with slime and with pitch.” Exodus 2:3. She put a layer of cloth therein for softness. Now the moment had come. The baby fell peacefully asleep. Jochebed, for the last time, pressed her darling to her heart, kissed his lovely face, wetting it with her tears. Ah, how can she let him go?

Wrapped in a new swaddling cloth she finally put him gently into the ark.

Miriam, her little daughter was with her. Both with a heavy heart they made their walk to the river which was not too far away. They found a suitable spot and with a prayer only a mother can breathe out to the God of heaven, Jochebed said: “Into Thine hands I lay this child, watch over him, and use him for Thine glory and purpose.” Gently she laid the ark into the water, and, too grieved, she turned and walked away.

But Miriam stayed, she was curious and wanted to know what would happen.

Then at a little distance she suddenly saw a company of beautifully dressed young women coming to the shore. Some of them walked along the river, while another lady began to wash herself in the water—it was the princess, the daughter of Pharaoh. At the same time the little ark floated towards her. She called one of her maids to fetch it. “And when she had opened it, she saw the child: and behold, the babe wept. And she had compassion on him, and said, This is one of the Hebrew’s children.” Exodus 2:6. An instant connection and motherly love bound her to this little helpless being, wishing to have a child of her own but so far could not have one.

Miriam observed all this with great excitement, her



little heart beating rather fast. Pretending to be there by accident she casually came close, and with incredible courage said to the princess: "Shall I go and call thee a nurse of the Hebrew women, that she may nurse the child for thee?" Exodus 2:7

She thought it better not to mention his mother, and among the Hebrews any woman can nurse a child. The princess said: "Go."

Then Miriam ran home, almost flying over the ground for joy and happiness. She loudly called her mother ere she was near the home, she just could not contain herself.

Imagine the moment when Jochebed heard what happened! Smitten with astonishment and surprise she prayed in her heart: "O Lord, is this real? O how great Thou art, a God of love and compassion!" She then saw the maid of the princess coming to take her to her mistress, who said to Jochebed: "Take this child away, and nurse it for me, and I will give thee thy wages." Exodus 2:9

Jochebed was almost dizzy for joy when she heard those words, but she quickly composed herself and with reverence she humbly submitted to the wish and order of the princess.

Jochebed was amazed beyond comprehension, enraptured, delighted and grateful for God's mercy

toward her. He had answered her petition in such a marvellous manner. It was like in a dream as she again could hold the child in her arms, her heart overflowing with thanksgiving. She swirled and danced around in the room of her humble home, Miriam joyfully joining her, while Aaron her little brother, watched this merry scene with big eyes...

No more hiding, no more fear of being discovered! Openly the boy could now be seen, no suspicious questions to be answered.

A SOLEMN VOW

A solemn vow arose from Jochebed's soul to train this precious restored son in the way of the God of Abraham, Isaac, and Jacob. She took her responsibility most seriously, for this child will be brought into close connection with Pharaoh, the very enemy of her people, who were enslaved by him with rigor and cruelty. Besides, Egypt was full of idols on every side. They were of every size, with rich display and with vile ceremonies in their worship of creatures and statues which was in total contrast to the worship of the true God of the universe.

Faith in the one living God who alone is to be worshiped, must be instilled into the child as early as possible. He was to be so grounded in it, that nothing, nothing could move him from following the God of the Hebrews, even while being surrounded by wealth, beauty and being educated in the wisdom of Egypt that exalts self and fuels pride.

Jochebed realized that it was not by chance that the babe came into the hands of Pharaoh's daughter. This child was chosen for some vital, important purpose of God and, therefore, she concentrates all her thinking and actions to do her very best to raise the boy to be a faithful, obedient servant of the Most High.

With all her love and ardent dedication she made known to the boy what truly matters in life, namely total obedience to the unseen but only true Deity in the universe, who created man after His likeness and made all things by His great, unsearchable power and might. It is He who is just and merciful, seeing all what man is doing. By obeying and worshipping only Him, God will at last deliver the He-

brews from their fierce, long, long oppression by the Egyptians.

His faith must be firm and uncompromised amidst all the alluring temptations and his exalted position of becoming the heir and prince of Egypt. He would be taken to the most hazardous place to what a Hebrew boy could be exposed.

This grave reality hovered over Jochebed's mind all the time for if she fails to educate her child to understand his position there, he would lose his soul and this would be her fault.

Unthinkable thought! This must not be. Realizing her anxiety, she submitted herself more fully to God. She asked Him in earnest, heart-wrenching prayer to watch over this child, granting him a faithful submissive mind and love for his enslaved brethren; that he not forget them while being in the palace of a powerful monarch. And most of all, to never forget where he came from.

Jochebed's efforts and labor were richly rewarded. The child grew under the watch-care of the Most High He developed a sound mind and faith, a keen discernment for justice and a close bond to his people.

When at last Jochebed had to give her son up the second time, though suffering again the deep pain of separation in her heart, she was confident that God would be with him and direct his future.

Thus began the story of Moses—drawn out of the water—one of the most captivating characters in the Bible, however not without fault. But he learned his lessons and became a most devoted servant of God, “very meek, above all the men which were upon the face of the earth” (Numbers 12:3). Thus God could finally use him for the deliverance of the Hebrew slaves from their long bondage in Egypt.

THE IMPACT OF A FAITHFUL, COURAGEOUS MOTHER

With the few lines: “...And the woman took the child, and nursed it” (Exodus 2:9), begins a new era with fascinating events, supernatural deliverance, and miraculous divine interventions, that

ends in the formation of a special, chosen people.

Nothing is said about the faithful, tireless effort of the mother who raised and educated her child so successfully to become one of the greatest men in Bible history. The Scriptures simply ascribe events in short statements, never disclosing the pains, emotions, tears, prayers, temptations, soul anguish and struggles certain individuals went through as they were prepared for their providential destinies.

If this were so, people would read the book of books like a novel, dwelling on the exciting and emotional part, bypassing the spiritual aspect, the divine lessons and purposes.

When we, however, ask for a deeper understanding of what Bible characters felt and battled with, the Holy Spirit will let us read between the lines to discover hidden secrets. Lives unfold before us. The more sensitive the mind, the deeper the perception and insight of how characters were formed.

“The Bible presents a boundless field for the imagination, as much higher and more ennobling in character than superficial creations.” —*Messages to Young People*, p. 255

There is no limit in pondering how human beings, often of low estate, have been used to do great things which they never imagined themselves. There is one characteristic they possessed which is the reason why God chose them—humility. God never uses proud people, they trust too much in themselves therefore they mar and cross the divine plan.

To learn from Bible characters is more ennobling, edifying to the soul and life-enriching than all the worldly education can give. May especially the youth make use of this precious, priceless education to develop a discreet, humble, teachable character that God can use for His last work on earth—The Loud Cry. Mothers, please consider how you raise your offspring! Amen.

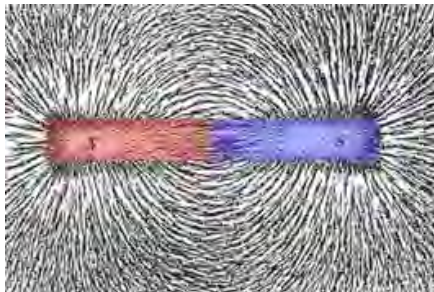
Edda Tedford, Canada





What is polarity? Polarity has to do with poles, being on opposite ends of the spectrum, but connected.

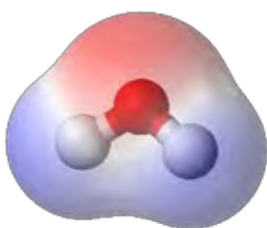
The easiest example we have is that of a magnet. A magnet—one object—has two ends called poles—a north and a south pole. The north pole of one magnet



will attract the south pole of another magnet. If you try to place the north pole of one magnet on the north pole of another, they will repel; it

is not possible to do. If you are strong enough to hold them together, as soon as you release your hand, the magnet will quickly separate. The north will only connect to the south. A magnet will create an invisible area around itself called a magnetic field. (See Photo)

In Chemistry, when we talk about atoms or molecules, they each have an equal amount of electrons and protons, which exert a positive and negative charge. When the charges are unequally distributed in the atom, we call it a polar atom. One end is negative and the other positive, as with a magnet.



The water molecule is a polar molecule in that one end contains more electrons (the red side, on the top), and is negatively charged. The blue side (on the bottom) is positively charged, containing more pro-

tons, but in the atom as a whole, there is an equal amount of electrons and protons. When water molecules attach to each other, the negative side of one always attaches to the positive side of another. This creates a strong bond.

Some atoms or molecules have no poles, and the electrons and protons are equally distributed and not specific to one side. They are non-polar molecules.

Polarity then is the property of an atom having two opposite poles—the electrons (negative) and protons (positive) are situated at opposite sides. When they make bonds with other atoms, the positive side always connects to the negative of another atom. These opposite poles must remain so, in order for the atom to function at its peak. The tension that exists between two opposite poles are not intended to be resolved. They are not problems that need to be fixed. They are to remain as they are.

Some magnets are weak, and some are very strong. Some atoms have strong bonds, some weak.

What does this have to do with Christianity? This is science, is it not? "The Bible is God's great lesson book, His great educator. The foundation of all true science is contained in the Bible. Every branch of knowledge may be found by searching the word of God. And above all else it contains the science of all sciences, the science of salvation. The Bible is the mine of the unsearchable riches of Christ." —*Christ's Object Lessons*, p. 107

Now that we have established the importance of science, let us see if we can learn something in regards to our salvation from this science lesson.

Firstly, we must be at polarity with Jesus. How can this be accomplished? What could be more opposite than the wretched sinner on this sin polluted earth and the King of the Universe sitting on His holy, celestial throne? How will polarity be obtained between the sinner and the King?

If you think of mankind as the negative charge—the north pole; and Jesus as the positive charge—the south pole. Both poles must be present for a magnet to function in its truest form. One cannot exist without the other. Therefore, the life of a Christian is only as strong as their bond is with Jesus. Not just a friendship, but “Christ in you, the hope of glory.” Colossians 1:27. Jesus has to be a part of your very being. “Your body is the temple of the Holy Ghost which is in you.” 1 Corinthians 6:19. It reads, “in” you, not “with” you.

The Holy Spirit is drawing all men to Him, until the sinner refuses, and cuts the connection, at which time he sins against the Holy Spirit. Yet Christ, in His love and mercy, does not have them die immediately. They still live on. He keeps them alive even though they have no hope of salvation.

We read that, “Man is not furnished with machinery, set in motion like the machinery of a clock, and then left to himself to take care of these wonderful organs. No, the agency of God is constantly at work to preserve His wonderful workmanship.” —*Manuscript Releases*, vol. 3, p. 335. “The beating heart, the throbbing pulse, every nerve and muscle in the living organism, is kept in order and activity by the power of an ever-present God.” —*The Ministry of Healing*, p. 417

Since it is God that keeps us alive every moment (every breath we breathe is from Him), when someone has sinned against the Holy Spirit, sometimes God allows them to continue living. Why? We do not know the mind of God and why He allows them to keep living. Could it be that since this life is all that these people will ever have, He is being kind and loving to them even in their hopeless state by keeping them alive a little longer to enjoy life even though they will never inherit eternal life? That is only my thought as ultimately we do not know the purposes and reasons of God.

Their bond with Jesus is very weak though; but there is always some sort of bond as long as a person is

alive. Some have a strong bond with Jesus, creating a strong magnetic field, and some very weak.

When talking about the righteousness of man, Isaiah states that, “our righteousnesses are as filthy rags.” Isaiah 64:6. So then Jesus tells us, “I counsel thee to buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear.” Revelation 3:18. This is true Christian polarity.

In true Christianity, with Jesus, the polarity will never be resolved. There will never be equality between man and Jesus. He will always be the positive and we, at the extreme other end, the negative. Only as we put on the robe of Christ’s Righteousness that is offered to us to cover our negative, will we create a strong magnetic field with the positive of Christ. Yet, under that robe, we are still sinners, but now we can be sinners saved by grace. We will never be perfect on our own—without His Righteousness. His Righteousness will never be filthy rags—yet this polarity is durable. With Christ, we will be strong and have strength to overcome all sin.

In the church there is need of assembling ourselves together. “Not forsaking the assembling of ourselves together.” Hebrews 10:25. We do need spiritual interaction with others, in order to maintain spiritual health, so we can share our individual needs and encourage each other. That connection we have is Christ living in each one of us.

If we compare ourselves to a magnet, then when we connect to other magnets (faithful people), we will be drawn by Christ living in them. Our North Pole will connect to their South Pole (Jesus in them), and thus the Christian army will grow stronger. As the atoms connect they create strong bonds—a stronger church. Only as our bond with Jesus is strong, and growing stronger, will there be a strong attraction between us (believers in Christ), because we will not see the negative in the other people, but we will be attracted by their positive side—Christ living in them also.

We will not choose which person we like and which we do not like. If we are all God’s children, we will connect by faith. Sister Maria Rolih once told us how, when she was walking on a busy street with a lot of noise around, she heard the voice of a religious person talking and her ears are immediately drawn to

the source of the voice, which could barely be heard amidst the hustle and bustle. However, her ear is tuned to hear the voice of God, and she heard that voice in the midst of the other chaos around. This is the drawing power of polarity. We are drawn to others as they have Christ living in them.

The polarity of the gospel. “Mercy and truth are met together; righteousness and peace have kissed each other.”



Psalm 85:10. They seem opposite—the truth (law broken), results in death. The mercy of God leads a sinner to

repentance and eternal life. This is the polarity of the gospel. We cannot separate the two. There is no such thing as work-righteousness. That is the fruit of the belief in the vengeful wrath of the justice of God. Mercy is at the opposite end, but both are connected by a strong polar bond, because we have a loving God.

There is polarity seen in the discipline of the church.

While the mercy of God is enduring, the church is still called to take disciplinary actions for those who are not living up to the faith or who are teaching false doctrines (Matthew 18:15–18). Paul even “shook off the dust of their feet against them.” Acts 13:51. This was against the Jews who were constantly trying to disrupt the message of the gospel from being preached.

We are told to preserve the unity of the church. While maintaining the purity of the truth, and disciplining those who are not living up to the faith any longer, we are still to show charity, and a spirit of love, grace, toleration and acceptance towards those who have left the faith. We are to fight for the unity of the people of God and also maintain love and kindness to those who are not in the faith. This is the balance of polarity in the Christian life and church.

EMOTIONAL AND SPIRITUAL POLARITY

Everyone has a polarity of feelings. We experience sadness, perplexity, anxiety, fear (negative), happiness, joy, peace, contentment (positive) etc. at different times. It is all these feelings that make a person

who they are. Their feelings must be correctly balanced (polarity) for emotional health. We are not happy all the time. There is nothing wrong with being sad on occasion when things do not go well, or a tragedy has occurred. The sadness, however, should not be all consuming though, so that a person is unable to function normally in society and becomes depressed. In times of sadness, Jesus brings comfort if we would turn to Him. Every person is different. Some are always happy and bubbly, outgoing and social in public. Some are more quiet and reserved, with more of an even tenor in their emotions.

All, however, do have negative and positive emotions to one degree or another.

Some negative feelings are actually good to have, such as fear in the face of danger. Just like the atoms have a positive and negative side—which is very necessary for the correct functioning of the atom, so also the Christian has positive and negative emotions, and the reaction to these emotions is what gives strength to the Christian character. A negative and a positive create a strong bond.

When a person connects with Christ, their negative emotions will be hid in Christ and they can be content and happy people, regardless of circumstances, because they find their peace in Jesus. They have a calm peaceful trust—a polarity with Jesus. Their negative with His positive.

Here is true emotional polarity: Christians are to be happy. “We have everything to be thankful for. Never ought Christians to move along like a band of mourners in a funeral train. God does not require this of His followers. He does not ask them to spread sackcloth and ashes under them.” —*The Seventh-day Adventist Bible Commentary*, vol. 4, p. 1150

But: We are told that “The outward signs of fasting and prayer, without a broken and contrite spirit, are of no value in God's sight.” —*Ibid.* We are to be broken, then Christ can fix us. We read elsewhere, “When you fall upon the Rock and are broken, you will experience the power of Christ, and others will recognize the power of the truth upon your hearts.” —*Testimonies for the Church*, vol. 6, p. 317–318

This is the condition for true polarity with Jesus. We, a strong negative (recognizing ourselves as fallen and broken—crushed), is reaching out for a strong con-

nection with the perfect and pure, positive (Jesus Christ) to have a strong magnetic field. If the negative is weak (man appears good in his own sight), then the magnetic field is weak as the connection with Jesus is weaker. Who had a greater polarity with Jesus, the Pharisee or the Publican? (Luke 18:10–14). I think we know the answer.

On the Sermon on the Mount, Jesus began with:

“Blessed are the poor in spirit: for theirs is the kingdom of heaven.” Matthew 5:3

“Blessed are they that mourn: for they shall be comforted.” Matthew 5:4

The original Greek word (Makarios), that we translate into English as “blessed” here, actually means “happy.”

We have some polarity here. We see some negative emotions that are intended to lead us closer to Jesus. The more we see our negative, the more we will seek to be connected with Jesus’ positive.

Happy and sad are opposite emotions yet the true Christian is told he will be happy if he is poor in spirit. He will be happy if he mourns. How can we reconcile these two thoughts? Blessed (happy) are the poor in spirit. Blessed (happy) are they that mourn. How can you be happy when you mourn?

In the Spirit of Prophecy we read:

“All who have a sense of their deep soul poverty, who feel that they have nothing good in themselves, may find righteousness and strength by looking unto Jesus.” –Thoughts from the Mount of Blessing, p. 8

Have you ever had feelings of guilt when you have done something wrong? They are feelings sent by the Holy Spirit to speak to our conscience, with the hopes



that the sinner will recognize their true condition (negative) and repent, seeking for the strong presence of Jesus in their lives (positive). It is a frightening state of affairs to have no feelings of remorse when someone has

done something wrong. This would indicate a very weak presence of Jesus in the life. They only regret being caught, if they are. If they are not caught in the act, they would gladly continue their sin.

“The mourning here brought to view is true heart sorrow for sin. . . . Such mourning ‘shall be comforted.’ God reveals to us our guilt that we may flee to Christ, and through Him be set free from the bondage of sin, and rejoice in the liberty of the sons of God. In true contrition we may come to the foot of the cross, and there leave our burdens.” –Ibid, p. 9–10. This mourning is positive.

Here is another scene of weeping. When we weep in this manner, Jesus comes with the opposite emotion of comfort. This true comfort only comes from Him. *“We shall fail often in our efforts to copy the divine pattern. We shall often have to bow down to weep at the feet of Jesus, because of our shortcomings and mistakes; but we are not to be discouraged; we are to pray more fervently, believe more fully, and try again with more steadfastness to grow into the likeness of our Lord. As we distrust our own power, we shall trust the power of our Redeemer, and render praise to God, who is the health of our countenance, and our God.” –God’s Amazing Grace, p. 302*

“God’s people, rescued from the fire by Jesus Christ, have a sense of their sin, and feel humbled and ashamed. God sees and recognizes their repentance and notes their sorrow for sin, which they cannot remove or cancel themselves; but as they pray, their prayers are heard.” –Christ Triumphant, p. 275

Although mourning is seen as a negative emotion, when combined with the real need for mourning—remorse for sin—it is a good thing. This negative emotion of remorse is meant to combine with the love and forgiveness that comes only from Christ. They must be combined. We *can* be free from guilt and remorse and have a strong Christian bond with Jesus.

When we are feeling sorrowful and down-and-out, remember these words of Jesus. *“God would not have us remain pressed down by dumb sorrow, with sore and breaking hearts. He would have us look up and behold His dear face of love. The blessed Saviour stands by many whose eyes are so blinded by tears that they do not discern Him. He longs to clasp our*

hands, to have us look to Him in simple faith, permitting Him to guide us. His heart is open to our griefs, our sorrows, and our trials. He has loved us with an everlasting love and with loving-kindness compassed us about. We may keep the heart stayed upon Him and meditate upon His loving-kindness all the day. He will lift the soul above the daily sorrow and perplexity, into a realm of peace." *—Thoughts from the Mount of Blessing, p. 12*

The Apostle Paul wrote, "I am crucified with Christ: nevertheless I live." Galatians 2:20. To be dead is the polar opposite of being alive. Paul continues in the verse to say, "yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20. True polarity in Jesus only happens when we are "dead" to self, and connected to Jesus, who is life. His life, and our death makes a strong Christian bond—Christ in us.

*The Apostle Paul also said, "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Corinthians 12:10. Humanly speaking, people could look at Paul and state that he is a little out of his mind. Someone who takes pleasure in being sick, in being persecuted and weak, must not be in his clear mind. But Paul knew Jesus and had a strong polar bond to Him. Thus he could say, "when I am weak, then am I strong." "When we see Jesus, a Man of Sorrows and acquainted with grief, working to save the lost, slighted, scorned, derided, driven from city to city till His mission was accomplished; when we behold Him in Gethsemane, sweating great drops of blood, and on the cross dying in agony--when we see this, self will no longer clamor to be recognized. Looking unto Jesus, we shall be ashamed of our coldness, our lethargy, our self-seeking. We shall be willing to be anything or nothing, so that we may do heart service for the Master. We shall rejoice to bear the cross after Jesus, to endure trial, shame, or persecution for His dear sake." *—The Faith I Live By, p. 108. We will gladly connect our weakness (negative pole), to Jesus (the positive pole) and bend all our energies to keep the bond and union strong.**

These are good negative feelings that can lead to a positive result; to a stronger polarity with Jesus

IN THE WORK OF GOD

The work of God always has polarity. There will always be negative experiences, but have positive outcomes. John was exiled to the Isle of Patmos. It seems

negative—He could no longer teach and preach to people. He was isolated. But it was here that he met Jesus again, and was given many visions, from which he wrote the book of Revelation. The positive would not have come without the negative. Both were needed and we have the book of Revelation today.

Ellen G. White many times could not sleep. This is a negative experience that we have all felt at one time or another. And what was the end result? Did she complain about how tired she was the next day? Did she pop another sleeping pill? No, she got up and started to write, sometimes as early as midnight, but more often around 3 a.m. This was a positive result, but the negative experience was necessary.

If the individual has a strong polar bond with Jesus, the result will show in their lives in their desire to be a blessing for others. "The completeness of Christian character is attained when the impulse to help and bless others springs constantly from within. It is the atmosphere of this love surrounding the soul of the believer that makes him a savor of life unto life and enables God to bless his work." *—The Acts of the Apostles, p. 551*

Be not discouraged by negative experiences. The Lord has a positive outcome in mind. Keep your connection to Jesus strong. You have nothing to offer Jesus, but your sin-polluted heart. "There is none righteous, no, not one." Romans 3:10. But He came to redeem you. The thief hanging on the cross was not beyond the mercy and positive love of God, and neither are you. You just need to recognize your true condition (fully negative) and accept the mercy and grace He offers—His robe of Righteousness. "Christ in you, the hope of glory." Colossians 1:27

"The Christian is not morose, sullen, and desponding; he is the happiest man in the world. He feels secure; for he trusts in Jesus, and enjoys His presence. His 'defense is of God, which saveth the upright in heart.' . . . have courage in God." *—The Review and Herald, June 10, 1884. Amen.*

Wendy Eaton





Josiah Litch

Josiah Litch was born to John and Jerusha Litch on April 4, 1809. They were

living in the small town of Lunenburg, Massachusetts, USA, at the time. For his education, he attended Wesleyan Academy at Wilbraham.

In 1833 he joined the Methodist Episcopal ministry. During his ministry he travelled from Cape Cod to Rhode Island.

In 1836 he married Sarah Barstow. Sarah's father was also a minister in the Methodist Episcopal church. Together they had two children Wilbur and Josiah.

In 1838, a friend asked Josiah Litch to read the writings of William Miller. He, at first, was hostile to Miller's prediction of the second coming of Jesus, but after reading he was converted into the Millerite movement. In 1841 he left the Methodist church and joined the Millerites. Around this time, the Millerite movement requested Litch to become the first fully paid Millerite worker.

"In the year 1840 another remarkable fulfillment of prophecy excited widespread interest. Two years before, Josiah Litch, one of the leading ministers preaching the second advent, published an exposition of Revelation 9, predicting the fall of the Ottoman Empire. According to his calculations, this power was to be overthrown 'in A.D. 1840, sometime in the month of August;' and only a few days previous to its accomplishment he wrote: 'Allowing the first period, 150 years, to have been exactly fulfilled before Deacozes ascended the throne by permission of the Turks, and that the 391 years, fifteen days, commenced at the close of the first period, it will end on the 11th of August, 1840, when the Ottoman power in Constantinople may be expected to be broken. And this, I believe, will be found to be the case.'--Josiah Litch, in *Signs of the Times, and Expositor of Prophecy*, Aug. 1, 1840

"At the very time specified, Turkey, through her ambassadors, accepted the protection of the allied powers of Europe, and thus placed herself under the control of Christian nations. The event exactly fulfilled the predic-

tion. . . . When it became known, multitudes were convinced of the correctness of the principles of prophetic interpretation adopted by Miller and his associates, and a wonderful impetus was given to the advent movement. Men of learning and position united with Miller, both in preaching and in publishing his views, and from 1840 to 1844 the work rapidly extended." --*The Great Controversy*, p. 334

According to J. N. Loughborough "The publication of Dr. Litch's lecture made a general stir, and many thousands were thus called to watch for the termination of the difficulties that had sprung up between Mehemet Ali, the pasha of Egypt, and the Turkish sultan. Hundreds said, 'If this affair terminates as the doctor has asserted, it will establish the "year-day" principle of interpreting symbolic time, and we will be Adventists.' --*The Great Second Advent Movement*, p. 130

"This striking fulfillment of the prophecy had a tremendous effect upon the public mind. It intensified the interest of the people to hear upon the subject of fulfilled and fulfilling prophecy. Dr. Litch said that within a few months after August 11, 1840, he had received letters from more than one thousand prominent infidels, some of them leaders of infidel clubs, in which they stated that they had given up the battle against the Bible, and had accepted it as God's revelation to man. Some of these were fully converted to God, and a number of them became able speakers in the great second advent movement.'" --*The Great Second Advent Movement*, p. 132

In 1843 Josiah Litch wrote a book, entitled, *The Probability of the Second Coming of Christ About A.D. 1843*. However, he was among the last of the prominent Millerites to accept the date of October 22, 1844, proposed by Samuel S. Snow, as the anticipated date of Jesus' return.

After the Great Disappointment, Litch first thought there was some misunderstanding with regard to what happened in 1844. In 1845, he was present at the Albany Conference where the Millerites met to work out the meaning of the Great Disappointment, and determine the future of the movement. In the years following 1844, he abandoned his commitment to Scripture alone, followed tradition with the Albany Adventists, and eventually lost all distinctiveness in his understanding of the Bible, from the emerging dispensationalists. He then went on to form his own organization known as the Messianians, and he served as president in both Pennsylvania, and Canada..

Josiah Litch died January 31, 1886.



The King is Coming

March 3–9, 2019 was a very special time for the Jamaican Mission Field as a one-week crusade was held in the Annotto Bay Church. Both the spiritual and the physical aspects of our lives were dealt with.

The topics for our spiritual health were:

- Rich without knowing it
- Is it possible to know the future?
- Who will rule the world?
- Ten minus one equals zero
- Overcoming stress
- Is there life after death?
- Four steps to inner peace and happiness

The topics for the physical health lectures were:

- Sinusitis and tonsillitis
- Diabetes
- Piles or hemorrhoids
- Constipation
- Herbs (the use of them)
- Foot ulcers
- Health benefits of the star apple fruit

Our King, Jesus is coming. How do we know this? Jesus Himself stated these words, “In My Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go to prepare a place for you, I will come again, and receive you until Myself; that where I am, there ye may be also.” John 14:2–3

Many people in our world do not know that Jesus is coming soon, so we have an obligation to our fellow humans to share the good news with them. Here is a brief rundown on the different topics:

Rich without knowing it. If you have the Bible, the Word of God, in your home, you are very rich. The Word of God (the Bible) is the most valuable item on planet Earth today. It is more valuable than life.

Is it possible to know the future? Yes, it is. Why? Because God, who knows the end from the beginning, revealed it to a king named Nebuchadnezzar while he was contemplating about the future, and today we have the record. This can be found in Daniel 2:28–47.

Who will rule the world? Genesis 1:1 says, “In the beginning God created the heaven and the earth.” Also, Psalm 24:1, “The earth is the LORD’s, and the fulness thereof; the world, and they that dwell therein.” In Daniel 2:44, “And in the days of these kings shall the God of heaven set up a kingdom which shall never be destroyed.”

Ten minus one equals zero. If anyone of us should take this as read, we could all say this defies mathematical knowledge. However, from a Biblical standpoint it does not, when we understand it in the context of what God’s word states about keeping the Commandments. “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.” James 2:10. Jesus said, “If ye love

Me, keep My commandments." John 14:15. "He that saith, I know Him, and keepeth not His commandments, is a liar, and the truth is not in him." 1 John 2:4. If we keep nine commandments and break one of them, we have not kept any.

Overcoming stress. Overworking, tiredness and fatigue can cause much stress. A loving Creator gave us a day of rest and worship. Come ye apart and rest awhile. When we love and obey God, we are happy.

Four steps to inner peace and happiness. Step 1 is to know Jesus. "And this is life eternal, that they might know Thee, the only true God, and Jesus Christ whom Thou hast sent." John 17:3

Step 2 is to trust Jesus. "And made Himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men." Philip- pians 2:7. Christ gave His life for us, so we can trust Him in every way.

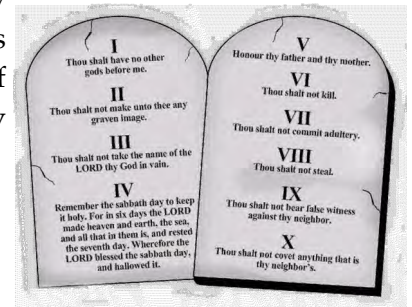
Step 3 is that we should acknowledge our sin. "If we confess our sins, He is faithful and just to for-

give us our sins, and to cleanse us from all un- righteousness." 1 John 1:9

Step 4 is that we should accept Jesus. "Behold I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me." Revela- tion 3:20

This was the conclusion of the spiritual aspect of a wonderful crusade that benefitted both members and visitors. To God be the glory. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2. God wants us to be healthy both spiritually and physically. We all need to love God and keep His commandments. May the good Lord bless His work in all the places of His dominion is my prayer. Amen.

*Marline Campbell,
Jamaica Mission Field*



“The path of the just is as the shining light, that shineth more and more unto the perfect day.” Proverbs 4:18

“The youth may receive grace from Christ daily, and find their light growing brighter and brighter as they follow in the path of holiness. . . .

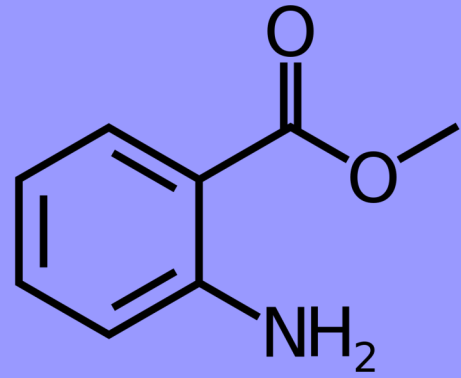
“Growth in grace will not lead you to be proud, self-confident, and boastful, but will make you more conscious of your own nothingness, of your entire dependence upon the Lord. He who is growing in grace will be ever reaching heavenward, obtaining clear views of the fullness of the provisions of the gospel. . . .

“Do not excuse your defects of character, but in the grace of Christ overcome them. Wrestle with the evil passions which the Word of God condemns; for in yielding to them, you abase yourself. Repent of sin while Mercy’s sweet voice invites you; for it is the first step in the noblest work you can do. Strive for the mastery with all the powers God hath given you.

“The path of the just is a progressive one, from strength to strength, from grace to grace, and from glory to glory. The divine illumination will increase more and more, corresponding with our onward movements, qualifying us to meet the responsibilities and emergencies before us.” *–My Life Today, p.*

HEALTH MATTERS:

Food Additives: Artificial and Natural Flavours



“It is our duty to train and discipline the body in order that we shall render to the Master the highest possible service. Inclination must not control us. We are not to pamper the appetite and indulge in the use of that which is not for our good. . . . We must use the intelligence that God has given in order that we may be perfect in body, soul, and spirit, that we may have a symmetrical character, a well-balanced mind, and do perfect work for the Master.” —*Our Father Cares*, p. 108

Foods are naturally flavoured, and our bodies are made to seek out foods that taste delicious to us. Since creation, the flavour of food also gave our bodies crucial information about the nutrition contained in the food. Different flavoured foods provide different nutrients. For example, strong-smelling foods such as broccoli, Brussels sprouts, cabbage, and kale are foods that are high in fibre, vitamins A, C, and K, and possess sulfur-containing compounds called glucosinolates, which have been shown to have cancer-fighting properties. Tangy-smelling citrus fruits are high in Vitamin C and sugars. The sweet smell of bananas is high in potassium. According to Fred Provenza, a behavioral ecologist states, “Flavour is the body’s way of identifying important nutrients and remembering what foods they come from.”

Flavour is the combination of the smell and taste of the food. When we think of a specific food we have eaten in the past, we can recall the smell and taste readily. The flavour of our food is also a strong determinant in the food choices that we make. We all have our own preference for certain tastes, and thus are drawn to specific foods for that reason. Also, think of the type of foods that you avoid eating. What is the main reason for avoiding a certain food, even if it is a food that is part of your specific diet? It typically comes down to taste, i.e. the taste is not appealing to us.

A group of chemicals known as volatile chemicals are naturally present in many foods, and they help determine the taste of the food. Over 7,000 of these chemicals have been identified. Volatile chemicals have particular smells; the importance of this is because smell makes up to 90% of the sense of taste in a food. In processed foods, this mixture of chemicals is known as “flavour”. Often the flavour of a food product can be made up of more than 100 chemicals. To add flavour to food is less than a cent per serving, but annual sales of flavours in the United States alone is approximately \$24 billion. Americans are consuming more than 600 million pounds of artificial flavourings per year. It is big business. Why?

In order to increase yields of crops and livestock, farming practices have changed. Produce is often picked before it is ripe so that it can be shipped over long distances without spoiling. When produce is not allowed to ripen naturally, it loses taste and can be bland. Genetic selection, which is also used to increase yields has resulted in a loss of natural flavour intensity. Think of the tomatoes that are in grocery stores in the middle of the winter; often people say they taste like “cardboard”. And as flavour diminishes, so does nutrition. An average non-organic tomato today has half as much calcium and vitamin A as a tomato had in the 1950s.

At the same time that whole foods are becoming more bland, the food manufacturers have determined that the flavouring of processed foods by chemical means is necessary to enhance their appeal, thus driving people to eat foods that are less bland than their natural counterparts. Flavouring is found in most processed foods. A database called the “Food Score Database”, created to help identify flavours in foods, lists over 80,000 food products that contain added flavours. In fact, “natural flavour” is the fourth most common ingredient, after

water, salt, and sugar. When making food choices, taste is overwhelmingly the top reason for choosing one food over another, as shown in a recent survey: 84% of Americans say that taste is the main reason for making a food purchase. Flavour is the combination of smell and taste. Not only does a food need to taste good, it also must smell good to be appealing.

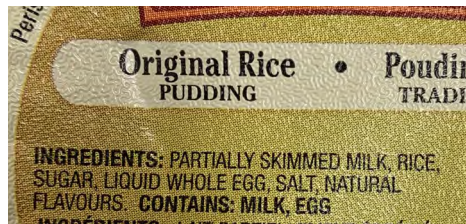
When chemicals are added to food products to enhance flavour, it is for four main reasons:

1. Flavours enhance or modify flavours that are already present in the food. Packaged foods are flavoured to increase sales by enhancing the flavour, often making these foods taste stronger than a comparable natural food. Thus people purchase the enhanced flavour product over a natural food that does not have as bold a taste. The taste is also manufactured to last only a short time, encouraging people to eat more of the product to continue to enjoy the taste. In an interview in 2011, two flavour scientists admitted that one of their goals is to make food products addictive so that people continue to buy their products.

2. Many chemical changes occur during the processing, packaging and storage of food. All these chemical changes lead to the degradation of the quality of the food product, affecting the colour, flavour, texture, taste and overall acceptability. Chemicals need to be added to food products to improve the qualities that have been lost during processing to make the food product acceptable to the consumer. An effect of processing can produce off-flavours, which are flavours that are not natural, are atypical (not expected), or not up to standard. Even though a food with an off-flavour is often not a safety risk to the consumer, the perception is that the food is of low quality, and can be costly to the food manufacturer due to people avoiding purchasing the food product. Added flavours are used to mask off-flavours.

3. Most people enjoy food with a strong taste. Often the processing of food removes flavour and without adding back flavour, the food would taste bland. Therefore adding flavour increases the acceptance and appeal of otherwise bland foods. When foods are pasteurized for safety, many of the chemicals that provide flavour or give odour to food evaporate. To make a product taste as we would expect it to taste after the process of pasteurization, these chemicals have to be restored, and they are done so artificially. Often this purpose of the process is to make food taste "fresh", tricking our taste buds into thinking we are consuming a natural product.

4. Flavouring also gives a food product its identity. Adding a flavour provides consistency of taste from batch to batch. Flavours are added so that the food product tastes as we expect it to taste. For example, we expect a food that is labelled as "strawberry..." to taste like strawberries; flavouring is added so that the food meets our flavour expectations, without the cost of using real strawberries. When consumers get used to a product tasting a certain way, changing the flavour could potentially cause consumers to stop buying that specific product.



Hence, the ingredient list of many foods may contain either "natural flavours" or "artificial fla-

vours" to enhance their appeal. A natural flavour is more expensive than an artificial flavour; however, food manufacturers will often use natural flavours as consumers prefer natural flavours in their food.

HISTORY OF FOOD FLAVOURING

Flavouring has always been a part of food preparation. Throughout history, food was flavoured by spices and herbs to make it taste better. In fact, the discovery of North America was due to Christopher Columbus searching for a faster route to the Orient in order to access Eastern spice sources.

Artificial flavouring had its beginnings in the 1870s when a German chemist discovered that he could produce a substance from pinecones that replicated the flavour of vanilla. He named the substance "vanillin." Vanilla itself is very expensive, but with the use of the common and cheap pinecone, the flavour of vanilla could be enjoyed without the cost and transportation from an exotic country. Since that time, flavouring has become a science of its own, and "flavourists" have created thousands of flavour compounds.



Even now, vanillin is used as a cheaper flavour substitute for vanilla; it can be found in bottles in the grocery store in the same section as vanilla. It is also commonly used by food manufacturers to reduce production costs. And, unlike real vanilla extract which is produced from real vanilla beans, vanillin is synthetic and is produced using petrochemicals and byproducts from the paper

industry. Because vanillin is cheap, it is widely used in beverages and snack foods. Some people can develop headaches or allergic reactions to vanillin.

Besides the discovery of ways to create common flavours from natural or chemical substances, was the discovery of umami. This flavour provided the sense of savoury flavour that one gets from eating meat or cheese. It was discovered by a Japanese chemist who extracted an edible form of glutamic acid from seaweed. Most of you reading this article will recognize the extract known as monosodium glutamate, or MSG for short. MSG has a long history of controversy, yet it is still widely used in processed foods to enhance flavour. (The next issue will address MSG in more detail).

ARTIFICIAL AND NATURAL FLAVOURS IN FOOD

In Canada, the addition of flavours to food is regulated by the Canada Food and Drug Act. In the United States, the addition of a flavour to a food product must be one of the 1,300 FDA-allowed flavouring chemicals or food additives considered “generally recognized as safe” or GRAS, or any of another 2,000 chemicals that are not directly regulated by the FDA, but is allowed by the Flavour and Extract Manufacturers Association of the United States (FEMA). These chemicals can either be artificial or natural.

The term “artificial” refers to something produced to imitate nature. When an artificial flavour is added to a food, the word “artificial” or “imitation” must be included on the ingredient list as part of the actual flavouring preparation name. The definition of an artificial flavour is a substance “prepared for [its] flavouring properties and derived in whole or in part from components obtained by chemical synthesis.” In other words, an artificial flavour is an ingredient that is completely manufactured by a chemist. The flavour is not related in any way to the actual food it claims to taste like.

Added natural flavours are not much better than artificial flavours. They still are made in a chemistry lab; however, the initial ingredient must be “natural”, meaning it is derived from “meat, fish, poultry, eggs, dairy products, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herbs, spices, bark, buds, roots, leaves, or other plant material.” However, the final product is highly processed to create the flavour compound. Again, the final product does not resemble the original food in any way, including its taste.

Therefore, if a manufacturer wants to enhance the flavour of a product, they have the option to use a natural

flavour source or an artificial flavour source. Either will produce the flavour required, but the labels would either indicate “natural” or “artificial” as the source of the flavour. One is a derivative of a natural product; the other is purely chemical in nature. The choice often depends on cost or availability. Often the chemical make-up of the natural flavour is no different than the artificial flavour.

The US Food and Drug Administration allows artificial flavourings if they are used in the minimum quantity necessary that is required to produce their intended effect; and they must be included in the list of “flavouring substances and adjuvants generally recognized as safe in food.” The list contains chemical names that most of us would not recognize, e.g. Benzyl acetate; Cinnamyl phenylacetate; Ethyl cyclohexanepropionate; Geranyl acetone; 6,10-dimethyl 5,9-undecadien-2-one; and Tributyl acetyl citrate. The list contains thousands of these chemicals, all hidden under the ingredient called “flavour” on our food products. In the United States, the reason that the FDA does not require flavour companies to disclose the ingredients in their flavours is in order to protect their proprietary formulas, i.e. flavours owned by them. The only criterion that must be met is that the chemicals are safe for human consumption; determination of safety is also the responsibility of the flavour company, as the FDA does not do its own studies to test the safety of these chemicals.

Artificial flavours are known to cause many adverse reactions, including: Allergic reactions, chest pain, DNA damage, fatigue, headaches, depression of the nervous system, seizures, nausea, dizziness, brain damage and more. Because food labels do not need to list the specific ingredients in artificial flavors, identifying the root cause of these varying symptoms is nearly impossible.

FEMA, which was founded in 1909, also works to ensure the safety of flavour additives to food. Their mission is “universal acceptance of the value of flavourings.” It is comprised of flavour manufacturers, flavour users, flavour ingredient suppliers, and others with an interest in the U.S. flavour industry. FEMA is committed to assuring a substantial supply of safe flavoring substances. FEMA uses the designation of FEMA GRAS in identifying flavouring products that are “Generally Recognized as Safe”. However, there are items that have been previously been designated as GRAS, and have been later removed from the list. Again, when chemical additives are used in food, their long term safety is not always known until they have been used for some time. And, when we consider that our bodies were created in

the image of God, and our diet was originally based on eating whole foods found in nature, what is the effect on our health of regularly ingesting chemicals?

Flavor DB is a database which comprises 25595 flavour molecules representing an array of tastes and odours. Among these, 2254 molecules are associated with 936 natural ingredients. There are also almost 14,000 synthetic or artificial flavours. For example, the common plant, purslane, which grows in many lawns has 95 different “flavour molecules” that are derived from its various compounds. To create a specific flavour, the molecule is isolated and processed. Purslane derivatives are used to produce the following flavours: butter, caramel, peppermint, almond, peanut, banana, apple, mushroom, and dozens of others. The flavours may be considered natural as they are derived



from a plant, but the flavour does not resemble the original plant in any way. Also included are flavour and odour categories such as bitter, sweet, sour, salty, and umami. The smell of food is closely connected to its taste, and therefore many molecules are used for their odour in addition to their taste.

And, if one craves a plant with a specific flavour because of a nutritional deficiency, eating a food product that has the flavour one craves will not contain the nutrition that comes from the plant. For example, craving an apple and eating a product that it made to taste like an apple using a miniscule molecule derived from a plant such as purslane will not contain the nutritional content of an actual apple. Thus, our body is deprived of the necessary nutrients that an apple contains when ingesting a product that contains “natural apple flavouring”.



If one wishes to adhere to a vegetarian or vegan diet, it is often difficult to know if a natural flavour is derived from a plant or an animal source. For example, Swiss cheese has flavour molecules that produce flavours such as: orange, strawberry, coconut, melon, pear, cabbage, lemon and cucumber—all are plant flavours but are produced from a dairy product



WHAT IS NATURAL?

When we crave a certain food, the craving is often associated with a deficit in our body of a certain nutrient.

Hence, we crave foods that contain that nutrient. And, many times it is the flavour that drives our craving. For example, if our body craves the flavour of an orange, it is because we crave something contained in the orange—whether it is Vitamin C, fibre, or sugar. This innate system of associating flavour with nutrition has worked to keep us healthy since creation.

But, for the last hundred years or so, our bodies have been fooled by artificially-produced flavours. What happens when we crave the flavour for something, and the flavour has been chemically manufactured, and the nutrients that we crave are not actually contained in the artificially-flavoured product? In our mind, we are consuming something that is good for us. But, our bodies are put in a state of malnutrition by eating foods that taste like they should contain certain nutrients, but they are totally devoid of those nutrients. Some surmise that this is the reason for epidemic of obesity, diabetes, and other food-related illnesses.

Our bodies were created to crave delicious food, not only for its flavour but for the nutrition that the food provides. And when food is eaten in its natural form, the foods that we find flavourful also come with the nutrition we need. Eating natural, whole foods are foods with only one ingredient. As soon as you eat a food product that contains more than one ingredient, the question becomes, has this food been chemically engineered to taste the way it does? Look to the ingredient list and if you find an “artificial flavour” or “natural flavour” on the list, know that the taste of the food has been chemically produced, and is also deficient in the nutrients associated with the added flavours.

In Eden, man was provided with the perfect diet in order to maintain perfect health; and God ensured that the food was tasty, flavourful and nutritious. In natural foods, each different type of flavour contains different nutrients, so God gave man a variety of foods; and to ensure that man would have all their nutritional needs met by eating a large selection of different foods, each one tasted delicious. “The many lofty trees were laden with fruit of every kind and of delicious flavor, adapted to please the taste and meet the wants of the happy Adam and Eve.” *—To Be Like Jesus*, p. 229



Conference in Goma, Congo



From April 11–14, 2019, the North Kivu District of Congo held a large Field Conference in Goma. The purpose of the conference was to strengthen the church there. Many members came to attend.

The theme was “**Prepare to meet thy Lord**”.

Members and believers came to attend from different areas. Isolated members, interested souls and the group choir also came.

Each church and group from the two provinces of Kivu were represented by at least some members. Visitors and believers came as far away as Masisi, (175 km away); others came from Rwanda, the neighboring country. Then there were others from Bukavu (around 205 km away) and from Nyabibwe city (100 km away).

We experienced blessed fellowship at the meetings and were very much encouraged.

The main subjects studied were:

- Authenticity of God’s church (the church in the prophecy, its origin and fundamental doctrines—The 10 Commandments, pillars of the faith, etc.)
- Sanctity of marriage and proper family relationships
- Unity in the family and the church
- Proper Christian behaviour and attitude
- Evangelism and missionary work: ‘let one win one’
- Secrets of natural healing

- Youth for Christ
- Prepare to meet thy Lord: Christ’s Second Coming: Amazing facts and fiction.

During the conference, we first held Field Committee meetings. We then had the public conference and evangelistic activities. On Sunday, we shared in the joy of witnessing two dear souls give their lives to Jesus in baptism. Prior to the close of the conference, we shared the Lord’s Supper together.

On Monday morning, April 15, it was time for us all to depart to our separate homes. We departed very joyful and encouraged by the fellowship and studies we experienced at the conference.

The believers from Bukavu and Nyabibwe needed to cross Kivu Lake by boat to return home.

ASLEEP IN JESUS

We experienced much sorrow when we learned that the boat to Nyabibwe capsized on its way across the lake.

Fifteen of our believers (four members and eleven interested souls—including children), were on that boat and none of them survived. They all perished in one night.

There was a total of 200 people in the boat and only 37 survived; none of the survivors were our mem-



bers. After attempted rescue efforts, the boat itself has not even been found. Not one body was initially found for burial. Only after four days, 15 bodies were found on the other side of the lake and were buried by the government.

The church in Congo sadly now has lost 15 souls in one day.

We pray that one day we will see them again when Jesus returns. They died with a heavenly hope. When they open their eyes again, they will see Jesus. This is the end of the church in Nyabibwee. (to know how the work started in Nyabibwe, see *The Sabbath Watchman* November–December 2016; and *The Reformation Messenger*, December 2016)

DETAILS

On Sunday April 14 the baptism of two souls took place. One brother and a young sister.

The brother who was baptized (on the left in the photo) was accompanied by his wife with a baby and their daughter (15 years old) to witness the baptism of their husband and father. They all perished in the shipwreck.



Brother Kamundo Chimorho, who was the leader of the church/ group, perished with his three daughters and one baby and his son-in-law. His wife and daughter are now both widows.

Another sister, (on left) Sister Stephanie (the treasurer of the group), who is 69 years old and a baptized member came to the conference with an interested woman who came with her baby. They also perished.

We are not promised tomorrow. We only have today and may we make today, the best we can for the Lord.



We look forward to seeing these 15 dear souls again when Jesus returns.



During Sabbath School, these believers (above) presented a special song. It was their last special song until they sing the song of Moses and the Lamb in the New Jerusalem. They all died one day later.

From L to R: Sister Sarrah, Brother Jean Pierre, Aline, Deborah, wife to Jaean Pierre, and brother Kamundo Chimorwo (as mentioned) who was the Leader of Nyabibwe church.

Sarah and Aline are daughters of the brother standing at far right.

Jean Pierre and his wife and the third from left are one family since Deborah is the daughter singing together with her two parents.

This was the last Lord's Supper these two brethren



partook of, until they eat the marriage supper of the Lamb in the New Jerusalem.

"Therefore be ye also ready: for in such an

hour as ye think not the Son of man cometh." Matthew 24:44. The Lord came for these 15 dear souls. May we all be ready each day because we do not know when He will come for us. We are not promised tomorrow. Each day is a gift from God. Let us use our gift of time wisely.

Victor Shumbusho, DR Congo

CHILDREN'S CORNER:



Bert's Generosity

It was noon time on a dreary November day, when a lonesome young boy named Bert stood at the door of a restaurant, offering his last copy of the morning newspaper for sale to the people passing.

Being Thanksgiving Day in the United States, there were really not many people out on the streets since the stores were closed and everyone who had a home to go to, and a dinner to eat, seemed to have gone home to eat that dinner.

After a while, an old man who was dressed in a seedy black coat, came by the restaurant. He appeared to hesitate between hunger and a sense of poverty before going in.

Bert thought that he was considering whether he could afford himself the indulgence of a morning paper, so he said, "Would you like to buy a paper, sir? It is all about the fire in East Boston, and arrest of safe-burglars in Springfield. Only two cents."

The little old man looked at the boy with keen gray eyes which seemed to light up and said, "You ought to come down in your price, this time of day. You can't expect to sell a morning paper at 12 o'clock for full price."

"Well, give me a cent, then," said Bert. "That's less than cost; but that's ok. It is my last copy."

"You look cold," said the old man.

"Cold," replied Bert, "I'm nearly frozen. And I am very hungry. I plan on having a big dinner, too, since it's Thanksgiving Day."

"Ah! Lucky for you, my boy!" said the old man. "You've got a home to go to, and friends, too, I hope."

"No, sir; I have no home, and no friend—only my mother." Bert hesitated and grew serious, then suddenly changed his tone—"I do have one friend, Frank. I told him to meet me here, and we'd have a nice Thanksgiving dinner together, because it's no fun eating alone on Thanksgiving Day!"

"It's more lonesome not to eat at all," said the old man, his gray eyes twinkling. "Here, I guess I can find one cent for you."

The old man spoke with some feeling, his fingers trembled, and somehow he dropped two cents instead of

one into Bert's hand.

"Here! You've made a mistake!" cried Bert. "A bargain's a bargain. You've given me a cent too much!"

"No, I didn't,—I never give anybody a cent too much!"

"But—see here!" And Bert showed the two cents, offering to return one.

"That's ok," said the old man. "I will just have one cent less for my dinner, that's all."

Bert put the pennies in his pocket, but felt a little sorry for the old man.

"Poor old man!" he thought; "he seems so lonely. Perhaps he's got no home. A boy like me can manage, but it must be hard for him. He meant to give me the extra cent, all the time; and I don't believe he has had a decent dinner for many a day."

Now, Bert was a generous young man, and any kindness shown him, no matter how trifling, made his heart overflow. "Look here," he cried; "where are *you* going for dinner today?"

"I may as well eat here—it doesn't matter much to me," replied the old man.

"Come; eat dinner with me," said Bert.

"I'm afraid I couldn't afford to eat a fancy dinner like you are planning," said the old man, with a smile, his eyes twinkling again.

"I'll pay for your dinner!" Bert exclaimed. "Come! Thanksgiving is here only once a year, and a we should have a good time then."

"But you are waiting for another boy."

"Oh! He won't come now, it's too late. He's gone to a place down in North Street, I guess,—a place I don't like, there's so much tobacco smoked and so much beer drank there." Bert cast a final glance up the street, but could see nothing of his friend. "No, he won't come now. He likes the men down there; I don't."

"Ah!" said the man, taking off his hat and giving it a brush with his elbow as they entered the restaurant, as if trying to appear as respectable as he could in the eyes of a newsboy.

He placed his hat on the floor, and took a seat opposite Bert at a little table which they had all to themselves. Bert offered him the menu.

"I will ask you to choose for me; nothing very extravagant. I am a vegetarian and accustomed to simple food."

"So am I," said Bert, generously. "How about vegetable soup—and a big piece of squash pie for dessert! How's that for a Thanksgiving dinner?"

"Very delicious," said the old man, appearing to glow with the warmth of the room and the prospect of a good dinner. "But won't it cost you too much?"

"Too much? No, sir!" said Bert. "Vegetable soup, fifteen cents; pie—they give big pieces here, thick, I tell you—ten cents. That's twenty-five cents; half a dollar for the two of us. Of course, I don't eat this way every day! But mother's glad to have me enjoy a good meal, once in a while."

"Where is your mother? Why are you not having dinner with her?" the old man asked.

Bert's face grew sober in a moment.

"That's the question! Why don't I? I'll tell you why I don't. I've got the best mother in the world! What I'm trying to do is to make a home for her, so we can live together, and eat our Thanksgiving dinners together. Some boys want only good times in life, others are in such a hurry to get rich, they don't care how they do it; but what I want most of anything is to be with my mother and my two sisters again, and I am not ashamed to say so."

Bert's eyes grew very tender, and he went on; while his companion across the table watched him with a very gentle, searching look.

"I haven't been with her now for two years—hardly at all since father died. When his business was settled, it was found he hadn't left us anything. We had lived pretty well up to that time, and I and my two sisters had been to school; but then mother had to do something,

and her friends got her places to go out nursing; she's a nurse now. Everybody likes her, and she is very busy, but she could not be home to take care of us so she found a nice place to board us. I saw how hard it was going to be for her to support us, so I said, 'I'm a boy; I can do something for myself; you just pay the board for the girls and keep them in school, and I'll go to work, and maybe help you a little, besides taking care of myself.'"

"What could you do?" said the little old man.

"Well, I was only eleven years old; and what could I do? I would have liked to be at some nice place where I could do light work, and stand a chance of learning a good business. But beggars mustn't be choosers. I couldn't find such a place; and I wasn't going to be loafing about the streets, so I started selling newspapers. I've sold newspapers ever since, and I shall be twelve years old next month."

"You like it?" said the old man.

"I like to get my own living," replied Bert, proudly. "But what I want is, to learn some trade, or regular business, and settle down and make a home for my mother."

"Well, I've told you about myself," added Bert; "now it's your turn to tell me something about you."

"About myself?" The man shook his head. "I could go back and tell you about many of my plans and high hopes when I was a lad of your age; but it would be too much like your own story over again. Life isn't what we think it will be, when we are young. You'll find that out soon enough. I am all alone in the world now; and I am nearly seventy years old."

"It must be so lonely, at your age! What do you do for a living?"

"I have a little place in Devonshire Street. My name is Crooker. You'll find me up two flights of stairs, back room at the right. Come and see me, and I'll tell you all about my business and perhaps help you to such a place as you want, for I know several business men." Then Mr. Crooker wrote his address, with a little stub of a pencil, on a corner of the newspaper which he had purchased, tore it off carefully, and gave it to Bert.

"Well, Bert," said the old man, "I'm glad to have met you, and I hope you'll come and see me. You'll find me in a very simple apartment. Now, won't you let me pay for my dinner? I believe I have money enough. Let me see." And he put his hand in his pocket.

Bert would not hear of such a thing; but walked up to the cashier, and paid the bill. When he looked around again, the little old man was gone.

"That's fine. I'll go and see him the first chance I have," said Bert, as he looked at the penciled strip of newspaper margin again before putting it into his pocket.

He then went to his miserable quarters, in the top of a cheap lodging-house, and prepared himself at once to go and see his mother. He could not afford to ride, and it was a long walk,—at least five miles to the place where his mother was nursing.

The following Monday, Bert, having a little spare time decided to visit his new friend in Devonshire Street.

After climbing the two flights he found the door open, and, looking in, saw Mr. Crooker at a desk, in the act of receiving a roll of money from a well-dressed visitor.

Bert entered unnoticed, and waited till the money was counted, and a receipt signed. Then, as the visitor departed, Mr. Crooker noticed Bert and offered him a chair. He then turned to place the money in the safe.

"So this is your place of business?" said Bert, glancing around the plain office room. "What do you do here?"

"I buy real estate, sometimes—sell—rent—and so forth."

Bert started, perfectly aghast, at this situation. "I—I—I thought—you were a poor man!"

"I am a poor man," said Mr. Crooker, locking his safe. "Money doesn't make a man rich. I've money enough. I own houses in the city. They give me something to think of, and so keep me alive. I had truer riches once, but I lost them long ago."

From the way the old man's voice trembled and eyes glistened, Bert thought he must have meant by these riches, the friends he had lost, wife and children, perhaps.

"To think of me inviting you to dinner!" he said, embarrassed.

"It was odd. But it may turn out to have been a lucky circumstance for both of us. I like you. I believe in you, and I've an offer to make you. I want a trusty, bright boy in this office, somebody I can bring up to run my business, and leave it with, when I get too old to

attend to it myself. What do you say?"

That afternoon Bert ran to his mother; and, after consulting with her, joyfully accepted Mr. Crooker's offer.

The lonely, childless old man, who owned so many houses, wanted a home; and one of these houses he offered to Mrs. Hampton, with ample support for herself and children if she would also make it a home for him.

Of course this proposition was accepted; and Bert soon had the satisfaction of seeing the great ambition of his life accomplished. He had employment, which promised to become a profitable business, as indeed it did in a few years. The old man and the lad proved useful to each other; and, more than that, he was united once more with his mother and sisters in a happy home, where he has since had many Thanksgiving dinners.

Bert did not know who Mr. Crooker was. Even though he had very little himself, he gladly shared the little he had and in the end he was tremendously blessed.

Like the widow woman who gave her last two mites to the church because she loved the Lord more than she loved her own self, so also Bert gave unselfishly from the little he had, for someone else.

Unselfish love, that is willing to give all, will receive its reward. We may not end up rich in this life, but we will find that which money cannot buy. We will find peace, happiness, joy and most importantly an eternal reward in heaven.

Make it a principle in your life to deny yourself and be a blessing for others. Give today. God will bless you tomorrow for the needs of tomorrow.

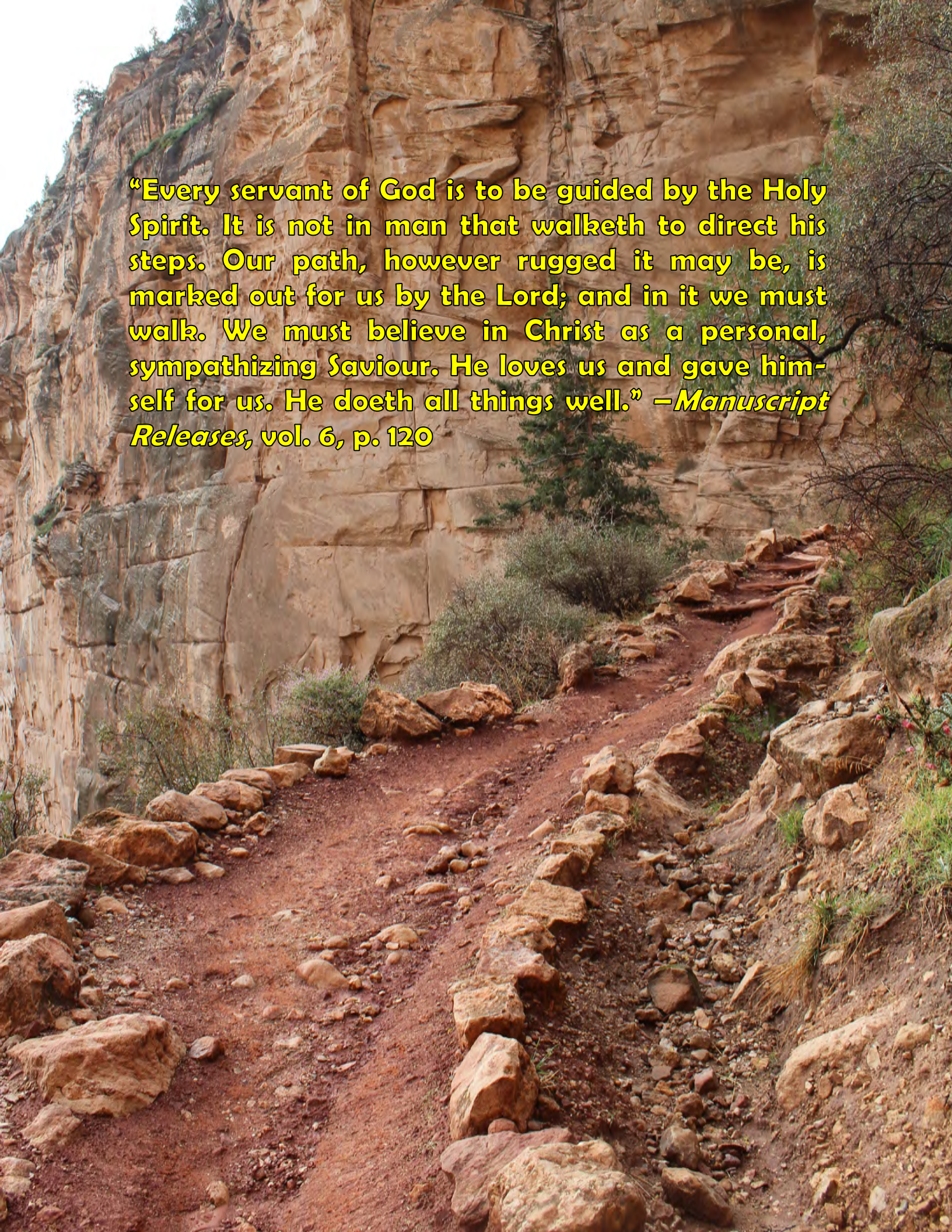


Estonia



Believers in Volcan, Panama



A rugged dirt path with large rocks leading up a steep, layered rock cliff face. The path is reddish-brown and is bordered by large, light-colored rocks. The cliff face is composed of horizontal layers of rock, with some sparse vegetation growing on it. The sky is visible at the top left corner.

“Every servant of God is to be guided by the Holy Spirit. It is not in man that walketh to direct his steps. Our path, however rugged it may be, is marked out for us by the Lord; and in it we must walk. We must believe in Christ as a personal, sympathizing Saviour. He loves us and gave himself for us. He doeth all things well.” –*Manuscript Releases*, vol. 6, p. 120