



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

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Water of Life



“The Lord has made ample provision that the heavenly graces shall be abundantly supplied to all, that the truth as it is in Jesus shall hold the first place in the heart and shall ever occupy the soul temple.” —*Christ Triumphant*, p. 231

“The Saviour is still carrying forward the same work as when He proffered the water of life to the woman of Samaria. Those who call themselves His followers may despise and shun the outcast ones; but no circumstance of birth or nationality, no condition of life, can turn away His love from

the children of men. To every soul, however sinful, Jesus says, If thou hadst asked of Me, I would have given thee living water.” —*The Desire of Ages*, p. 194

“This woman represents the working of a practical faith in Christ. Every true disciple is born into the kingdom of God as a missionary. He who drinks of the living water becomes a fountain of life. The receiver becomes a giver. The grace of Christ in the soul is like a spring in the desert, welling up to refresh all, and making those who are ready to perish eager to drink of the water of life.” —*Ibid.*, p. 195

“The fountain is open for all. The weary and exhausted ones are offered the refreshing draught of eternal life. Jesus is still crying, ‘If any man thirst, let him come unto Me, and drink.’ ‘Let him that is athirst come. And whosoever will, let him take the water of life freely.’ ‘Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.’ Revelation 22:17; John 4:14.” —*Ibid.*, p. 454

“Come to the water of life, and drink. Do not stay away and complain of thirst. The water of life is free to all.” —*Our Father Cares*, p. 63. “Come to Jesus just as you are, sinful, weak, and needy, and He will give you the water of life.” —*Ibid.*, p. 45

**“Whosoever will, let him take the water of life freely.”
Revelation 22:17**

Ellen G. White

“Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.” John 4:14

“As the weary traveler seeks the spring in the desert and, finding it, quenches his burning thirst, so will the Christian thirst for and obtain the pure water of life, of which Christ is the fountain.” —*Thoughts from the Mount of Blessing*, p. 19

“If we drink of the water of life, the fountain will send forth sweet water, not bitter.” —*The Adventist Home*, p. 308

“Consider how circumstances that occur bring truth before the minds of others. Call to mind the woman of Samaria who came, as was her usual custom, to draw water. A stranger sitting on the well asks her for a drink. A conversation begins. Jesus says to her, ‘If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldst have asked of Him, and He would have given thee living water.’ . . .

“Remembering the weary work that she had to repeat day after day, and thinking what an advantage it would be if she could have water without all this trouble, the woman said, ‘Sir, give me this water, that I thirst not, neither come hither to draw.’ She did not realize that Jesus was presenting to her the soul’s highest interest, the water of life. . . .

“The woman had come for water, and she heard of the water of life. She had been convinced of sin, and believed on Jesus Christ.



Plans for the Future

Have you made any future plans for your life in this world? And have you made plans for eternity, and are you following them?

If you plan to go to Heaven, and to have eternal life, then you have to follow a specific way. We must follow the travel plan that God has made for us. Our own plan means to be lost, to perish. God's plan is perfect; we must not try to change or improve it.

Let us study a few aspects of the plan of God.

We are expecting a great storm ahead of us, "For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be." Matthew 24:21

We are to prepare to leave behind all our possessions, houses, and lands, and to escape to the mountains, away from the towns and cities. Lot left all his possessions and his house in Sodom and escaped to the mountains.

The plan of God includes study, we are to acquire knowledge. "Seek ye out of the book of the LORD, and read." Isaiah 34:16. "And Jesus answering them said, Have ye not read so much as this?" Luke 6:3

If you would have studied these things, you would not be confused. Another time Jesus said, "What is written in the law? how readeest thou?" Luke 10:26. If we neglect Bible study we will fail in the end. The Bible is our spiritual food, and we need it daily.

We also need to read the testimonies of Sister White. They have knowledge especially for the time of the end, in which we now live.

In the plan of God there is also a proper diet given to us. "Whether therefore ye eat, or drink, or whatsoever

ye do, do all to the glory of God." 1 Corinthians 10:31

"Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man." – *Counsels on Diet and Foods*, p. 380

"Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetite be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people." – *Ibid.*, p. 381

Adam and Eve ate the forbidden fruit and for this reason they were cast out of the Garden of Eden. If we eat or drink something that God has forbidden, we cannot enter into the Garden of Eden, which is in heaven.

In the plan of God our church meetings are the school of Christ. "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." Hebrews 10:25

"Those who appreciate the words of Christ will not turn aside from the prayer meeting." – *Messages to Young People*, p. 140. If we love Christ we will be present in every church meeting, in order to learn more of Him.

In the plan of God we must be flexible. "But now, O Lord, Thou art our Father; we are the clay, and Thou our Potter; and we all are the work of Thy hand." Isaiah 64:8. We must become like a little child, ready for sud-

den changes. Many men of God have been suddenly taken from an active life and placed in a prison, or even to death. There is a picture of an ox, standing between the plow and the altar, ready for service, and for sacrifice. The Lord is leading us by circumstances and by providences. God did not tell Moses to leave the royal court and go to the land of Midian to care for the sheep for forty years; no, He used circumstances to accomplish it.

The plan of God involves missionary work. Jesus told to His disciples, "And Jesus came and spake unto them, saying, All power is given unto Me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen." Matthew 28:18-20

If you say, "I do not enjoy missionary work, and I do not care what happens to others, I am satisfied to save myself," then you will fail, because you do not follow the plan of God. The condition for salvation is to love your neighbour as your love yourself. How can you prove in the day of judgment that you did love your neighbours if you did not try to save them?

The plan of God involves also believing and baptism, "He that believeth and is baptized shall be saved; but he that believeth not shall be damned." Mark 16:16

Baptism is necessary, but it is not enough; we must also believe. How can we know what to believe? Only by reading the Bible and the testimonies of Sister White. If you know something, and you do not practice it, it becomes a willful sin to you.

David writes, "I made haste, and delayed not to keep Thy commandments." Psalm 119:60

We also must believe that everything that happens to us is for our benefit. "And we know that all things work together for good to them that love God, to them who are the called according to His purpose." Romans 8:28

When we do and fulfill all the conditions in the Bible, then God will do His part and pour His blessings upon us. If someone is unfaithful in tithes and offerings, can the Lord open the windows of heaven and pour out a blessing upon him? No, certainly not.

In the plan of God there is another requirement. "Pray without ceasing." 1 Thessalonians 5:17. How many think that a prayer in the morning and evening is enough? Sister White writes, "We should watch and

work and pray as though this were the last day that would be granted us." –*Testimonies for the Church*, vol. 5, p. 200. You can work and at the same time have a prayer connection with God.

Another thing in the plan of God is looking to Jesus. "And looking upon Jesus as He walked, he said, Behold the Lamb of God!" John 1:36

Who also was looking to Jesus as He was nailed to the cross? "Now there stood by the cross of Jesus His mother, and His mother's sister, Mary, the wife of Cleophas, and Mary Magdalene." John 19:25. Why did these women stand by the cross beholding Jesus as He was dying? It was because they loved Him. After this they could never forget the scene of their beloved Master dying. How often should we come to the cross and behold the dying form of Jesus? DAILY.

Never forget these scenes; never turn away from the foot of the cross. Is there something that you want to watch, rather than the dying form of the One who loved you unto death? Can you, after seeing the price that He paid for your sin, go back to the life of sin?

This brings us to the last point, number ten. The plan of God for our future includes that we must love Him. We are to love God and His Son Jesus; we are to love the whole of mankind, even our enemies. We are to love the lame, the blind, the wretched sinner, also the ones in the bondage of Satan. Jesus asked Peter three times, "Lovest thou Me?" His love to Jesus qualified him for the work, to feed the lambs and the sheep of Jesus.

Now I would like to ask you, are you willing to take your own plans and throw them out, and accept the plan of God for your future? This decision you will never regret; in heaven, all through eternity you will be glad that you made the right choice.

Satan also has made a plan for you, which includes entertainment, pleasure in sin; and almost the whole world is following his plan. You have to choose. If you make the right choice, you will have fullness of joy in this world, angels protecting you, and a home in New Jerusalem, a home from which you will never move out. Let us see each other in heaven is my wish and prayer. Amen.

Timo Martin





“And The Lord Said”

It is interesting to note how closely connected heaven is to earth. Some say that heaven and Jesus are so far away and that Jesus takes little notice as to what is happening on this earth.

If you read the Bible carefully, though, you will find over 1100 verses where the two words, “Lord said”, appear in the same Bible verse together. Then there are over 800 verses that mention, “saith the Lord. . . .” Not to mention the over 500 times the words “God said. . . .” appear in the same verse together. Some of these phrases overlap since some verses say, “And the Lord God said. . . .”

This clearly shows how carefully the Lord cares for, and is directing the affairs of life on earth, and more specifically how He is directing the lives of His faithful followers.

Regarding creation we read, “Where wast thou when I laid the foundations of the earth? When the morning stars sang together, and all the sons of God shouted for joy?” Job 38:4, 7. There was much rejoicing in heaven when this world was created.

The very first instance we find of the Lord speaking after creation, is before the fall of man in Genesis 2:18, “And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.” The Lord was speaking in heaven, not *to* man, but *about* man. After Eve was created, the Lord spoke personally to Adam and Eve. He often visited them on earth and spoke with them face to face as to friends. He gave them instructions regarding the tree of Knowledge of Good and Evil (Genesis 2:16–17). After this the next time we see the Lord speaking to mankind was telling Adam and Even the results of their sin. Things changed now. The Lord no longer spoke so openly, face to face, with man.

“Adam, in his innocence, had enjoyed open communion with his Maker; but sin brought separation between God and man, and the atonement of Christ alone could span the abyss

and make possible the communication of blessing or salvation from heaven to earth. Man was still cut off from direct approach to his Creator, but God would communicate with him through Christ and angels.” —*Patriarchs and Prophets*, p. 67

The name, “Christ” does not appear until the New Testament. Although, the Lord *did* communicate with fallen mankind in Old Testament times through various means such as dreams and visions, and as weary travellers (to Abraham and Lot). In the New Testament times, after His sojourn on earth, Christ at that time became a partaker of humanity, and His communication can now be more empathetic rather than just sympathetic.

Did the unfallen worlds care what happened here on this earth? “The plan of redemption had a yet broader and deeper purpose than the salvation of man. It was not for this alone that Christ came to the earth; it was not merely that the inhabitants of this little world might regard the law of God as it should be regarded; but it was to vindicate the character of God before the universe.” —*Patriarchs and Prophets*, p. 68. Yes, they did care and they do care today. The Plan of Redemption is for their benefit also.

Yet, even though His physical presence and glory is no longer fully seen and known, He still has such loving care for the children that He created that He directs, counsels, and controls the affairs on this earth as He sees best. Sometimes it seems that He is a God that is far away, when things go wrong, but the reality is that He is ever close by, and is testing and preparing our characters in the furnace of affliction, for a home in paradise.

We read from the earliest of times, “And the LORD appeared unto Abram, and said, . . .” Genesis 12:7

To Isaac, “And the LORD appeared unto him, . . .” Genesis 26:2

When Jacob was returning to Canaan with his family, “And Jacob went on his way, and the angels of God met him.” Genesis 32:1

We know that to Moses He appeared in a burning bush (Exodus 3:2). But how did He appear to Abraham and Isaac? He is a God close by, and very interested in what is going on here, and giving instructions and guidance. There is no record as to *how* He appeared. Was it in a dream or a vision? We know that to Jacob He appeared in the vision of the ladder that reached to heaven (Genesis 28:12).

And when Jacob was about to go to Egypt to meet Joseph, the Lord came to him again. “And God spake unto Israel in the visions of the night, and said, Jacob, Jacob. And he said, Here am I. And He said, I am God, the God of thy father: fear not to go down into Egypt; for I will there make of thee a great nation.” Genesis 46:2–3. This was clearly in vision, but Jacob had a conversation with the Lord while in vision.

The Lord spoke many times throughout history through His prophets, as recorded in the Bible, giving instructions and directions. He continued to communicate throughout history after the Bible was written. Through Ellen G. White He communicated many messages to His people. Has His voice silenced today? No, He still directs and guides His children today if they would seek His advice.

There are times when it makes clear sense why the “Lord said. . .” what He did. Other times, we do not understand why He would say, or ask of us, what He did.

Sometimes it clearly seems out of character for the Lord to ask what He is asking, but we only have to trust.

We read from earliest history: “It came to pass after these things, that God did tempt Abraham.” Genesis 22:1. What was the temptation? “Take now thy son, thine only son Isaac, whom thou lovest, and get thee into the land of Moriah; and offer him there for a burnt offering upon one of the mountains which I will tell thee of.” Genesis 22:2. I am sure Abraham was not understanding why the Lord requested that he go sacrifice his beloved son. How could he be asked to commit murder? Here he was upholding the law of God, and trying to witness to his neighbours while living in a heathen land—a land where human sacrifices were sometimes performed. He possibly could have even told them that this specifically was a wrong practice, and now he was going to do



the same? Clearly it made no sense, but Abraham was obedient. He trusted. In the end he did not have to follow through and he was tremendously blessed, as were his posterity and the entire universe.

“It had been difficult even for the angels to grasp the mystery of redemption—to comprehend that the Commander of heaven, the Son of God, must die for guilty man. When the command was given to Abraham to offer up his son, the interest of all heavenly beings was enlisted. With intense earnestness they watched each step in the fulfillment of this command. . . . then light was shed upon the mystery of redemption, and even the angels understood more clearly the wonderful provision that God had made for man’s salvation.”
—*Patriarchs and Prophets*, p. 155

What at first seems strange, if we are patient, we shall see the beauty of what the Lord has said and asked. We may never understand on this earth, but all will be revealed to us when we get to heaven.

However, I ask, does the Bible contradict itself? It is interesting that Moses used the word “tempt” here in describing this direction from the Lord. Does the Lord tempt? “Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth He any man: But every man is tempted, when he is drawn away of his own lust, and enticed.” James 1:13–14

Here is clarification: “God Permitted Circumstances to Test.-- What is temptation? --It is the means by which those who claim to be the children of God are tested and tried. We read that God tempted Abraham, that He tempted the children of Israel. This means that He permitted circumstances to occur to test their faith, and lead them to look to Him for help. God permits temptation to come to His people today, that they may realize that He is their helper. If they draw nigh to Him when they are tempted, He strengthens them to meet the temptation. But if they yield to the enemy, neglecting to place themselves close to their Almighty Helper, they are overcome. They separate themselves from God. They do not give evidence that they walk in God’s way.

“This act of faith in Abraham is recorded for our benefit. It teaches us the great lesson of confidence in the requirements of God, however close and cutting they may be.” —*The Seventh-day Adventist Bible Commentary*, vol. 1, p. 1094

Another group of people who were “tempted” of the Lord are the Rechabites. It is interesting how this all came about. The Lord came to Jeremiah with the following instructions. The Lord said. . . “The word which came unto Jeremiah from the LORD in the days of Jehoiakim the son of Josiah king of Judah, saying, Go unto the house of the Rechabites, and speak unto them, and bring them into the house of the LORD, into one of the chambers, and give them wine to drink.” Jeremiah 35:1–2

How many half-converted youth would be happy if they were told by the Minister or Church leader, that the Lord told them to offer these youth a glass of wine? Not only the fact that the prophet offered them wine



to drink, but where was the setting? It was in the temple. So a Minister in the church takes a young person into the church office and offers him wine, on commission from the Lord. What is the youth to think? How did the Rechabites respond? “But they said, We will drink no wine: for Jonadab the son of Rechab our father commanded us, saying, Ye shall drink no wine, neither ye, nor your sons for ever: Thus have we obeyed the voice of Jonadab the son of Rechab our father in all that he hath charged us, to drink no wine all our days, we, our wives, our sons, nor our daughters.” Jeremiah 35:6, 8. Their forefather, Jonadab, had instructed them on the folly of drinking wine, so they refused. Who was Jonadab? He was a descendent of Jethro, a righteous man, whose ancestors lived a nomadic life, sometimes in and around Israel. It is a different time in which we live, is it not? Is not this what youth sometimes say? Times have changed—the older generation is so old-fashioned. It may not be on the issue of drinking wine, but it could be various other issues such as fashion, appropriate dating, social media, and time squandered. There is a generation gap between the older generation and the new rising generation. Times, “social rules” have changed. However, here we see a group of people holding onto the “old paths” (Jeremiah 6:16). They held on to the words and the counsel of one of their forefathers who had long departed from this world.

The Rechabites stood firm. Why did the Lord ask Jeremiah to do this? The Lord knew their hearts. He knew they would not succumb to the temptation. They were an excellent example for the children of Israel who had become quite complacent and worldly in their lives. Does this mean it is ok to drink wine because it came ordered from the Lord? No, far from it. Sometimes we just have to try to understand the tests we are going through and be faithful.

What about the vision that Peter saw regarding the unclean animals? “Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat.” Acts 10: 12–13. Did Peter immediately respond by saying, “Yes, Lord I will eat. You said it, I will do it?” No, he refused. And rightly so. “But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean.” Acts 10:14

The Lord knew Peter’s heart and that Peter would not eat such unclean foods. It would be repulsive to Peter. This was not a directive from the Lord, stating that it was now permis-



sive to eat foods that were previously forbidden in the ceremonial law. The Lord had another lesson to teach Peter here. A lesson that Peter took to heart.

This was a clear lesson for him to never call any man common or unclean. The gospel is available to every living person on the earth—Jew or Gentile. There is no partiality.

We have the promise that, “There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” 1 Corinthians 10:13

The Lord knew that the Rechabites would not drink wine. He also knew that Peter would refuse to eat the unclean foods. He reads the hearts of men. These men did not resist in their own strength. They were very connected to the Lord and had a keen understanding of what is true and right, and would not deviate. We, too, can overcome every sin that comes our way. The Lord only allows the temptations that we can, with His strength, overcome. Take heart. God is good and fair.

Other times the Lord has asked His prophets to do something unusual to teach His people a lesson. Something that would make the lesson stick in their minds easier. For example: to Ezekiel He said, “Lie thou also upon thy left side, and lay the iniquity of the house of Israel upon it: according to the number of the days that thou shalt lie upon it thou shalt bear their iniquity. For I have laid upon thee the years of their iniquity, according to the number of the days, three hundred and ninety days: so shalt thou bear the iniquity of the house of Israel. And when thou hast accomplished them, lie again on thy right side, and thou shalt bear the iniquity of the house of Judah forty days: I have appointed thee each day for a year.” Ezekiel 4:4–6

Did Ezekiel really have to lay on his left side for over a year (390 days) and then another 40 days on his right side? And why? It is not clear as to whether he laid on his left side for all those days continuously, 24 hours a day, or only certain portions of the day that were devoted to preaching. Samaria lay to the north of Jerusalem, to the left as man faced east. There was a lesson to be learned through this. If this manner of preaching seemed odd to his listeners, then also, they would see that the Lord would find their behaviours odd; their rebellion against His government was not normal behaviour. As for the dates mentioned here—that is a different study. We mainly want to focus on the seemingly odd request that the Lord made.

In the next chapter of Ezekiel, he was told to shave his head. “And thou, son of man, take thee a sharp knife, take thee a barber’s razor, and cause it to pass upon thine head and upon thy beard: then take thee balances to weigh, and divide the hair. Thou shalt burn with fire a third part in the midst of the city, when the days of the siege are fulfilled: and thou shalt take a third part, and smite about it with a knife: and a third part thou shalt scatter in the wind; and I will draw out a sword after them.” Ezekiel 5:1–2

What is wrong with this scenario? Remember, Ezekiel was a

priest and it was forbidden for priests to shave their heads or beards ("They shall not make baldness upon their head, neither shall they shave off the corner of their beard." Leviticus 21:5). However, Ezekiel is told to perform this forbidden act as a symbolic representation. Ezekiel knew he had to render unquestioning obedience even though it was contrary to what had been instructed through Moses. This is what the nation of Israel had done. They had performed many forbidden acts in rebellion against the government of God.

These lessons came home to the people in a more stark manner than merely preaching would. People fall asleep during sermons and Bible Studies, their minds wander to other themes, but seeing Ezekiel perform these tasks, with a shaven head or preaching lying on his side, would make them wake up and take more notice.

To Jeremiah the Lord said, "Take the girdle that thou hast got, which is upon thy loins, and arise, go to Euphrates, and hide it there in a hole of the rock. So I went, and hid it by Euphrates, as the LORD commanded me." Jeremiah 13:4-5. How far is the Euphrates from Jerusalem? Its nearest point is about 350 miles or approximately 560 km.

And then after many days, the Lord came to Jeremiah again. "And it came to pass after many days, that the LORD said unto me, Arise, go to Euphrates, and take the girdle from thence, which I commanded thee to hide there. Then I went to Euphrates, and digged, and took the girdle from the place where I had hid it: and, behold, the girdle was marred, it was profitable for nothing." v. 6-7

Why travel so far for this object lesson? Could it be that the importance of the prophecy justified the journey? We cannot question God. When He wants to make a point and teach a lesson, He does it in a manner that would make the greatest impact on His audience. We do know that one day the nation was carried captive over the River Euphrates.

What lesson did the Lord intend? "Thus saith the LORD, After this manner will I mar the pride of Judah, and the great pride of Jerusalem." v. 9. And, why a girdle? "For as the girdle cleaveth to the loins of a man, so have I caused to cleave unto me the whole house of Israel and the whole house of Judah, saith the LORD; that they might be unto me for a people, and for a name, and for a praise, and for a glory: but they would not hear." v. 11

There have been times when people questioned the Lord's requests as they seemed unreasonable or inappropriate. Jonah thought the Lord was unreasonable when He told him to go to Nineveh. He did not think it the best course of action, so he ran the other way. But, no, the Lord was serious when He said to Jonah to go to Nineveh, and He set him on the right path again.

Ananias thought the Lord was making a mistake when He told him to go and open the eyes of the man Saul of Tarsus who had been blind for three days (Acts 9:10-17). He questioned the Lord, but again, the Lord told him, that yes, he

must go and perform this duty. There was no mistake. He obeyed.

Although we do not understand all the requests of the Lord, we must believe and obey all the key doctrinal truths that have been revealed through His church (having made study ourselves, also). The Apostle Paul aptly stated, "But though we, or an angel from heaven, preach any other gospel unto you than that which we have preached unto you, let him be accursed." Galatians 1:8

Aside from the key doctrinal truths that the Lord has spoken, there is personal instructions that the Lord gives to individuals. He does speak to His children today through His word. All we have to do is study and search the Bible daily, and the Lord will speak to us.

What is the Lord asking of, or saying to you, today? Does it seem that His requests are sometimes unusual? Does it seem like it is impossible for you to do them? Do not hesitate to obey. The Lord, however, is willing to reason and communicate. We just need to take the time to listen to Him and He is willing to listen to us in return as we share our thoughts and feelings.

There is a song in English entitled, *I have a Friend so Precious*. And the third verse renders: "I tell Him all my sorrows, I tell Him all my joys, I tell Him all that pleases me, I tell Him what annoys; He tells me what I ought to do, He tells me how to try, And so we talk together, My Lord and I."

I ask again, How interested is the entire universe in what is happening here on earth?

"In the presence of the unfallen worlds, in the presence of the universe of heaven, in the presence of the angry adversary who has painted them in robes of blackness and moral defilement, urging that they be given into his hands, Jesus answered Satan's malignant charge whereby he accused them before God day and night. To those who stood before Him, earnestly watching the controversy and marking the determination of Satan to destroy the righteous, Jesus spoke, saying, 'Take away the filthy garments from him. And unto him He said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment.'" —*Christ Triumphant*, p. 186

The whole universe is waiting and watching you and I, to see if we will be faithful to every word that proceeds out of the mouth of the Lord. Only as we obey every word that the Lord says to us, will we have courage and strength to face the fiery darts of the enemy. If we do not understand the requests of the Lord, we must not give up but pray as did Jesus, "nevertheless not My will, but Thine, be done." Luke 22:42. "Trust in the LORD with all thine heart; and lean not unto thine own understanding." Proverbs 3:5. May we prove faithful, listening to what the Lord has to say to us, gladly obeying all His instructions. Amen.

Wendy Eaton

The Intercessory Work of Christ — Our High Priest



I came across this reflective statement from the Spirit of Prophecy, namely: “The intercession of Christ in man’s behalf in the sanctuary above is as essential in the plan of salvation as was His death upon the Cross. By His death, He began that work which after His resurrection He ascended to complete in heaven. We must by faith enter within the veil, ‘whither the forerunner is for us entered’. Hebrews 6:20.” — *The Great Controversy*, p. 488–489

Absolutely profound! Teaming with the advent hope—a whole system of truth that unfolds in all its brilliance, carrying with it the most awe-inspiring insight into God’s plan to save humanity. Yet a road less traveled by those whose names are about to be called.

Dear Reader, I felt compelled to share it with you as upon deeper study it spoke volumes, a part of a larger study that everyone must study in its entirety. While this may be considered a known truth, sadly, however, today many hold only the theory of the truth, a truism. Yet still, some hold a euphoric misguided feeling about being in the Holy of Holies. For those who are searching it carries with it a reality, and a sense of prayerfulness, a sense of urgency as the work is at the very threshold, as it were, of the verge of the close of probation. To truly understand it we must draw heavily on the ceremonial service carried out in the time of the Aaronic priesthood. Declares the Spirit of Prophecy:

She warns: “Those who would share the benefits of the Saviour’s mediation should permit nothing to interfere with their duty to perfect holiness in the fear of God. The precious hours, instead of being given to pleasure, to display, or to gain seeking, should be devoted to an earnest prayerful study of the word of truth.” —*Ibid.*, p. 488. She goes on to say, “The subject of the sanctuary and the investigative judgment should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of their great High Priest. Otherwise it will be impossible for them to exercise the faith which is essential at this time or to occupy the position for which God designs them to fill. Every individual has a soul to save or to lose. Each has a case pending at the bar of God. Each must meet the great Judge face to face”. —*Ibid.*, p. 488.

“Solemn are the scenes connected with the closing work of the atonement. Momentous are the interests involved therein,” (*Ibid.*, p. 489) declares the writer of the Spirit of Prophecy for our time. “The sanctuary in heaven is the very center of Christ’s work in behalf of men. It concerns every soul living upon the earth. It opens to view the plan of redemption, bringing us down to the very close of time and revealing the triumphant issue of the contest between righteousness and sin. It is of the utmost importance that all should thoroughly investigate these subjects.” —*Ibid.*, p. 488

Let us analyze this statement under consideration, the operative words are: “as essential”. In other words, Christ’s intercessory work is just as vital, just as indispensable in the grand culmination of the plan of salvation, without which it would be incomplete. Says Paul, “He ever liveth to make intercession for them.” Hebrews 7:25 We only need to look at the previous sanctuary service under the Aaronic priesthood; there we find a complete system, yet it was a representation or a type of the real work going forward in heaven by the minister of the sanctuary—Christ. In this analysis, we will draw heavily on the Spirit of Prophecy instead of reinventing this wheel of truth that inspiration has already laid out for us.

While we will not be studying the first element of the plan of salvation—the blood offering—we must recognize that without the shedding of blood there is no remission of sin; however, it only half satisfies the law and only on the day of atonement its claims are met. Affirms the Pen of Inspiration: “. . . a substitute had been accepted in the sinner’s stead; but the blood of the victim had not made full atonement for the sin. It had only provided a means by which the sin was transferred to the sanctuary. By the offering of blood, the sinner acknowledged the authority of the law, confessed the guilt of his transgression, and expressed his faith in Him who was to take away the sin of the world; but he was not entirely released from the condemnation of the law. On the Day of Atonement the High Priest, having taken an offering for the congregation, went into the Most Holy place with the blood and sprinkled it upon the mercy seat, above the tables of the law. Thus the claims of the law, which demanded the life of the sinner, were satisfied. Then in his character of mediator

the priest took the sins upon himself, and leaving the sanctuary, he bore with him the burden of Israel's guilt. At the door of the tabernacle he laid his hand upon the head of the scapegoat and confessed over him 'all the iniquities of the children of Israel, and all their transgressions in all their sins, putting them upon the head of the goat' . . . regarded as forever separated from the people. Such was the service performed 'unto the example and shadow of heavenly things.' Hebrew 8:5." —*Patriarchs and Prophets*, p. 355

"As Christ at His ascension appeared in the presence of God to plead His blood in behalf of penitent believers, so the priest in the daily ministration sprinkled the blood of the sacrifice in the holy place in the sinner's behalf. The blood of Christ, while it was to release the repentant sinner from the condemnation of the law, was not to cancel the sin; it would stand on record in the sanctuary until the final atonement; so in the type the blood of the sin offering removed the sin from the penitent, but it rested in the sanctuary until the Day of Atonement. In the great day of final award, the dead are to be 'judged out of those things which were written in the books, according to their works.' Revelation 20:12. Then by virtue of the atoning blood of Christ, the sins of all the truly penitent will be blotted from the books of heaven. . . . Christ, our great High Priest is 'a minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man.' Hebrews 9:9, 23; 8:2." —*Ibid.*, p. 357–356

For us to develop this into a meaningful personal experience, for us to by faith enter within the veil, we must own Him, we must first know the relation between us and our High Priest. While we know He is minister of the sanctuary; while we know that He is seated on the right hand of the Father, but do we know Him as our intercessor? Do we know that we are the true tabernacle? Says the Spirit of Prophecy, "The Jewish tabernacle was a type of the Christian church. . . . The church on earth, composed of those who are faithful and loyal to God, is the 'true tabernacle,' whereof the Redeemer is the minister. . . . This tabernacle is Christ's body, and from north, south, east, and west, He gathers those who shall help to compose it. . . . A holy tabernacle is built up of those who receive Christ as their personal Saviour. . . . Christ is the Minister of the true tabernacle, the High Priest of all who believe in Him as a personal Saviour." —*The Signs of the Times*, February 14, 1900

As well, He is not a high priest that is afar off. There is a personal character with His intercession. "Christ," affirms the Pen of Inspiration, "is watching, He knows all about our burdens, our dangers, and our difficulties; and He fills His mouth with arguments in our behalf. He fits His intercessions to the needs of each soul, as He did in the case of Peter. . . . Our Advocate fills His mouth with arguments to teach His tried, tempted ones to brace against Satan's temptations. He interprets every movement of the enemy. He orders events." —*Letter 90*, 1906

We continue, the two phases of His Priesthood must be

equally understood as they make a complete whole. Undeniably, the death on the cross is a well-established fundamental truth; however, the intercession of Christ is little understood, yet God has clearly opened it to view, a path that leads most certainly to the Holy of Holies. Like in the ministration in the earthly sanctuary, it was only upon Aaron completing the work in the second apartment could "all Israel be cleansed." States the Spirit of Prophecy: "The Son of God. . . has fulfilled His pledge, and has passed into the heavens. . . . He fulfilled one phase of His priesthood by dying on the cross for the fallen race. He is now fulfilling another phase by pleading before the Father the case of the repenting, believing sinner, presenting to God the offerings of His people." —*Manuscript 42*, 1901

Christ our Intercessor

Says the Pen of Inspiration: "Christ's priestly intercession is going on in the sanctuary above in our behalf. But how few have a real understanding that our great High Priest presents before the Father His own blood, claiming for the sinner who receives Him as his personal Saviour all the graces which His covenant embraces as the reward of His sacrifice. . . . seeing He liveth to make intercession for them." —*Manuscript 92*, 1899

The Holy Place—the first Apartment

In A.D. 31 after His resurrection, Christ opened the door of the first apartment of the heavenly sanctuary. What was He to do there? Like in the typical service the High Priest's work consisted primarily of trimming and lighting the lamps, having morning and evening services as well as offering incense upon the golden altar. In like manner, Christ officiated in that apartment.

Such was the ministry of Christ in the first apartment. The word of God states that that door must be shut and so in 1844 it was. Said Christ Himself: ". . . He that hath the key of David, He that openeth, and no man shutteth; and shutteth, and no man openeth." Revelation 3:7. It is interesting, E.G. White had a vision and was shown that the door was opened in the heavenly sanctuary. She stated: "The door was not opened until the mediation of Jesus was finished in the holy place of the sanctuary in 1844. Then Jesus rose up and shut the door of the holy place, and opened the door into the Most Holy, and passed within the second veil, where He now stands by the ark. . . . I saw that Jesus had shut the door of the holy place, and no man can open it; and that He had opened the door into the Most Holy, and no man can shut it. Revelation 3:7, 8." —*Early Writings*, p. 42

Says the Spirit of Prophecy: "Christ, our Mediator, and the Holy Spirit are constantly interceding in man's behalf, but the Spirit pleads not for us as does Christ, who presents His blood, shed from the foundation of the world; the Spirit works upon our hearts, drawing out prayers and penitence, praise and thanksgiving. . . . The religious services, the prayers, the praise, the penitent confession of sin ascend from

true believers as incense to the heavenly sanctuary, but passing through the corrupt channels of humanity, they are so defiled that unless purified by blood, they can never be of value with God. They ascend not in spotless purity, and unless the Intercessor, who is at God's right hand, presents and purifies all by His righteousness, it is not acceptable to God. All incense from earthly tabernacles must be moist with the cleansing drops of the blood of Christ. He holds before the Father the censer of His own merits, in which there is no taint of earthly corruption. He gathers into this censer the prayers, the praise, and the confessions of His people, and with these He puts His own spotless righteousness. Then, perfumed with the merits of Christ's propitiation, the incense comes up before God wholly and entirely acceptable." – *Selected Messages*, bk. 1, p. 344

"Let the families, the individual Christians, and the churches bear in mind that they are closely allied to heaven. The Lord has a special interest in His church militant here below. The angels who offer the smoke of the fragrant incense are for the praying saints. Then let the evening prayers in every family rise steadily to heaven in the cool sunset hour, speaking before God in our behalf of the merits of the blood of a crucified and risen Saviour. The blood alone is efficacious. It alone can make propitiation for our sins. It is the blood of the only begotten Son of God that is of value for us that we may draw nigh unto God; His blood alone that taketh 'away the sin of the world.' Morning and evening the heavenly universe behold every household that prays, and the angel with the incense, representing the blood of the atonement, finds access to God." – *The Home Missionary*, June 1, 1897

In this antitypical time, as it were, this time of atonement, it is now that we should afflict our souls; it is now that we are to send our sins beforehand so that they can be transferred to the scapegoat. Soon our High Priest shall leave His position and we will not have a mediator. It is at that time that our purification will come into play.

Our antitypical High Priest was seen by the Prophet John in the first apartment between the candlesticks. Said he upon hearing the voice that spoke to him: "And I turned to see the



voice that spake with me. And being turned, I saw seven golden candlesticks; And in the midst of the seven candlesticks, one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle." Revelation 1:12–13. As well John saw the seven lamps of fire burning before the throne of God. This truly signified that Christ "ever liveth to make intercession for them." Hebrews 7:25.

"By His work the threshold of heaven is flushed with the glory of God which will shine upon every soul who will open the windows of the soul heavenward. As the prayers of the sincere and contrite ones ascend to heaven Christ says to the Father, 'I will take their sins. Let them stand before You innocent.' As he takes their sins from them, He fills their hearts with the glorious light of truth and love." – *Manuscript 28*, 1901

Paul confirms this love of Christ for His redeemed. Says he: "Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us." Romans 8:34. "For there is one God, and one mediator between God and men, the man Christ Jesus." 1 Timothy 2:5. Truly we have an Advocate! Affirms John: "If any man sin, we have an advocate with the Father, Jesus Christ the righteous." 1 John 2:1. Christ is committed and continuously willing to intercede for His people. He knows full well the trials, temptations and the condition of a people. Just prior to His trial and crucifixion He uttered an intercessory prayer for those whom He would leave behind. Says the Pen of Inspiration: "This prayer is a lesson regarding the intercession that the Saviour would carry on within the veil, when His great sacrifice in behalf of men, the offering of Himself, should have been completed. Our Mediator gave His disciples this illustration of His ministration in the heavenly sanctuary in behalf of all who will come to Him in meekness and humility, emptied of all selfishness, and believing in His power to save." – *Manuscript 29*, 1906

The Work in the Second apartment—The Most Holy

We will go directly to the scriptural reference regarding the day of atonement—the work done in the second apartment: "Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD. And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God. For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people." Leviticus 23:27–29

Since the High Priest officiated in the Most Holy place in his character of High Priest, it is a given that in this antitypical dispensation "We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens; A minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man." Hebrews 8:1–2

Says Paul: "And after the second veil, the tabernacle which is the Holiest of all; Which had the golden censer, and the ark of the covenant overlaid round about with gold, wherein was the golden pot that had manna, and Aaron's rod that budded, and the tables of the covenant; And over it the cherubims of glory shadowing the mercyseat; of which we cannot now speak particularly. . . . The priests went always into the first tabernacle, accomplishing the service of God. But into the second went the high priest alone once every year, not without blood, which he offered for himself, and for the errors of the people." Hebrews 9:3-7

We now come to where Christ's work of mediation took on another dimension like that of the work performed by the High Priest "which was a figure of the time then present." Hebrews 9:9. It is that of cleansing the sanctuary on the Day of Atonement. According to the 2300-day (year) prophecy, it found its fulfillment in Daniel 8:14 with the exact timing prophesied, in 1844. "And the Lord shall suddenly come to His Temple." Malachi 3:1

Let us use as a backdrop the typical Aaronic priesthood service carried forward for centuries. This way we can draw from it and use it as an object lesson. "And Aaron shall make an atonement upon the horns of it once in a year with the blood of the sin offering of atonements: once in the year shall he make atonement upon it throughout your generations; It is most holy unto the LORD." Exodus 30:10. Says Paul: "Which was a figure for the time then present. . ." Hebrews 9:9

Angels of God are used to aid us and to bring our prayers to the throne of grace. Under the Seventh Seal is a representation of how our prayers are received. Says John as in vision he beheld a scene: "And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne. And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand." Revelation 8:3-4

Our Intercessor

Our first step then in looking through our spiritual lenses is to know that we have a living intercessor—Jesus Christ the righteous. Says the Pen of Inspiration: "Christ ascended to heaven, bearing a sanctified, holy humanity. He took this humanity with Him into the heavenly courts, and through the eternal ages He will bear it, as the One who has redeemed every human being in the city of God, the One who has pleaded before the Father, 'I have graven them upon the palms of my hands.' The palms of His hands bear the marks of the wounds that He received. . . . As a man, Christ ascended to heaven. As a man, He is the substitute and surety for humanity. As a man He liveth to make intercession for us. . . . As a man He will come again with power and great glory." —*Manuscript 16*, 1890

But was that intercessory work confined only to the first apartment? The answer is no. It was carried forward into the second apartment. States E.G. White: "As the high priest sprinkled the warm blood upon the mercy-seat while the fragrant cloud of incense ascended before God, so, while we confess our sins and plead the efficacy of Christ's atoning blood, our prayers are to ascend to heaven, fragrant with the merits of our Saviour's character. Notwithstanding our unworthiness, we are to remember that there is One who can take away sin, and who is willing and anxious to save the sinner. With His own blood He paid the penalty for all wrongdoers. Every sin acknowledged before God with a contrite heart, He will remove. [Isaiah 1:18; Hebrews 9:13-14 quoted.] —*The Review and Herald*, September 29, 1896

As well, after the high priest finishes his work in the Most Holy place, he was instructed to make an atonement for the golden altar. "And he shall go out unto the altar that is before the LORD, and make an atonement for it; and shall take of the blood of the bullock, and of the blood of the goat, and put it upon the horns of the altar round about." Leviticus 16:18

Finally, we must remember that we are living in the time of atonement and we are called to afflict our souls in this probationary time similar to God commanding Moses to instruct the Children of Israel that "whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people." Leviticus 23:29. Says the Spirit of Prophecy: "While the high priest was making the atonement for Israel, all were required to afflict their souls by repentance of sin and humiliation before the Lord, lest they be cut off from among the people. In like manner, all who would have their names retained in the book of life should now, in the few remaining days of their probation, afflict their souls before God by sorrow for sin and true repentance. The light, frivolous spirit indulged by so many professed Christians must be put away." —*The Great Controversy*, p. 489

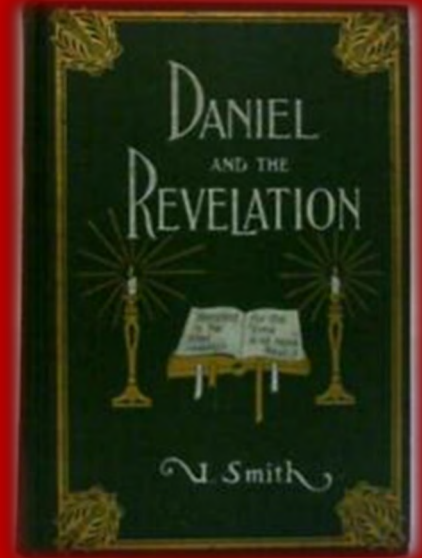
Before we close, we cannot overlook this point in the statement in question: "We must by faith enter within the veil, "whither the forerunner is for us entered" Hebrews 6:20. As a people, we are to enter within the veil, to follow Christ in His work of mediation. It is obligatory on each one who names the name of Christ is to follow Him, the forerunner, there we will understand what constitutes redeeming grace; "there we may gain a clearer insight into the mysteries of redemption" —*The Great Controversy*, p. 489. David recognized that in the sanctuary was where God's mercy was found. Said he: "**Thy way, oh God, is in the sanctuary. Who is a great a God as our God.**" Psalm 77:13

Rose Powell





Uriah Smith



Uriah Smith was born on May 3, 1832 to Rebekah Spalding and Samuel Smith in West Wilton, New Hampshire. He, along with his family, had accepted the Advent message and joined the Millerite Movement, but the great disappointment struck a sharp blow to his faith, leaving him floundering spiritually. Uriah lost interest in religion and went to study at Phillips Exeter Academy in Exeter, New Hampshire. At the completion of his studies, he became a public school teacher.

In the year 1844, Uriah had his left leg amputated. Here is a description of that traumatic event:

“Lying on the kitchen table, 12-year-old Uriah could feel the panic rising up in his throat. He willed himself to stay still when every nerve and muscle in his body was screaming at him to stand up and run. He was glad for the strong arms that held him down. He would not trust himself alone on this kitchen table.

“Amos Twitchell fussed over his instruments, laying them carefully in a neat row. Uriah stole a furtive glance at the array before quickly averting his eyes and squeezing them shut. He could feel a cold bead of sweat making an icy track down his back.

“It’ll be over soon,” he told himself desperately, “Dr. Twitchell is one of the best surgeons in these parts.” And he was, mainly because he was quick and accurate. He had to be because in his line of work there was a very thin margin for error and even less room for second chances.

“Make sure you hold him still” the doctor murmured absently, adjusting the apron he wore over his clothes.

“Uriah stiffened in panic, his eyes still tightly shut. The next moment he felt a sharp sting race through his leg and then he let out a blood-curdling scream.

“Dr. Twitchell had been summoned to amputate Uriah

Smith’s leg.

“At the age of three, Uriah had contracted an infection which had caused his left leg to wither. Now at the age of twelve, it needed to come off. Dr. Twitchell had the dubious honor of detaching it, which he did, in 20 minutes, on the Smith kitchen table without the use of an anesthetic.

“Uriah would never forget that day or the weeks of recovery that followed. But neither the trauma of the surgery nor the disability it left him with deterred him from reaching his full potential. Uriah Smith completed his education with a serious physical disability and excelled.” <https://www.lineagejourney.com/episodes-season-2/uriah-smith-a-life-of-service/>

In 1852, Uriah Smith attended an Adventist Conference in Washington, New Hampshire and heard James and Ellen White speak. He listened carefully to their explanation of the great disappointment and it reignited his faith. He accepted the Sabbath and the three angel’s messages and reconsecrated his life to God. Later in the year, he was baptized. Six months later (in 1853), recognizing his literary skills, he was asked to join the staff of the Review and Herald office in Rochester, New York. He was 21 years old at the time and had turned down a job offer of about \$1000 a year in order to do so.

He rose rapidly, rising to the position of editor by 1855 (at age 23). The publishing department then moved to Battle Creek, Michigan. Uriah held this position for most of the rest of his life (over 50 years—the longest serving editor). He is most well known for the book he wrote on *Daniel and the Revelation*, but he also wrote extensively on conditional immortality and other topics. As Review editor, Smith became “pastor” to many isolated Adventists who could not regularly attend church services. He wrote hundreds of articles and editorials providing

guidance to thousands of Seventh-day Adventists scattered across the United States. He also authored more than 20 books and tracts during his lifetime.

In the first edition printed in Battle Creek he wrote: "I do not enter upon this position for ease, comfort, or worldly profit; for I have seen by my connection with the *Review* thus far, that neither of these is to be found here. The primitive equipment in use would have daunted a lesser spirit. In helping prepare the first tracts he used a straight-edge and a pocketknife to trim the edges. We blistered our hands in the operation, and often the tracts in form were not half so true and square as the doctrines they taught." <http://www.3asdchurch.org/hymns/602%200%20Brother%20Be%20Faithful.htm>

Uriah was also a talented artist and was responsible for the first illustrations in the *Review and Herald* as well as the first illustration in a book published by the Adventists.

In 1857 Uriah married Harriet Stevens, a coworker, the daughter of Cyprian and Almira Stevens. Together they had five children, four of whom survived into adulthood.

When the SDA church was organized in 1863, Smith served as the first secretary. This position he held five different times. He also was treasurer of the General Conference from 1876–1877.

Uriah Smith was ordained to the gospel ministry in 1874, in that same year he also helped co-found Battle Creek College. There he regularly taught Bible classes, held ministerial workshops, and chaired the college board. He was a Bible teacher there for the next eight years. His public speaking blessed many thousands.

Uriah Smith also travelled a lot but he still missed his family. This created a severe strain on his wife. Uriah's greatest weakness was his inability to say "no" to church leaders who often pushed him into administrative positions where he was not comfortable.

In 1888 Smith opposed A.T. Jones and E.J. Waggoner when they brought the "Christ our Righteousness" message. His views regarding the law placed him in opposition to Waggoner, Jones and others at the Minneapolis Conference. After 1888 when Ellen White supported the new emphasis on righteousness by faith he refused to accept some of her counsels and reproofs that she gave to him. Uriah opposed this "new" message. He thought that the sanctity of the law of God was being imperiled by this new teaching of faith and grace. In 1891 though, Smith confessed his wrong and complete harmony was restored. He continuing to serve faithfully in the cause he loved so much.

In 1903 when the *Review and Herald* office was burned to the ground, the insurance only covered a fraction of what

was needed to rebuild. The decision was made to relocate the publishing house to Washington D.C. During this time Uriah wrote "in the shadow of great calamity, we are of good courage."

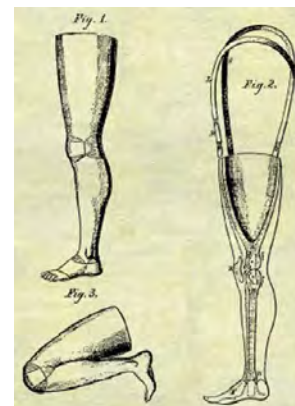
Uriah Smith also had other talents. He was a gifted poet and a hymn writer like his older sister, Annie.



Additionally, Smith was also an inventor. He accumulated eight patents during his life, one of which was an adjustable school desk with a folding seat which was a great improvement to those of his time. For this he received \$3,000, which enabled him to build a new home for his family.

Because his artificial leg gave him insufficient freedom of movement, in 1863 he patented an improved version of the prosthetic leg with fully flexible knee and ankle joints.

On the 6th of March 1903, at the age of 71, Uriah Smith was walking to work in Battle Creek when he collapsed, having suffered a large stroke. He died hours later. A special front cover of the *Review* was printed in memoriam, bearing his picture and a poem by his sister Annie, which she had written about him before he died.



Smith was a handsome man of charming manner, more powerful in pen than in speech. The last words he ever wrote, directed to the General Conference in 1903, epitomized his lifelong purpose: "I am with you in the endeavour to send forth in this generation this gospel of the kingdom, for a witness to all nations. And when this is completed, it will be the signal for the coronation of our coming King."

One of his most deeply touching hymns contains these words, which perhaps sums up the keynote of his life:

O Brother be faithful, soon Jesus will come
For whom we have waited so long
O soon we shall enter our glorious home
And join in the conqueror's song.
O Brother be faithful, for why should we prove,
Unfaithful to Him who has shown?
Such deep such unbounded and infinite love
Who died to redeem us His own?



The Powers of Heaven

The powers of heaven are the sun, the moon, and the stars.

“And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: He made the stars also.” Genesis 1:14, 16.

“The powers of heaven are the sun, moon, and stars. They rule in the heavens. The powers of earth are those that rule on the earth. The powers of heaven will be shaken at the voice of God. Then the sun, moon, and stars will be moved out of their places. They will not pass away, but be shaken by the voice of God.” —*Early Writings*, p. 41

The powers of heaven as read in Genesis 1:14 above were created: (i) To Separate the day from the night; (ii) To regulate Times and Seasons. “He appointed the moon for seasons: the sun knoweth his going down.” Psalms 104:19. “And the evening and the morning were the fourth day.” Genesis 1:19; (iii) To be for Signs: “And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring.” Luke 21:25



These powers have been employed in a number of passages to portray certain significant messages to us. In the book of Revelation, John saw these powers applied in what was a great wonder [sign] that appeared in the sky. “And a great sign appeared in heaven: a woman clothed with the

sun, with the moon under her feet, and on her head a crown of twelve stars.” Revelation 12:1 ESV

It is common knowledge that a woman represents the church (2 Corinthians 11:2), the pure woman—God’s church on earth. She [the church] has existed from Eden to the birth of Christ, (The Old Testament) and after Christ, will exist to the close of time (The New Testament)—the gospel age. Thus, in the verse above is represented the church in the Mosaic, typical service as symbolized by the moon, and the gospel era as symbolized by the sun.

The Mosaic era borrowed its light from the gospel era, as the events during that time were only a type of what was to happen in the gospel era. It was only but a reflection of real things to come! A fitting illustration is here used. The sun gives its light to the moon for it to shine at night. The stars which are part of the powers of heaven, here used in the verse, fitly apply to the twelve apostles, who became the first leaders in the gospel age. They too acted from the light which had then been fully revealed—Jesus Christ—the light of the world (John 8:12).

“And are built upon the foundation of the apostles and prophets, Jesus Christ Himself being the Chief corner stone.” Ephesians 2:20

“But there is One who stands higher than they. We can trace the line of the world’s teachers as far back as human records extend; but the Light was before them. As the moon and the stars of our solar system shine by the reflected light of the sun, so, as far as their teaching is true, do the world’s great thinkers reflect the rays of the Sun of Righteousness. Every gleam of thought, every flash of the

intellect, is from the Light of the world.” —*Education*, p. 13

Through the first advent of Christ, His life ministry, sacrifice and resurrection, the gospel age was concretely established, and the Mosaic era and its typical services perfectly ratified.

“And He took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For this is My blood of the new testament, which is shed for many for the remission of sins.” Matthew 26:27–28 (Hebrews 10:1–12)

The beautiful symbol of a pure woman (Revelation 12:1) is a representation of what the church of God should be today. The apostle Paul shows Christ’s objective for the church:

“That He might sanctify and cleanse it with the washing of water by the word, That He might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but it should be holy without blemish.” Ephesians 5:26–27. After being redeemed from the earth, John in vision saw their state. “And one of the elders answered, saying unto me, What are these which are arrayed in white robes? and whence came they? And I said unto him, Sir, thou knowest. And he said unto me, These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb.” Revelation 7:13–14

While on earth, they had followed Jesus wherever He led them, they learned of Him, and they have been presented “faultless before the presence of His glory with exceeding joy” (Jude 24) and they are to follow Him forever in eternity (Revelation 14:4).

OUR GRAVE DANGER

“Then began He to upbraid the cities wherein most of His mighty works were done, because they repented not: Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works, which were done in you, had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I say unto you, It shall be more tolerable for Tyre and Sidon at the day of judgment than for you. And thou, Capernaum, which art exalted unto heaven, shalt be brought down to hell: for if the mighty works which had been done in thee, had been done in Sodom, it would have remained until this day. But I say unto you, That it shall be more tolerable for the land of Sodom in the day of judgment, than for thee.” Matthew 11:20–24

We who are living this side of this earth’s history (the closing part of the gospel era) are privileged to have great light from both the Old and New Testaments. As reformers, upon us shines the light of all ages. The in-depth truth constantly expounded before us, and the great manifesta-

tions of God’s love, the miracles in our lives, all attest to the fact. But, like the people of Chorazin, and Bethsaida, many have been indolent and have gotten used to the word. Others have been seized with unspeakable spiritual lethargy. Spiritual growth is on a standstill; there is no change, no repentance towards God and faith in the redeeming love of Christ. It is in view of this that it must be remembered: the greater the light and privilege(s) given, the greater the expectation from us and our responsibility to God.

“For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more.” Luke 12:48

The Jews, the Pharisees, the rabbis, and the teachers of the law knew the will of God but did not do it. Like unto them, the Bible admonishes us:

“In the day when God will judge the secrets of men by Jesus Christ, according to my gospel. Indeed you are called a Jew, and rest on the law, and make your boast in God, and know His will, and approve the things that are excellent, being instructed out of the law, and are confident that you yourself are a guide to the blind, a light to those who are in darkness, an instructor of the foolish, a teacher of babes, having the form of knowledge and truth in the law. You, therefore, who teach another, do you not teach yourself? You who preach that a man should not steal, do you steal? You who say, ‘Do not commit adultery,’ do you commit adultery? You who abhor idols, do you rob temples? You who make your boast in the law, do you dishonor God through breaking the law?” Romans 2:16–23 NKJV

If we neglect character purification, which comes with practice of all the lines of truth that we know, our condemnation and punishment will be far greater than those with less or no light.

“And that servant which knew his lord’s will, and prepared not himself, neither did according to his will, shall be beaten with many stripes. But he that knew not, and did commit things worthy of stripes, shall be beaten with few stripes.” Luke 12:47, 48 first part

Christ knows the nature of the judgment to be given to every man. For judgment has been committed unto Him by the Father. “For as the Father hath life in Himself; so hath He given to the Son to have life in Himself; And hath given Him authority to execute judgment also, because He is the Son of man.” John 5:26–27



In vision Sister White saw the execution of the sentence. She saw that the wicked suffered punishment varying in

duration and intensity.

“Satan rushes into the midst of his followers and tries to stir up the multitude to action. But fire from God out of heaven is rained upon them, and the great men, and mighty men, the noble, the poor and miserable, are all consumed together. I saw that some were quickly destroyed, while others suffered longer. They were punished according to the deeds done in the body. Some were many days consuming, and just as long as there was a portion of them unconsumed, all the sense of suffering remained. Said the angel, ‘The worm of life shall not die; their fire shall not be quenched as long as there is the least particle for it to prey upon.’” –*Early Writings*, p. 294

THE CHILDREN OF DARKNESS AND THE CHILDREN OF THE DAY

The powers of heaven separate the day from the night. Night is a symbol of wickedness. The day stands for right living. The children of darkness revel in riotousness, and careless living, debased morals, indulgence of appetite and all such things. We, also, were sometime back in the same conversation, but now are called to purity and a chaste life in Christ Jesus.

“And you hath He quickened, who were dead in trespasses and sins; Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. But God, who is rich in mercy, for His great love wherewith He loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

“Be ye therefore followers of God, as dear children; And walk in love, as Christ also hath loved us, and hath given Himself for us an offering and a sacrifice to God for a sweetsmelling savour. But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God. Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. Be ye not therefore partakers with them. For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light.

“That ye put off concerning the former conversation, the old man, which is corrupt according to the deceitful lusts;

And be renewed in the spirit of your mind.” Ephesians 2:1–5; 5:1–8; 4:22–23

“What say the testimonies concerning these things? Even one wrong trait of character, one sinful desire cherished, will eventually neutralize all the power of the gospel. The prevalence of a sinful desire shows the delusion of the soul. Every indulgence of that desire strengthens the soul’s aversion to God. The pains of duty and the pleasures of sin are the cords with which Satan binds men in his snares. Those who would rather die than perform a wrong act are the only ones who will be found faithful.” – *Testimonies for the Church*, vol. 5, p. 53

“And have no fellowship with the unfruitful works of darkness, but rather reprove them. For it is a shame even to speak of those things which are done of them in secret. But all things that are reprovèd are made manifest by the light: for whatsoever doth make manifest is light. Wherefore He saith, Awake thou that sleepest, and arise from the dead, And Christ shall give thee light. See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil.” Ephesians 5:11–16

“And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.” Romans 13:11–14

We must train our mind and thoughts to constantly dwell upon heavenly things which are of eternal nature. “For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ.” Philippians 3:20

JESUS’ FINAL CALL

“But though He had done so many miracles before them, yet they believed not on Him.” “Then Jesus said unto them, Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you: for he that walketh in darkness knoweth not whither he goeth. While ye have light, believe in the light, that ye may be the children of light. These things spake Jesus, and departed, and did hide Himself from them.” John 12:37, 35–36. Amen.

*Joel Msiska,
Malawi*



CHILDREN'S CORNER:

Forgiveness

Acres of Montana wheat stretched out like a soft green carpet on either side of the road that led to the Independence School. Large, well-kept farms with clean fence rows and acres of growing grain gave the Yellowstone Valley an air of prosperity. The centre of activities for this Bloomfield settlement was the Church, where the people met week after week for worship.

But the days of World War I brought sadness to many homes in the settlement: the sadness that comes from being misunderstood by neighbours; the sadness that comes when families are separated. This group of Christian's refusal to take part in war was considered foolish and unpatriotic by those who did not understand what God teaches about killing and war.

No doubt Pastor John Franz was thinking of his troubled friends as he and his family drove toward the schoolhouse just a mile from their home. Untiringly he had visited those who needed encouragement and represented his men before draft boards when misunderstandings developed. He little suspected that soon he would need their help.

"It is nearly time for the meeting to begin," he said to his wife as they approached the schoolhouse. "I'll get the mail before we go in." Their mailbox stood across the road from the schoolhouse.

Glancing through the papers, he found that his copy of the *Mountain Lake Observer* had come. He enjoyed reading this paper with its pages of German news and the daily happenings at Mountain Lake, for Mountain Lake, Minnesota, had been his home town when he was a boy. In this

community, John's German grandparents settled after leaving their home in Russia. Here, too, John was born.

But he had no time for reading now. He must hurry to the meeting, for matters of school business were to be discussed with the parents of the Independence School children.

As they entered the school grounds John noticed two strange cars parked near the road. He wondered a little why strangers had come to the meeting, but there was no time to talk as they hurried toward the little white frame building. Scarcely had they taken their seats in the crowded room when the meeting was called to order.

Meanwhile, unnoticed by John, one of the strangers slipped into the room. Glancing quickly through the group he located the man he wanted. He approached John, and asked him to step outside the building for a few minutes. John gathered up his mail as he followed, wondering what the man could want.

No sooner was he outside the building than a group of rough men appeared, demanding that he follow them to the car. When John stopped to question their sudden action, several of the men grabbed him and dragged him to one of the cars that was parked near the road, ready to leave.

The men would give no reason for their sudden action other than the short reply, "You have a German paper with you. You are the man who is making all this trouble."

Feelings against Germany ran high during the war months. Many of the Christians in the area spoke the German lan-

guage and were born of German-speaking parents. This, added to the fact that they were conscientious objectors, caused people to treat them unkindly.

By this time Mrs. Franz and others in the meeting noticed that something unusual was happening outside. She hurried out to the car.

“What are you going to do with my husband?” she cried.

“It’s none of your business! We’re only taking him for a ride,” the men shouted as they knocked her to the ground. She lay there unconscious. The men drove away quickly.

John barely noticed the familiar surroundings as they sped down the country roads. He was thinking, “Where can they be taking me? What could they plan to do?” The answer to these questions lay on the floor of the car. Guns, shovels, and a rope spoke grimly of what awaited him at the end of his ride.

Before long the familiar scenes of Bloomfield were exchanged for the less familiar Bad Lands. Usually John enjoyed the quaint peaks and oddly shaped pinnacles that the winds and rains of centuries had carved into the sandstone. When he looked at them against the clear Montana sky, their colours of red and brown and purple were satisfying and restful. Now concern for his wife’s welfare and fear of what lay before him made them appear weird and grotesque.

When the car stopped beside a large tree John fully realized what the men planned to do. He watched them quietly as they fastened the rope to an overhanging branch. If his spirit sank within him as the men argued noisily among themselves, he gave no sign. They were nearly finished now. This minute might be his last!

“Lord, I belong to You,” he prayed. “Your will be done—Your will be done.”

He let them take him roughly to the tree where the noose hung ready. Then he noticed the county sheriff and district attorney in the group. Seeing an opportunity he spoke.

“I am an American citizen. My father was an American citizen and my grandfather was a naturalized citizen. If you kill me you will be murderers. Think of that!”

They stopped, while the sheriff, afraid of what might happen if they hanged John, persuaded the drunken men to turn him over to the Glendive Jail. But the men plotted among themselves to return late that evening and hang him from a bridge over the Yellowstone River.

Meanwhile the news of what had happened at the schoolhouse spread throughout the community. The members of the church gathered together. While they were praying for their pastor, some of the leaders met with Mrs. Franz. They decided to take her and the boys to the sheriff’s office at

the Glendive County Jail. Surely he could help them. After a two-hour trip over rugged roads they arrived at the jail. They knocked persistently and a man opened the door.



“Well, what do you want, lady?” he asked abruptly.

“I’d like to see the sheriff,” replied Mrs. Franz.

“Sorry, he’s not here. Maybe he’s out of town. I don’t know,” he said gruffly.

As Mrs. Franz turned to leave, a side door suddenly opened. There stood the sheriff!

Fear seized Mrs. Franz. She had seen this man before. He—why he was one of the men who kidnapped her husband!

“What have you done with John?” she cried.

“I don’t know what you’re talking about,” the sheriff answered.

“That can’t be true. You were at the Independence School this afternoon,” Mrs. Franz said.

“Oh, yes, I remember,” the sheriff spoke awkwardly.

“Where is he? What have you done to him?”

“Come back in half an hour. You may see him then,” the sheriff agreed reluctantly.

Mrs. Franz and the boys waited anxiously while the thirty minutes dragged by. Then once more they knocked at the sheriff’s door. After persistent knocking they were allowed to enter. There, behind locked doors she found her husband. What a change had taken place in him! Lines of care were written deep in his face. He looked years older. Kneeling together in the sheriff’s office, the family prayed earnestly to God for help and protection.

When the sheriff returned to dismiss the visitors, John insisted that they stay. Women had never been allowed to stay with their prisoner husbands before, but since his wife was not well, John begged the sheriff for this one consideration. Reluctantly the sheriff gave him a private room in the jail where the family could sleep that night. In the daytime they were forced to leave.

The next day was Sunday, and nothing happened, but on Monday evening a crowd began to gather at the city hall. Mrs. Franz wondered what it could mean. They heard footsteps in the corridor, then John was taken from the room.

Late that evening John told his wife what had happened in the courtroom.

"During the trial they hurled questions at me from all sides," he began. "'Are you a citizen? Do you speak German? Is it true you have a German paper?'"

"Finally they asked, 'Why do you and your people refuse to buy war bonds?' I tried to explain simply that Christians really own nothing. We are here to take care of all God's things. Since our money is God's money, we can use it only for things that please Him. We cannot buy war bonds, because that makes war possible. Using our money to make it possible for others to be killed would be just as wrong as going into the army and killing a man ourselves."

"And did you explain what we gladly do instead?" asked Mrs. Franz.

"Yes, I told them our community gave twice as much food and clothing for refugees as any other community of its size in the state. They seemed surprised."

"And what are they planning to do now?" asked Mrs. Franz anxiously.

"I don't know. We can only wait and see."

Three days later, the county officials released John under \$3,000 bond. They felt sure the money could not be raised. As soon as John's church heard this story, its leaders met again. In three hours they had the papers arranged and the \$3,000 ready.

The county authorities were amazed. Why would these people trust their leader so completely? John said the truth when he told them, "Our church is a family. When someone is in need we help him in a spirit of Christian love."



The family returned home but John was told to report to Glendive every month to answer questions that might come up. Before the end of the first month the money was returned and John received a letter that said:

"You do not need to come to Glendive to answer questions."

The war ended and the trouble seemed to be forgotten.

Later, friends on the edge of the community learned that the county officials had heard false stories about their community. Important lawyers talked with John many times and urged him to sue the officers and wealthy businessmen in court. They knew these men had done wrong. But John always said:

"It is not my business to get even. The Bible says, 'Vengeance is mine; I will repay, saith the Lord.' I'll leave it to Him."

One day several years later as John and his son Rufus were cutting grain, a car stopped beside the field and the driver came toward them.

"Do you know me, Mr. Franz?" the man asked as he approached.

"Why, yes, I do. How could I forget you? You were one of the twelve men who tried to hang me!"

"Yes," he answered, soberly. "I have come to ask a hard thing of you. Will you forgive me for the great wrong I did to you and to your family?"

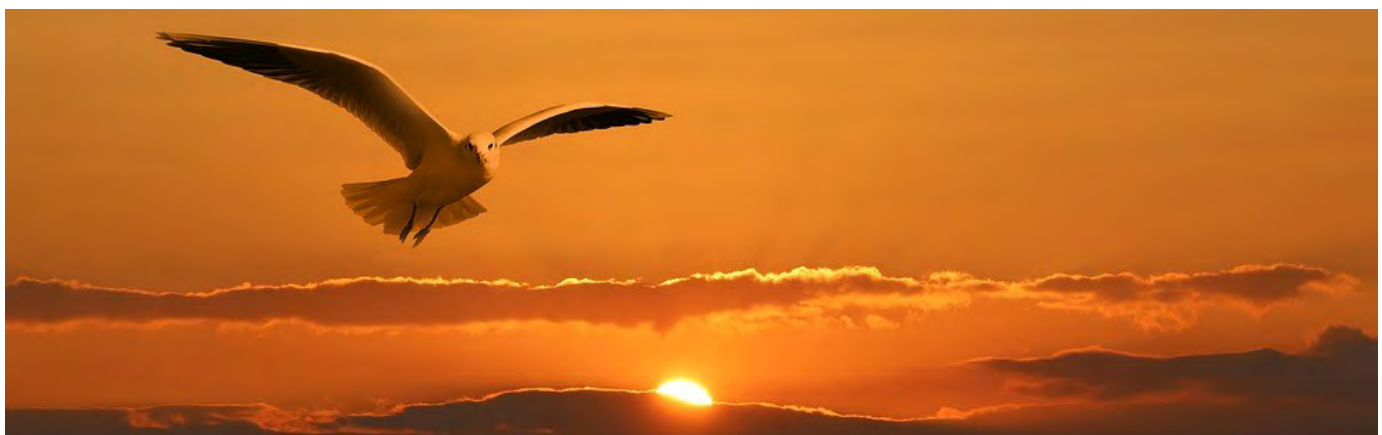
Suddenly the fields seemed very quiet. John remembered: the two strange cars, a rope, a lonely tree, bleak walls of a prison cell, a court room. Could he forgive? John reached out his hand with a smile.

"I forgive you from my heart," he said.

"For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Matthew 6:14-15

It is not always easy to forgive after being mistreated so badly, but, "Nothing can justify an unforgiving spirit. . . We are not forgiven because we forgive, but as we forgive. The ground of all forgiveness is found in the unmerited love of God, but by our attitude toward others we show whether we have made that love our own." —*Christ's Object Lessons*, p. 251

In forgiving others, we ourselves find true freedom in Christ.



HEALTH MATTERS:



Connection Between Our Microbiome and Disease

From what we have learned in the last two months, a healthy microbiome is essential for good health. The gut microbiome has gained a lot of attention because of its possible role in either preventing or promoting chronic diseases, cancer and neurological disorders. These and other diseases have been linked to an imbalanced microbiome. The term that is used in describing an imbalance between the types of organisms present in the gut microbiome is called “dysbiosis.” It has also been shown that disturbing the microbiome with antibiotics can lead to disease, including infections that have become resistant to antibiotics. Microbiome studies are still too new to reveal whether certain bacteria might cause disease or whether disease might breed certain bacteria. But, the overall consensus is that the condition of the human microbiome is implicated in both health and disease.

We will study these themes in depth this month. Next month we will discuss ways to reduce the risk of disease and chronic illnesses by improving the health of our microbiome; we will learn about changes in our diet to include prebiotic foods, and adding supplements and probiotics.

IMMUNITY

Our gut microbiome has an important role in resisting the intestinal overgrowth of externally-introduced bacteria that would otherwise cause disease. These externally-introduced “bad” bacteria compete with the “good” bacteria present in the gut. It is shown that “good” bacteria, or bacteria that should be present, can release anti-inflammatory compounds that help to fight disease. Certain bacteria can strengthen the immune system.

GASTRO-INTESTINAL (GUT) DISEASES

Because most of our microbiome lives in our gut, there is

a definite link between a healthy microbiome and specific diseases of the gut, including Inflammatory Bowel Diseases (IBD) such as Crohn’s Disease and ulcerative colitis. These conditions have been linked to a less diverse microbiome in the gut, which changes the immune system’s ability to combat inflammation—a key characteristic of these diseases. Dysbiosis of the microbiome is also implicated in Irritable Bowel Syndrome (IBS) and celiac disease. A normal microbiome also provides protection against *C. difficile* infections. *C. difficile* bacteria are present as part of the normal microbiome; however, when the amount of *C. difficile* reaches abnormal levels, it increases the risk of having a serious intestinal infection.

AUTOIMMUNE DISORDERS

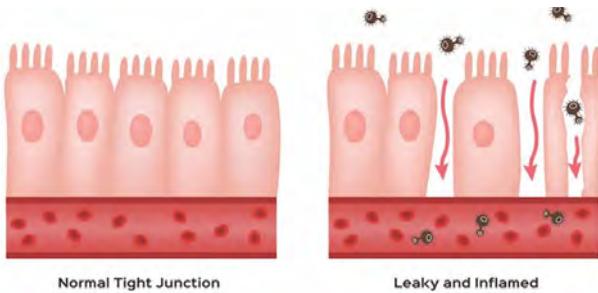
The body’s immune system protects us from disease and infection. However, there is a condition in which the immune system attacks healthy cells in the body by mistake. The group of diseases where the body attacks itself is known as autoimmune disorders. There are more than 80 types; a classic sign of an autoimmune disease is inflammation, which can cause redness, heat, pain, and swelling in the part of the body that is being attacked. It has been found that an imbalance in the gut bacteria may set off alarm bells that lead the body to attack itself. For example, people with untreated rheumatoid arthritis, an inflammatory autoimmune disease, have more of a particular inflammatory bacterium in their intestines and less of a known beneficial bacterium than their healthy counterparts. Many other autoimmune diseases of the body—skin, lungs, joints, and other tissues—are also caused by inflammation. A bacterial imbalance can lead to elevated inflammation that can advance disease.

Celiac disease, the inability of the small intestine to tolerate gluten, is another autoimmune disease of the gut.



Dysbiosis has been shown to be present in celiac disease patients, with a significant decrease in Gram-positive bacteria. When celiac patients eat a gluten-free diet, this bacteria restores to normal levels.

Small intestinal bacterial overgrowth, or SIBO, occurs when the normal bacteria of the microbiome expand beyond the large intestine into the small intestine, where they are not supposed to be. The cause of SIBO varies, but it often occurs when someone already has an inflammatory bowel disease, has been on antibiotics, or is diabetic. When SIBO occurs, it can lead to symptoms such as bloating, abdominal pain, diarrhea and constipation, and malabsorption of nutrients. It can precipitate autoimmune conditions such as irritable bowel syndrome. Chronic SIBO can lead to a condition called “leaky gut”, which can trigger autoimmune problems throughout the body. In leaky gut, gaps form between intestinal cells and large particles



from the digestive tract enter the bloodstream, potentially triggering immune or allergic reactions. Glyphosate, an herbicide used in many GMO crops, is implicated in the rise of leaky gut in the population, as it has been shown to punch holes in the wall of the intestines. Research is still in its early stages, but evidence is mounting that the microbiome is linked to autoimmune diseases.

OBESITY

In 2014, obesity affected 600 million people worldwide. The numbers continue to increase, and obesity is considered to be a global health hazard. Many diseases arise as a result of obesity. Obesity is linked to metabolic syndrome, which is a group of conditions occurring together, that increase the risk of disease. These conditions include high blood pressure, high blood sugar due to insulin resistance, excess body weight around the waist, and high cholesterol and triglycerides. Metabolic syndrome leads to an increased risk of heart disease, strokes, type-II diabetes, liver abnormalities, low-grade inflammation, and premature mortality.



The gut microbiota helps to

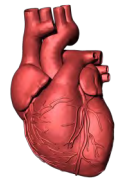
regulate the body’s metabolism—all the chemical processes that take place in the body in order to maintain life. Studies done in obese patients showed imbalances in a number of gut bacteria. When dysbiosis occurs, nutrients are taken into the body at an increased rate, leading to obesity. Other imbalances make the cells less sensitive to insulin, causing an increase in blood sugar levels.

MULTIPLE SCLEROSIS (MS)

Multiple sclerosis is determined to be caused by a combination of genetic and environmental factors. Given the interactions between gut microbiota and the immune system, it is plausible that certain microbes could improperly stimulate the immune system and contribute to MS. Differences have been found in the bacterial composition of people with MS versus those without. There have been noted changes in the gut bacteria of people with MS when they have had certain treatments for the illness. This is a surprising link between gut bacteria and the progression of this disease which stems from the central nervous system. There is some evidence in MS patients that certain gut bacteria that are thought to be pro-inflammatory are overrepresented, while others that are thought to be anti-inflammatory are underrepresented. Treatments that manipulate the microbiome could benefit those with MS.

GUT AND HEART HEALTH

What we eat plays a critical role in our heart health. But, how heart health is linked to our microbiome is interesting. The gut microbiome directly changes the amount and function of blood platelets. Platelets are needed if we have an injury to a blood vessel; they are involved in clotting our blood to stop bleeding. However, if platelets increase too much, a condition known as thrombocytosis, it can cause heart attacks and strokes from increased clotting of the blood. Also, when the function of platelets change, it makes them more prone to producing clots.



Here is how it works: When people ingest certain nutrients, such as choline (abundant in red meat, egg yolks, and dairy products), lecithin and L-carnitine (found in red meat as well as some energy drinks and supplements), the gut bacteria that break these nutrients down produce a compound called trimethylene N-oxide (TMAO). High levels of TMAO have been found to contribute to a heightened risk for clot-related events such as heart attacks and strokes. TMAO directly alters platelet function by increased platelet responsiveness; they become over reactive and speed up clotting rates. In one study, high blood levels of TMAO were associated with higher rates of premature death in a group of 2235 patients with stable coronary artery (heart vessel) disease. This evidence indi-

cates that a new therapy for reducing the formation of blood clots, and decreasing the risk of heart attacks and strokes would be to avoid foods that trigger increased TMAO levels. For example, the popular Paleo diet is abundant in foods that produce TMAO.

In fact, higher blood levels of TMAO increase mortality rates from **any cause** by 55%. High levels of TMAO are linked to increased inflammation in the body, which can lead to many types of chronic diseases and conditions, including type II diabetes, metabolic syndrome, obesity, and Alzheimer's disease.

To lower TMAO levels, one should avoid consuming red meats, full-fat dairy products, including whole milk, egg yolk, cream cheese, and butter; as well as nutritional supplements and energy drinks containing choline, phosphatidylcholine (lecithin), and/or L-carnitine. Vegetarians and especially vegans, who avoid animal products, produce little TMAO. A compound known as DMB is capable of minimizing the amount of TMAO produced from our gut microbiota. DMB may be found naturally in many Mediterranean diet foods, including extra virgin olive oil.



BRAIN HEALTH

Gut bacteria has been shown to go beyond just our physical health. It is a key player in the gut-brain connection. Recent evidence proves that the gut microbiome can influence the development of the nervous system, affect brain chemistry, emotional behaviour, pain perception, and how we respond to stress.



Gut bacteria produce hundreds of neurochemicals that the brain uses to regulate many of the processes of the body, including mental processes such as learning, memory, and mood. Research has found that changing the balance between beneficial and disease-causing bacteria in an animal's gut can alter its brain chemistry, and it can change the animal's reactions to become bolder or more anxious. This result indicates that certain characteristics are not part of the animal's own traits, but by the microbes that inhabit the gut. We need to ask ourselves,

how much of the way we react to situations is because of our own personality traits or as a result of the state of our gut microbiome? If we find ourselves reacting in uncharacteristic ways, then it may be due to an imbalance of microbiomes. As well as

our gut affecting our mental state, the bacteria in our gut can be affected by stress; even mild stress can affect the gut microbiome balance, making the individual more vulnerable to infections. How many times have you developed a cold after a particularly stressful time in your life?

Often inflammatory illnesses such as Crohn's disease, ulcerative colitis, and irritable bowel syndrome are accompanied by anxiety and depression. In one study, mice were first infected with a parasite that triggered inflammation; as inflammation occurred it also suppressed levels of a chemical called BDNF in the hippocampus area of the brain. BDNF promotes connections between nerve cells and is an important factor in memory and mood. Adding a 10-day course of beneficial gut bacteria in these same mice showed that their behaviour normalized, as did the BDNF levels. This shows the strong impact that the gut microbiome has on the brain and behaviour.

Recently, a number of studies have explored a possible link between the gut microbiome and the neurological and developmental disorders, one of which is the group of autism spectrum disorders (ASD). Although the cause of ASD is still poorly understood, several studies have found a significant association between AS and dysbiosis in the gut microbiome. Many children with ASD have a high incidence of gastrointestinal symptoms.

Serotonin is typically known as a brain chemical, a neurotransmitter that controls and stabilizes moods. It plays a vital role in the communication between your gut and brain. Even though serotonin is mostly associated with the brain, most of the serotonin (95%) in our bodies is found in the digestive system. Gut bacteria play a crucial role in the production of serotonin in the digestive system. Serotonin helps control bowel movements. Altered serotonin levels can trigger irritable bowel syndrome (IBS). People with IBS who experience constipation often have lower levels of serotonin; the muscles in their rectums are less reactive to serotonin, and they are more likely to have hard or lumpy stools. Those with IBS and high levels of serotonin can have diarrhea, and their rectums are more reactive, with loose or watery stools.

CANCER

Although cancer risk is caused mostly by genetics and environment, such as lifestyle choices, microorganisms are implicated in some 20% of human cancers, particularly colon cancer, the 4th leading cause of cancer-related mortality worldwide. In the large intestine (colon), bacterial density is one million times higher than in the small intestine. 12-fold more cancers occur in the colon compared to the small intestine, implying a disease-causing role for the microbiome in colon and rectal cancers. Colon cancer appears to stem from an interaction between the microbi-



ome, the immune system, and the epithelial cells that line the colon. One type of colonic bacteria may be a bad type; it creates three proteins that have greater potential to cause inflammation and cancer of the colon, and it is common in humans. Other bacteria produce a toxin that can trigger tumours to grow. Research is being done to determine how the proteins interact with epithelial cells to cause cancer to occur. This protein is considered useful in fighting off bacteria and fungi, but it can turn against the body and cause colon cancer. Why does this response promote cancer development? Are bacteria the reason for disease to start or do they contribute to the growth of tumours over time? These questions are yet to be answered.



There is not room enough in this article to discuss other illnesses caused by dysbiosis. Links have been found between certain bacterial populations in the gut, whether normal or disturbed, and the following diseases which have not yet been mentioned: acne, ADD, allergies, obsessive-compulsive disorder (OCD), asthma, eczema, and malnutrition.

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THE ROLE OF ANTIBIOTICS

Humans are exposed to antibiotics for the treatment of infections and also through antibiotic use in livestock and crops. To decrease the use of antibiotics in Canada, a new law was passed, requiring



farmers to have a veterinary prescription to use antibiotics in their animals. Doctors are taught to be mindful of antibiotic use, called “antibiotic stewardship”. This ensures that the most appropriate antibiotic is prescribed, and at the right dose and length of use, and only when necessary to fight a confirmed bacterial infection. Many people who have colds (which is a virus) ask their doctor for an antibiotic. This had led to a worsening of antibiotic resistant “superbugs”, which are resistant to most antibiotics in existence. Currently, 50% of the antibiotics that are prescribed to people are not needed or are not optimally effective (they do not kill all the disease-causing bacteria).

The number of bacteria that have become resistant to antibiotics is increasing. The danger of antibiotic resistance is that previously treatable illnesses such as pneumonia, tuberculosis, or minor infections could become incurable. This can lead to increased human illness, suffering, and death. By



the year 2050, infections that were able to be cured in the past, are now predicted to lead to an estimated 2.4 million deaths in developed countries alone. What could happen is that the world will end up the way it was in the 1920s and 1930s again, before the discovery of penicillin, where more people died from infection than from any other single cause.

Along with the immediate effects on our health from exposure to antibiotics through the development of antibiotic-resistant bacteria, the use of antibiotics can also have long-term effects. The human microbiome can become a reservoir of resistant bacteria and genes. Antibiotics also affect the abundance of 30% of the bacteria in the gut community, causing rapid and significant drops in diversity and evenness.

We spoke of *C. difficile* overgrowth, which can lead to *C. difficile* infections, resulting in severe diarrhea, and even to death. It has been noted that the incidence of *C. difficile* infections increases when a person has been using antibiotics. Antibiotic administration disturbs the gut microbial communities and reduces their diversity. This, in turn, leads to the overgrowth of *C. difficile* bacteria.

Antibiotics destroy both good and bad bacteria in the gut which can lead to dysbiosis and opportunistic infections. Antibiotic-induced microbiome alterations can remain for long periods of time, spanning months and even years. These changes in the gut microbiome increases inflammation in the body, leading to a higher risk of diseases associated with increased inflammation. Studies show that there is: an increase in inflammatory bowel disease in children given antibiotics before the age of five; an increase in type 1 diabetes in children; increases in irritable bowel syndrome, metabolic syndrome, diabetes and high cholesterol in all people using antibiotic therapy. Long-term antibiotic use results in weight gain, which is the reason for its use in livestock. This implicates antibiotics as a risk factor for the development of obesity. The body also has a reduced ability to fight other pathogens, which indicates a decreased immune system response.

An altered gut microbiome can increase our risk of many different illnesses, infections, and diseases. Next month we will learn about ways to keep our microbiome healthy, with changes in our diet, and including the use of probiotics, prebiotics, and supplements.

“Our heavenly Father sent the light of health reform to guard against the evils resulting from a debased appetite, that those who love purity and holiness may know how to use with discretion the good things He has provided for them, and that by exercising temperance in daily life, they may be sanctified through the truth.” —*Child Guidance*, p. 396

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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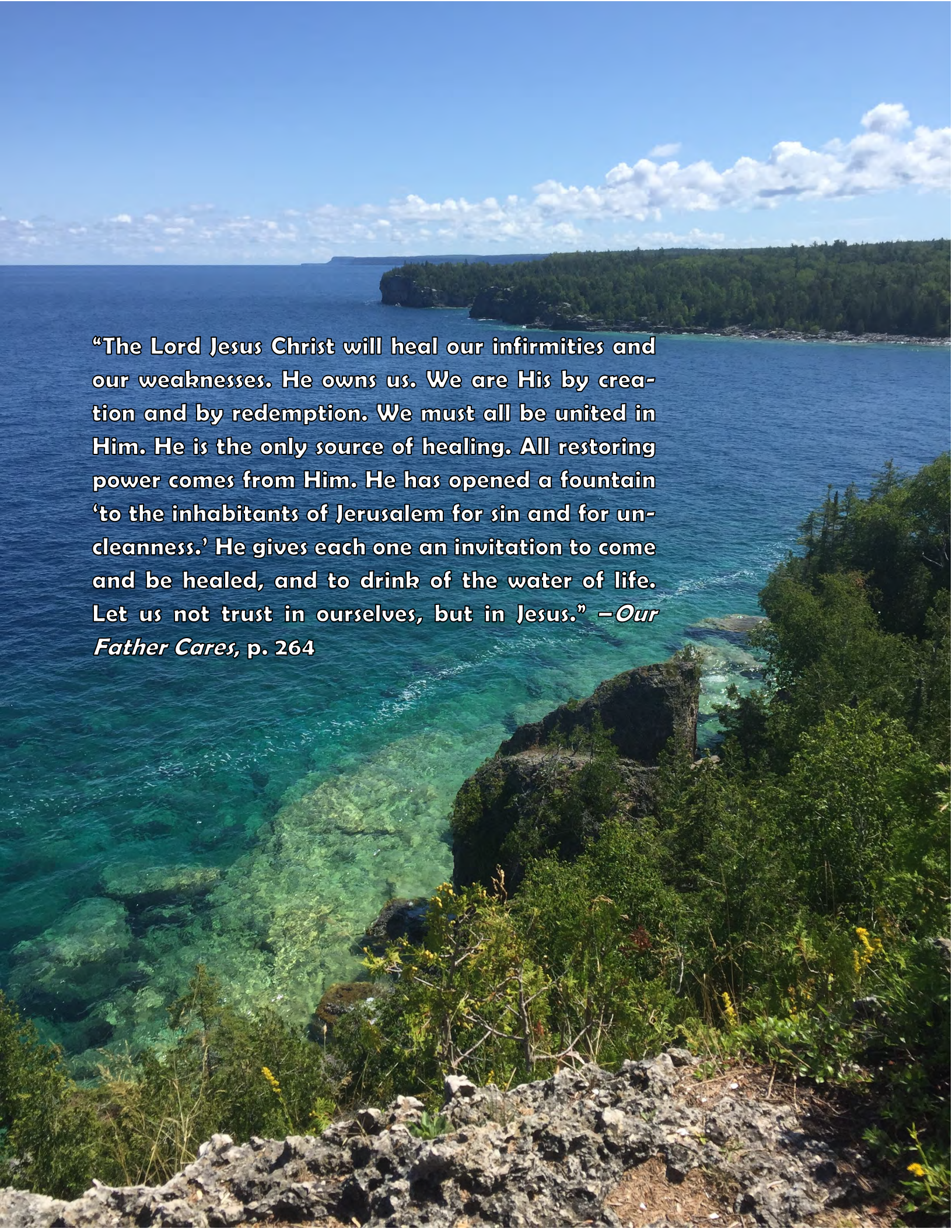


Back Row: Brother Ruben David Palani from India with his family. From Left: His son Barnedo, Brother Ruben, his wife, Jayanthi and his daughter, Josna. In front: Sister Ingram from Sri Lanka. (Right)



Conference in Kandy, Sri Lanka. August 29-September 1, 2019 (Below)





“The Lord Jesus Christ will heal our infirmities and our weaknesses. He owns us. We are His by creation and by redemption. We must all be united in Him. He is the only source of healing. All restoring power comes from Him. He has opened a fountain ‘to the inhabitants of Jerusalem for sin and for uncleanness.’ He gives each one an invitation to come and be healed, and to drink of the water of life. Let us not trust in ourselves, but in Jesus.” –*Our Father Cares*, p. 264