



*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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# Rock of Ages

“Human power and human might did not establish the church of God, and neither can they destroy it. Not on the rock of human strength, but on Christ Jesus, the Rock of Ages, was the church founded, ‘and the gates of hell shall not prevail against it.’ Matthew 16:18. The presence of God gives stability to His cause. ‘Put not your trust in princes, nor in the son of man,’ is the word that comes to us. Psalm 146:3. ‘In quietness and in confidence shall be your strength.’ Isaiah 30:15. God’s glorious work, founded on the eternal principles of right, will never come to nought. It will go on from strength to strength, ‘not by might, nor by power, but by My Spirit, saith the Lord of hosts.’ Zechariah 4:6.” —*Prophets and Kings*, p. 595–596

“There is one mediator between God and men. Only by Him can we enter the kingdom of heaven. He is the Way, the Truth, and the Life. From His decision there is no appeal. He is the Rock of Ages, a rock rent on purpose that every tried, tempted soul may find a sure hiding place.” —*The Review and Herald*, March 12, 1901

“That great corner-stone, the Rock of Ages, stands today unshaken. Amid all the tumults and conflicts of the world, Christ still offers rest to the weary, and the water of life to the thirsting soul. Through the ages His words come down to us,—‘I am the Way, the Truth and the Life.’” —*The Signs of the Times*, July 26, 1883

“Then let us labor and love. I point you to the Rock of Ages, Christ Jesus. You can be saved only through Him. Let the praise of God be upon your lips when you meet together in little companies to worship God. . . . He who heard the voice of Christ and did His will was the wise man that built upon the rock, and storm nor tempest could not destroy this structure. We are workers for time and for eternity.” —*Manuscript Releases*, vol. 15, p. 153

“When the scene of sore conflict comes, we have learned the lesson of holy confidence, of blessed trust, and we place our hands in the hands of Christ, our feet on the Rock of Ages, and we are secure from storm, from tempest. We are to wait on our Lord. Jesus will be an ever-present help in every time of need.” —*Selected Messages*, bk. 3, p. 383

“The great principles of the law, of the very nature of God, are embodied in the words of Christ on the mount. Whoever builds upon them is building upon Christ, the Rock of Ages. In receiving the word, we receive Christ. And only those who thus receive His words are building upon Him. ‘Other foundation can no man lay than that is laid, which is Jesus Christ.’ 1 Corinthians 3:11. ‘There is none other name under heaven, given among men, whereby we must be saved.’ Acts 4:12. Christ, the Word, the revelation of God,—the manifestation of His character, His law, His love, His life,—is the only foundation upon which we can build a character that will endure.” —*Thoughts from the Mount of Blessing*, p. 148–149

“We should be watching unto prayer. Just as surely as we do watch and pray, we shall know who is our helper. ‘Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am.’ He is ready to strengthen us; and may the Lord give you grace day by day, that you may be able to withstand the storm that is coming, for it will try your spiritual hope to the very uttermost. If your hope is in man, you are lost; if in Jesus, who is the Rock of Ages, your salvation is sure.” —*The Review and Herald*, April 15, 1890

“Thank God it is not too late for wrongs to be righted. We may still find pardon; we may still find a hiding-place in the Rock of Ages, that has been cleft for us. We may still accept the light, and grow up into Christ, our living head. Jesus says to the trembling, repenting soul, ‘Let him take hold of My strength, that he may make peace with Me; and he shall make peace with Me.’ ‘Come now, and let us reason together, saith the Lord; though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.’ Will you let Him reason with you? Will you commit to Him the keeping of your soul as unto a faithful Creator? Come, then, and let us live in the light of His countenance, and pray, as did David: ‘Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. . . . Restore unto me the joy of Thy salvation; and uphold me with Thy free Spirit. Then will I teach transgressors Thy ways; and sinners shall be converted unto Thee. . . . O Lord, open Thou my lips; and my mouth shall show forth Thy praise.’” —*The Signs of the Times*, August 8, 1892

“Today praise God for His grace, and continue to praise Him every day. When the scene of sore conflict comes, we have learned the lesson of holy confidence, of blessed trust, and we place our hands in the hands of Christ, our feet on the Rock of Ages, and we are secure from storm, from tempest. We are to wait on our Lord. Jesus will be an ever present help in every time of need.” —*Manuscript Releases*, vol. 19, p. 80

*Ellen G. White*



## To Which Kingdom Do You Belong?

There are two great kingdoms in our world; and every person belongs to the one or the other. There is the kingdom of God. “For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.” 2 Peter 1:11

The second kingdom belongs to Satan, the Devil. “And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.” Revelation 12:9

Satan’s kingdom seems to gain more people than God’s kingdom. He has seemed to gain the whole world. Satan offers pleasure and entertainment that people love to have. He also has organized churches, which promise heaven and eternal life, and also freedom to sin. This is appealing to the people. But the end of it is suffering in hell fire and eternal death.

God’s kingdom is completely different. It is the kingdom of grace, and the kingdom of righteousness, and also the kingdom of glory. Jesus said, “Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.” Matthew 7:14

In the time of Noah, of the estimated one hundred million people living on the earth at that time, eight people belonged to the kingdom of God, and the rest belonged to the kingdom of Satan. When Israel’s people left Egypt, out of over 600,000 men, only two of them entered the land of Canaan. The others perished in the wilderness.

So it has been from the beginning to the end. God’s kingdom has been small compared to Satan’s kingdom.

Jesus said, “But as the days of Noe were, so shall also the coming of the Son of man be.” Matthew 24:37

The Jewish people expected that when the Messiah came, He would drive out the Romans from their country, and that they would possess riches and splendour, mansions of plenty and days of ease. They expected that Jerusalem would be exalted as the head of a universal kingdom.

“Christ disappointed the hope of worldly greatness. In the Sermon on the Mount He sought to undo the work that had been wrought by false education, and to give His hearers a right conception of His kingdom and of His own character. Yet He did not make a direct attack on the errors of the people. He saw the misery of the world on account of sin, yet He did not present before them a vivid delineation of their wretchedness. He taught them of something infinitely better than they had known. Without combating their ideas of the kingdom of God, He told them the conditions of entrance therein, leaving them to draw their own conclusions as to its nature. The truths He taught them are no less important to us than to the multitude that followed Him. We no less than they need to learn the foundation principles of the kingdom of God.” —*The Desire of Ages*, p. 299

The kingdom of grace was instituted immediately after the fall of man, when a plan was devised for the redemption of the guilty race. The kingdom of grace is brought to view by Paul in the book to the Hebrews.

“For we have not an High Priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us

therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." Hebrews 4:15–16

In order to be accepted into the kingdom of righteousness, we must have the wedding garment, the spotless robe of character washed and made white in the blood of the Lamb.

To enter into the kingdom of glory happens when Jesus comes to take His people to heaven. In heaven we have a glorious home prepared for us in the glorious city New Jerusalem.

"When the Son of man shall come in His glory, and all the holy angels with Him, then shall He sit upon the throne of His glory: And before Him shall be gathered all nations: and He shall separate them one from another, as a shepherd divideth his sheep from the goats: And He shall set the sheep on His right hand, but the goats on the left. Then shall the King say unto them on His right hand, Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world." Matthew 25:31–34

God's kingdom is an everlasting kingdom. "How great are His signs! and how mighty are His wonders! His kingdom is an everlasting kingdom, and His dominion is from generation to generation." Daniel 4:3

Satan's kingdom will soon come to its end. He is very active, trying to gain members from God's kingdom to his own kingdom. After six thousand years deceiving people, he has become very skilful in his deceptions, and for this reason he is able to gain almost the whole world onto his side. In his churches he has about two and a half billion members, while the church of God has only a small number, and this small number of members will be shaken; they all will not be saved.

Satan gives joy to his followers in shows and entertainment, but when the show is finished, the joy is finished also. God gives joy and happiness by the Holy Spirit, who is called the Comforter, making His people happy even in their dying moment. Young men in our church were put to prison because they refused army service, when they finally came out of prison, they said that it was the happiest time in their life, to spend time among the criminals.

We read in the Bible, "as thy days, so shall thy strength be." Deuteronomy 33:25. Whatever our trial and suffering may be, God strengthens us to endure it, without losing our joy and happiness. Peter writes, "Beloved, think it not strange concerning the fiery trial which is to

try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy. If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part He is evil spoken of, but on your part He is glorified." 1 Peter 4:12–14

There is another lesson that God is teaching us. "But Jesus called them unto Him, and said, Suffer little children to come unto Me, and forbid them not: for of such is the kingdom of God. Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein." Luke 18:16–17

This is a difficult requirement. For a grown-up person to act like a little child requires humility, yet this we must learn, if we want to remain in the kingdom of God.

The King of Prussia visited a village school, and was welcomed by the children. After the king had made a speech for them, he thanked them. Then taking an orange from a plate, he asked, "To what kingdom does this belong?" "The vegetable kingdom, sir," said a little girl. The king took a gold coin from his pocket and, holding it up, asked, "And to what kingdom does this belong?" "To the mineral kingdom," said the little girl. "And to what kingdom do I belong, then?" asked the king. The little girl did not like to say, "The animal kingdom." Just then it flashed into her mind that, "God made man in His own image," and looking up with a brightening eye, she said, "To God's kingdom, sir." The king was deeply moved. A tear stood in his eye, He placed his hand on the child's hand, and said, most devoutly, "God grant that I may be accounted worthy of that kingdom."

This kingdom of God in its present spiritual phase is to culminate in the future kingdom of glory. It is to be set up at Christ's second coming, when He will appear in His glory and all the holy angels with Him to take the citizens of His kingdom to heaven.

Are you going to be part of this kingdom of God? It is your decision. God wants to have you as a citizen of His kingdom; for this reason He sent His Son, Jesus, to give His life for your salvation. Escape the kingdom of Satan, and join with God in His kingdom. Amen.

***Timo Martin***



# A Drop in the Bucket

We have a saying in English, “A drop in the bucket.” This term is often used to describe something that is small and inconsequential in the greater scheme of events when compared to something else. A drop in the bucket is a very small and insignificant proportion of the whole. It is so small, that it will have little effect on the outcome. A bucket could hold tens of thousands of drops of liquid so a drop (one drop) would be a very small or insignificant (unimportant) amount of the entire bucket of liquid.

**For example:** A man decides to steal 100 dollars from his employer, who makes 2 million dollars per year. He figured his employer would not miss, or be negatively affected by this loss. Its just a drop in the bucket for his employer.

**Or,** there has been a drought in a land for five years and then there comes a storm that lasts 30 minutes. The amount of rain that fell is a mere drop in the bucket compared to the amount of rain that is actually needed to revive the failing crops.

**And maybe,** a man who purchased something for \$5000 was mistakenly overcharged by \$5. He may not care as it is a mere drop in the bucket as far as his finances are concerned. It has an insignificant impact on his financial status.

**And finally:** For years businesses have dumped toxic waste into the vast ocean thinking it was just a drop in the bucket. Now we know that many ecosystems have been destroyed because of this.

This term actually originates from the Bible:

**"Behold, the nations are as a drop of a bucket, and are counted as the small dust of the balance: behold, He taketh up the isles as a very little thing." Isaiah 40:15**

Here, a drop of a bucket means the same as a drop in a bucket. Whether the drop comes from the bucket or is added to the bucket, nothing seems to have changed. This accurately describes how insignificant the nations are to God. We may think of the nations as large, but to God they are a

drop in the bucket.

There were times when Ancient Israel had to face many large armies. Gideon was called to go fight a mighty army with a mere 300 men. To human sight this is what the army looked like. “And the Midianites and the Amalekites and all the children of the east lay along in the valley like grasshoppers for multitude; and their camels were without number, as the sand by the sea side for multitude.” Judges 7:12. But to God, they were a drop in the bucket and He brought about a signal victory through the faith of Gideon and his men. Gideon and his small army were not a mere drop in the bucket. They were a powerhouse that took the enemy by storm.

The city of Jerusalem was surrounded by the mighty army of Assyria and King Hezekiah prayed, “Of a truth, LORD, the kings of Assyria have destroyed the nations and their lands, And have cast their gods into the fire: for they were no gods, but the work of men’s hands, wood and stone: therefore they have destroyed them.” 2 Kings 19:17–18. But, to the Lord they were a drop in the bucket. “And it came to pass that night, that the angel of the LORD went out, and smote in the camp of the Assyrians an hundred fourscore and five thousand: and when they arose early in the morning, behold, they were all dead corpses.” 2 Kings 19:35

**If a nation is a drop in the bucket to God, then what are you?** A nation is made up of thousands and millions of people, and what is the value of one person? In a war, a battle can still be won, even with the loss of some soldiers. With an army of 20,000, the loss of 100 soldiers is a mere drop in the bucket. The war can still be won with the 19,900 soldiers that remain.

When Joshua and the Israelite army were defeated in their initial attempt to take the town of Ai, the loss was 36 soldiers. This may seem like a drop in the bucket in a nation of over 1 million persons, but Joshua took this loss seriously. He was very grieved and sought the Lord earnestly for an-

swers. This was a huge defeat for him and the Israelite army. “And the men of Ai smote of them about thirty and six men: for they chased them from before the gate even unto Shebarim, and smote them in the going down: wherefore the hearts of the people melted, and became as water. And Joshua rent his clothes, and fell to the earth upon his face before the ark of the LORD until the eventide, he and the elders of Israel, and put dust upon their heads.” Joshua 7:5–6. Why would he grieve the loss of so few? The entire army could have lost their lives, but it was only 36 men. God mercifully spared the remaining soldiers, but clearly He showed His displeasure for the sin that was in the camp. His blessing was removed from the entire nation due to one man’s sin.

**Who are you?** You are a drop in the scheme of the large universe. In fact, if you think about it, this one world itself is merely a drop in the bucket in the universe. If it was blotted out of existence would it significantly alter the workings of the rest of the universe?

If you died, would anything change in your country? In your province? In your village? Would there be a negative impact? Or would life go on as before, with little change? Humanly speaking—little would change.

However, the reality is that Jesus sees great value in each soul. “Every soul is as fully known to Jesus as if he were the only one for whom the Saviour died. The distress of every one touches His heart. The cry for aid reaches His ear. . . . He cares for each one as if there were not another on the face of the earth.” —*The Desires of Ages*, p. 480. Each person (drop) is of great value to our Saviour.

This is opposite to the worldly way of thinking. They place great value on nations and military arsenal and a small value on each individual person. But the Lord sees it the opposite way. Individuals are valuable, but nations a drop in the bucket.

### THE VALUE OF THE BUCKET

When we think of a bucket, we think of a pail that is made of some material that is not very valuable, such as plastic, metal or clay. None of these have much value on their own. What adds to their value is the contents of the bucket.



A bucket filled with gold would be of much more value than a bucket of water. Water is little valued, especially in countries where there is an abundance. Much water is wasted, whether down the drains in homes, or whether into the ground. But how valuable is water?



A man is in a desert. He has lost his way and wandered for many days. He has run out of water and the dry

arid heat is taking its toll on his mental state and physical health. He comes across two buckets—one filled with water and one filled with gold. Which one do you think has more value for him at that moment?

While It may not be appreciated by some, can we live without water? Can we live without gold or silver? No, we cannot live without water, but we can live without material wealth. Water, pure clean water, should be valued. If it is not clean, it can be boiled to remove bacteria and other impurities. God sees value in each person. Not as the world sees. The world sees value in fame and fortune. God sees value in the heart, regardless of the outward circumstances. Unconverted people’s values differ widely from what God values.

Can God live without you—one drop? Perhaps, yes, but He will miss you as He loves you and created you.

If you then compare each individual person to a bucket, ask yourself—what are you filling your bucket with? Material wealth—earthly treasure—or pure clean water? You are doing the filling. The contents you are putting in determines your value. If you have added drops of poison in the past, ask the Lord to cleanse the poison, and He will gladly do so. When He sees toxins and impurities in you, He will want to purify you, even if this requires boiling in the furnace of affliction. It may be hot, it may hurt, but the end result will be pure, clean and refreshing water. He wants to remove the impurities and fill your bucket with the pure water of life.

### COLLECTIVE VALUE

Although there is value in each individual bucket (person), in the bucket of the church its value is increased with the contribution each drop (person) makes. “But now hath God set the members every one of them in the body, as it hath pleased Him.” 1 Corinthians 12:18. One drop is good but joined to 10,000 more drops of similar goals and values, increases the good. One drop can fall on the ground and evaporate in minutes and be gone. It is not missed. It has not contributed positively to anything. But in a bucket of water, it can sit for days without evaporating and be much more useful.

An individual drop is a part of a family. If each individual were good, moral citizens who love the Lord and keep His commandments, there would be harmony in the family. And thus, the family can impact the community in a positive manner. Good communities will impact the country. And thus, good countries can impact the world. So, each drop is important due to the contribution it makes to its immediate community.

Although individuals make up the church, “God is leading out a people, not an individual here and there. He has a church on the earth, that abide in the truth.” —*Selected Messages*, bk. 2, p. 79. A drop has value as it positively con-

tributes to the whole. Those 10 000 drops are required to make a bucket of water. Although the loss of one, may not be missed, they do all play an important role. If there were no drops, the bucket would be empty.

### **POISON IN THE BUCKET**

What if you take a bucket of water and add a couple of drops of arsenic or mercury, how would they impact the bucket of water? Would you still drink the water? There are 9 995 drops of water and only five drops of mercury. They are mere drops—insignificant drops at that, in the large bucket of water. The good outweighs the bad heavily.

If you do not want to drink it, can you then decide that you will go ahead and remove the five drops of poison? Can this be done? No, this is impossible. The entire bucket of water must be thrown out. The complete contents are polluted. The bucket must be cleaned, and then new, fresh, clean water added.

There are some who claim to serve God, that have poison in their bucket. Some Christians state that the Sabbath is not necessary. However, the Bible clearly states “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.” James 2:10. If the entire law is not accepted, there is poison in the bucket. Nine good drops will not purify the one poison drop.

Some do not feel the necessity of adhering to what they consider minor points of truth such as dress and health reform as laid out in the Spirit of Prophecy. No need to be that strict. They are considered “grey” areas by some who feel that each individual can follow their own conscience in these matters. However, they may be poisonous drops. One small drop of poison can kill. “One wrong trait of character, one sinful desire cherished, will eventually neutralize all the power of the gospel.” —*Maranatha*, p. 82

“When the righteous turneth from his righteousness, and committeth iniquity, he shall even die thereby. But if the wicked turn from his wickedness, and do that which is lawful and right, he shall live thereby.” Ezekiel 33:18–19. Regardless of how good or how evil was the early part of your life, it is the condition of the contents at the end of your life that is of value. Is your bucket now full of pure water? Or poisoned water? If you need to make a change, make it quickly. The Lord is coming.

What if one church member (drop) strays away? Are we to ignore them as an insignificant drop? No, we are called to entreat them to return. “Even so it is not the will of your Father which is in heaven, that one of these little ones should perish.” Matthew 18:14. Each member is not merely a drop in the bucket. “We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.” Romans 15:1. Perhaps they have stopped coming to church and are no longer living according to their baptismal vows.

The church leader is to go and seek them out to bring them back. If they refuse to come back, the church leaders must cleanse the bucket by following the counsels in Matthew 18:15–17, “If thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established. And if he shall neglect to hear them, tell it unto the church: but if he neglect to hear the church, let him be unto thee as a heathen man and a publican.”

It is a serious -- offense in the eyes of God to do nothing when there is poison in the bucket. The leaders would be held accountable and considered at fault if they have not been faithful in reproving and removing sin from the camp. The entire church will be held guilty as was the nation of Israel for Achan’s sin. The 36 died, but it was one man (Achan) who sinned. “The history of Achan teaches the solemn lesson that for one man’s sin the displeasure of God will rest upon a people or a nation till the transgression is searched out and punished. Sin is corrupting in its nature. One man infected with its deadly leprosy may communicate the taint to thousands. Those who occupy responsible positions as guardians of the people are false to their trust if they do not faithfully search out and reprove sin. Many dare not condemn iniquity, lest they shall thereby sacrifice position or popularity. And by some it is considered uncharitable to rebuke sin. The servant of God should never allow his own spirit to be mingled with the reproof which he is required to give; but he is under the most solemn obligation to present the Word of God, without fear or favor. He must call sin by its right name. Those who by their carelessness or indifference permit God’s name to be dishonored by His professed people, are numbered with the transgressor,--registered in the record of heaven as partakers in their evil deeds.” —*The Seventh-day Adventist Bible Commentary*, vol. 2, p. 996

Sadly, when members leave and refuse to return, their names must be removed from church records—while still making entreaties for them to return. Otherwise the entire church will be considered as partakers of their evil deeds. “And whether one member suffer, all the members suffer with it.” 1 Corinthians 12:26

If you have 9,999 healthy cells (drops) in your bucket, and only 1 cancer cell, how will it impact your health? It will grow—and eventually consume the healthy drops. In the same manner, one sin that is not let go of, will eventually destroy all the good. One unfaithful member left unreproved and uncorrected will destroy much good in the church.

If one drop of poison is somehow introduced into our bucket (our individual life or the church), we must take measures to remove it before the entire bucket is poisoned



and must be thrown out. If we do not make the effort to purify the dross, the entire bucket may be thrown out by the Lord.

### PURE DROPS

When Jesus was in the temple with His disciples, He observed people coming to give their offerings. "And Jesus sat over against the treasury, and beheld how the people cast money into the treasury: and many that were rich cast in much. And there came a certain poor widow, and she threw in two mites, which make a farthing. And He called unto Him His disciples, and saith unto them, Verily I say unto you, That this poor widow hath cast more in, than all they which have cast into the treasury. For all they did cast in of their abundance; but she of her want did cast in all that she had, even all her living." Mark 12:41-44

This woman was adding pure crops to her bucket. She was also a pure drop in the bucket of the church. To others, her donation appeared as a mere drop in the bucket. But not to Jesus. To Jesus it was a huge donation. Not only did she give her last, but her sacrifice has encouraged thousands down through the ages to make similar sacrifices. You may *think* your donations and efforts are but a drop in the bucket; however, the Lord views things differently. You may *think* that the \$20 you place into the offering plate on Sabbath seems like a drop in the bucket, but think of how much would be gathered if every member put in the same drop?

### DROPS OF TIME

"But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day." 2 Peter 3:8. What is the value of one day in the life of a person who has lived over 90 years of age? The value of a moment? Are days and moments mere drops in the bucket of a person who has lived to a ripe old age? One wasted here, one lost there. Makes little difference, some may say. Yet in the eyes of God, you will be judged by each moment and how you use it. These moments (drops) and how you use them, are highly significant.



### ARE ALL DROPS THE SAME?

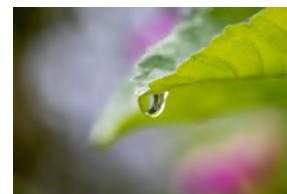
Each water drop has a chemical name of H<sub>2</sub>O. They contain one hydrogen atom and two oxygen atoms. Yes, they all look the same and have the same chemical makeup. Although each person is genetically different here on this earth, here we are similar. "For all have sinned, and come short of the glory of God." Romans 3:23. "There is none righteous, no, not one." Romans 3:10. We are all sinners and need a Saviour.

As only two elements can combine to make up the water

molecule, thus there also is only one standard of righteousness. There are no "grey areas" in true Christianity, where each individual can make up their own standard. Sin always results in death. Obedience always results in life. All must reflect the character of Jesus fully if they wish to find a place in heaven.

So, the world has it all reversed. What we see as large—nations, armies etc. to God, they are a drop in the bucket.

What we see as insignificant—a mere drop—such as one person who may not be missed by many if they should die—God sees as very significant He paid a great price for this one drop.



What is the difference? We look at externals and God looks at the internal.

External things may frighten us as it did Elisha's servant. "When the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do?" 2 Kings 6:15. But God looks at their might as a drop in the bucket. Elisha answered, "Fear not: for they that be with us are more than they that be with them." 2 Kings 6:16. People today look with fear at the massive arsenal of weapons that the nations are collecting. Yet, to God they are insignificant because His power is much greater. In one word, He could destroy them all. To the Lord, the internal workings of the human heart are what He sees as of great value.

God values what we call spiritual giants. The apostle Paul was one, although weak in the flesh. Jacob was one, though he spent the rest of his life limping with a wounded hip. God sees beauty and value in the heart that seeks to serve Him in purity. This is not a mere drop in the bucket. They are as a tender plant that the heavenly gardener carefully nurtures. Or the helpless lamb that needs a tender shepherd's care.

There will be true unity in diversity in the church of God. The water drops will adhere to one another and as the dross is removed from the water it becomes more pure. One day Jesus will view His church and see it as spotless.

"Those who would rather die than perform a wrong act are the only ones who will be found faithful." —*Maranatha*, p. 82. May we be a pure drop of water in the Lord's bucket as we purify our own personal buckets is my prayer. Amen.

**Wendy Eaton**





# Crossing the Rubicon

To cross the Rubicon is a metaphor which means to take an irrevocable step that commits one to a specific course.

## BEFORE THE ROMAN EMPIRE

Before Rome was an Empire, it was a Republic. Julius Caesar was a general of an army of the Republic, based in the north of what is now Northern Italy. He expanded the borders of the Republic into modern France, Spain, and Britain, making him a popular leader. His popularity, however, led to tensions with other powerful Roman leaders.

Having successfully led his troops in the north, Julius Caesar became Governor of Gaul, part of modern-day France. But his ambitions were not satisfied. He wanted to enter Rome itself at the head of an army. Such an act was forbidden by law.

## AT THE RUBICON

When Julius Caesar led his troops from Gaul in January of 49 B.C., he paused on the northern end of a bridge. As he stood, he debated whether or not to cross the Rubicon, a river separating Cisalpine Gaul—the piece of land where Italy joins the mainland and at the time inhabited by Celts—from the Italian peninsula. When he was making this decision, Caesar was contemplating committing a heinous crime.

If Caesar brought his troops from Gaul into Italy, he

would be violating his role as a provincial authority and would essentially be declaring himself an enemy of the state and the Senate, fomenting civil war. But if he did not bring his troops to Italy, Caesar would be forced to relinquish his command and likely be forced into exile, giving up his military glory and ending his political future. . . .

## THE DIE IS CAST

The Roman historian Plutarch reported that at this critical moment of decision Caesar declared in Greek and in a loud voice, “let the die be cast!” and then led his troops across the river.

A die is simply one of a pair of dice. Even in Roman times, gambling games with dice were popular. Just as it is today, once you have cast (or thrown) the dice, your fate is decided. Even before the dice land, your future has been foretold. The phrase itself is an expression meaning roughly: “let the game begin,” and comes from a play called *Arrhephoros* (The Flute Girl), a comedy written by the Greek playwright Menander in the 4<sup>th</sup> century B.C. Menander was one of Caesar’s favorite dramatists.

Therefore, by crossing the Rubicon, he started a five-year Roman civil war, Caesar threw the dice, not only sealing his own political future but effectively ending the Roman Republic and beginning the Roman Empire.”

By N.S.III

Updated July 15, 2019. ThoughtCo

Note: the Rubicon is a small, shallow river.

So far the historical record.

## THE FIRST SIN

To look at the consequences of crossing the Rubicon from a spiritual viewpoint, Adam was the first to cross the line of no return. He was created in the image of God after the world was made, and God provided him a companion—Eve—who was the apple of his eye.

The law of God was written in their heart. We do not know how long their joyful life in the Garden of Eden, and the companionship with God and angels lasted.

They were instructed not to separate themselves from each other and not to eat of the tree of knowledge of good and evil (Genesis 2:16–17; *Patriarchs and Prophets*, p. 53–54) for there would be the irrevocable consequence of facing death “*for in the day that thou shalt eat thereof, thou shalt surely die.*” Genesis 2:17

However, a day did come when Eve wandered away from Adam’s side while he laboured in the garden, (*Ibid.*, p.53–54), and blissfully rejoicing in the beauty of trees, flowers, birds, etc. around her, she came near the forbidden tree. By looking at it she sensed danger but stayed and was startled as a voice from the forbidden tree addressed her.

We know well the story how Eve yielded to the tempting voice and finally took of the fruit to eat it (Genesis 3:6). Then, with hands full of the fruit she came to Adam, excitingly relating what she had experienced (*Ibid.*, p. 56). Adam was alarmed and perceived that the fateful event had occurred which he was warned against. But Eve was lovely and beautiful as ever, there was not a hint that death could be upon her. Adam recognized the enemy—the fallen angel Lucifer—now Satan—who spoke through the serpent and so cleverly deceived his wife. He loved Eve so deeply and could not imagine life without her, and although knowing the consequences, he willingly ate the forbidden fruit. . . .

The thrill of the taste the fruit had rendered was short lived. Despair, the knowledge of good and evil—sin—and guilt came over the pair. The fear of meeting God in the cool of the day (Genesis 3:8) made Adam and Eve shrink and to be afraid.

Adam had crossed the line; there was no turning back to the former state, and they were driven from Eden,

their beloved home. Adam had been made king over the earth and animals, but now lost this position; man became subject to a ruler who had nothing in common with the loving character of God the Creator.

The die was cast for the posterity of Adam, for all generations after him had and must live with the result of transgressing God’s holy commandment.

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Caesar had several years of great triumph, power and glory. But then he was brutally assassinated by his own acquainted ones. Was it worth to go against the set order not to cross the Rubicon to return to Rome with an army? Or choose a life of peace and tranquility with less fame and power? . . .

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But God did not forsake fallen man. The same day, after He gave judgment upon the pair and cursed the serpent and the ground (Genesis 3:16–19), He promised them a Saviour (Genesis 3:15).

A substitute had been provided before the foundation of the earth (Revelation 13:8); for this reason Adam and Eve did not have to die on that fateful day. But they lost communion with heaven; the result of disobedience immediately began to show its grave effect in their characters when they would not admit their sin, but rather accused one another, even God Himself.

Exiled, Adam and Eve very sadly began to experience the thorns and thistles in their lives outside of Eden, and unspeakable grief filled their heart when Cain, their first son, killed his brother Abel. . . .

The drama of misery increased as human beings multiplied on earth. Sinful beings were no more in the likeness of God, but in the likeness of fallen Adam. The began to degenerate more and more as ages went and lose moral strength. Evil passions marred the character so that man became a mere shadow of what God had created in the beginning.

Few were faithful, choosing to obey God, shunning evil, and their hopes focused on the coming of the Promised One. Millennia passed by. . . .

## THE INCARNATION

Then the time was fulfilled when “*God sent forth His Son, made of a woman, made under the law.*” Galatians 4:4

Christ decided before the creation of the world to give Himself as an offering to atone for the transgression of

God's holy law, should this event ever take place. And the biblical record tells us that the terrible tragedy did occur.

Then, the Son of God, leaving His heavenly home and His inconceivable glory, stepped down to the deepest depths into an ocean of extreme woe, where surges of Satan's onslaughts pressed upon Him on every side with the strongest force the adversary of God could bring forth, to attempt to overcome the man Jesus.

No created being ever, throughout eternity, is able to comprehend the magnitude of Christ's decision to cross a Rubicon of a different kind—not to seek His glory on earth but suffer every kind of insult, mockery, hate, cruelty and a horrible death to save a world lost in sin.

His incarnation is a mystery that can never be explained and what immense humility it must have been for Christ to be planted as a seed in Mary's womb. . . .

He came in the form of a servant "*made in the likeness of men*" (Philippians 2:7), the man Jesus Christ, who took our guilt and became Sin for us, to bear the penalty in His body, to be crucified in the end.

By His voluntary death and sacrifice Jesus reconciled us to the Father. By His resurrection and ascension Jesus became our Mediator and Saviour, the only "*name under Heaven given among men, whereby we must be saved.*" Acts 4:12

The disastrous curse, facing eternal death from transgressing God's holy law, is turned around full and complete by the good news of the gospel to the soul whose mind has been convicted by the Holy Spirit. Accepting Jesus Christ as a personal Saviour, confessing and repenting with a very sorrow-filled heart and spirit, the for-

mer life, contrary to the mind of Christ, becomes a life of obedience, humility and faith. "*If any man be in Christ, he is a new creature: old things are passed away, behold, all things are become new.*" 2 Corinthians 5:17. "*There is therefore no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*" (Romans 8:1). And there must be no returning to the old life, but a bold, courageous going forward in the faith of Jesus, following His footsteps to whatever lies ahead.

Crossing over a Rubicon, not to be found a traitor, but a humble, meek and obedient servant of Christ, sanctified through His word and, at the end, be transformed into His likeness.

Let the die be cast, to go through suffering, reproach, persecution, hostility for the truth and Jesus' sake! It is a matter of decision. ----

Warning

Beware anyone who crosses the most disastrous Rubicon whose waters sink the soul into the depths of eternal condemnation and death, by committing the sin against the Holy Spirit! By resisting God's gentle voice convicting you of some wrong, and doing nothing against it; by neglecting devotion and prayer, grieving thus the Holy Spirit. Continuing in this state, the heart hardens more and more until the wooing of God's soft voice will one day fall on deaf ears, *the Holy Spirit will be gone forever*, there will be no return.

Let your mind reflect on these things, and let nothing come in between you and Jesus; make the decision to be always on His side! Amen

*Edda Tedford, Canada*

## What Thinkest Thou of Me?

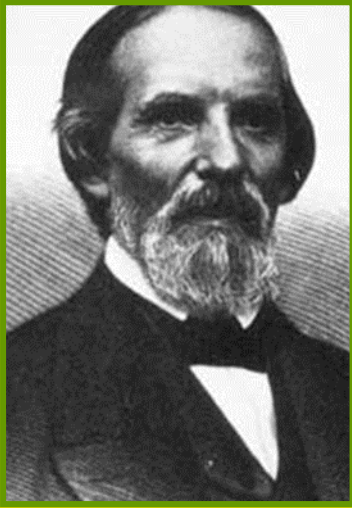
**Tonight I ask thee, Lord, alone  
What thinkest Thou of me?  
My friends I know, their love I own;  
But what am I to Thee?**

**Have I Thy talents sown abroad,  
Reaping the increase due?  
Called by Thy name, am I, O God,  
Faithful and meek and true?**

**Search all the corners of my heart,  
Purge me till I am pure;  
Let me not e'er from Thee depart,  
But to the end endure.**

**Would that I had some sheaf to bring  
Humbly, O Christ, to Thee!  
My blest Redeemer and my King,  
Think I must truly be!**

**Worthie Harris Holden  
— *The Review and Herald*, November 2, 1911**



## Samuel Snow

“Wherefore let him that thinketh he standeth take heed lest he fall.” 1 Corinthians 10:12

Samuel Snow was born in 1806. Little is written about his parents, and early family life. What we do know is that he was married and had three children. They were in agreement with his change of heart when he converted from infidelity to Christianity and supported him, often following him wherever he would be staying any length of time.

The first years of life were spent in infidelity. He supported a newspaper called the *Boston Investigator* from the years 1833 to 1839. It was published by a man who was a pantheist and often wrote articles for them. According to his own words, Samuel Snow regarded the Bible as foolish and trampled it under his feet.

In 1839, at the age of 33 he read a book by William Miller and was converted. He was very much impressed with its truth. He carefully compared it with the Bible and saw that it contained an argument that could not be rejected. He saw it to be complete. He saw the perfect harmony between Daniel and Revelation, and how history has perfectly fulfilled what was written therein.

He realized that this knowledge could only be obtained at the inspiration of God. He then saw that the Bible, that he had so long rejected, was the Word of God.

After his decision to follow Christianity, he joined the Congregational church because it was the only church in his town. He strongly believed in what William Miller had written and this did not bode well with his fellow members in the church. Since the church did not accept the Millerite teaching, Snow ended up leaving the Congregational Church and joining with the Millerites in preaching the soon coming of Christ. He then began laboring full time, without wages in the vineyard of his heavenly Father.

After the first disappointments in 1843 and the spring of 1844, Samuel Snow took a more earnest interest in, and studied more deeply into, the time surrounding the soon Advent of Christ as recorded in the Bible. By his own study he was led to look to the Autumn of 1844 as the proper time for Jesus to come. He was convinced that Jesus would return on the day of atonement in the year 1844 which fell on the 10th day of the seventh month, which in the year 1844 was the 22nd of October.

It was on August 15<sup>th</sup> at a camp meeting in Exeter New Hampshire that he made the announcement of his studies. Joseph Bates was speaking at one of the meetings when Snow rode up on horseback and soon engaged in conversation with his sister who was among those in the congregation. After hearing what he had to say she stood up and asked Bates to sit down and give Snow the floor. Bates was gracious enough to oblige and Snow proceeded to argue his case and present October 22, 1844, as a viable date for the second coming. The entire congregation was electrified. A few days later Snow published a summary of his arguments in a four-page paper titled “*The True Midnight Cry*”. Joseph Bates accepted the truth brought by Samuel Snow. The *Advent Herald* reported that Snow’s message swept over the land with the velocity of a tornado. He sparked the entire movement, the 7<sup>th</sup> Month Movement, that pointed to the conclusion and conviction that Jesus would return on October 22, 1844.

After the passing of the time on October 22, 1844, we can only imagine what Samuel Snow went through. Unfortunately, by December of that year he preached that the coming of Jesus could be in any year from 1843 to 1847 but it had to be in the fall, as that was the 10<sup>th</sup> day of the seventh month in the Jewish calendar.

He rejected the message of Hiram Edson that the sanctuary was in heaven. Since the Adventist believers were opposed to more time setting, he stopped setting times. In January of 1845 he moved to New York to be the pastor of the Franklin Hall Congregation. He began preaching falsely about the open and shut door and in February he was dismissed. After this he went and founded his own church called Mount Zion Church. He declared himself to be the Prime Minister of Jesus. He was truly a false prophet at this point in time. He continued believing himself to be Elijah until the day he died in 1890.

Unless we continue following the light, the devil has a deception designed for us. From Samuel Snow's life we can understand that God may use a man to present actual truth, but that fact in no wise preserves him from undue exaltation nor from erring from the path of truth. We must base our belief on the Word of God alone and not lean to any fleshly man for support.



**HEALTH MATTERS:**

## Keeping our Microbiome Healthy

This is the third in a series of articles discussing the human microbiome. Now that we have learned about the importance of a healthy microbiome, we need to know how to keep our microbiome healthy. Many diseases that develop in humans are directly caused by one's lifestyle choices. Hence, much is within our control as to whether we develop a particular disease or not. As with prevention of disease itself, it is also possible to make lifestyle changes to improve the health of our microbiome.

### DIET

The gut microbiome coevolves within the individual—bacteria eat what people eat.

As we learned, the type of diet we eat directly impacts our gut microbiome. Therefore, changing our diet can potentially either cure a particular disease or prevents its occurrence. Evidence shows that long-term dietary changes can reshape one's microbiome. For example, if one moves from a high-fat, high-sugar diet to a leaner, more high-fibre diet, it is possible to reshape one's microbiome into giving it a healthier profile. The effect will be improved immune function, lower inflammation, and overall better health.

What has also been discovered is that not just a healthy diet, but a more varied diet may be key to fostering a more diverse and healthy microbiome.

The indigenous Hadza tribe of Tanzania have a gut microbiome that is among the richest on this planet. The diversity of their microbiome is 40% higher than the average North American's. In studying their diet, the average Hadza individual eats around 600 species of plants and animals in a year. They have virtually none of the common Western diseases such as obesity, allergies, heart disease, and cancer. In contrast, the Western diet contains fewer than 50 species in their diet and are dealing with an epidemic of illness and obesity.

Our diet is the most important modifiable factor affecting the composition of bacteria living in our gut. In other words, our diet directly impacts the composition and diversity of our gut microbiome. Eating a diet composed of energy-dense and highly processed foods, containing chemicals to preserve, stabilize, and sweeten, appear to compromise the barrier lining our gut. Once the gut barrier is weakened, small particles that should not pass through the lining escape into the blood stream; this includes bacteria, toxins, and small bits of undigested food. Once this happens, the body sees them as intruders, and triggers the

immune system into action, causing widespread inflammation throughout the body. Inflammation has been a causative factor in many diseases. The breakdown of the gut lining is a condition known as "Leaky Gut", and there is increasing evidence that Leaky Gut is a factor in disease.

### SUGAR

Artificial sweeteners and highly processed sugar support an overgrowth of unwanted bacteria that can lead to sugar cravings, brain fog, infections, and an increased risk of obesity. One example is candida, a bacteria that is typically present in small amounts in our intestines; an overgrowth of candida occurs by consuming highly processed sugars. Once this overgrowth of bacteria occurs, it begins to crave sugar to survive, and we eat more sugar to satisfy the bacteria's appetite. When eating foods that satisfy these bacteria, it starves the beneficial bacteria of their needed nutrients. To combat the effect of sugar on the microbiome, we must lower sugar from all sources of food; processed sugars should be avoided. Eat healthy sugars contained in grains and vegetables.

Another impact of sugar is that it results in slower transit times, i.e. it takes food longer to move through the gut. This can alter the gut microbiome, leading to gut dysbiosis, and an increase in the production of endotoxins, which lead to disease. Over time, this may lead to issues that are caused by chronic inflammation, such as obesity, heart disease, type 2 diabetes, metabolic syndrome, fatty liver, and irritable bowel syndrome. Many people consume artificial sweeteners when trying to avoid sugar, especially when there are concerns with high blood sugar levels. However, long-term consumption of artificial sweeteners disrupt the balance and diversity of the gut bacteria, increasing the risk for developing type 2 diabetes.

The bacteria in our gut trigger cravings for specific foods that

they thrive on. So, if you eat a lot of sugar you feed the unhelpful bacteria that love it and they secrete the proteins to make you crave sugar more. It's a vicious cycle. Fat and sugar nourish bad bacteria, thereby increasing the prevalence of those bacteria that cause disease

### NON-ORGANIC AND GMO FOODS

Non-organic and GMO foods contain high levels of glyphosate—an herbicide known for a long list of adverse reactions in the body. Glyphosate damages the gut lining, weakening the junctions between cells and leading to leaky gut, and contributing to an overgrowth of harmful bacteria. Because

exposure to glyphosate is ongoing, the toxic effect and changes to the balance of the gut manifests over time, potentially creating long-term changes to the makeup of one's

microbiome. When purchasing food, look for organic or non-GMO labels to guide your food choices. Wheat is not a GMO food; however, wheat farmers use glyphosate to speed up the drying process of the wheat prior to harvest. Glyphosate has been shown to increase gluten intolerance and celiac disease. When buying wheat products, look for an organic label.

### TAP WATER

Tap water often contains many problematic chemicals like chlorine, fluoride, and aluminum. The problems with chlorine stem from the very reason it is so useful—its ability to kill bacteria. When chlorine is added to water, it kills pathogenic, disease-causing bacteria. However, when it is introduced into the human body, it destroys our beneficial gut bacteria. Fluoride, added to water as a way to prevent dental cavities,

decreases good bacteria and increases bad bacteria in our gut. Increases in aluminum puts pressure on gut health by impairing several biological processes which then may contribute to Inflammatory Bowel Disease. Aluminium ingestion affects the microbiome and the immune function of the intestines.

### PREBIOTICS AND PROBIOTICS

People often get confused by the words “prebiotic” and “probiotic”. Both are important to human health, but they each play different roles. Probiotics are live bacteria found in certain foods or supplements. Probiotics is also the term

which refers to the beneficial, healthy bacteria in our intestines. Like all living things, probiotics need to be fed in order to remain active and healthy. Prebiotics are substances that come from types of carbohydrates (mostly fiber) that humans cannot digest. However, prebiotics are food for the probiotics living in our gut. A helpful metaphor to understand the difference between a prebiotic and a probiotic is to consider a garden. You add seeds—the probiotic bacteria—while the prebiotic fiber is the water and fertilizer that helps the seeds to grow and flourish.



### PREBIOTIC FIBRES

Dietary fibre is the part of a carbohydrate (plant) food that does not get absorbed by the small intestine. Therefore, it is not used for nutrition for our body. It moves, undigested, to the large intestine (colon), where it plays a role in keeping our microbiome and our colon healthy.

The term, prebiotic fibre, was first used in 1995. It is one of the types of fibre and is present in certain foods. When prebiotic fibre moves to the large colon it is fermented by the bacteria in the colon. This fermentation process “feeds” beneficial bacteria colonies (including probiotic bacteria) and helps to increase the number and activity of desirable (good) bacteria in our digestive system that are associated with better health and reduced disease risk. The more prebiotics that probiotics have to eat, the more efficiently the good bacteria work, and the healthier the gut will be. Prebiotics help the gut bacteria produce nutrients for the colon cells, leading to a healthier digestive system. It has been shown that increasing prebiotic fibre intake supports immunity, digestive health, bone density, regularity, weight management, and brain health. Beneficial gut bacteria such as *Lactobacilli* and *Bifidobacteria* feed on fibrous foods. Supporting the growth of the beneficial bacteria will also help control the growth of harmful bacteria.

As not all fibre is fermentable in the colon, therefore knowing which foods are high in prebiotic fibre is essential when wanting to increase the good bacteria in the gut. Vegetables that are high in prebiotic fibre include Jerusalem artichokes, raw dandelion greens, carrots, cucumbers, asparagus, bell peppers, onions, beets, yams, garlic, chicory root, sweet potatoes, leeks, and cabbage. Fruits high in prebiotic fibre include tomatoes, apples (the skin), berries, bananas, and mangos. Other food sources of prebiotic fibre include honey, flax seeds, hemp seeds, pumpkin seeds, chia seeds, legumes, quinoa, coconut flour, and wild



rice. The composition of prebiotic fibre food change when they are cooked. Once cooked, they lose some of the prebiotic fibre that they contain. Try to eat your prebiotics raw or steam them if you want them cooked. The recommendation is to consume at least 5 grams of prebiotic fibre daily. Prebiotic fibre supplements are also available.

### OTHER DIETARY FIBRES

Foods also contain other fibres, which are essential to digestive tract health. Insoluble fibres speed up the passage of waste through the colon. Food that sits in the digestive tract for too long can begin to putrefy, creating harmful toxins,



and feeding the “bad” bacteria in the gut. Soluble fibres help decrease cholesterol levels and control blood sugar. Diets low in fiber can not only starve healthy bacteria in the gut, but also contribute to a degrading of the mucosal barrier along the gut lining, causing leaky gut and im-

balances in our gut microbiome. High-fibre foods include avocados, berries, legumes, wholegrain breads, cruciferous vegetables such as broccoli and Brussels sprouts, and leafy green vegetables. Many fruits are also high in fibre, but tend to contain a lot of sugar. Aim for 30 grams of fibre per day.



Autism is one example in which an imbalanced gut microbiome can bring on disease. There has been a dramatic increase in the number of cases of autism in children. One of the potential causal factors which contribute to autism is an imbalance in the microbiome. Natural strategies to improve the symptoms of autism include improving gut health and balancing the microbiome. Diet plays a huge role in improving the symptoms of autism. Removing processed and conventionally grown foods is important, as well as adding supplements to support gut health.

### PROBIOTICS

The human digestive tract contains about 400 types of probiotic bacteria that reduce the growth of harmful bacteria and



promote a healthy digestive system. The largest group of probiotic bacteria in the intestine is lactic acid bacteria, of which *Lactobacillus acidophilus* is the best known. Probiotics in food

are live, beneficial bacteria, naturally created by the process of fermentation in foods like sauerkraut, miso soup, kimchi, kombucha, and tempeh. They are also available in pill form

and are added into foods such as yogurt and health drinks. Their role is to provide the introduction of a very specific strain of bacteria into the microbiome to treat various symptoms. While many types of bacteria are classified as probiotics, most come from two groups: *Lactobacillus*—the most common probiotic found in yogurt and other fermented foods. It can help with diarrhea and may help with people who cannot digest milk sugar (lactose). *Bifidobacterium*—may ease symptoms of irritable bowel syndrome (IBS) and related conditions.

These two bacteria are naturally present in the large intestine. Their role is to fight harmful bacteria in the intestines, prevent constipation, and to give immune system a boost. They also help reduce intestinal concentrations of certain carcinogenic enzymes, reducing the risk of colon cancer. These healthy bacteria also replenish organisms whose numbers have been depleted and have caused illness.

When supplementing with probiotics, use strains that are able to counteract specific pathogens which cause illness. Probiotics are used for patients on antibiotics, to repopulate the colon with desirable bacteria after the course of antibiotics has wiped out both beneficial and undesirable bacteria. Often the use of antibiotics leads to an overgrowth of candida bacteria which leads to yeast infections. Probiotics work to reduce the overgrowth of unhealthy bacteria.

When using probiotic supplements, it is important to make sure that the bacteria are alive. Probiotic bacteria are fragile, and can easily be killed by stomach acid, time, and heat. All probiotic supplements should be refrigerated. The use of probiotics is developing into a new field of science, where probiotics can be used to confer a variety of health benefits. Currently they are being used to lower blood pressure, treat cardiovascular issues, lower cholesterol levels, treat depression and anxiety, improve survival in premature babies, treat irritable bowel syndrome, constipation, fungal infections, and antibiotic-acquired diarrhea. Future treatments are being looked at in multiple sclerosis, Parkinson’s, and dementia.

### GET DIRTY

Our outdoor surroundings improve our gut microbiome. Animals, plants, and dirt all harbour their own bacterial microbiome. By coming in contact with soil and animals, we actually acquire unique and diverse bacteria that improve the health of our microbiome. Just getting skin contact with the earth can be beneficial. If you get fresh organic produce from local sources, simply rinse them in water before eating to leave behind some of the beneficial soil based organisms. Another great way to have contact with the earth is to start a garden. Having a pet can also greatly benefit your gut microbiome. Children who are raised with pets actually have lower rates of allergies and obesity. The current





trend of protecting children from dirt, and keeping them in as hygienic an environment as possible has had detrimental effects on the health of a child's microbiome, as it prevents the natural exposure to external microbiomes, increasing the risk for inflammatory illnesses. It has been proven that children who grow up on farms have less allergies and autoimmune illnesses. Soil-based bacteria have been proven to treat a wide variety of health conditions. These include: allergies, asthma, ulcerative colitis, nausea, indigestion, irritable bowel syndrome, malabsorption, nutritional deficiencies, autoimmune and inflammatory diseases, and bacterial, fungal and viral infections.

## STRESS

Stress, although it is a mental state, can physically affect the health of our gut, and the microbiome contained in the gut. A recent study showed that high levels of stress can affect the gut microbiome to a similar degree as a high-fat diet. A study found that a group of people with depression had increased levels of unhealthy bacteria, and reduced levels of healthy bacteria. When we look at the converse, studies have shown that reducing the number of bacteria in our gut can produce stress-induced activities. Therefore, it is a two-way street. Stress alters our microbiome, and an altered gut microbiome can increase stress levels. Take some time every day to meditate, pray, and express gratitude in some form to reduce stress levels.

## EXERCISE

As we know, the more diverse our gut microbiome is, the healthier we are. Studies show that exercise diversifies one's gut bacteria; athletes have more varied intestinal microbes than their non-athlete peers. There is also a strong correlation between a person's cardiovascular fitness and a diverse gut microbiome. Exercise improves the intestinal bacteria's



ability to produce an important metabolic product known as butyrate; it is an important short chain fatty acid necessary for maintaining the health of the gut in general; it has a powerful anti-inflammatory

function, and reduces the risk of colon cancer. It also helps maintain the integrity of the gut lining. Changes to the gut microbiome are more pronounced in lean individuals. The benefits of exercise on our microbiome dramatically diminish if exercise is discontinued. Therefore, a regular, ongoing exercise regime is crucial for our gut health.

## THE FUTURE

It is clear that the human microbiome plays an important role in the health of humans, and that it is implicated in the development of a wide variety of diseases. Now that researchers have been able to identify the components of the

human microbiome, the next step is to investigate exactly how the human microbiome is involved in causing or preventing disease. Identifying the variations in microbiomes between healthy and unhealthy people can further lead to understanding microbiome-based diseases. Recent research has been done in knowing how potential germs/pathogens from outside the body invade the human body, and how this relates to the gut microbiota. This will help to identify ways to limit the invasion of potentially harmful microbes and their disease-causing effects. Science has developed techniques that can predict the function of the various microbes in the gut. The goal for this type of research is to identify microbiome-based diagnoses, and then develop treatment strategies that manipulate the bacterial colonies to treat disease, by inserting specific strains of bacteria into an existing microbiome. This approach will result in very personalized treatments for each individual person, based on their microbiome, with improved outcomes.

With the knowledge of the function of the different components of the microbiome, specific probiotic treatments can be used. Probiotics have been used to restore the health of flu patients more quickly. Another probiotic reduced the severity of liver disease in patients with cirrhosis. In cancer treatment, an intact microbiome improves the immune response to certain cancer drugs. Many studies have shown that probiotics have shown outstanding effects on the treatment of allergic diseases, especially those in infants.

Current treatments include fecal transplants for people with difficult-to-treat *c. difficile* bacterial infections. A solution of healthy feces is introduced into the sick person's colon. The feces have healthy gut bacteria that can fight the infection, and has been found to be more effective than antibiotic treatments. Ongoing research is looking at using this procedure in other conditions.

Some scientists believe analysis of our microbiome will one day be as common as routine blood tests. Doctors could discuss the results with you and develop strategies that address the long-term management of your gut bacteria to maintain its health. Current research could one day lead to customized probiotics that would offset whatever disease-promoting microbiome you might harbor. One researcher stated, "You could envision a therapy, where people are actually taking specific microbiota, that actually helps them prevent obesity or diabetes."

**"The light has been shining upon your pathway in regard to health reform, and the duty resting upon God's people in these last days to exercise temperance in all things. . . . As the light of truth is received and followed out, it will work an entire reformation in the life and character of all those who are sanctified through it." –Counsels on Diet and Foods, p. 57**



# Build on the Rock

***“Therefore whosoever heareth these sayings of Mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.” Matthew 7:24–25***

“Jesus compared the man who hears and obeys His words to the one who built his house upon a rock. The floods of temptation may come and the tempests of trial beat; but he remains unmoved, for his foundation is sure.” —*The Signs of the Times*, October 29, 1885

“We are living in perilous times. Amidst the changing scenes, with heresy and false doctrines coming in that will test the faith of all, the house built on the solid rock cannot be shaken. But when storm and tempest come, the house built on the sand will fall, and great will be the fall of it.

“Let us take heed, then, how we build. Let no one build unwisely. The word of God is our only foundation. Every semblance of error will come upon us. Some of these errors will be very specious and attractive, but if received, they would remove the pillars of the foundation that Christ has established and set up a structure of man's building. There are those who seeing, see not, and hearing, hear not, and under Satan's guidance they prepare false foundations for human minds.

“Christ's lessons should be studied by everyone. The truth is solid, substantial. This truth is to be presented to all; for Satan will come in with his pleasing sentiments, which make nothingness of God's word and turn aside minds from the truth to fables.” —*Medical Ministry*, p. 87

“Steadily the builder places one stone upon another

until the structure rises stone upon stone. The gospel builder frequently carries on his work in tears and amid trials, storms of persecution, bitter opposition, and unjust reproach; but he feels deeply in earnest, for he is building for eternity. Be careful, Brother A, that your foundation is solid rock, that you are riveted to it, Christ being that Rock.” —*Testimonies for the Church*, vol. 3, p. 414

“If we look to self, and trust in self, we shall surely fall from our steadfastness. The terrible tempest that is gathering will sweep away our sandy foundation, and leave our house a wreck on the shores of time; but the house that is built upon the

rock shall stand forever.” —*The Review and Herald*, January 10, 1888

“Remember that you are building for eternity. See that your foundation is sure; then build firmly, and with persistent effort, but in gentleness, meekness, and love. So shall your house stand unshaken, not only when the storms of temptation come but when the overwhelming flood of God's wrath shall sweep over the world.” —*Our High Calling*, p. 84

“The question that should come home to each of us is, Upon what foundation am I building? We have the privilege of striving for immortal life; and it is of the greatest importance that we dig deep, removing all the rubbish, and build on the solid rock, Christ Jesus. He is the sure foundation. ‘Other foundation can no man lay than that is laid, which is Jesus Christ.’ 1 Corinthians 3:11.” —*Counsels to Parents, Teachers and Students*, p. 61–62

“Dig deep; lay your foundation sure. Build, oh, build for eternity! Build with tears, with heartfelt prayers. Let every one of you from henceforth make your life beautiful by good works. Calebs are the men most needed in these last days. That which will make our churches vigorous and successful in their efforts is not bustle, but quiet, humble work; not parade and bombast, but patient, prayerful, persevering effort.” —*Testimonies for the Church*, vol. 5, p. 129–130

“Let us each dig deep, laying our foundation firmly upon the Rock. Then, when the storms shall come and beat upon our house, it will not fall; for it is founded on a Rock that will not give way.” —*The General Conference Bulletin*, May 24, 1909

**Ellen G. White**

## CHILDREN'S CORNER:



# The Frozen Path

In 1914, my parents moved our family to the flat prairie land about thirty miles from Glendive, Montana. We were brought up in a good Christian home and were taught to trust God in every adversity. In those days, it took us at least two days by horse and buggy to go to town to do our business and shopping—most of one day was to drive to town and most of the second day to drive home. However, we did have a post office and a small grocery store about fifteen kilometers away. We did not go often to check our mail. Many times, neighbours would go to the post office and pick up everybody's mail. They would pass the mail on to their neighbour, who in turn passed it on to their nearest neighbour, until all the mail was delivered. No one had telephones in those days.

Our local church was only five kilometres away. We were only a few families that gathered every Sabbath.

Our school was a one-room country schoolhouse. Our teacher was fresh out of teacher's training—a city girl from Minneapolis. She taught five grades to eight children—including me and my two sisters. We walked to school through the pastures. Due to the frigid winter blizzards, we missed many days of class. When the weather improved, we trudged through the deep snow to attend school. We loved our teacher and thought she was wonderful!

During winter, 30 to 60 cm of snow usually covered the countryside. On our way to school we made a path, packing the snow firmly as we walked through the open

pasture. Soon the path built into a solid mass of ice. There was nothing to guide us, but we were hardy country girls and could take it. When March came, the snow would sometimes melt and leave patches of bare ground here and there. The snow always melted around our frozen path first, but the path itself remained to the last before disappearing.

One particular March morning we awoke to a balmy, sunny day. We were thrilled, because ordinarily March was chilly. After morning worship, we quickly did our chores. My older sister, Katherine, who was fifteen, milked the cows while we younger girls fed the chickens and gathered the eggs.

Jessica, just thirteen, was a feisty young lady. She asked, "Mom, we don't have to wear our heavy coats to school today, do we? It's so lovely and sunny out!"

Mother, who was ill in bed at the time, said, "Oh yes, girls, you must put on your regular winter wear because you don't know what the weather might be like this afternoon. Jessica, you and Mabel are invited to spend the night with your friend, Glenna, remember? You won't be coming home tonight, and tomorrow morning it may be much colder than this morning. You must put on your warm coats! And do not forget to have your prayers before you go to sleep."

We all obeyed and put on our heavy coats. The bright sun convinced us that spring seems to have arrived. We were gloriously happy as we raced off to school along

our frozen pasture path.

When first recess came, we were delighted not having to bundle up to play outdoors. How we all looked forward to the noon hour when we'd have more time to play outside in the sun again.

Noon, however, brought a decided change in the weather. In the west we saw dark-blue, billowy clouds churning toward us. The air grew chilly. Disappointed in the sudden weather change, we went into the school to eat our lunches and begin our afternoon classes. While in class we looked out the window and saw little snowflakes falling. Soon a strong wind swirled the snowflakes into circles. We could not believe what we saw. Our beautiful morning was spoiled and gone! It kept on snowing and blowing. When afternoon recess arrived, our teacher became worried because of the increased snowfall and the strong wind that was blowing.

She told Katherine, my older sister, "Step outdoors with me for a minute. Let's check the weather. Maybe we should dismiss school early."

Once outdoors they found the weather worsening by the minute. "I can make it home all right," Katherine said. "I must start home at once because Mother is sick in bed, and she will be terribly worried if I don't show up."

"Are you sure you can make it OK?" our teacher asked, because she was new to the area and did not understand the viciousness of our blizzards.

"If I start home right now, with the wind at my back and the frozen path to follow, I'll make it all right, as long as I pray before I leave," Katherine reassured her.

"If you must go, Katherine, I'll dismiss school now for your sake."

Katherine said a prayer and bundled up. Her friend, Mildred, then said, "I'm going with Katherine!" She also dressed in her warm clothes. Mildred lived just beyond our home.

Next, Mildred's cousin, Vernon, a third-grader spoke up, "I want to go with those girls, too." He dashed for his warm coat, and our teacher tucked in his scarf while he pulled on his mittens.

After the three children were dressed to face the storm, Katherine told our teacher, "We'll just go as far as the schoolyard gate. If we think it's too dangerous to go any farther, we'll come back."

By now our teacher felt quite anxious about this whole situation. She was responsible for the children's safety. She waited, thinking the three children would return any minute. But they did not. "Since Katherine didn't come back, maybe the rest of us ought to try to make it home too," our

teacher said. "If we stay here we will be without food or beds. If this storm should last a long time, we'd be in a bad way."

So the rest of us bundled up and stepped out into the storm with our teacher. We faced the wind. Since Jessica and I were going to spend the night at our friend's home, about two blocks away, we—and all the rest of the group—went the opposite direction from the way Katherine and her two companions had gone. Soft, blowing snow blinded us.

"Walk single file and hang on to the coat of the person in front of you," our teacher told us. We braced ourselves against the wind and snow. There was a fence we could have followed, but it would be tough to try to keep in touch with the fence as well as with the person in front of us. We struggled trying to hold onto each other—sometimes stumbling and sometimes falling. We did not even get out of the schoolyard.

Finally our teacher said, "Children, let's turn around and go back to the schoolhouse. It's no use trying to fight this blizzard!"

Back inside the school, she became more and more concerned about Katherine, Mildred, and Vernon. Would those three children make it across the prairie all right in this frightful storm? It was about one kilometre to our home from school, but Katherine had promised she would keep her eyes on the frozen path. We were glad that it was still daylight.

Our teacher knew that Jessica and I came a Christian family so she quietly asked the two of us to pray. "Pray as you've never prayed before," she whispered, not wanting to alarm the other children. We prayed silently and earnestly that Katherine and her two friends would get to our home safely and that someone would come to our rescue at school.

Meanwhile Katherine had remembered her promise that when she got to the school gate she would return if the storm got worse. But when they arrived at the gate and turned to go back, they couldn't see the school because of the storm!

"I can't see the school, but I can still see the frozen path," Katherine told her friends. "So let's follow this frozen path, and I'm sure we'll make it OK. Let's stay close together." Each clung to the coat of the one in front as Katherine led them along the frozen path. Katherine kept praying as they stumbled, moving slowly on the path; it was their only hope of finding home in the blinding snowstorm.

Finally, they arrived at a shack that stood less than a half a kilometre from Katherine's house. They were too numb and cold to continue, so Katherine led the children to the door. She raised her frozen hand to knock on the door as loudly as she could. No one answered. Desperately she tried to

turn the doorknob with her numb hand, but found it tightly locked!

“Now, whatever shall we do, Katherine?” Mildred asked. “I’m half frozen already.”

“Let’s go to the barn,” Katherine grabbed Vernon’s hand. They faced the wind and struggled toward the barn near the shack. They opened the door. All they found was an empty barn—no hay, no straw, or horse blankets! But at least they were now out of the ferocious wind and the pelting snow. They stomped back and forth across the length of the barn, trying to get their circulation back and their feet warm. They swung their arms and clapped their hands until they began feeling circulation again.

When their feet and hands felt somewhat warmer, Katherine faced her companions and said, “We can’t stay here in the barn all night. If we do, we’ll freeze to death before morning.” She was right; it was bitterly cold. “We have to face the storm again,” she continued. “We have to try to find the frozen path and keep on going home.” The other two were heartsick!

“Whatever you say, Katherine,” Mildred wearily replied.

“Before we step out into the storm again, we’ve got to pray,” Katherine suggested. The children with her did not come from Christian homes, but they agreed to pray with her.

“Dear Lord,” Katherine prayed sincerely, “please help us find the frozen path and send Your angels to guide us safely home.”

Back out in the storm, they easily found the frozen path in spite of the wind and snow. But they also realized that it was dusk and would soon be dark. Katherine, in the lead, carefully feeling for the rough, frozen path. That made slow going, but the little group kept moving. Finally they reached the garden fence of their home. Encouraged, they knew they were only a little ways from the house. They had to follow the garden fence a short distance, turn and go through the gate, and follow the pathway to the door.

Sick as she was, Mother was frantic with worry. She wanted to go look for her girls. But Father tried to assure her that the teacher would never allow the children to leave school in such a storm. So they knelt down to pray. Father then decided to go and look for the girls. Just before he went outside, they heard voices calling, “Open the door!”

Once inside, the children could not remove their jackets because the snow had frozen them against their chests. Dad took a knife and chipped away at the snow on their jackets so that they could finally unbutton and remove them. Then he treated the children’s hands and feet for frostbite.

Those of us at school kept warm because we had plenty of

coal to keep the fire going. The teacher did her best to keep us calm. She read stories to us. We sang and played games. We were hungry, but no one felt sleepy. I was extremely worried that, Katherine, had died out in the storm. I remember thinking, *How are we ever going to live without Katherine?*

About midnight the wind died down, and things became very quiet. We could not believe it! The storm that had come so suddenly, left just as abruptly. Soon after it became calm, we heard footsteps on the snow. Mr. Stiemann, the father of the home where Jessica and I were to spend the night, opened the door. He quickly glanced around the room, saw the children there, and said, “Thank God! You’re all safe!”

“No! No!” our anxious teacher exclaimed. “Katherine, Mildred, and Vernon are out there somewhere.”

“Don’t you worry,” Mr. Stiemann said, “Katherine is a level-headed girl. If she thought they could make it home, they made it home. Besides I am sure she prayed and the Lord would protect and guide her.” Those words encouraged everyone. He had brought a big basket of sandwiches and passed them to us hungry children. When we finished eating, we bundled up, and he led us all to his home. There we sat down to bowls of hot soup.

Jessica and I were still worried about Katherine. We went to bed, but it took us hours to get to sleep. I kept wondering, *How are we ever going to live without Katherine?*

When morning came, Vernon’s father came directly to the Stiemann home looking for his son. He said, “I figured the children would still all be at school. Where is Vernon?”

“Vernon left school with Katherine yesterday afternoon!” Mr. Stiemann told him. He immediately left for our home and found that Katherine, Mildred, and Vernon had arrived at our house safely. He told our parents that Jessica and I were also safe.

I have not the slightest doubt that, in answer to many, many prayers, angels were sent to guide Katherine’s frigid feet along the frozen path to our garden fence and finally home safely!

“The angel of the LORD encampeth round about them that fear Him, and delivereth them.” Psalm 34:7





“Family, the Ultimate Foundation,” was the theme of the Montreal Church Fall Conference held from September 6–8, 2019.

***“For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of whom the whole family in heaven and earth is named, That He would grant you, according to the riches of His glory, to be strengthened with might by His Spirit in the inner man; That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.” Ephesians 3:14–19***

Believers from far and near gathered Friday evening to praise the Lord with the wonderful hymn, “Fairiest Lord Jesus, Ruler of All Nations.” Brother Augustus Ratneya’s sermon subject was “Family Origins.” He reminded us how wonderfully God created the stars, planets, and numberless galaxies in the universe and also everything on this planet. Nothing came into existence on its own or, as some claim, just appeared after a big bang. Everything has its order and was created for a purpose. We have a heavenly family—the Father, the Son, the Holy Ghost and all the angels.

This family was perfect and peaceful; but, everything changed when pride and lust for power entered Lucifer’s heart and as a result of this rebellion, Lucifer and his followers were cast out of heaven. “Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee. Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground.” Ezekiel 28:15, 17.

“How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which

didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High.” Isaiah 14:12–14. Since being cast to this earth, Satan and his angels have done all in their power to destroy the family which God has instituted to be a blessing for all mankind. But God is our strength and in Him we can have the victory.

Brother Evald Pedersen spoke about “The Influence of our Families.” “One well-ordered, well-disciplined family tells more in behalf of Christianity than all the sermons that can be preached.” —*The Adventist Home*, p. 32. It is therefore so important that we practice what we confess to believe. The Lord instituted marriage. “And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.” Genesis 2:18. We all need someone to share our experiences with. When looking for a life-partner, do not only look at the appearance, but at the character, more importantly. When thinking of settling down with your family, it is very important to live in a good environment. Spend time in nature where you will feel more relaxed and closer to our Creator.

If you have the possibility, live in the country, have big windows and let the sunshine and the fresh air into your home. Try to avoid living in a basement apartment, especially if it is low and damp.

On Sabbath morning after the song service, the children studied their lesson with Sister Edna Monroy. The adult lesson, “I Love Your Law” was studied with Brother Alirio Beltran.

Before the Divine Service on Sabbath morning, we were privileged to witness the dedication of Sister Leidy Losada’s and Brother Alirio Beltran’s little son, Brandon.

“The Family of God,” was the subject of the service brought to us by Brother Morris Lowe. The more technology there is, the more people suffer from loneliness. The United Kingdom has so many lonely people, that it decided to create a ministry to help the lonely individuals. Loneliness is linked with Alzheimer’s, stroke and heart disease. Hundreds of thousands do not speak with others and therefore suffer from loneliness. God has instituted the family which provides many blessings, such as life, companionship, protection, a sense of belonging, character development, and security, when the Word of God is present. Many who have friends are also a part of a family and also part of the household of God; these are the sons of God, loving one another, and do not need to be lonely. “For through Him we both have access by one Spirit unto the Father. Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God.” Ephesians 2:18–19. “For as many as are led by the Spirit of God, they are the sons of God.” Romans 8:14. The strongest evidence we have that we are the children of God is that we love one another. A true friend will always love us, but will not love the wrong we may have done. “A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are My disciples, if ye have love one to another.” John 13:34–35

After enjoying a delicious lunch, we continued with Sister Franziska Pedersen’s presentation entitled “The Successful Family.” “And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.” Deuteronomy 6:6–7

“Parents should be careful not to allow the spirit of dissension to creep into the home; for this is one of Satan’s agents to make his impression on the character. If parents will strive for unity in the home by inculcating the principles that governed the life of Christ, dissension will be driven out, and unity and love will abide there.” –*The Adventist Home*, p. 178. Jesus is our great teacher and when parents learn from Him, they will manifest His spirit. “Let those composing the family circle pray that God will sanctify their tongues, their ears, their eyes, and every member of their body.” – *Ibid.*, p. 177

Gentleness and love will fill their home. The children will then be treated with love and sympathy and taught

by example, sound principles, how to pray, believe in the Word of God, love the truth and stand firm in it. “In His wisdom the Lord has decreed that the family shall be the greatest of all educational agencies.” –*Ibid.*, p. 182. Our Lord has instructed parents to bind their children to their hearts by kindly instructing them and showing them that it is your wish to make them happy and that you strive to do only what is for their good. All must be done in faith, love, and patience. Jesus our Saviour is always ready to help all mothers and fathers who put their faith and trust in Him. Let us all take the wonderful following Scripture words to heart: “Be of good courage, and He shall strengthen your heart, all ye that hope in the LORD.” Psalms 31:24

During our song service we were blessed with several specials, with instrumental music on several guitars, violin and the piano before continuing with the program by Brother Evald Pedersen on “The Father—Husband, the Head of the Family.” The father has more responsibilities in the family than anyone else. “I saw that but few fathers realize their responsibility.” –*Ibid.*, p. 211. A man is supposed to be strong, not cry, nor is he to give up easily. But that is not always how men feel.

“But I would have you know, that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is God.” 1 Corinthians 11:3. The Spirit that is between God and Christ, the same spirit should be between husband and wife. As Christ loves His church, so should the husband love his wife, and be willing to sacrifice for her. Sometimes, we men take our jobs or careers too seriously and do not pay enough attention to our wife and children.

The father is usually responsible for the finances. This does not mean that he should control everything and the wife has nothing to say regarding their money and what it should be used for. She should have equal rights; the woman was not taken from Adam’s feet, but from his side. Always try to get along and find a solution both are happy with. My advice is, get along, even if you have to give in sometimes.

Always remember, everything comes from God, and everything belongs to God. If we remember this, we are not going to waste our money, but we will be careful how we spend it and try to give some to God’s work and to those in need.

May God help us to find a balance in life where everyone in the family realizes his/her responsibilities, including the children. They also should know that they



had made with the Lord and others praised God with songs and instruments.

Before closing the Sabbath, Brother Morris Lowe held the examination of the baptismal candidates, Yoiz Renza and Carlos Beltran.

On Sunday morning we met at the beautiful River in Maynard-Ferguson Park where Yoiz Renza and Carlos Beltran made their covenant with our Lord by baptism. It was a cloudy, breezy morning, but right when the first baptismal candidate, together with Brother Morris stepped into the water, the sun came out from behind the clouds and the breeze turned warm. We pray that these two young souls will continue to stay close by their Saviour.

are part of the family and need to do their share.

Sister Johanna Munoz shared some good ideas about family worship and studying the Bible in our homes. We cannot have the same approach with small children as we have with teenagers and adults. Try to make the worship interesting for the little ones in a way so they can understand it and participate in it. She gave us some examples such as taking an item which was part of a Bible Story (lentils, grain, or other) and ask your child to think of the story this item was part of. You can then discuss the meaning—the lesson learned.

During the Testimony meeting held by Brother Alirio Beltran several believers shared their experiences they

Back at the church, during the Welcome Service, Brother Morris and Brother Augustus encouraged the newly baptized young people to let Jesus lead them. Several friends and family members also shared their joy and welcomed them to the Family of God.

Before the closing of this conference, Brother Augustus expressed his appreciation to everyone who had come. May we all try to remember the wonderful messages shared and may we, with the help of God, continue to walk with Jesus and be a blessing to others while preparing to meet our Lord. Jesus is coming soon!

***Franziska Pedersen***







September 28 was a special Sabbath in Canada. The two oldest members of the church share the same birth date, although a few years apart. Surrounded by family and friends, they shared the blessings of this wonderful day.

Brother Timo Martin has been a part of God's remnant church since he was born in 1931. He was born in Finland and his parents brought him up in the Seventh-day Adventist Church Reform Movement and he was baptized at the age of 14. At the age of 19 he immigrated to Canada and has been living there since. He has been an active member in the church in Toronto since arriving in Canada. On September 28, he celebrated his 88<sup>th</sup> birthday.

One year ago, we included a brief report about Sister Teresa de Jesus Barreras who is currently the oldest member in the Canadian Field. She was born in El Salvador on September 28, 1919 and has been an active member of the London, Canada, church for many years.



On her 99<sup>th</sup> birthday she fell and broke her hip. At first the doctors did not want to do surgery due to her age, but her family insisted and so she underwent surgery. Today—one year later—she has made a complete recovery. She has now been blessed to celebrate her 100<sup>th</sup> birthday.

"God has especially enjoined tender respect toward the aged. He says, 'The hoary head is a crown of glory, if it be found in the way of righteousness.' Proverbs 16:31. It tells of battles fought and victories gained, of burdens borne and temptations resisted. It tells of weary feet nearing their rest, of places soon to be vacant. Help the children to think of this, and they will smooth the path of the aged by their courtesies and respect." —*Child Guidance*, p. 144

"The cause needs the help of the old hands, the aged workers, who have had many years' experience in the cause of God." —*Selected Messages*, bk. 2, p. 224

"Those who have served their Master when the work went hard, who endured poverty and remained faithful when there were few to stand for truth, are to be honored and respected." —*The Acts of the Apostles*, p. 573–574



# Ethiopia



# Asian Symposium—Sri Lanka September 2019

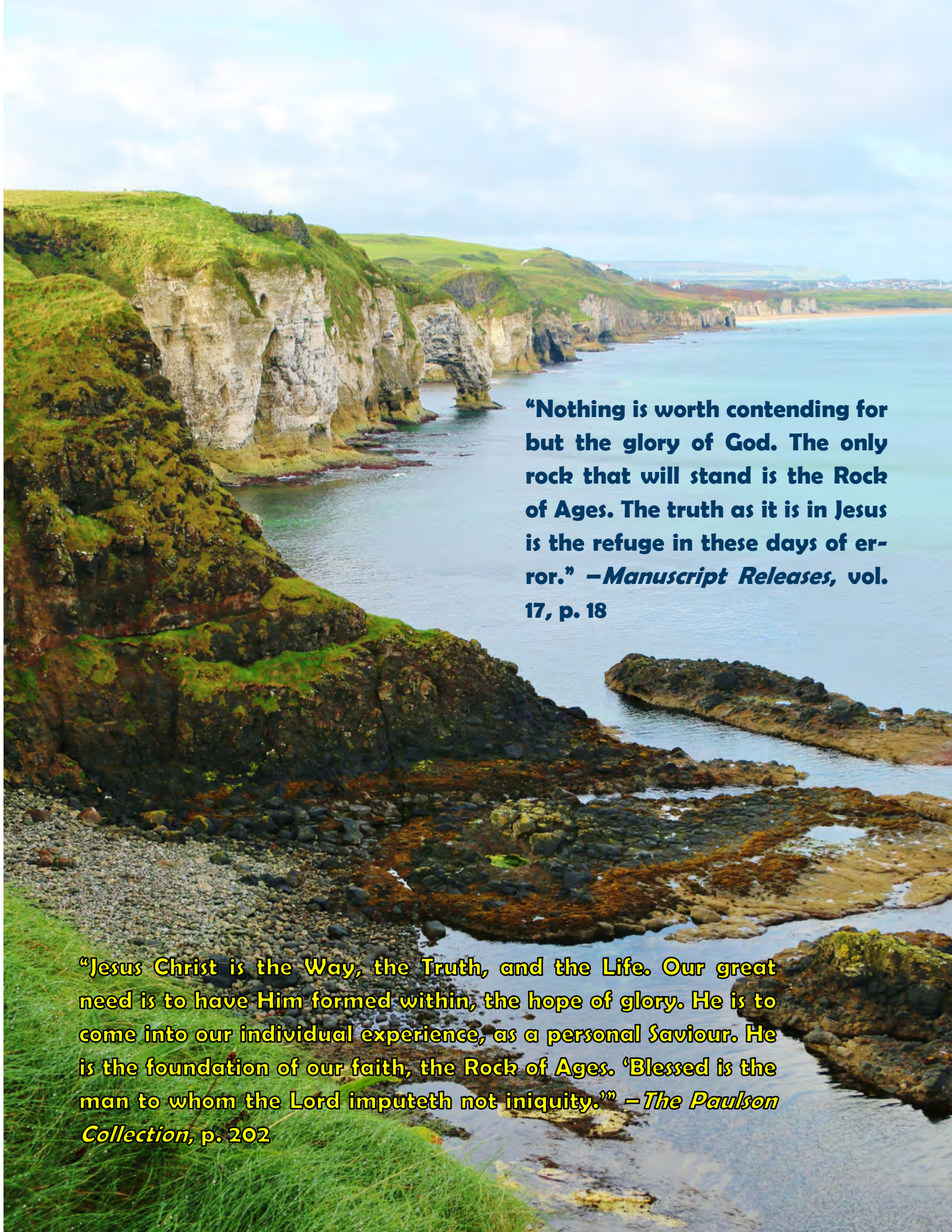


# Ukraine



# Finland





**“Nothing is worth contending for but the glory of God. The only rock that will stand is the Rock of Ages. The truth as it is in Jesus is the refuge in these days of error.” –*Manuscript Releases*, vol. 17, p. 18**

**“Jesus Christ is the Way, the Truth, and the Life. Our great need is to have Him formed within, the hope of glory. He is to come into our individual experience, as a personal Saviour. He is the foundation of our faith, the Rock of Ages. ‘Blessed is the man to whom the Lord imputeth not iniquity.’” –*The Paulson Collection*, p. 202**