



*The Reformation*  
**Messenger**  
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**Our Treasure**  
Page 4

**Children—Heaven's Heritage**  
Page 9

**Fight or Flight**  
Page 17

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

## **In This Issue:**

**3 Flowers of the Field**

**4 Our Treasure**

**6 Children**

**9 Children—Heaven's Heritage**

**12 Origin of Evil (Poem)**

**14 Resist for Your Holiness, Part 2**

**17 Fight or Flight**

**22 Health Matters: Physical Exercise—  
Strengthening and Stretching**

**26 Children's Corner: Samuel**

**The Goatherd**

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## Flowers of the Field

bear comparison with the simple flowers of the field for natural loveliness. Even these simple flowers, with God's adornment, would outvie in loveliness the gorgeous apparel of Solomon." — *Testimonies for the Church*, vol. 3, p. 375

"All the efforts of humanity cannot approach the beauty of Nature. The simple flowers of the field put to shame the robes of royalty." — *The Signs of the Times*, August 23, 1877

"Tell the children that however much time may be wasted in attempts at display, our appearance can never compare, for grace and beauty, with that of the simplest flowers of the field. Thus their minds may be drawn from the artificial to the natural. They may learn that God has given them all these beautiful things to enjoy, and that He wants them to give Him the heart's best and holiest affections." — *Fundamentals of Christian Education*, p. 159

"God, who created everything lovely and beautiful that the eye rests upon, is a lover of the beautiful. He shows you how He estimates true beauty. The ornament of a meek and quiet spirit is in His sight of great price. That which God estimates as valuable above costly dress, or pearls, or gold, shall we not seek earnestly to gain? The inward adorning, the grace of meekness, a spirit in harmony with the heavenly angels, will not lessen true dignity of characters, or make us less lovely here in this world." — *Appeal to the Young*, p. 25–26

"If the lilies of the field are objects upon which the great Master Artist has bestowed care, making them so beautiful that they outrival the glory of Solomon, the greatest king that ever wielded a scepter; if the grass of the field is made into a beautiful carpet for the earth, can we form any idea of the regard which God bestows upon man, who was formed in His image?" — *The Seventh-day Adventist Bible Commentary*, vol. 5, p. 1086

*Ellen G. White*

"Every Flower Expresses Love.—The great Master Artist calls our attention to the soulless flowers of the field, pointing out the beautiful tints and the wonderful variety of shades one flower may possess. Thus God has revealed His skill and care. Thus He would show the great love He has for every human being.

"Every flower is an expression of the love of God.

"The flowers of the field, in their endless variety, are always ministering to the delight of the children of men. God Himself nourishes every root, that He may express His love to all who will be softened and subdued by the works of His hands. We need no artificial display. God's love is represented by the beautiful things of His creation. These things mean more than many suppose." — *The Seventh-day Adventist Bible Commentary*, vol. 5, p. 1086

"The Redeemer of the world has warned us against the pride of life, but not against its grace and natural beauty. He pointed to all the glowing beauty of the flowers of the field and to the lily reposing in its spotless purity upon the bosom of the lake and said: 'Consider the lilies of the field, how they grow; they toil not, neither do they spin: and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.' Here He shows that notwithstanding persons may have great care, and may toil with weariness to make themselves objects of admiration by their outward decorations, all their artificial adornments, which they value so highly, will not

# Our Treasure



People have treasures which they value a lot. Their treasures can be works of art, music, paintings, sculptures, or houses. Their treasure can also be themselves. They are always thinking of themselves and giving good things to themselves. Many times, people's treasure is something that they do not have yet, but they dream about, and hope to have it some day.

How do we know what a person's treasure is? One way to know is to listen to what he speaks about. Normally people speak about a thing that is most dear to them. The most precious treasure that we can have is Jesus Christ, our Lord. It is available to all who will accept Him to themselves. Paul writes about the treasure that he had found:

"For we preach not ourselves, but Christ Jesus the Lord; and ourselves your servants for Jesus' sake. For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us." 2 Corinthians 4:5-7

Without this treasure in our earthen vessel, what is our value?

"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. And Lebanon is not sufficient to burn, nor the beasts thereof sufficient for a burnt offering. All nations before Him are as nothing; and they are counted to Him less than nothing, and vanity." Isaiah 40:15-17

But if we have this treasure, Jesus Christ in us, then what is our value?

"Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before Him for them

that feared the LORD, and that thought upon His name. And they shall be Mine, saith the LORD of hosts, in that day when I make up My jewels; and I will spare them, as a man spareth his own son that serveth him." Malachi 3:16-17

"Since thou wast precious in My sight, thou hast been honourable, and I have loved thee; therefore will I give men for thee, and people for thy life." Isaiah 43:4

When the Holy Spirit dwells within us, our value in the sight of God becomes very precious. We, the children of dust, the earthen vessels, are entrusted with the treasures of Jesus Christ the Lord, that the excellency of the power of God may dwell in us. Yet, how can it be that the treasure of the knowledge of the glory of God is not appreciated by many? Even some Christians who know these things, (the sacrifice of Jesus, His death for us) value it so little. There is something else that they love more.

God offers people a mansion in heaven, eternal life, yet there are so few who are interested because the price is too high. It costs people their sins and earthly treasures. Many people love sin so much that heaven and eternal life are sacrificed for it. Satan has invented a counterfeit, religion which promises heaven and eternal life without self-denial, without purity of heart. This false religion appeals to selfish people; they do not need to love God, they only need to follow outward ceremonies.

We are the temple of the Holy Spirit. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" 1 Corinthians 6:19

How much value does the Holy Spirit have? So much value that God will not destroy a person who has the Holy Spirit and Jesus Christ. But, if we lose this treasure, then we are worthless, only to be cast into the fire to be burned up. Jesus said, "Blessed are the pure in heart: for

they shall see God." Matthew 5:8

This makes all the difference. Jesus also said, "Let them alone: they be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch." Matthew 15:14. Because they had no purity of heart, they were blind, yet they were the leaders of the people. They were priests and Pharisees. Selfishness, pride, covetousness, envy, and jealousy had defiled their hearts that they were blind and could not see God in Christ. They only saw a man whom they hated.

Christ is knocking and begging for entrance to human hearts, yet how often He must remain outside. Whoever opens his heart's door to Christ will increase in value.

"One soul saved in the kingdom of God is of more value than all earthly riches." *-Life Sketches*, p. 206

All the riches of the world God will burn in the fire, but He saves His treasures eternally. He is also our treasure, that has more value than all the riches in the world. But the treasure of souls saved are few. Isaiah writes, "Except the LORD of hosts had left unto us a very small remnant, we should have been as Sodom, and we should have been like unto Gomorrah." Isaiah 1:9

What happened to the majority of the religious people? "Because that, when they knew God, they glorified Him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools." Romans 1:21-22

People still want heaven and eternal life, but in an easier way. They still love the world, and practice a lifestyle of sin. Millions of professing Christians are professing wisdom, but are fools, losing happiness and eternal life.

"For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away their ears from the truth, and be turned unto fables." 2 Timothy 4:3-4

There was a poor widow whose husband had died. They had not been poor before, but now she did not have any money to support herself. Finally, to pay her debts, an auction sale was called; the furniture and other belongings were sold, along with the old family Bible that she had not read for a long time. When the Bible was opened at the sale, a large amount of money was found in between the pages. There had been a treasure inside, which she had not realized. Yet this was only a small treasure; the real treasure she would have found would have been by reading it.

By the word of God we can overcome and defeat Satan. We need to read it daily, and our characters will change into the divine image. There is a danger that will take away our divine treasure, and we fail of the grace of God. "Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled." Hebrews 12:15

Even a little root of bitterness can defile many. One dissatisfied member in the church can spread a root of bitterness that is hidden under a seeming concern for others, and finally there may be a separation among the believers.

Jesus said, "Think not that I am come to send peace on earth: I came not to send peace, but a sword. For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. And a man's foes shall be they of his own household. He that loveth father or mother more than Me is not worthy of Me: and he that loveth son or daughter more than Me is not worthy of Me." Matthew 10:34-37

Jesus came to bring a sword, variance, and separation even among families and relatives. God's purpose is that there is separation and shaking. The Bible says, "Can two walk together, except they be agreed?" Amos 3:3

Our work today is to introduce the Treasure, Jesus Christ to men, women, and children. The message of the 1888 conference, justification by faith, Christ our righteousness, is our message today. People are perishing for the want of this message. The invitation of Jesus, "Come unto Me, and I will give you rest" must be repeated to the sinsick souls, who for years have tried to establish their own righteousness, and have failed. The work of purification and sanctification which they could not do, suddenly becomes possible, and instead of a struggle they find rest, and sweet comfort.

What else will we receive? "But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name." John 1:12. Our work is not finished. We are to bring Christ to the world. We are to lift Him up before the people. Christ is our greatest, most important treasure. His life, His suffering and death are our favourite subjects. He made us a promise. "Lo, I am with you alway, even unto the end of the world." Matthew 28:20. We must never lose Him, but have a closer union every day with Him, that our faces will shine with the peace of heaven. Amen

*Timo Martin*

# CHILDREN



Most of us, when we get married, are looking forward to having a family. In the book, *The Adventist Home*, p. 159 it says, "A childless house is a desolate place."

Before children are brought into the world it is important to be ready for them. Far too many children have been born and faced hardship because their arrival was not planned. Their parents looked at them as an unwelcome burden. The Spirit of Prophecy is very clear on this point, as we read in *The Adventist Home*, p. 162–165.

## Factors to consider:

**1. Mother's Health**—In *The Adventist Home* on page 162 is a very strong statement. "A Grievous Wrong to Mothers, Children, and Society—There are parents who, without consideration as to whether or not they can do justice to a large family, fill their houses with these helpless little beings, who are wholly dependent upon their parents for care and instruction. . . . This is a grievous wrong, not only to the mother, but to her children and to society. . . ."

"Parents should always bear in mind the future good of their children. They should not be compelled to devote every hour to taxing labor in order to provide the necessity for life.

"Before increasing their family, they should take into consideration whether God would be glorified or dishonored by their bringing children into the world. They should seek to glorify God by their union from the first, and during every year of their married life." p. 162

**2. Care and Education**—"If you do not govern your children and mold their characters to meet the requirements of God, then the fewer children there are to suffer from your defective training the better it will be for you, their parents, and the better it will be for society. Unless children can be trained and disciplined from their babyhood by a wise and judicious mother who is conscientious and intelligent, and who rules her household in the fear of the Lord, molding and shaping their characters to meet the standard of righteousness, it is a sin to increase your family. God has given you reason, and He requires you to use it." p. 164

**3. The Economy**—"Parents should calmly consider what provision can be made for their children. They have no right to bring children into the world to be a burden to others. Have they a business that they can rely upon to sustain a family so that they need not become a burden to others? If they have not, they commit a crime in bringing children into the world to suffer for want of proper care, food, and clothing." p. 164

When can you afford to have a baby? This is a very hard question. If you wait until you have everything you need, it will be too late, so you will have to find a middle way. How much does it cost to have a baby? Recently there was an estimate on the news where it was said that it cost \$250,000 to take care of a child from 0 to 18 years of age. If everyone would wait until they have a quarter million dollars in the bank, there would not be many children born.

When we had our son, people said, "It is expensive."

Then they gave us a long list of all the things that we would need. It was not half as bad as we were told. Friends helped a lot. There were friends from church who gave us clothes and toys. We got a playpen from someone and borrowed a crib from someone else. Yes, Franziska had to give up her job for a while, but you also have to be realistic in your wants. If you cannot afford new clothes, you can buy used; if you need furniture, buy inexpensive or used; cook your own food, do not go to a restaurant. If you have friends over, serve them simple food like you eat every day. Remember, this is the healthiest anyways. Do not think you have to spend a lot to entertain your friends, if you do not have enough for your baby. This little person is part of your family and this is your first responsibility.

When a baby arrives, your life changes. It is the greatest wonder of creation, to see how every limb is developed, the ten little fingers, the ten little toes, eyes, nose, and ears, etc.; to see how a little child grows—the first smile—and to experience how this little baby looks at you with so much confidence; how the child takes the first steps and learns how to talk. No joy in life can be greater than that. It will teach us many lessons of self-denial and lessons of caring for someone else. To be a real mother and a real father is the most important position in the world. Not only to take care of a helpless little baby, but also to educate and teach the children as they grow up.

It always impresses me to see little children, and how willing they are to help you. Here, I believe, is one of the greatest challenges in our days. We all know it is so much easier and faster to cook and clean when the child is somewhere else, and you can quickly do your job. I realize that sometimes we need to remove the children from danger, but sometimes we try to get them out of the way because it is inconvenient to have them around. Where possible let the little one be where you are and let their little hands keep busy helping you. When our granddaughter was small, she often came to our house and she loved to be where grandmother was. She would like to hide in the cupboards and bang on the pots. If I was with her, it was the same; she loved to help and go with me everywhere. Some of the first words she learned to say, was, “I can help.”

One day I said, “I am going downstairs, you stay here, I will be right back.” She grabbed my hand and said, “I come.” And together we went downstairs to get whatever we needed. How smart they are at a very young age! One day I could not find something and I explained to her what I was looking for and she said, “I sawed it,” in her baby language; she took my hand and led me exactly to the place where the item was. She must have been about two years old.

Throughout her writings, Ellen White encourages parents to take time with their children, showing interest in their little joys and sorrows. It is so important to show that you are interested in what they are doing. Praise them for their accomplishments. You can gain much more if you praise them for the good they do, than you can by criticizing them for what they do wrong. Of course, you must be honest with your children, and if they are disobedient or naughty, there must be consequences; but watch that you do not constantly complain, because they make mistakes, or have small accidents. You will hurt their feelings and you will damage their self-confidence and they will not feel confident in your presence. You want your children to love to be close to you, to be happy when you are there. That way you establish a bond and a trust. Let them know that you understand if they have an accident and something breaks.

Too often the little ones are asked to go out of the way, to play with their toys, or even worse, to go and watch TV or some other electronic gadget while the parents are doing their work. If this pattern continues for a long time, if the children live in their world





and you live in yours, when they are teenagers and you want them to help, they are not interested in your life, not interested in your problems, not interested in your

jobs; the connection is broken and hard to repair.

Our modern society is not good for our families. Often both parents work outside the home; the children are in daycare and often the children only see their parents for a couple of hours before bedtime and an hour in the morning. At the same time the parents have to cook and clean and get ready for the next day. How much time is left to communicate with the children? Often very little.

I do not have all the answers, but when I look back, I know I should have spent more time with our son, even if it would have cost some loss of income. Life is so short, the children grow up so fast and suddenly they are in high school, university and working somewhere. Only God can give us, as parents, the wisdom we need in order to manage our time so we also have time for our children.

What about couples that cannot have children? Reading from *The Adventist Home*, "An Appeal to Childless Couples—Some who have not children of their own should educate themselves to love and care for the children of others. They may not be called to go to a foreign field of labor, but they may be called to work in the very locality in which they live. . . . Let them give their attention to little children whose character they may mold and fashion after the divine similitude. Place your love upon the homeless little ones that are around you. Instead of closing your heart to the members of the human family, see how many of these little homeless ones you can bring up in the nurture and admonition of the Lord. There is an abundance of work for everyone who wants work to do. By engaging in this line of Christian endeavor, the church may be increased in members and enriched in spirit. The work of saving the homeless and

the fatherless is everyone's business.

"If those who have no children and whom God has made stewards of means would expand their hearts to care for children who need love, care, and affection, and assistance with this world's goods, they would be far happier than they are today. So long as youth who have not a father's pitying care nor a mother's tender love are exposed to the corrupting influences of these last days, it is somebody's duty to supply the place of father and mother to some of them. Learn to give them love, affection, and sympathy. All who profess to have a father in heaven, who they hope will care for them and finally take them to the home He has prepared for them, ought to feel a solemn obligation resting upon them to be friends to the friendless and fathers to the orphans, to aid the widows, and be of some practical use in this world by benefiting humanity." *Ibid.*, p. 168–169

Here is a great work for those who feel they have that gift. Some years ago, Franziska and I were considering being foster parents. Some of these children come from terrible conditions and have no understanding of right or wrong; you may have them for three months, half a year, two years or whatever, and suddenly you have to give them back to their birth mother. We did not think that we could handle this and so we never tried.

May the Lord give us all wisdom to take care of our children in a way that can be to His honour and glory. Amen.

*Evald Pedersen*





## Children – Heaven’s Heritage



Children are the heritage of the Lord; they are God’s personal property and His peculiar treasure. God has entrusted them to the parents and especially to the mother. God loves the children and asks the mothers and fathers to treat them gently and to cooperate with Him in teaching them to live a pure and noble life. “Train up a child in the way he should go; and when he is old, he will not depart from it.” Proverbs 22:6

“Christ placed such a high estimate upon your children that He gave His life for them. Treat them as the purchase of His blood. Patiently and firmly train them for Him. Discipline with love and forbearance. As you do this, they will become a crown of rejoicing to you and will shine as lights in the world.

“The youngest child that loves and fears God is greater in His sight than the most talented and learned man who neglects the great salvation. . . .

“The soul of the little child that believes in Christ is as precious in His sight as are the angels about His throne.” –*The Adventist Home*, p. 279

If we would learn the wonderful lessons about little children that Jesus tried to teach to His disciples, many things which now seem too difficult to overcome would disappear. When the disciples asked Jesus, “Who is the greatest in the kingdom of heaven?” Jesus called a little child to them, and said, “Except ye be converted, and become as little children, ye shall not enter into the kingdom of Heaven.” Matthew 18:1, 3

Jesus knows all our weaknesses; He has experienced all that we may have to face in our lifetime, but He walked without sin. He knows our children and us and has prepared a way suitable for us to walk on together. He does not want us to leave our children behind.

Both children and parents have many important duties in the home. The parents, who love their children, will care for them. They will clothe, feed, and educate them. It is good to teach the young children to help themselves, of course taking their age into consideration; and the older children to help care for the younger ones to lighten the mother’s workload. The children will make their parents happy by helping with errands suitable for their age. Mom and dad can explain to their children that if they pitch in, the work will be done sooner and afterwards they will get time to play. We must have a balance between physical labour, recreation, and study.

“Active hands and minds do not find time to heed every temptation which the enemy suggests, but idle hands and brains are all ready for Satan to control.” – *Ibid.*, p. 284

Our children and youth should be taught that the home duties are part of their work assigned for them by the Lord, and they are to be faithfully done as unto the Lord. If they understand this, their work will appear to them more pleasant. Children who gladly share in the responsibilities of the duties in the home will be happier and experience better physical and mental health and their father and mother will



also have some time for healthful recreation for themselves.

“Children trained to the practical duties of life will go out from the home to be useful members of society.” *–Ibid.*, p. 288

We, as parents must not look at our children as being a “bother” when they are helping us, especially when they are quite young. Yes, it is often difficult to get much done when having small children helping, but do not let them know that they are slowing you down; instead, praise them for their willingness to help. If parents allow the older children to enter into their plans, of sharing in their responsibilities, they show their children that they value their help. It will not only lighten the parents’ burdens, but the children will feel more appreciated because they contribute to the care of the family as a whole, which will result in a strengthening of the home ties. In addition, they will receive practical training of great value.

It is of utmost importance that we impress upon the hearts of our children and youth that their abilities are not their own, but belong to God. These are gifts lent to them to be put to the best use. “Strength, time, intellect, are but lent treasures. They belong to God, and it should be the resolve of every youth to put them to the highest use.” *–Ibid.*, p. 280

“The youth. . . is a branch, from which God expects fruit; a steward, whose capital must yield increase; a light, to illuminate the world’s darkness. Every youth, every child, has a work to do for the honor of God and the uplifting of humanity.” *–Ibid.*, p. 280

When living on this earth, Jesus Christ, our Greatest example, was for a time only a baby and as He grew,

He was only able to do things suitable for a child His age and then as a young man. We read of Him, “‘And the child grew, and waxed strong in spirit, filled with wisdom; and the grace of God was upon Him.’ ‘And Jesus increased in wisdom and stature, and favor with God and man.’ . . .

“He was His mother’s helper in the home; and He was just as verily fulfilling His commission when performing the duties of the home and working at the carpenter’s bench as when He engaged in His public work of ministry.” *–Ibid.*, p. 290

All heaven is at work, “‘My Father worketh hitherto,’ said Christ, ‘and I work.’ We cannot suppose that when the final triumph shall come, and we have the mansions prepared for us, that idleness will be our portion, that we shall rest in a blissful, do-nothing state.” *–Ibid.*, p. 287

Children should feel that they are indebted to their parents, who, from their infancy, have taken care of them. They have nursed them when sick, fed and clothed them, and made sure that they had all they needed throughout their childhood and youth. God-fearing parents have especially worked hard and prayed much while trying to lead their children in the right path.

Children and youth who are truly converted and belong to Jesus will not only do what their parents ask of them, but will look for opportunities to help. Jesus considers these deeds as if done for Him.

“Children, when they become of age, will prize the parent who labored faithfully, and would not permit them to cherish wrong feelings or indulge in evil habits.” *–Ibid.*, p. 292

“Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.” Exodus 20:12

This commandment comes with a promise, binding for every age, from childhood to the aged. There comes no time in life when the children are excused from honouring their parents. This is one of the conditions given to the faithful for a long life in the land that the Lord gives them. This promise is given on the condition of obedience. “If you obey, you shall live long in the land which the Lord your God gives you. If you disobey, you shall not prolong your life in



that land." *-Ibid.*, p. 293

In these last days there is much disobedience and disrespect. This is a sign that the end is near. Satan is trying to gain control of many of the young minds. Many do not respect age any longer. Let us heed the words of the Apostle Paul and God's Messenger, "Children, obey your parents in the Lord;

for this is right." Ephesians 6:1. "Children, obey your parents in all things: for this is well pleasing unto the Lord." Colossians 3:20

"Parents are entitled to a degree of love and respect which is due to no other person. . . . The fifth commandment requires children not only to yield respect, submission, and obedience to their parents, but also to give them love and tenderness, to lighten their cares, to guard their reputation, and to succor and comfort them in old age. . . .

"When children have unbelieving parents, and their commands contradict the requirements of Christ, then, painful though it may be, they must obey God and trust the consequences with Him." *-Ibid.*, p. 293

"The purified new earth will be no place for the rebellious, the disobedient, the ungrateful son or daughter. Unless such learn obedience and submission here, they will never learn it; the peace of the ransomed will not be marred by disobedient, unruly, unsubmitive children. No commandment breaker can inherit the kingdom of heaven." *-Ibid.*, p. 294

Dear Children and Youth, early habits will exert a powerful influence upon your life and character. There is need in the world today of young men and women who, like Samuel, John, and Daniel, will do and dare, with a pure heart, strong and fearless, constantly working towards excellence. If you want to be

like these examples and especially like Jesus, you must be faithful in small things. If you are faithful in small things, then God will give you larger work and responsibilities to do. Please do not follow those who go down the wrong path whose feet "hurry to do evil", thinking that life on this earth is just for pleasure and selfish indulgence. Watch the little sins and be thankful for small blessings.

"Our hope of happiness in two worlds depends upon our improvement in one." *-Ibid.*, p. 301

"My son, give Me thine heart, and let thine eyes observe My ways." Proverbs 23:26

Parents will teach and guide their children, but it is impossible for them to change the heart of their children. Their children must give their heart to Jesus and walk in the precious truth He has given them. The fact that the parents obey the truth will not guarantee the children's salvation. Children and youth, you must do what you know to be right. Honour your God-fearing parents by following their instructions and submitting to their wiser judgments. Listen to the words of your Heavenly Father, "My son, hear the instruction of thy father, and forsake not the law of thy mother." Proverbs 1:8. "Fight the battle, children; remember every victory places you above the enemy." *-Ibid.*, p. 299

May we as parents, and our children give our hearts to our Heavenly Father and let Him lead us in the path that He has prepared for us, is my prayer. Amen.

*Franziska Pedersen*





# The Origin of Evil

## Part 1

Ere the foundation of the earth was laid (Revelation 13:8)

A plan of safety was also made,

Ought anything go wrong with man, formed in God's likeness there and then (Genesis 1:26).

Christ, the Creator pledged Himself to take the blow

To bear the guilt and penalty, to suffer death and untold woe (Revelation 13:8)...

Alas, the fateful day, when Eve and Adam sinned (Genesis 3:6),

A shadow fell upon the new creation – the angels ceased to sing,

All Heaven was in consternation, bewailing Adam, Eve for their transgression,

A cause for mournful lamentation...

Departing from God's holy law, they were beguiled, bewitched to eat the fruit

Forbidden, gaining nothing but be cursed and hidden (v. 16–19),

From the presence of the One to whom they owed their lives,

for giving heed to baffling, deadly lies.

Then Christ upon the sinners with great pity gazed, they did not conceive

The magnitude of the offence, what the bite of this peculiar fruit did render,

How with great struggle God, the Father would surrender, giving Christ His Son beloved,

as their Substitute (Genesis 3:15) at the time appointed, as Messiah the Anointed

to be the Antidote for death and sin, offering His life – Salvation and eternal life to win.

.....

The curse pronounced on man and earth changed bliss to sorrow, joy to toil, thorns and thistles to encounter, and sin's dark fruit of pain and grief, and then at last – death to man and beast.

The air so pure, so mild, an alien chill befell, where did it come from, who can tell?

A strange intruder forced his way, invading nature, all the earth,

its creatures and the souls of men.

Wily, wicked, ruthless usurped Adam's kingdom, snatched from him through smart disguise, promising to make one wise, by eating the forbidden fruit in Paradise (Genesis 3:5),

uttered by the serpent's guileful voice.

Who is he so cunningly, could get the victory, that man fell in his power,

in that one so immense deceptive hour?

It was Lucifer, the mighty cherub, once all glorious in wisdom, beauty, brightness, honour, admiration, strangely changed demeanor, disposition.

Pride crept in his heart, mysterious ambitions, coveting the place of Christ – to be like God – with freedom from God's law he would govern Heaven so much better – without the letter – so he thought...

Shrewd, with masterful perfection he succeeded to entice, with vice deluding angels,

that a third consented to his scheme to the extreme, arose and then rebelled

(Revelation 12:7) and in all Heaven war broke loose.

They were cast out (v. 8), banished from all bliss and light, eternal condemnation now their plight; Lucifer, now Satan, with his crew, became the host of darkness,

demons, devils, wicked, evil too.

Purity turned vile, holiness to guile, love to hate, brightness into darkness.  
Sinister, mysterious a transformation this mighty angel manifested, when from all innocence divested  
iniquity was found in him (Ezekiel 28:12-15).

His inflated self had lofty aspiration, to rise above the honorable position  
as cherub covering the throne of God on high, craved for himself that throne –  
be like the Most High...

Created holy, wise, and glorious, all had become obnoxious,  
Adverse in every trait he was before, now mind and conduct rotten to the core,  
He became the enemy to his Creator (Christ).

Satan works with might to distort the character of God – that He let the sinner feel His rod  
of wrath to punish with eternal torment, instilling thus the more estrangement,  
and most of all blame the God of love and mercy, for all the suffering upon the earth,  
while all the while, he, Satan is afflicting all the creatures, men and beasts with diabolic mirth...

His aim is to gain the trust of man, mingling truth with error so he can,  
Most cleverly ensnare and blind the mind not firmly grounded in the word of God,  
not to discern the fatal spell of hell, and be found, on Satan's lethal, soul destroying ground.  
For this he uses unconverted men to do his bidding, eager, willing, preach a gospel  
laced with lies by his satanic vice: once saved, always saved, no need for overcoming sin,  
nor keeping God's Commandments, for Jesus nailed them to the cross, thus men will not suffer loss,  
but enjoying sermons suiting itchy ears, void of cares once a judgment  
must be met, thus millions being caught in the Devil's net.

.....

But his hatred most severe is cast upon the true, sincere, who follow Christ  
to give Him glory, through faith, obedience, striving against sin and folly.

This enrages Satan to great fury, he cannot stand that they are wholly  
Surrendering their life to Him, who shed His blood for them.

Be His witnesses to tell to men this wicked world is not their home,  
that Jesus Christ is calling all to come

to the knowledge of God's love and truth that alone in Jesus is salvation found,  
standing by His Righteousness on eternal, solid ground.

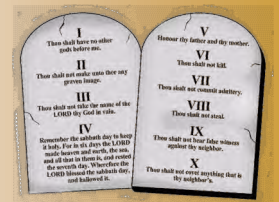
Satan's demonic craft acts tirelessly, highly successfully,  
disrupting harmony among God's people; stirs up jealousy, distrust between the brethren,  
or lording over those they are in charge, destroying unity, brotherly love,  
scattering the precious flock of Christ their Rock,

that His high priestly prayer to be one (John 17) may linger on, and on, and on....

For the love and unity among the brethren will hasten Christ's second Advent.  
This the Evil One most dreads, therefore desperately labours, to prevent for years  
this sin- and evil ending, but Redemption bringing, magnificent and glorious event.

He also makes God's people sleep, that there is time for overcoming sin,  
But this makes Christ and angels weep, you may not see tomorrow, thus be keen and follow  
to work out salvation with great fear and trembling, before the hours of God's grace are crumbling,  
you be found wanting reflecting in your life, Christ's righteousness, and void of love and faithfulness.


*End of Part 1. To be continued*



*Edda Tedford, Canada*

# Resist, for Your Holiness

## Part 2



In the previous issue, (in Part 1), we read of some people who resisted sin and others who did not. This article will continue from where the previous one ended last month. Jesus resisted sin with the words, “thus saith the Lord.” Brethren, the devil is real; he always watches for an opportunity to tempt you. “But every man is tempted, when he is drawn away of his own lust, and enticed.” James 1:14

“A man is tempted to sin when some attractive object or indulgence is presented to him, and he is drawn to overstep principle, and to violate his conscience in doing that which he knows to be wrong.”  
—*The Signs of the Times*, December 18, 1893

“Without holiness, the Word of God tells us, no one can see the Lord. Without purity of life it is impossible for us to be fitted and prepared to dwell with the holy and sinless angels in a pure and holy Heaven. No sin can be there. No impurity can enter the pearly gates of the golden city of God. And the question for us to settle is, whether we will turn from all sin and comply with the conditions God has given us, that we may become His sons and daughters.” —*The Review and Herald*, April 12, 1870

“For it is impossible for those who were once enlightened, and have tasted of the heavenly gift, and were made partakers of the Holy Ghost, And have tasted the good word of God, and the powers of the world to come, If they shall fall away, to renew them again unto repentance; seeing they crucify to themselves the Son of God afresh, and put Him to an open shame.” Hebrews 6:4–6

“When the unclean spirit is gone out of a man, he

walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished.” Matthew 12:43–44

“The garnished house represents the self-righteous soul. Satan is driven out by Christ. But he returned, in the hope of finding entrance. He finds the house empty, swept, and garnished. Only self-righteousness is abiding there. ‘Then goeth he, and taketh to him seven other spirits more wicked than himself; and they enter in, and dwell there: and the last state of that man is worse than the first.’” —*The Seventh-day Adventist Bible Commentary*, vol. 5, p. 1093

“For if after they have escaped the pollutions of the world through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the latter end is worse with them than the beginning. For it had been better for them not to have known the way of righteousness, than, after they have known it, to turn from the holy commandment delivered unto them. But it is happened unto them according to the true proverb, The dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire.” 2 Peter 2:20–22. My brother and sister, we need to guard every step that we take, after knowing the truth. If we become careless, our end may be worse than our beginning.

### *Guard the Avenues of the Soul*

The Lord Jesus wants all of us to guard the avenues

of our soul. This is the only way we will be conquerors at last. The devil is on our track day by day, watching for every weak spot that we may have.

“Keep thy heart with all diligence;” is the counsel of the wise man, “for out of it are the issues of life.” As a man “thinketh in his heart, so is he.” Proverbs 4:23; 23:7

“Our only safety is to be shielded by the grace of God every moment, and not put out our own spiritual eyesight so that we will call evil, good, and good, evil. Without hesitation or argument, we must close and guard the avenues of the soul against evil.” –*My Life Today*, p. 87

“Seek good, and not evil, that ye may live: and so the LORD, the God of hosts, shall be with you.” Amos 5:14

“All should guard the senses, lest Satan gain victory over them; for these are the avenues of the soul.” –*The Adventist Home*, p. 401

“Yet we have a work to do to resist temptation. Those who would not fall a prey to Satan’s devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind should not be left to wander at random upon every subject that the adversary of souls may suggest.... This will require earnest prayer and unceasing watchfulness.” –*My Life Today*, p. 85

Resistance Is Weakened by Opening the Door—“Do not see how close you can walk upon the brink of a precipice, and be safe. Avoid the first approach to danger. The soul’s interests cannot be trifled with. Your capital is your character. Cherish it as you would a golden treasure. Moral purity, self-respect, a strong power of resistance, must be firmly and constantly cherished. There should not be one departure from reserve; one act of familiarity, one indiscretion, may jeopardize the soul, in opening the door to temptation, and the power of resistance becomes weakened.” –*Medical Ministry*, p. 143

“If there is any way by which Satan can gain access to the mind, he will sow his tares, and cause them to grow until they will yield an abundant harvest. In no case can Satan obtain dominion over the thoughts, words, and actions, unless we voluntarily

open the door and invite him to enter. He will then come in, and by catching away the good seed sown in the heart, make of none effect the truth.” –*The Review and Herald*, July 11, 1893

“We shall pass through this world only once. Let us, then, be careful how we speak and act. Let us be careful where we place our feet, lest the lame be turned out of the way. Let us so live that God can make us partakers of the divine nature, enabling us to obtain victories, and to overcome as Christ overcame.

“God asks us to live only one day at a time. You need not look a week or a month ahead. *Today* do your best. Today speak and act in a way that will honor God. The promise is, ‘As thy days, so shall thy strength be.’” –*Ibid.*, April 14, 1904

“God will accept nothing but purity and holiness; one spot, one wrinkle, one defect in the character, will forever debar them from heaven, with all its glories and treasures.” –*Maranatha*, p. 53

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” Psalm 139:23–24

“This life and death question is before the whole human race. The choice we make in this life will be our choice through all eternity. We shall receive either eternal life or eternal death. There is no middle ground, no second probation. We are called upon to overcome in this life as Christ overcame. Heaven has provided us with abundant opportunities and privileges, so that we may overcome as Christ overcame, and sit down with Him on His throne. But in order to be overcomers, there must be in our lives no petting of fleshly inclinations. All selfishness must be cut out by the roots (Letter 156, 1900).” –*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1112

“We are not to follow our own will and judgment and flatter ourselves that God will come to our terms.... That which looks unimportant to you may be of the highest consequence in God’s special plans for the preservation of your life or the salvation of your soul. God tests our faith by giving us some part to act in connection with His interposition in

our behalf. To those who comply with the conditions His promise will be fulfilled.” –*In Heavenly Places*, p. 150

### *Reach the Goal Set Before You*

Jesus wants to. “present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.” Ephesians 5:27

“And every man that hath this hope in him purifieth himself, even as He is pure.” 1 John 3:3

We should take a daily inventory of our lives and see to which group we belong. How many of us are sure we are on the Lord’s side and that God will finally take us to His holy mountain? The apostle Paul had this confidence because he wrote: “I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing.” 2 Timothy 4:7–8

“No one will be borne upward without stern, persevering effort in his own behalf. All must engage in this warfare for themselves; no one else can fight our battles. Individually we are responsible for the issues of the struggle; though Noah, Job, and Daniel were in the land

they could deliver neither son nor daughter by their righteousness.” –*The Ministry of Healing*, p. 453

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

Christ has given us the wisdom and strength to fight the foe. We have an eternity and a crown of life to win. We need to turn our eyes upon Jesus and read the Bible as our guidebook.

“It will not be safe for you to wait for a better time to come. It is while it is called today. If anyone will hear His voice, harden not your hearts. It is to listen today to the invitation of mercy. It is to yield your pride, your folly, your vanity, and make an entire surrender of your heart to God. Come to Him with your talents and all the influence you have, and lay all these without reserve at the feet of Him who died on Calvary’s cross to redeem you.” –*The Review and Herald*, April 12, 1870

Dear reader, the call is now—today; we must not wait for any better opportunity, because we never know what tomorrow holds. We need the transforming power of God today.

“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.” Isaiah 1:18

“Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” Philippians 3:12–14

Finally, I encourage each one of you to examine your life with deep repentance in the fear of God. “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” 2 Corinthians 7:1


*God bless us all, Amen.*

*Jenifer Akello*

*Uganda*



**THE WHOLE ARMOR OF GOD  
EPHESIANS 6:10-18**



10 Finally, my brethren, be strong in the Lord, and in the power of his might,  
11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil  
12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of darkness of this world, against spiritual wickedness in high places.  
13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.  
14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;  
15 And your feet shod with the preparation of the gospel of peace;  
16 Above all, taking the shield of faith, wherewith ye be able to quench all of the fiery darts of the wicked.  
17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God  
18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

**FIGHT THE GOOD FIGHT OF FAITH**





## Fight or Flight



When a person is faced with a sudden terrifying or dangerous situation, certain bodily reactions occur. Their palms may become sweaty, the heart rate and breathing rate will increase suddenly. The blood pressure also increases. The person is on edge, their skin may become flushed or pale, and they may be tense or trembling. A person can then respond in one of two ways. We have a saying in English that describes the choices: "Fight or Flight."

"The fight-or-flight response was first described in the 1920s by American physiologist Walter Cannon. Cannon realized that a chain of rapidly occurring reactions inside the body helped to mobilize the body's resources to deal with threatening circumstances." (<https://www.verywellmind.com/what-is-the-fight-or-flight-response-2795194>). "The response is triggered by the release of hormones that prepare your body to either stay and deal with a threat or to run away to safety." (<https://www.verywellmind.com/what-is-the-fight-or-flight-response-2795194>). "Without you even telling it what to do, your body is assessing what's going on around you and determining your options on how you most likely could survive the event." (<https://health.clevelandclinic.org/what-happens-to-your-body-during-the-fight-or-flight-response/>)

Anxiety and fear are actually very helpful responses. These instinctive responses to danger and threat have preserved the lives of many people. Anxiety and fear tell us when danger is present and then instinctively, often we prepare to act.

I am sure many of us can relate to this. A decision needs to be made on the spur of the moment. While this may describe physical danger, in the Christian life we are faced with both physical and spiritual dangers from the enemy. Sometimes the dangers come suddenly and are very threatening, other times the dangers creep in and slowly intensify. Nonetheless, the apostle Peter writes that, "Your adversary the devil, as a roaring lion,

walketh about, seeking whom he may devour." 1 Peter 5:8

God's people have often met very threatening times in the past. For example, when there was religious persecution in the Dark Ages, one never knew when they would be discovered with a hidden Bible and be led to the stake or to the lions.

"From the days of Adam to our own time our great enemy has been exercising his power to oppress and destroy. He is now preparing for his last campaign against the church. All who seek to follow Jesus will be brought into conflict with this relentless foe. The more nearly the Christian imitates the divine Pattern, the more surely will he make himself a mark for the attacks of Satan." —*My Life Today*, p. 309

**To Fight means to** take part in a violent struggle. Sometimes involving the exchange of physical blows or the use of weapons; but it can also be a verbal battle, emotional, or spiritual battle.

We sing songs, like *Onward Christian Soldiers; Sound the Battle Cry; Stand Up, Stand Up for Jesus, Ye Soldiers of the Cross*. While we are called to, "Fight the good fight of faith," (1 Timothy 6:12) and to put on "the whole armour of God," (Ephesians 6:13), our battle is a spiritual battle. "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." Ephesians 6:12

"The gaining of eternal life will ever involve a struggle, a conflict. We are continually to be found fighting the good fight of faith. We are soldiers of Christ; and those who enlist in His army are expected to do difficult work—work which will tax their energies to the utmost. We must understand that a soldier's life is one of aggressive warfare, of perseverance, and endurance. For Christ's sake we are to endure trials." —*In Heavenly Places*, p. 259

If we are called to stand up and fight the good fight of faith, is there a time when we should flee? Is it the coward who will flee from the enemy or danger? *To flee* is to be on the move as rapidly as possible in the opposite direction of the threatened danger. We have the case of Jonah recorded in the Bible. He is spoken of as a coward who initially ran in fear in the opposite direction than to where the Lord wanted him to go. The Lord stopped him and set him straight.

In many crises in the past, when God's people were facing dangers (for example: During World War II), many faithful Christians fled their country to safety and the Lord protected His people and delivered them in miraculous ways, while some remained to answer for their faith. Those who fled were not cowards. They were following the direction of the Lord.

Reading from history, sometimes true Christians fled to the mountains (as with the Waldenses), in order to preserve the true faith. Sometimes they remained and fought as with the great leaders in the Christian Reformation who were called before counsels to answer for their faith (a good example is Martin Luther). Sometimes they fled, sometimes they stayed and witnessed for their faith before the great men of earth. Many perished as martyrs.

The question we have to ask the Lord about is, what should we do in a time of crisis, of sudden threatening danger? Do we run away? Do we remain? Sometimes we need to make a decision on the spur of a moment, thus we should be in constant communion with the Saviour, so that we can be directed as needed and make the right decision at the right time.

After Elijah's mountain-top experience on Mount Carmel, Jezebel threatened his life and he fled in fear (1 Kings 19). He ran for a whole day and fell exhausted under a juniper tree and slept. He did not grow weary running before Ahab's chariot in the pouring rain, but he was exhausted running for his life in fair weather. An angel woke Elijah and fed him. He ate but was so



tired he fell back asleep. The angel woke him a second time and fed him. After this second meal, he was refreshed and was able to continue walking



for 40 days. He fled to Mount Horeb.

On the mountain, the Lord appeared to Elijah and asked him, "What are you doing here?" It is strange to think that Elijah fled in

fear from Jezebel after being so bold before King Ahab on Mount Carmel. Elijah made a spur of the moment decision through fear in a threatening situation. However, is this what God wanted of Elijah? Not really. But God is merciful. He fed Elijah on his journey and then appeared to him and told him to go back as He had work still for him to do, just like He did with Jonah. It was clearly not a time to flee.

During the time of Civil War in Lebanon (1975–1990), Andrew van der Bilj (author of the well-known book *God's Smuggler*), travelled twice a year to Lebanon to encourage the Christian churches who were suffering. One family man and missionary named Lucian told Andrew on one of his visits, "I don't think I can put my family through this any more." His church had offered to move him to Cyprus to work where it was much safer. However, Lucian ended by saying, "Somehow, I feel the ministry belongs here, among the people whom we're helping." His house was half destroyed from the war and the lives of his family members were in constant danger, but they did not flee Lebanon as many others did. They felt it was their mission to remain. The Lord saw them safely through the years of the war, and they were able to encourage many Christians. (quotes taken from, *Light Force*, by Brother Andrew and Al Janssen, p. 62). They had an opportunity to flee, but they were impressed by the Holy Spirit to remain and encourage the Christian believers in Lebanon.

**Martin Luther** worked tirelessly for the cause he loved. He had found peace in faith in Christ—peace that had evaded him in his early life through all his work-righteousness as a Catholic monk. He now worked to bring this light to those who were still held in the chains of spiritual darkness by the corrupt leaders of the church.

He fearlessly, in the strength of the Lord, was called to answer for his faith at an assembly in Worms, Germany. Here he faced high ranking papal leaders and the political leaders of his country. He boldly went in the name of the Lord. After the proceedings he headed back to

Wittenburg to continue his work, not fearing his own life. He had defied the authority of the fallen church by courageously standing for the truth and supporting his teachings through the word of God. He intended to fearlessly continue his work. He took the challenge and fought for the Lord. However, the Lord now had other plans for him temporarily. The Lord did not want him to continue the fight and possibly lose his life at this point in time, as the Papal leaders were plotting against him. Since he chose not to flee from the wrath of his enemies, the Lord caused him to flee without his knowledge or participation. "God gave wisdom to Frederick of Saxony to devise a plan for the Reformer's preservation. With the co-operation of true friends, the elector's purpose was carried out, and Luther was effectually hidden from friends and foes. Upon his homeward journey he was seized, separated from his attendants, and hurriedly conveyed through the forest to the castle of Wartburg, an isolated mountain fortress." –*The Great Controversy*, p. 168

Fredrick was moved upon by the Holy Spirit to orchestrate a kidnapping in order to save the monk's life. Martin Luther was taken out of the battlefield for a time and hidden in the castle at Wartburg.

"In the friendly security of the Wartburg, Luther for a time rejoiced in his release from the heat and turmoil of battle. But he could not long find satisfaction in quiet and repose. Accustomed to a life of activity and stern conflict, he could ill endure to remain inactive. . . . He feared being charged with cowardice in withdrawing from the contest. Then he reproached himself for his indolence and self-indulgence. Yet at the same time he was daily accomplishing more than it seemed possible for one man to do. His pen was never idle. . . . He also performed a most important service for his countrymen by translating the New Testament into the German tongue. From his rocky Patmos he continued for nearly



a whole year to proclaim the gospel and rebuke the sins and errors of the times." – *Ibid.*, p. 168–169

Clearly it was the Lord's will that, for a time, Martin Luther flee from the battlefield and work in a secret location, quietly doing a very important work for the Lord. Here he was safe from those who wanted to kill him and he could write, undisturbed. Back in Wittenburg he could not have accomplished this writing and translating in as short amount of time as he could while hidden away from society. When this work was accomplished, he returned to the battlefield.



Although we are called to fight the good fight of faith, there are very serious times that we can read of in the Bible when it is necessary to flee. And to flee means to go, get out, and run in the opposite direction as fast as you can and as far as you can go. The Bible does not simply use the words, "thou shalt not" in these verses; the word, "Flee" is used. Do not linger—get out!!!

Learning from the Garden of Eden, when Eve found herself in a dangerous situation, having wandered from the side of her husband she felt uneasy; she felt the danger. She should have fled back to her husband's side immediately. This fear came from the Lord. However, Eve did not flee from this danger. She chose to remain, and she lost the spiritual battle.

**"Flee fornication."** 1 Corinthians 6:18. We live in a time when many forms of vice seem to be becoming more acceptable. Some sins considered terrible 100 years ago, today are accepted as a normal way of life. Marriage is no longer sanctified. It is just as acceptable to live with a partner, unmarried, as it is to be married. Society accepts both. However, being unmarried and living with someone is considered fornication in the eyes of God. Fornication is accepted as normal behaviour in this day and age. However, we are to avoid this situation at all costs and go back to the principles of marriage that God ordained in the Garden of Eden. We are to flee—run away from any such temptation.

Make it a habit to flee. Do not stop to parley with the

tempter when he confronts you with any invitation to indulge in any form of lust. Immediate flight from the temptation is the only safe course to take. The temptation may often be very subtle and be committed in one's thoughts only, with no outward action. "But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." Matthew 5:28. A person is safe only by fleeing from it. Joseph is a perfect example. He fled from the temptation of Potiphar's wife when she tried to entice him into evil (Genesis 39:7-12).

*"Flee also youthful lusts:* but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart." 2 Timothy 2:22. The apostle Paul wrote these words to Timothy. Timothy was a young man at that time, very spiritual and serving in the cause of God.

Lust is a craving that finds sin appealing (diet, fashion, laziness, entertainment, etc.). Are youth the only ones prone to give into lust? No; each person has his own particular cravings, whether young or old, which arise from his own temperament and experiences; and the tempter takes advantage of these potential weak tendencies. While Satan may tempt man to sin, the temptations would have no force were there not in man a desire to lust after a particular sin. "No man can be forced to transgress. His own consent must be first gained; the soul must purpose the sinful act, before passion can dominate over reason, or iniquity triumph over conscience." -*Messages to Young People*, p. 67

The bottom line: Neither God nor Satan can be blamed for sin. Sin is man's decision. Man falls before temptation because of a desire to satisfy a particular craving that is contrary to the will of God. Evil desire is allowed to control the mind. You know your weaknesses, therefore flee every lustful thought immediately as it passes through the mind. Flee from every situation that you find yourself in where you may fall into sin. If you think you have no weaknesses and sinful tendencies, then pray as did David, "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." Psalm 139:23-24. "For all have sinned and come short of the glory of God." Romans 3:23

"Wherefore, my dearly beloved, *flee from idolatry.*" 1 Corinthians 10:14. Again, the word flee here is used to indicate urgency, haste, immediate and continuing attention. Paul urges Christians to get as far away as possible from all contact with idolatry and from people who would endanger us to fall into the sin of idolatry.

There must be no compromise with anything or anyone connected to idols. The dangers that are present in association with those who do not love and obey God are so great that the Lord calls upon His people to separate themselves from intimate contact with such. No man is strong enough to expose himself deliberately with idolatry in any form or idolatrous companions and be able to avoid contamination.

"Jesus will not be found in the company of those who are careless of His presence, and who engage in conversation having no reference to their Redeemer, in whom they profess their hopes of eternal life are centered. Jesus shuns the company of such, so also do the angels who do His commands. These heavenly messengers are not attracted to the crowd where minds are diverted from heavenly things. These pure and holy spirits cannot remain in the company where Jesus' presence is not desired and encouraged, and His absence not marked." -*The Seventh-day Adventist Bible Commentary*, vol. 5, p. 1118

*"Flee out of the midst of Babylon,* and deliver every man his soul: be not cut off in her iniquity; for this is the time of the LORD'S vengeance; He will render unto her a recompense." Jeremiah 51:6

The following is a portion of the 1895 General Conference sermon by E.J. Waggoner. In 1895 the Seventh-day Adventist Church was God's church. Today, as you read this portion of the sermon and come across references that he makes to the Seventh-day Adventist Church, simply substitute "God's church," or the "Seventh-day Adventist Church Reform Movement." Since the Seventh-day Adventist Church apostatized following World War I, the Seventh-day Adventist Church Reform Movement is God's visible, remnant church on earth today.

"Many people have been getting the idea that if they get out of the Methodist church or the Presbyterian church or the Catholic church and get into the Seventh-day Adventist church, then they are out of Babylon. No. That is not enough, unless you are converted, unless you are separated from this world you are not out of Babylon, even though you are in the Seventh-day Adventist church and in the Tabernacle in Battle Creek. This is not





saying that the Seventh-day Adventist church is Babylon; that is not it at all. But the man who is connected with himself is connected with the world, and the world is

Babylon. You have separated from sin, separated from this world, to be out of Babylon. 'Having a form of godliness, without the power,' is simply another expression which describes Babylon and her condition in the last days. That being so, if I, a Seventh-day Adventist, have the form of godliness without the power, I belong to Babylon; no difference what I call myself, I am a Babylonian; I have on the Babylonish garment. I bring Babylon into the church wherever I go." E. J. Waggoner, *—General Conference Bulletin*, February 13, 1895

"Do not stop for one moment to reason. Satan would rejoice to see you overthrown by temptation. Do not stop to argue the case with your weak conscience. Turn away from the first step of transgression." *—Counsels on Health*, p. 587. When any temptation looms before you (fornication, lust, idolatry, etc.) do not stop to contemplate the risks and benefits, do not linger or stand up and try to fight in your own strength. The safest course of action is to turn away and flee. Flee to the foot of the cross. Flee to your knees in prayer. Turn your back on the world.

When Jesus comes, where will He find His living saints— those who have made it a habit to flee from fornication, lust and idolatry? "The people of God—some in prison cells, some hidden in solitary retreats in the forests and the mountains." *—The Great Controversy*, p. 635. As we near the end of this world's history, those who have fled to the cross, away from the world, may be called to drop everything and run when it is time *to flee to the mountains*. Some will be called to remain to "fight" and stand up for the truth before the magistrates and great men of earth, ending up in prison as a result. Do we fight? Do we flee? That is why it is so important to learn to "Pray without ceasing." 1 Thessalonians 5:17. Thus as you converse with the Lord habitually, fleeing from sin, He will instruct you what to do in this emergency, whether to flee to the mountains or to remain. .

Every day we face smaller and less threatening disturbances. These will prepare us for

the final attack against God's people. The daily annoyances may not be terrifying in that they would not need immediate attention and decisive action. The devil is constantly on our track to annoy and disturb our peace. We may face some surprising and unexpected events that may not necessarily drive us into "fight or flight" mode. Some things may make our "blood boil." Some things may require us to ponder and think what the best course of action would be. Sometimes we wonder what the Lord is trying to teach us by these circumstances. We still have to make a decision whether to stand up and face the circumstances, or to be silent and walk away if possible. When the crowds rejected His message in Nazareth and threatened to throw Him off a cliff, Jesus simply walked away. "He passing through the midst of them went His way." Luke 4:30. And in the court of Pilate, Jesus remained silent. "And Pilate asked Him again, saying, Answerest thou nothing?" Mark 15:4. But when they desecrated the temple, He took immediate action. "And when He had made a scourge of small cords, He drove them all out of the temple." John 2:15. There is a time to walk away, and a time to face the problem and take action. Every day, we need to make these decisions—pray for wisdom.

Today, the church of God also needs men like Timothy to fearlessly work for the Lord; young men and young women who will flee from all sinful lusts and idolatry in any form and take a firm stand for the truth.

"Submit yourselves therefore to God. Resist the devil, and *he will flee from you*." James 4:7. When you take a stand against sin, "Satan trembles and flees before the weakest soul who finds refuge in that mighty name." *—The Desire of Ages*, p.131. "Neither give place to the devil." Ephesians 4:27. We are no match to our enemy. We cannot rise up and fight him. Our safest course is to pray and Jesus will cause him to flee. If we flee to the foot of the cross the Lord will direct our paths, letting us know in every emergency whether we are to flee or to fight. "The name of the LORD is a strong tower: the righteous runneth into it, and is safe." Proverbs 18:10

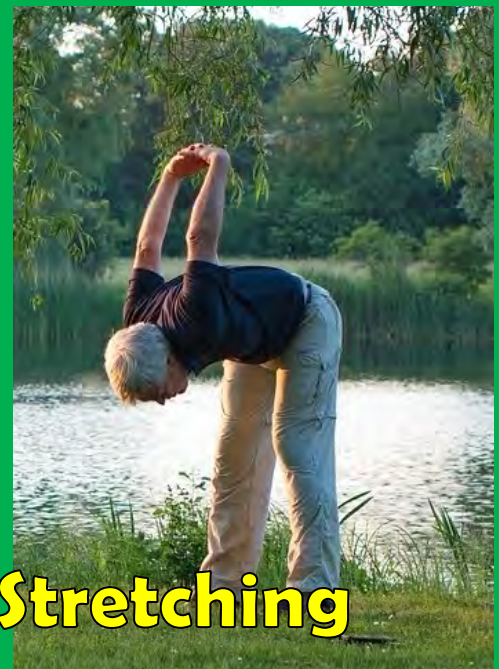
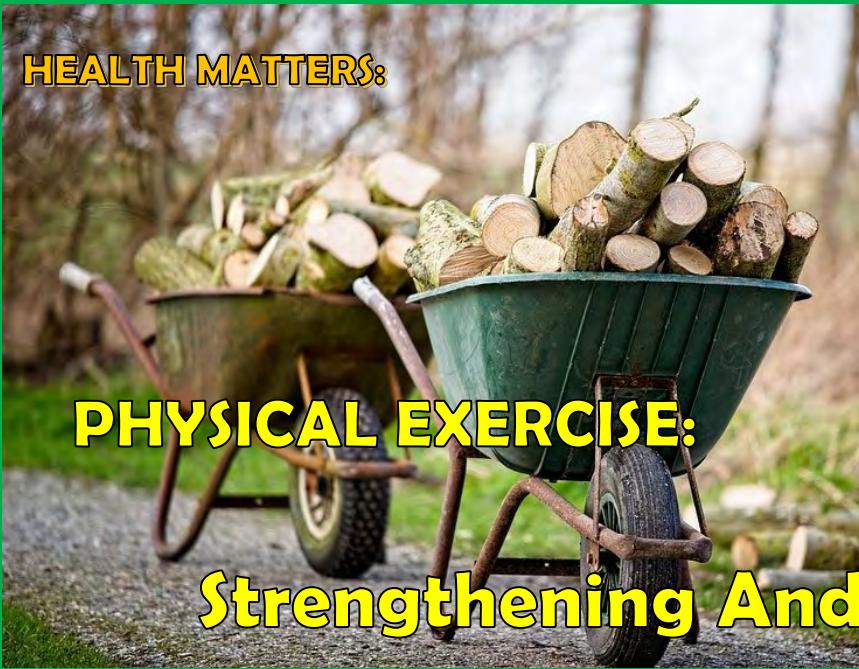
Wendy Eaton



**HEALTH MATTERS:**

**PHYSICAL EXERCISE:**

## **Strengthening And Stretching**



In the last article, we began to talk about physical exercises and their benefits to the body. We specifically addressed aerobic exercises. This month we will look at two other forms of exercise. In order to become physically fit, we must engage in all three- types of exercises.

### **Anaerobic Exercise**

Aerobic exercises require oxygen to perform them. The word “aerobic” means “with oxygen.” If we consider the word “anaerobic” it implies the opposite, “without oxygen.” Oxygen is the source of fuel for the cells to be able to engage in aerobic physical exercise. With anaerobic exercise, the intensity of the exercise matters. An exercise becomes anaerobic when the need for oxygen exceeds the oxygen supply that is available. Therefore, increasing the intensity of an exercise will push us past our limit to be able to provide oxygen to the cells. As opposed to oxygen, anaerobic exercise relies on energy sources that are stored in the muscles and is not dependent on oxygen obtained from breathing.

Because anaerobic exercise involves exercise that does not use oxygen, the usual source of energy during exercise, your body gets tired much quicker; thus, anaerobic exercises can only be done for short periods of time only. Therefore, a description of anaerobic exercises is that they are a short-lasting, high-intensive activity.

When you begin a vigorous exercise, there is a tem-

porary shortage of oxygen being delivered to the working muscles. Lactic acid build-up is an end-product of producing energy anaerobically. When lactic acid accumulates at high levels in the blood, it causes muscular fatigue. This is why anaerobic exercises cannot last very long.

But, with training, the body becomes better equipped to handle lactic acid. The body changes that occur result in a decreased production of lactic acid and increased removal of it from the bloodstream. The body also produces “buffers” that delay the onset of fatigue during anaerobic exercise. Studies have shown that with anaerobic training, the muscle’s buffering capacity is increased by 12% to 50%. With this increased buffering capacity, more lactic acid can accumulate during high intensity exercise without causing fatigue, and endurance improves.

Some examples of anaerobic exercise include: weight-lifting (or lifting any heavy objects), all types of sprints (running, biking, etc.), jumping rope, walking or running up hill, abdominal crunches (which also improve core strength), sit-ups, push-ups, squats, interval training, rowing, isometrics, or any rapid burst of hard exercise, whether it is a part of an exercise program, or a part of your daily job.

When starting an anaerobic exercise program, always start with minimal weights or if a part of your job, use less heavy objects (put less logs in your wheelbarrow or lift only one brick instead of three). Do less

repetitions of the activity, and low intensity. As your fitness improves, you can increase weight, repetition, and intensity.

Anaerobic training develops muscular fitness. It helps to build the strength, size, and endurance of our muscles; it builds up muscle tissue, which is the metabolic engine of the body. In other words, the more muscle mass you have, the faster your metabolism is, and the more calories you burn, even after exercise and while resting. A faster metabolism is an excellent way to lose fat and sustain a healthy body weight. Besides increased metabolism and weight loss, you also benefit from increased energy levels, stronger joints, and increased bone strength.

Without regular exercise, everyone loses 10% of lean muscle mass for every decade of life after the age of 30. This loss of lean muscle mass is often replaced by fat, which accounts for a slower metabolism. This is another reason why people, as they get older, will gain weight if they continue to eat the same amount of calories as they did when they were younger. Exercise that includes anaerobic exercises will allow you to preserve muscle mass as you get older and speed up your metabolic rate.

Let us look at one example of anaerobic exercises—weightlifting. Our body contains 650 muscles. To increase muscle strength, size, and endurance, and to help build strong bones, you need to lift an amount that stresses your muscles and bones, enough that you feel challenged. If you are weight training, you need to lift as many times so that the last one is a struggle. Strength training or work should be done at least twice a week to increase muscle and bone strength. If you are on a weight-loss programme, you will maintain muscle mass if you are restricting calories.

Core exercises are a vital part of muscle fitness. The muscles in your abdomen, lower back and pelvis—known as your core muscles—help protect your back and connects your upper and lower body movements. These muscles need training in order to remain strong to support your spine and enable you to use your upper and lower body muscles more effectively. A core exercise is any exercise that uses the trunk of your body without support, such as abdominal crunches and sit-ups.

If your job is mostly sedentary, fitness centres are available and offer various tools for strength training. However, you do not need to invest in a gym membership or expensive equipment to benefit from strength training. Hand-held weights or homemade weights such as plastic drink bottles filled with water or sand, may work just as well. Resistance bands are another inexpensive option. Your own body weight acts as a weight also in exercises such as push-ups, abdominal crunches and leg squats. You can also do heavy lifting by doing manual labour, such as pushing heavy wheelbarrows and carts or lifting heavy objects like boxes or bricks. Your exercise program can be part of your daily work routine. If your job is more sedentary though, then it is important to get out and do some exercise in your free time.

Because of the improvement in muscles, joints, and bones, anaerobic exercise has been shown to improve posture, balance, and flexibility. This is especially important as we age, to prevent falls which can lead to hip fractures, and all the complications related to this. Also as we age, there is a tendency to be less active, so it is important to develop a regular exercise program if we are less active after retirement. Other aspects of health which benefit are sleep, blood pressure, and a stable blood sugar.

### **Stay Hydrated**

When exercising, you need adequate fluids before, during, and after exercise to prevent dehydration. To prepare for exercise, ensure that you drink at least 500-750 ml in the two to three hours before you go to work or engage in an exercise program. If engaging in a vigorous exercise program, then during the exercise, drink approximately 250 ml every 15–20 minutes. More fluids will be needed if you have a larger body size, and as the temperature increases. When exercising, body fluids are lost through sweat. Any weight loss that occurs immediately after an exercise session is due to water loss. After exercise, drink 500-750 ml of water for every ½ kilogram or pound of weight you have lost (if you are able to weigh yourself) to replace the fluid loss. Water is generally the best way to replace



lost fluids. But, if you are exercising or working hard for more than an hour, ensure that your intake contains sodium, to maintain your body's electrolyte balance. If your exercise program is incorporated into your daily employment, ensure that you drink water regularly, especially if it is a warm day and you sweat a lot. Dehydration impacts the ability of the muscles to do their work. Exercise and work performance decreases because less blood is available to bring oxygen to muscles, and fatigue sets in quickly. Dehydration also leads to muscle cramps and spasms because of a lack of fluid and a drop in essential electrolytes, which include sodium and chloride (most abundant in sweat), potassium, magnesium and calcium (in smaller quantities in sweat). Muscles need proper levels of water and electrolytes to function properly.

### Flexibility or Stretching Exercises

Flexibility or stretching exercises tend to be overlooked; yet they are very important and should be included in every exercise programme. These exercises should be done at least three to five times a week. If your work requires a lot of heavy lifting and manual labour, do our flexibility exercises daily before going to work. Most aerobic and anaerobic exercises can lead to shortening and tightening of the muscles, which can contribute to decreased range of motion in

the joints. With loss of range, the muscles are unable to extend as far as they should. This puts you at risk for joint pain, strains, and muscle damage. Stretching exercises allow us to have better control over our muscles; they allow the muscles to be more flexible and strong by elongating the cells in your muscles. This flexibility allows an optimal range of motion within muscle groups. Range of movement of joints improves because the muscles are not shortened, which can restrict movement of one's joints. Even after returning to a resting position from a stretch, the cells remain elongated, which maintains



the increased movement of the muscles and joints. All physical activity and work will be easier to do when stretching exercises are done regularly.

With age, the elasticity of our muscles and joints in our body automatically decreases. Think of how flexible you were as a child, compared to how you are as an adult. Lack of flexibility can result in injuries when performing any physical tasks. Therefore, the elongation or stretching of the muscle leads to performing daily tasks with much more ease, with less pain, and without the risks of injury.

Stretching also helps produce and keep lubricants between the connective tissue fibers, which also contributes to increased flexibility. Connective tissues are found in tendons, which connect muscles to bones, and, also, between bones, like in our joints.

Stretching exercises lead to better blood circulation, as there is an increased flow of blood to your muscles when performing them. Stretching our core muscles are an important part of a flexibility program. Because the muscles are not as tight, it leads to better posture, less lower back pain, and better balance, which reduces risk of falls. When your fore-neck muscles are tight, your head angles forward. When your shoulders and chest are tight, your shoulders round inward. When your lower back, rear thigh, and hip muscles are tight, the curve of your back becomes exaggerated. All these contribute to tightness and pain. For people with arthritis, stretching can help reduce the pain caused by arthritis with increased blood circulation to the muscles.

During stress, the muscles become tight and stiff, and the lengthening of the muscles leads to release of tension. Stretching exercises provide a natural way to a relaxed body, and helps with stress relief and also helps prevent sore muscles due to tightness. They also prepare the body for the stress of the exercises and work that you do every day. The benefits of flexibility exercises therefore are many provided they are done properly.

Before you stretch your muscles, warm them up by walking or doing a low intensity exercise for 5–10 minutes. Stretching completely cold muscles can injure them.

Hold each stretch for about 30 seconds. And remember to keep it gentle; stretch slowly and deliberately.



Sudden and aggressive stretching motions may actually cause an injury or worsen a current injury. Do not bounce. Stretching should feel good, so do not stretch to the point of pain; when you feel a slight discomfort, stop. Keep your arms and legs slightly bent as you stretch; locking up your knee and elbow joints puts too much stress on them. Sudden or aggressive stretching motions may actually cause an injury or worsen an injury. Breathe normally while stretching; if you find you are breathing too hard, slow down the stretching, as this indicates tension. Practice good posture and form when you stretch; stand up straight and extend your spinal column as much as possible while stretching. A correct posture while stretching will help you work on a correct posture for when you exercise. You must keep your shoulders straight and have your spine in proper alignment. You can incorporate balance exercises while stretching such as by standing on one foot as you stretch the other leg.

The greatest thing about stretching is that just about anyone can do it regardless of age or ability. Stretching is a natural activity. It does not require a huge time commitment or even specialized knowledge. Stretching exercises can be done while you are sitting at your computer, after waking up from a good night's sleep or a nap, and before or after a cardiovascular or weightlifting routine.

**Some good stretching exercises are:**

- Before getting out of bed in the morning, stretch your legs and toes. After getting out of bed, stretch as high as you can.
- Shrug your shoulders high and drop. Rotate your shoulders in clockwise and counterclockwise circles, as well.
- Lift your arms as high over your head as possible and drop straight down at your sides.
- Clasp your hands behind your back. Slowly bring your arms up. You can get more of a stretch by leaning your upper body slightly forward as you lift your arms (see picture at beginning of article).
- A variation of the above is to grasp a towel between your hands behind your back. Have one arm high (over your shoulder) and the other arm lower.
- Lift your right arm over your head and place

your right hand between your shoulder blades. With your other hand gently push downward on your elbow. Hold for 15 seconds, then switch arms.

- Put your right hand on your left elbow and gently pull your left arm across your body. Hold for 15 seconds, then switch arms.
- This one can be done sitting or standing: Twist your upper body to the left a couple times and then to the right.
- While you sit, slowly lift your leg (one at a time) until your leg is straight out. Hold for 15-20 seconds.
- To stretch your ankles, make circles with your feet or try tracing the alphabet with your toes. Also, try standing on tiptoes.
- Do standing pushups by leaning against the wall and pushing yourself away while keeping your feet still.

Stand on one foot (hold a wall or tree for support) while grabbing the other foot behind you (stretches the front thigh muscle).

Whether you create your own fitness training program or get plenty of strengthening exercise at work, make aerobic fitness, muscular fitness, stretching, core exercise, and balance training part of your overall lifestyle and exercise plan. It is not necessary to fit each of the five elements into every day; but, factoring them into your regular routine can help you promote fitness for life.

“The time spent in physical exercise is not lost. . . . A proportionate exercise of all the organs and faculties of the body is essential to the best work of each. When the brain is constantly taxed while the other organs of the living machinery are inactive, there is a loss of strength, physical and mental.” *–The Adventist Home, p. 494*





Samuel was a goatherd. Do you know what a goatherd is? A shepherd takes care of sheep, and a goatherd takes care of goats. Samuel was a very patient goatherd and loved his goats and his goats loved him. He had a herd of over one hundred goats.

Samuel lived in a small Indian village and every day he took his goats out into the surrounding hillside so that they could enjoy eating the fresh grass and drinking the cool water from the small lake. Goats have charming personalities. They are agile and playful and need space to run, so Samuel enjoyed taking them out every day to play and run. They are very social, curious, gentle, independent and intelligent creatures. Samuel's goats loved to climb, jump, crawl, and run over or under anything they wanted to. It is said of goats, that if they stay in their pasture, it is because they want to be there; and Samuel's goats always remained in his pasture when they were home.

Samuel raised his female goats for their milk, which he sold at the market. Yet he loved, also, the male goats. He did not sell them for meat. He knew that it was cruel to kill an animal just for food. God has given man plenty of good fruits, vegetable and grains for food. Meat is not necessary. Every night he carefully led his goats back to their paddock and safely locked the gate behind them. There was a large barn at the end of the paddock where the goats could go inside when the weather was very rainy because goats hate to get wet. He then went inside and said his prayers, thanking God for His protection during the day of himself and his herd of goats.

Occasionally, on hot nights, Samuel would spend the night with his goats in the barn, but the goats were content when they saw him enter his farmhouse, knowing that in the morning he would come out and spend the

day with them again. They would patiently wait for him because they loved him and had learned to trust him.

When the goats got older, and were no longer productive, he still tenderly cared for them. He loved and adored them all, both male and female. They were his family and since a goat has his/her own distinct personality he had a name for each one of them. His wife had passed away 3 years ago and his children had grown up and moved away from the village to the big city, so Samuel and his goats lived together in the old farmstead.

Samuel's goats could recognise his call and would always respond by running to him and surrounding him when he called. He raised them with love and care. When any goat had an injury, he nursed it with compassion and he was gentle with them when they got old.

On Sabbath, they followed him to church and patiently grazed on the grass in the pasture beside the church while Samuel was inside worshipping the Lord. As long as they could hear Samuel's voice, they would remain close by. Samuel led out in the worship services and thus his goats heard his voice when he was preaching and teaching. Samuel also sang the loudest so his goats could hear his voice. The church members had grown to love the goats that came to church every Sabbath to hear their goatherd preach to them.

After worship services, the children enjoyed going out amongst them and petting them and romping in the fields with them. They also had made a special bond with the goats.

When it was time to go home, Samuel simply called to his goats and they obediently followed him.

Samuel spent almost every day with his goats and since goats love routine, they had grown to love Samuel's daily routine.

Samuel did, however, have to go to town once in awhile to purchase food and other supplies for the farm. It was not easy to leave his goats at home when he went, but he could not take the whole herd into town. He would pray in the morning that the Lord would take care of his flock, and then he would feed them and lock the gate in their paddock before quietly slipping away to go to town. Sometimes they noticed and were bleating sadly, and it was hard for Samuel to continue on his journey, leaving his beloved goats at home for the day, but he had to go. He simply sent up another prayer to his heavenly Father to protect his beloved flock. The goats trusted that he would return, as he always did, and were very happy to see him when he came home.

One day, after a trip into town, he came home and was shocked to find the door of the goat paddock open. He rushed inside and saw that all his goats were gone. Surely, they had not tried to follow him into town. They had never done that before and he did not see them along the road on his return journey. Samuel rushed out to the nearby hillsides, searching for, and calling for, his goats. He knew that they would come running when they heard his voice. After an hour, there was no sign of the goats. Samuel was getting frantic. What had happened to his goats?

He rushed home, went inside and knelt down to pray. He cried unto the Lord, asking for the whereabouts of the goats. Surely, they must have been stolen—his dear beloved goats. He could not imagine that they had run away. Some mischief must have come to them.

After praying he went out to talk to his neighbours about the goats. Everyone in the village knew about Samuel and his goats and would have recognized them. But no one had seen them escape. However, since the villagers had learned to love Samuel and his goats and knew how much those goats meant to Samuel, they also rushed out of their homes to try to help him find the goats. Some searched the hills around the village. Some travelled up the road towards the town asking everyone along the way if they had seen any missing goats.

As they neared the town, they met a man riding a bicycle and he told them that indeed he had seen a truck full of goats travelling from the village into the town. He described the truck to them.

Samuel and the villagers then went to the police station to report the theft. The police agreed to help the search. The police chief was also a friend of Samuel's and knew

how much the goats meant to him. The villagers and police went through the town in search of the truck. It was one of the villagers who first spotted the truck parked near a hotel. The driver and his assistants were having their dinner in the hotel.

The villager went up to the driver and asked him about the goats, but he claimed that the goats were his own. Not long after, the police and Samuel also arrived. The police also questioned the driver, but he was firm in his stand. The driver asked Samuel whether he had any evidence to prove that the goats in the truck belonged to him.


Samuel boldly told the driver and the police, "My goats can recognise me and my voice. I shall call them and if they respond by running to me, you can be sure that the goats are mine. Everyone agreed. They moved towards the truck. The police asked the driver to open the bars surrounding the truck. Samuel called his flock in a loud and loving tone. Suddenly, all the goats jumped out of the truck and ran to him. They surrounded him and he patted them with affection. The police arrested the thieves and Samuel returned to his farm with his beloved goats. The villagers celebrated the victory and returned to their village jubilantly.

Jesus said, "I am the good shepherd: the good shepherd giveth His life for the sheep." John 10:11. "I am the good shepherd, and know My sheep, and am known of Mine. As the Father knoweth Me, even so know I the Father: and I lay down My life for the sheep." John 10:14-15. "My sheep hear My voice, and I know them, and they follow Me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of My hand." John 10: 27-28

The Bible describes Jesus as the Good Shepherd who loves His sheep. We are His sheep. He went to look for us when we were lost. He takes care of us when we are sick. He feeds us when we are hungry. And if we are in trouble, He will help us. He wants to take us back to His home in heaven one day. And what do we have to do? We must follow Him when He calls us. We need to listen to His voice. He tells us when we are in danger and leads us to safety. It is very important that we recognize the voice of Jesus. There are many voices in the world calling us in many different directions, but we have to clearly recognize Jesus' voice and follow in the direction that He is leading. We have to trust Him that He is leading us to safety. That is why it is important that you pray and read your Bible every day. This way you will learn to hear the voice of Jesus when He calls you.

His voice talks to you from the Bible.





**“Perfection exists in the least as well as in the greatest of the works of God. The hand that hung the worlds in space is the hand that fashions the flowers of the field. Examine under the microscope the smallest and commonest of wayside blossoms, and note in all its parts the exquisite beauty and completeness. So in the humblest lot true excellence may be found; the commonest tasks, wrought with loving faithfulness, are beautiful in God's sight. Conscientious attention to the little things will make us workers together with Him, and win for us His commendation who seeth and knoweth all.” –*Education*, p. 114**