



The Reformation
Messenger
VOLUME 28, NUMBER 2, FEBRUARY 2021

Weak and Strong Christians
Page 4

Inherited and Cultivated
Page 7

Decisions
Page 12

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 The Long Cold Winter

4 Weak and Strong Christians

7 Inherited and Cultivated

12 Decisions

15 Love is Power

16 Joseph Harvey Waggoner

18 Health Matters: Food Guides:

Meat and Alternates

22 From Dothan to Egypt (Poem)

25 Children's Corner: Harold's Servant

PHOTO CREDITS

Front Cover: Helen Marttinen, Canada

Back Cover: Helen Marttinen, Canada

Inside front cover: Helen Marttinen, Canada

Page 3: Helen Marttinen, Canada

The Reformation Messenger is published monthly. It is an Official Publication of the International Missionary Society the Seventh-Day Adventist Church Reform Movement, Canadian Field. Subscriptions can be paid online on the website or by mail.

- Telephone: 905-876-2518
- E-mail: ismessenger@yahoo.com
- Internet: www.ismessenger.org
- Mail: RR #3, 7899 15 Side Road, Milton, ON L9T 2X7, Canada

COST:

Black & White x \$27.00 per year. Colour x \$47.00 per year.
(Add \$10.00 North America and \$20.00 overseas shipping & handling)

Purchase all 27 years of the Messenger for \$200.00 (shipping included in price). Bound in books by year.

Catalogue is available upon request for all articles for 27 years.

The Long Cold Winter



"I think our enjoyment of the summertime is heightened by the memory of the long, cold months of winter; and on the other hand, the hope of summer helps us to endure more cheerfully the winter's reign. If we were to permit our minds to dwell upon the barrenness and desolation with which the ice king surrounds us, we might be very unhappy; but, being wiser than this, we look forward in anticipation to the coming springtime, which is to bring back the birds, awaken the sleeping flowers, clothe the earth in her robes of green, and fill the air with light and fragrance and song.

"The Christian's sojourn in this world may be fitly compared to the long, cold winter. Here we experience trials, sorrows and disappointments, but we should not permit our minds to dwell upon these. Let us rather look forward with hope and faith to the coming summer when we shall be welcomed to our Eden home, where all is light and joy, where all is peace and love.

"Had the Christian never experienced the storms of affliction in this world, had his heart never been chilled by disappointment or oppressed by fear, he would scarcely know how to appreciate heaven. We will not be despondent, though often weary, sad, and heartsick; the winter will not always last. The summer of peace, joy, and eternal gladness soon will come. Then Christ will dwell with us and will lead us to fountains of living waters, and will wipe all tears from our eyes." —*Our High Calling*, p. 158

"Sorrow comes and goes; it is the lot of man; we should not seek to magnify it, but rather dwell upon that which is bright and pleasant. When winter spreads its icy cov-

ering over the earth, we do not let our gladness freeze up with the flowers and brooks and continually mourn because of the dismal days and the chilling winds. On the other hand, we reach forward in imagination to the coming summer, with its warmth and life and beauty. Meanwhile we enjoy all the sunshine that comes to us, and find much comfort, in spite of the cold and snow, while we are waiting for nature to put on her fresh, bright garments of rejoicing.

"Just now a cloud has shut from our sight the bright rays of the sun, and we are left in the shadow. Should we fret and repine because of this, and forget everything else that is bright and lovely around us? No; we should forget the cloud and remember that the sun is not blotted out, but has only veiled its face for a moment, to shine forth again in greater apparent brightness and to be prized and enjoyed more highly than if it had never been hidden.

"God is not pleased to have us pass our lives in despondency and gloom, magnifying every trouble that visits us. By so doing we not only make ourselves miserable but cloud the happiness of those around us. We should not search out and linger over the dark shadows in our life experience, but rather open our eyes and arouse our senses to see and appreciate the many blessings surrounding us, which should make us not only grateful but very happy.

"It is God's will that we should be cheerful. He would have us open our hearts to the sunbeams of heaven; He would have our spirits mellowed by His love and goodness, apparent in our own lives and in the things of nature surrounding us. Those who are brought in contact with us are affected for good or evil by our words and actions. We are unconsciously diffusing the fragrance of our character upon the moral atmosphere surrounding us or we are poisoning that atmosphere by thoughts, words, and deeds which have a deleterious influence." —*In Heavenly Places*, p. 274

Ellen G. White



Weak and Strong Christians

There are two kinds of Christians, and they are the weak and the strong Christians. We all have knowledge, and desire to be perfect in Christ, but only a few have accessed the power available to obey all the commandments of God. Others are weak, and therefore they keep failing. They all may have good intentions, but all do not live in obedience to the perfect will of God. In 1914, in the Seventh-day Adventist Church, two percent of the members were strong, and ninety-eight percent were weak. The weak members decided to join the army and fight in the war every day, including on the Sabbath.

Strong Christians are faithful. They do missionary work, they read the Bible every day, and pray to God constantly, and they enjoy it. They are happy in living a faithful Christian life.

There are two types of weak Christians. Some weak Christians are content to be unfaithful. They love to gratify their appetite, they watch much television, and they have no interest in helping others and giving Bible Studies. Unless they change their behaviour they will be lost in the end. Then there are weak Christians who are not satisfied with their weakness and are striving to be strong. Although they are gaining strength, they may still have moments of weakness where they fall, yet Christ will give them strength to rise again.

Peter was weak when he denied his Lord three times. Adam and Eve were weak when they decided to eat of the forbidden tree. Joseph was strong when he was sold as a slave and when he was put to prison. Daniel was strong when he refused to eat the king's food.

Now, what makes the difference between strong and

weak Christians? If we are weak we do not need to remain weak. We can become strong. Peter became strong and was a powerful apostle. Adam and Eve also became strong and will likely be in heaven. How can a weak Christian become strong? Jesus said, "I am the vine, ye are the branches: He that abideth in Me, and I in him, the same bringeth forth much fruit: for without Me ye can do nothing." John 15:5

"God is my strength and power: and He maketh my way perfect." 2 Samuel 22:33

"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

"But truly I am full of power by the Spirit of the LORD, and of judgment, and of might, to declare unto Jacob his transgressions, and to Israel his sin." Micah 3:8

"And there appeared an angel unto Him from heaven, strengthening him." Luke 22:43

Who also can strengthen us? Jesus said to Peter, "But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren." Luke 22:32

We can strengthen each other in the church. "Wisdom strengtheneth the wise more than ten mighty men which are in the city." Ecclesiastes 7:19

"Then said he unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength." Nehemiah 8:10

"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent

prayer of a righteous man availeth much." James 5:16

"I saw that the strength of the children of God is in their humility. When they are little in their own eyes, Jesus will be to them their strength and their righteousness and God will prosper their labors." –*Testimonies for the Church*, vol. 3, p. 307

Love and faith give power. "And Jesus said unto them, because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." Matthew 17:20

"LOVE IS POWER." –*Testimonies for the Church*, vol. 2, p. 135. Love is a power to do good, and nothing else but good.

We have just covered ten ways to obtain power; there is no need to remain weak. "I can do all things through Christ which strengtheneth me.." Philippians 4:13

Paul mentions one more way to become strong. "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Corinthians 12:10

Strength in weakness—how is this possible?

Jacob was afraid of his brother, Esau, who was coming towards him. Jacob was strong and he was fighting all night, in the morning he was hurt, weak, and helpless; that was when he finally gained the victory. Now limping on his foot, and tired from fighting all night, now he was strong, now he was not afraid of his brother, Esau, any more.

When we realize our weakness, our helpless condition, then we become strong in the Lord. The Lord give us power and the Holy Spirit. The greatness of John the Baptist was his meekness, his humility, when he said, "I must decrease." Very few people can say this when they are in their best manhood. A strong talented man relies on his own wisdom and strength and therefore God cannot use him; in his own self-reliance he is weak. Often God has to bring in sickness, poverty, rejection, that man would come down from his pedestal and understand his helpless condition, and cast the human glory to the dust.

"And He said unto me, My grace is sufficient for thee: for My strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me." 2 Corinthians 12:9

Jesus took a weak condition upon Himself, allowing Himself to be crucified, but by this He saved a great multitude of repentant sinners providing for them eternal life.

"For though He was crucified through weakness, yet He liveth by the power of God. For we also are weak in Him, but we shall live with Him by the power of God toward you." 2 Corinthians 13:4

This moment of weakness, when He was falling helpless into the hands of the powers of darkness, became His glory and His greatest victory.

Now He could say, "All power is given unto Me in heaven and in earth." Matthew 28:18

The weakness of Christ brought power to the millions of weak human beings, and now into their hands has God left the work of the salvation of mankind.

"For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble, are called: But if God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; And base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to nought things that are: That no flesh should glory in His presence. But of Him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption." 1 Corinthians 1:26–30

One more source of strength is mentioned in the testimonies. "When the religion of Christ is most held in contempt, when His law is most despised, then should our zeal be the warmest, and our courage and firmness the most unflinching. To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few—this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason." –*Testimonies from the Church*, vol. 5, p. 136

In the time of apostasy, when many may fall, when many give up their faith, and the company of travelers is small, at that time we must gather warmth from their coldness, courage from their cowardice, and loyalty from their treason.

We are living in the time as it was in the days of Noah, also our time is similar to that of Sodom and Gomorrah.



Everywhere we see selfishness, love of pleasure, jealousy, covetousness, and treason, and from their coldness we must gather warmth.

Paul writes of his experiences, "Are they ministers of Christ? (I speak as a fool) I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft. Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep. In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren: In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. Beside those things that are without, that which cometh upon me daily, the care of all the churches." 1 Corinthians 11:23-28

Having all these trials and difficulties, Paul did not lose his faith.

"I have fought a good fight, I have finished my course, I have kept the faith." 2 Timothy 4:7

With all these trials and sufferings that came upon him, what helped him to keep his faith? "That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love." Ephesians 3:17

This was the secret that kept Paul strong in faith, love to Jesus.

Sister White had a vision of the time of the end: "As we traveled, the cord moved along with us. The path finally became so narrow that we concluded that we could travel more safely without our shoes; so we slipped them from our feet, and went on some distance without them. Soon it was decided that we could travel more safely without our stockings; these were removed, and we journeyed on with bare feet.

"We then thought of those who had not accustomed themselves to privations and hardships. Where were such now? They were not in the company. At every change, some were left behind, and those only remained who had accustomed themselves to endure hardships. The privations of the way only made these more eager to press on to the end.

"Our danger of falling from the pathway increased. As we heard the sounds of mirth and revelry that seemed to come from the abyss below, we shuddered. We heard the profane oath, the vulgar jest, and low, vile songs. We

heard the war song and the dance song. We heard instrumental music, and loud laughter, mingled with cursing and cries of anguish and bitter wailing, and were more anxious than ever to keep upon the narrow, difficult pathway." *-Life Sketches*, p. 191

The people of Israel had left Egypt and were traveling to the Promised Land. They were a great number of people. "From twenty years old and upward, for six hundred thousand and three thousand and five hundred and fifty men." Exodus 38:26. How many of these men entered the Promised Land?

"And the LORD heard the voice of your words, and was wroth, and sware, saying, Surely there shall not one of these men of this evil generation see that good land, which I sware to give unto your fathers. Save Caleb the son of Jephunneh; he shall see it, and to him will I give the land that he hath trodden upon, and to his children, because he hath wholly followed the LORD. Also the LORD was very angry with me for your sakes, saying, Thou also shalt not go in thither. But Joshua the son of Nun, which standeth before thee, he shall go in thither: encourage him: for he shall cause Israel to inherit it. Moreover your little ones, which ye said should be a prey, and your children, which in that day had no knowledge between good and evil, they shall go in thither, and unto them will I give it, and they shall possess it." Deuteronomy 1:34-39

Two men of this great company of men were strong in the Lord; the rest of them were weak, and they all perished in the wilderness.

Many depend on others for their faith; when others fall, then they also fall.

From the year 1844, "Those who had died in faith under the third angel's message, keeping the Sabbath," (Early Writings, p. 285) and those saints who are alive when Jesus comes, will comprise 144,000 people. They are strong in the Lord. That is a small number when you consider the over two billion professing Christians alive today, and the Advent people from the two previous generations.

Let us have the faith of Joshua and Caleb and we will be strong in the Lord and one day be in heaven. May God bless you all. Amen.

Timo Martin



Inherited



and Cultivated

When you think of the word “inherit”, many initially think of an “inheritance.” An inheritance is often a sum of money, gifts or property given to you when someone you know has passed away. This person was either a good friend or a beloved relative and they bequeath some of their fortunes to you upon their passing. You did not pay for them. You did not work for them. You were just very friendly, loving and kind, and that was enough for the person to bequeath some of their fortunes to you.

The word, “cultivate,” on the other hand is something that you have worked for. When you think of cultivate, the first thing that may come to your mind is often a garden. You cultivate the soil by preparing it for planting of flowers, vegetables or trees. Once you have cultivated the soil, and planted the seeds, your fruit will depend on how well you cultivated the soil. If you do not cultivate your garden well, the plants and flowers will not flourish.

The two words have widely different meanings. Although both result in a reward, one means a reward given that you did not work for, and the other a reward you worked hard to obtain.

The words can also be used to describe one’s character. To inherit means to receive genetic character traits by transmission of hereditary factors. It is something you have no control over. You did not ask for them. You did not pay for them. You did not work for them, but yet they are yours. You had no choice in the matter. At birth, a child inherits specific character traits from their parents, some good and some negative.

The truth is that all people are born with a fallen human nature, with some natural tendencies to evil—negative inherited character traits. Some have more than others. We all have a genetic inheritance that was handed down through the centuries beginning from Adam and Eve. Today, there is quite a variety of genetically inherited character traits, from Christian parents to drug addicted parents. And so, people crave things they have inherited from their parents such as, unhealthy foods, alcohol, drugs, and so on.

Inherited negative character traits also include things like, pride, revenge, anger, covetousness, greed, and animosity towards God. A child born to an angry person may have a predisposition to anger and find it more challenging to control their anger than someone born to a happy person. “O LORD, my strength, and my fortress, and my refuge in the day of affliction, the Gentiles shall come unto Thee from the ends of the earth, and shall say, Surely our fathers have inherited lies, vanity, and things wherein there is no profit.” Jeremiah 16:19

The inherited traits are very much a part of your DNA that you were born with. Can you change your DNA? “Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil.” Jeremiah 13:23. No, you cannot change your DNA.

Satan has become very successful in causing persons to excuse their negative behaviours by leading them to think that it is not their fault. The person blames their parents who bequeathed these negative character traits to them. They feel helpless to change. They use this as an excuse for sin, believing it is hopeless to even try to

change.

Today, you can find a Christian church to suit any lifestyle that a person is comfortable with—that suits their particular character and DNA. Some churches are strict on health, others say you can eat what you want, God will not judge you for the foods you eat. Some churches say you should restrict your entertainments and not watch worldly movies and other shows that waste time. While other churches say, going to church on Sunday for a few hours is all God asks, and be a good person. Live your life any way you choose. In God’s church there may also be some unconverted souls who try to lower the standard to suit their particular inherited weak points.

“Too often we grieve the heart of Jesus by our unbelief. Our faith is shortsighted, and we allow trials to bring out our inherited and cultivated tendencies to wrong. When brought into strait circumstances, we dishonor God by murmuring and complaining.” —*Reflecting Christ*, p. 354

So, now that we have been born with some negative character tendencies that we inherited from our parents, what are we to do about it?

This is where the “cultivate” part comes in. Although, most of the time we are responsible for our cultivated tendencies to sin, a child can cultivate negatives tendencies also if raised in an environment that is not ideal for good healthy Christian growth. They learn from, and often copy, their parents’ sins. But, we all have hope. All is not lost because of the faulty DNA we were born with, nor for the years spent cultivating bad habits. We have hope in Christ. “Even if the character, habits, and practices. . . have been cast in an inferior mold, if the lessons given them in childhood and youth have led to an unhappy development of character, they need not despair. The converting power of God can transform inherited and cultivated tendencies; for the religion of Jesus is uplifting. ‘Born again’ means a transformation, a new birth in Christ Jesus.” —*The Adventist Home*, p. 206

“The change that must come to the natural, inherited, and cultivated tendencies of the human heart is that change of which Jesus spoke when He said to Nicodemus, ‘Except a man be born again, he cannot see the kingdom of God.’. . . He virtually said to Nicodemus, It is not controversy that will help your case. Arguments will not bring light to your soul. You must have a new heart, or you cannot discern the kingdom of heaven. It is not greater evidence that will bring you into a right

position, but new purposes, new springs of action. You must be born again. Until this change takes place, until all things are made new, the strongest evidence that could be presented would be useless.” —*Christ Triumphant*, p. 233

For many it is a daily uphill struggle with inherited and cultivated sins. Yet, they do not have to struggle alone. The promise of Jesus is, “A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.” Ezekiel 36:26–27

In studying science, we can see that God has made a wonderful mechanism in which the human frame can overcome negative inherited character traits. It is called, epigenetics. Let us define epigenetics: Epigenetics is the study of biological mechanisms that will switch genes on and off. There are different factors that can affect the DNA to make a gene active or inactive. The word literally means, “on the genes.” Small molecules bind to DNA thereby activating and deactivating them. For example, “methyl donors” like betaine, choline, vitamin B12 and folic acid.



“Your genes play an important role in your health, but so do your behaviors and environment, such as what you eat and how physically active you are. Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence.

“For Example: Smoking can result in epigenetic changes. . . at certain parts of the AHRH gene, smokers tend to have less DNA methylation than non-smokers. The difference is greater for heavy smokers and long-term smokers. After quitting smoking, former smokers can begin to have increased DNA methylation at this gene. Eventually, they can reach levels similar to those of non-smokers. In some cases, this can happen in under a year, but the length of time depends on how long and how much someone smoked before quitting.” <https://>

www.cdc.gov/genomics/disease/epigenetics.htm

When you are born again, you have a new birth. According to epigenetics, by cultivating good habits, the genes responsible for negative inherited traits, can be inactivated (turned “off”) and positive ones can be activated (turned “on”).

You do have a choice, though. You can choose to cultivate good habits or bad habits. “God will accept only those who are determined to aim high. He places every human agent under obligation to do his best. Moral perfection is required of all. Never should we lower the standard of righteousness in order to accommodate inherited or cultivated tendencies to wrong-doing. We need to understand that imperfection of character is sin. All righteous attributes of character dwell in God as a perfect, harmonious whole, and every one who receives Christ as a personal Saviour is privileged to possess these attributes.” –*Christ’s Object Lessons*, p. 330

“The Lord compels obedience from no one. He gives the human agent all the help that he requires to be an overcomer, but leaves him free to place himself, with his inherited and cultivated tendencies, under the control and guidance of the Holy Spirit, or to follow his own imaginations which are only evil, and that continually. He leaves him free to choose his associates from the pure and the righteous, or from among others. He compels no one to obey Him.” –*Manuscript Releases*, vol. 4, p. 198

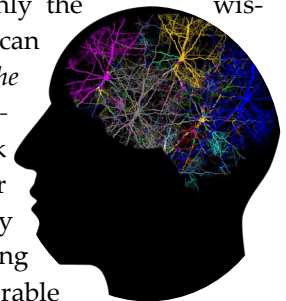
Christ promises freedom. “Those who put their trust in Christ are not to be *enslaved* by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can overcome through the power that He is ready to impart.” –*Counsels on Health*, p. 440. What did she say here? We *can* overcome. That speaks of it as certainty. We *can* overcome all inherited and cultivated tendencies to sin. We *can* turn “off” those genes that contain negative inherited character traits. There is no excuse for sin.

It is sometimes very difficult to leave off with inherited and cultivated tendencies to sin. It has to be like dying. Paul said, “I am crucified with Christ.” Galatians 2:20. It is not easy to crucify self. It can be a very painful and difficult process, but it is the only way. “When the grace of God takes possession of the heart, it is seen that the inherited and cultivated tendencies to wrong must be crucified. A new life, under new control, must begin in

the soul.” –*Messages to Young People*, p. 68. “We must leave behind us all our inherited and cultivated tendencies to wrong. We must talk and walk and work with Jesus, taking Him with us everywhere we go.” –*General Conference Bulletin*, April 22, 1901. “The followers of Christ are to war against every evil tendency which they have inherited or cultivated; for evil practices defile the soul.” –*The Signs of the Times*, August 1, 1895. So here she mentions that we are to crucify, leave behind, and make war with those inherited and cultivated tendencies to evil. This is not passive, but rather aggressive. The fight against sin can be quite aggressive when fallen human nature is battling to survive. “Germs can change your epigenetics to weaken your immune system. This helps the germ survive.” (<https://www.cdc.gov/genomics/disease/epigenetics.htm>). In like manner, one sin begins to weaken your spiritual immune system, thus giving sin a stronger hold in your life. You do not want spiritual germs to turn “on” negative genes (inherited character traits) so you must wage a war against the negative inherited and cultivated habits.

Jesus made a great sacrifice for us and, “should we deem any sacrifice too great to keep our passions, our inherited and cultivated tendencies to wrong, under control?” –*The Youth’s Instructor*, May 10, 1900

“A genuine conversion *changes* hereditary and cultivated tendencies to wrong. The religion of God is a firm fabric, composed of innumerable threads and woven together with tact and skill. Only the wisdom which comes from God can make this fabric complete.” –*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1101. “‘Work out your own salvation with fear and trembling.’ . . . Well may mortal man be afraid of weaving into his character the miserable threads of his own inherited and cultivated tendencies.” –*Bible Training School*, August 1, 1903



Controlling your thoughts is a key factor. If you think you cannot overcome evil, you will not overcome evil. “Right thinking lies at the foundation of right doing. It is not safe to follow inclination or to allow a peculiar temperament, inherited or cultivated, to control the mind.” –*Manuscript Releases*, vol. 10, p. 53. “Those who through an intelligent understanding of the Scriptures view the cross aright, those who truly believe in Jesus, have a sure foundation for their faith. They have that faith which works by love and purifies the soul from all

its hereditary and cultivated imperfections.” – *Testimonies for the Church*, vol. 6, p. 238

“Thou hast a few names even in Sardis which have not defiled their garments; and they shall walk with Me in white: for they are worthy. He that overcometh (his own inherited and cultivated tendencies), the same shall be clothed in white raiment; and I will not blot out his name out of the book of life; but I will confess his name before My Father, and before His angels’ [Revelation 3:4, 5].” – *Manuscript Releases*, vol. 19, p. 384



As mentioned earlier, the cultivation process is ours to direct and to decide. We can choose to cultivate good habits or we can choose to cultivate negative ones.

When

you cultivate a garden, you may not see the results immediately. It may take many months of patient toil before you see the plants begin to grow and finally bear fruit. It may take time for those negative genes to be fully turned “off”. Be patient and trust in God. Go forward and never look back.



In reading through the Spirit of Prophecy, I came across quite a few quotes where it is mentioned things that we should cultivate in our spiritual garden—things we may not have inherited. If we cultivate these, and more, our negative genes will slowly be deactivated.

“Cultivate the habit of speaking well of others. Dwell upon the good qualities of those with whom you associate, and see as little as possible of their errors and failings. When tempted to complain of what some one has said or done, praise something in that person’s life or character.” – *The Ministry of Healing*, p. 492

“Cultivate thankfulness. Praise God for His wonderful love in giving Christ to die for us. It never pays to think of our grievances. God calls upon us to think of His mercy and His matchless love, that we may be inspired with praise.” – *Gospel Workers*, p. 479

“Each student must cultivate the habit of industry. He should see that no second-class work comes forth from his hand.” – *Counsels on Education*, p. 212. *“God calls upon you, young men, to make the most of the powers entrusted to you. Cultivate the habit of doing your best in everything you undertake. God is your Master, and you are His employed servants.”* – *Our High Calling*, p.

282. What do you do when your employer is not looking?

“To cultivate religious thoughts and devotional feelings. . . . These should influence and control the entire being.” – *Counsels to the Church*, p. 185

“Knowledge will be of little value to us unless we cultivate the talent of speech; but it is a wonderful power when combined with the ability to speak wise, helpful words, and to speak them in a way that will command attention.” – *Christian Temperance*, p. 217. *“Then by all means cultivate the voice to the utmost of your ability, so that you can make plain the precious truth to others. Do not fall into the habit of praying so indistinctly and in so low a tone that your prayers need an interpreter. Pray simply, but clearly and distinctly. To let the voice sink so low that it cannot be heard, is no evidence of humility.”* – *Gospel Workers*, p. 42–43. *“It requires earnest effort to overcome a long-established habit. Ungraceful gestures and attitudes detract from the influence you could have for the truth; hence it is necessary that the ambassador for God should cultivate grace of manner, and refinement of language.”* – *The Review and Herald*, October 28, 1890

“In listening to the sermon, let parents and children note the text and the scriptures quoted, and as much as possible of the line of thought, to repeat to one another at home. This will go far toward relieving the weariness with which children so often listen to a sermon, and it will cultivate in all a habit of attention and of connected thought.” – *Education*, p. 252. Do you remember the sermon that was spoken last Sabbath? Have you taken note of the verses that were mentioned?

“Some are not naturally devotional, and therefore should encourage and cultivate a habit of close examination of their own lives and motives, and should especially cherish a love for religious exercises and for secret prayer.” – *Testimonies for the Church*, vol. 2, p. 513

“Never think that even when you do your best you are of yourself capable of winning souls to Christ. You must cultivate the habit of discerning a power beyond that which you can see with human vision,—a power that is constantly at work upon the hearts and minds of men. When you approach the stranger, when you stand face to face with the impenitent, with the afflicted, the soul-needy, the Lord is by your side, if you have indeed surrendered yourself to Him. Through the living agent He makes the impression on the heart. Your words must not be a mere parrot-like speech, but the expression of a personal experience. If you cheer hearts with words of

courage and hope, it is because the grace of Christ is to you a living reality. It is God's likeness, not your own, that is to be impressed on the heart." –*Gospel Workers*, p. 309

"Cultivate the habit of talking with the Saviour when you are alone, when you are walking, and when you are busy with your daily labor. Let the heart be continually uplifted in silent petition for help, for light, for strength, for knowledge. Let every breath be a prayer." –Health for Daily Living, p. 57. "Cultivate love and affection for religious devotion. Better far give up earth than heaven." –The Ellen G. White 1888 Materials, p. 1189

"But those who do not cultivate the spirit and habit of prayer cannot expect to receive the golden oil of goodness, patience, long-suffering, gentleness, love." –Testimonies to Ministers, p. 511

"It is our duty to make the best of everything, and to cultivate a habit of looking at the bright side of things. Let the cloud that shadows us pass over, while we wait patiently till the clear blue sky again appears and the blessed sunshine is revealed. . . . Let us all forget self as much as possible, cultivate cheerfulness, seek to brighten the lives of others, and we shall then have less desire to complain of our own lot." –In Heavenly Places, p. 273

"Let the soul cultivate the habit of contemplating the world's Redeemer. . . . Help has been laid upon One that is mighty. Jesus has given His life, that every soul might have abundant help in Him." –That I May Know Him, p. 247

"We must cultivate love and confidence toward our brethren and sisters in the faith." –Manuscript Releases, vol. 21, p. 234. "Put away your mistrust and your misgivings concerning your brethren. You must cultivate confidence in them, and not regard every movement they make in connection with you with suspicion, for if you cultivate this habit, it will grow upon you." –The Ellen G. White 1888 Materials, p. 973

"There will be disagreeable tasks to be performed. Let no duty be overlooked, with the expectation that someone else will perform it. . . . Take hold of the forbidding task, and master it, and thus you will obtain a victory. The putting off even of little duties weakens the habits of promptness that should be encouraged. Cultivate the habit of seeing what ought to be done, and do it promptly. If a board is broken in the walk, do not leave it for someone else to repair. . . . Overcome natural indolence. Do not neglect the disagreeable things, supposing that they will be attended to by someone else." –A Place

Called Oakwood (Chapter 5, Unpublished Documents), p. 122

If you did some research, you would find many more areas in which counsel is given of how to cultivate your spiritual garden.

You will also find many character traits that you should not be cultivating in your garden. I only want to mention one.

"He who takes it upon himself to correct others, is likely to cultivate a habit of fault-finding, and soon his whole interest will be in picking flaws and finding defects. Do not watch others, to pick at their faults or expose their errors. Educate them to better habits by the power of your own example." –Christian Temperance and Bible Hygiene, p. 120

Remember: "I can do all things through Christ which strengtheneth me." Philippians 4:13

Ask yourself, what you are cultivating in your spiritual garden. Take a few moments to contemplate and think about your life. Are you controlled by your inherited negative traits? Have you cultivated some negative habits? Are you willing to let God alter your DNA (epigenetics), to help you turn "off" inherited negative character traits and cultivate positive ones? Today and right now, you can have freedom from all negative inherited and cultivated character traits, because Jesus has promised to do so, if you are willing. "And I will give them one heart, and I will put a new spirit within you; and I will take the stony heart out of their flesh, and will give them an heart of flesh: That they may walk in My statutes, and keep Mine ordinances, and do them: and they shall be My people, and I will be their God." Ezekiel 11:19–20. Amen.

Wendy Eaton





“Assemble yourselves, and come, all ye heathen, and gather yourselves together round about: thither cause Thy mighty ones to come down, O LORD. Let the heathen be wakened, and come up to the valley of Jehoshaphat: for there will I sit to judge all the heathen round about. Put ye in the sickle, for the harvest is ripe: come, get you down; for the press is full, the fats overflow; for their wickedness is great. *Multitudes, multitudes in the valley of decision: for the day of the LORD is near in the valley of decision.* The sun and the moon shall be darkened, and the stars shall withdraw their shining. The LORD also shall roar out of Zion, and utter His voice from Jerusalem; and the heavens and the earth shall shake: but the LORD will be the hope of His people, and the strength of the children of Israel. So shall ye know that I am the LORD your God dwelling in Zion, My holy mountain: then shall Jerusalem be holy, and there shall no strangers pass through her any more.” Joel 3:11–17

The signs long foretold in God’s word, the Bible, tell us that we are in the time of the end spoken of by the prophet Joel almost 3,000 years ago. “Multitudes, multitudes in the valley of decision: for the day of the LORD is near in the valley of decision.”

The prophet Joel, whose name combines the covenant name of God, YHWH (or Yahweh), and El

(God), to mean "one to whom YHWH is God," is, of course, speaking about decisions that will decide our eternal destiny. Every moment of every day we are faced with these decisions. This past year has shown us that many things that we have taken for granted in our life can be changed in a very short period of time. It is important that we involve God in every one of these decisions as He is the only one who knows the end from the beginning.

A decision is a choice. Often people’s decisions are analyzed to see what led them to make the choice that they did. Sometimes we analyze our own decisions after the fact. God encourages us to look at and analyze our life.

“Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.” Philippians 2:12

Let us take a look at how and why we make decisions and who we should consult. Let us pose some questions to God and allow Him to speak.

QUESTION:

HOW SHOULD WE MAKE DECISIONS?

God answers:

“Unto whom it was revealed, that not unto them-

selves, but unto us they did minister the things, which are now reported unto you by them that have preached the gospel unto you with the Holy Ghost sent down from heaven; which things the angels desire to look into. Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; As obedient children, not fashioning yourselves according to the former lusts in your ignorance:" 1 Peter 1:12-14

Be sober - trust in God.

God answers:

"Pray without ceasing."
1 Thessalonians 5:17

Ask God.

God answers:

"And ye have not His word abiding in you: for whom He hath sent, Him ye believe not. Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of Me. And ye will not come to Me, that ye might have life." John 5:38-40



Search God's Word.

God answers:

"To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:20

Use God's filter.

God answers:

"Prove all things; hold fast that which is good." 1 Thessalonians 5:21

Truth has nothing to hide.

QUESTION: HOW DO WE MAKE DECISIONS?

God answers:

"Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?" Matthew 7:16



We are who we are. We can only be who we are.

God answers:

"In those days there was no king in Israel: every man did that which was right in his own eyes." Judges 21:25

Personal Responsibility.

God answers:

"At the same time came the disciples unto Jesus, saying, Who is the greatest in the kingdom of heaven? And Jesus called a little child unto Him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven." Mathew 18:1-4

We need childlike trust and faith in God.

QUESTION: WHO IS RESPONSIBLE FOR THE DECISIONS THAT WE MAKE?

God answers:

"But if a man live many years, and rejoice in them all; yet let him remember the days of darkness; for they shall be many. All that cometh is vanity. Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these things God will bring thee into judgment. Therefore remove sorrow from thy heart, and put away evil from thy flesh: for childhood and youth are vanity." Ecclesiastes 11:8-10

We are responsible.

God answers:

"And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD." Joshua 24:15

We must Choose.

QUESTION: CAN ANYONE HELP US TO MAKE DECISIONS?

God answers:



“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” 2 Corinthians 10:4–5

God will help us.

Question: How should we ask for God’s help?

God answers:

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord.” James 1:5–7

Remember that faith and trust of a little child?

God answers:

“Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.” Psalm 46:10

Let God answer.

QUESTION: SHOULD WE LEAVE DECISIONS TO CHANCE?

God answers:

“You endeavor to reach correct decisions regard-

ing religious duties, and to make decisions regarding business enterprises, by the tossing up of a coin, and letting the position in which it falls decide what course you shall pursue. I am instructed to say that we are not to give encouragement to any such methods. They are too common, too much like sleight-of-hand movements. They are not of the Lord, and those who depend upon them for direction will meet with failure and disappointment. Being nothing more than a matter of chance, the influence of adopting such tests regarding duty is calculated to lead the mind to depend on chance and guesswork, when all our work and plans for work should be established on the sure foundation of the Word of God.” –*Selected Messages*, bk. 2 (1958) Chap. 35

God answers:

“Sanctified reason must bear sway. Sanctified intellect must make decisions, inquiring into every cause that solicits attention, and then acting with the thought that God will approve. When the holy principles of the Word of God become the ruling element in a man's life, they will lead him to act rightly, not impulsively. There is then an abiding Christ in his heart, whose bidding he obeys, and light and grace flow forth in words and deeds. This is the religion of Jesus Christ. This is the inexhaustible source of the only true species of power which the human agent, sanctified to God, may freely exercise.” –*Manuscript Releases*, no. 467

Power From Christ May Be Safely Exercised

John Formosa





Love is Power



“Love is power. Intellectual and moral strength are involved in this principle, and cannot be separated from it. The power of wealth has a tendency to corrupt and destroy; the power of force is strong to do hurt; but the excellence and value of pure love consist in its efficiency to do good, and to do nothing else than good. Whatsoever is done out of pure love, be it ever so little or contemptible in the sight of men, is wholly fruitful; for God regards more with how much love one worketh than the amount he doeth. Love is of God. The unconverted heart cannot originate nor produce this plant of heavenly growth, which lives and flourishes only where Christ reigns.

“Love cannot live without action, and every act increases, strengthens, and extends it. Love will gain the victory when argument and authority are powerless. Love works not for profit nor reward; yet God has ordained that great gain shall be the certain result of every labor of love. It is diffusive in its nature and quiet in its operation, yet strong and mighty in its purpose to overcome great evils. It is melting and transforming in its influence, and will take hold of the lives of the sinful and affect their hearts when every other means has proved unsuccessful. Wherever the power of intellect, of authority, or of force is employed, and love is not manifestly present, the affections and will of those whom we seek to reach assume a defensive, repelling position, and their strength of resistance is increased. Jesus was the Prince of Peace. He came into the world to bring resistance and authority into subjection to Himself. Wisdom and strength He could command, but the means He employed

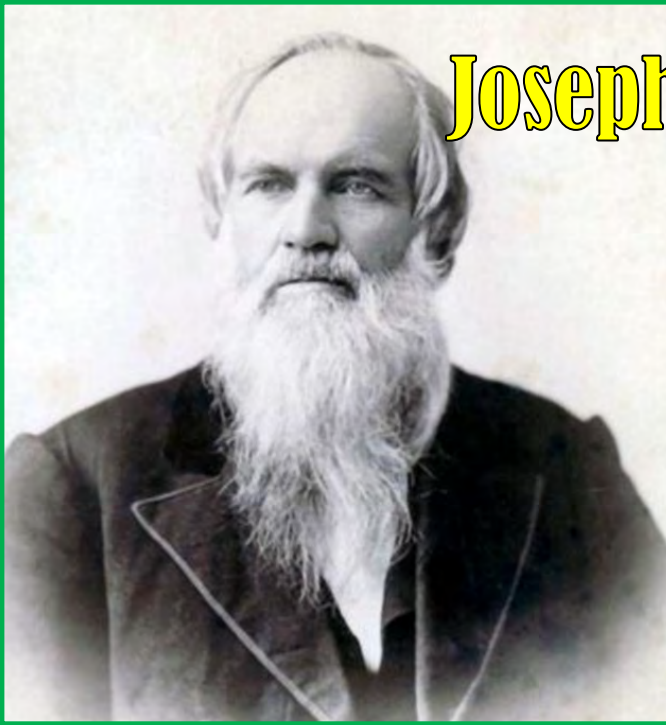
with which to overcome evil were the wisdom and strength of love. Suffer nothing to divide your interest from your present work until God shall see fit to give you another piece of work in the same field. Seek not for happiness, for it is never to be found by seeking for it. Go about your duty. Let faithfulness mark all your doings, and be clothed with humility.” –*Testimonies for the Church*, vol. 2, p. 135–136

“True love is not a strong, fiery, impetuous passion. On the contrary, it is calm and deep in its nature. It looks beyond mere externals and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding.” –*Ibid*, p. 133

“Jesus was the healer of the body as well as of the soul. He was interested in every phase of suffering that came under His notice, and to every sufferer He brought relief, His kind words having a soothing balm. None could say that He had worked a miracle; but virtue--the healing power of love--went out from Him to the sick and distressed. Thus in an unobtrusive way He worked for the people from His very childhood. And this was why, after His public ministry began, so many heard Him gladly.” –*The Desire of Ages*, p. 92

“Hearts that have been the battleground of the conflict with Satan, and that have been rescued by the power of love, are more precious to the Redeemer than are those who have never fallen. God looked upon humanity, not as vile and worthless; He looked upon it in Christ, saw it as it might become through redeeming love.” –*Christ’s Object Lessons*, p. 118

Ellen G. White



Joseph Harvey Waggoner

When we hear the name, Waggoner, we often think of E.J. Waggoner, who, along with A.T. Jones, brought the Christ our Righteousness message in a clear and concise manner in 1888 in Minneapolis, which proved to be a turning point for the Seventh-day Adventist Church.

But what about his father Joseph Harvey Waggoner. Joseph, was an evangelist, editor, and author in the Adventist Church. He was also an eloquent speaker, and a most industrious worker. He wrote with clarity and precision.

Joseph Waggoner was born in 1820 in Pittston, Pennsylvania and lived in Pennsylvania and Illinois in his early years. He attended school for only six months, but spent many hours studying at home in private. Though he lacked in formal education, he mastered Greek and Hebrew and wrote prolifically. He became a giant in his literary accomplishments. As a youth, he also learned the printer's trade.

On April 30, 1845, at the age of 25, he married Maryetta Hall in Portland, Illinois. She was 21 at the time. Together they had 10 children from the years 1846–1862.

After his marriage, Joseph and family moved to Wisconsin and became joint editor and publisher of a political paper. He was religious and belonged to the Baptist church at that time.

Six years after his marriage, in December of 1851, Waggoner first learned of the Adventist message. At that time he doubted that he could be saved because he had not been in "The 1844 Movement" and experienced the Great Disappointment. Ellen White, though, gave him some words of encouragement and told him that there is hope

in God. She encouraged him to give his heart fully to Jesus, which he did shortly afterwards.

Waggoner immediately began sharing his new faith through evangelism and through writing for the church paper. He dedicated himself fulltime to writing and editing the Three Angel's Messages, and in 1854 he was ordained as a minister.

In 1868 Waggoner was one of the speakers at the first Seventh-day Adventist camp meeting, held at Wright, Michigan. In the same year he published in *The Atonement* his clear convictions on the doctrine of righteousness by faith. Younger men were influenced by his teaching, including his son, E. J. Waggoner, and A. T. Jones, who then were prominent in preaching on that subject in 1888.

In the years following, Waggoner's talents as a printer, editor and writer were employed many times in different locations.

Firstly, in 1871 he was appointed head of publishing in Battle Creek. Then in 1875 he moved with the Whites to California and joined James White as editor of *The Signs of the Times*. In 1881 Waggoner took over from James White as the editor of *The Signs of the Times* and contributed much to its growth and influence.

Joseph Harvey was a pioneer in the health reform movement and it is said that he threw his last plug of tobacco into the stove the same day he accepted the Sabbath, and he became a strong advocate for temperate living. In 1885, mainly through his own efforts, Waggoner brought out *The Pacific Health Journal*, of which he was the first editor.

In August of 1887, at a conference in Indiana, he and Ellen White held meetings on temperance. "On Sunday Elder J. H. Waggoner spoke with great freedom in the forenoon to a good congregation, on the subject of the Sabbath. Three excursion trains poured their living freight upon the grounds. The people here were very enthusiastic on the temperance question. At 2:30 P.M. I spoke to about eight thousand people on the subject of temperance viewed from a moral and Christian standpoint. I was blessed with remarkable clearness and liberty, and was heard with " – *Life Sketches of Ellen G. White*, p 222

Joseph Waggoner was also the first editor of both *The American Sentinel* (a Religious Liberty journal). Around that time, people were being arrested for working on Sunday as some states had Sunday laws in USA.

This prompted the Adventists to begin the new paper, which focused on Church-state relations. The first issue, prepared in 1885, and most of it was written by Joseph Waggoner.

Waggoner also wrote several doctrinal books: *The Law of God: Testimony of Both Testaments* (1854), *The Nature and Tendency of Modern Spiritualism* (1857), and *The Kingdom of God: A Refutation of the Age-to-Come* (1859), all dealing with prominent problems of the day.

Besides doing the publishing work, after his ordination he traveled extensively throughout the United States.

Waggoner was also very involved in the leadership. He was a member of the conference that was called in 1860, to consider forming a legal church organization. Waggoner had misgivings about whether organization was the will of God, but after much prayer and discussion with the brethren, he was satisfied that there should be some kind of organization. He was one of a committee of three that recommended the name "Seventh-day Adventist" for the church.

Just as some of the great men in the Bible that God used in wonderful ways sometimes had family problems and did not have ideal home lives, Joseph Waggoner was also not free from family troubles. In the Bible we have examples such as that of Abraham (who took Hagar to wife), and Jacob. Jacob had four women to which he bore children and later his sons deceived him.

Ellen White wrote to Waggoner about his family problems. "Ellen White immediately began to address the 'home trouble' of Joseph Waggoner. Such domestic 'troubles' mainly had reference to Mary(etta). . . . 'She is in total darkness without a ray of light' . . . destroying her husband's 'usefulness'. . . . Ellen White was deeply disturbed over the lack of parental discipline for the children, . . . You [Joseph] have tried every means in your power to remove every cause of fretfulness from your wife. You have made every effort to please, but in vain. She is a medium for Satan to work through, to destroy your influence, and the influence of her continual fretfulness and finding fault is ruinous to your children." —*E.J. Waggoner: From the Physician of Good News to the Agent of Division*, p. 26

Unfortunately, his wife was not a positive spiritual influence for the family and this apparently impacted how the children were raised. "Ellen White felt so strongly about the matter that she warned (and implicitly advised) Joseph Waggoner that he 'will be accountable' for not putting the boy 'under a guardian where he should have been taught industry and been under strict discipline.'" —*Ibid*, p. 26

Later, Joseph Waggoner became unbalanced in his dealing with his wife. He went from one extreme to the other. Firstly, he was letting her do as she wished and then went to the other extreme of being too harsh. Ellen White writes to him that he was dealing with her in an unreasonably harsh manner.

Waggoner began to withdraw his affections totally from his wife and put them on another woman. You can read extracts from letters that Ellen White wrote to him about the matter in the book, *Testimonies on Sexual Behaviour, Adultery, and Divorce*, p. 182–193. Brother Waggoner is Brother H, mentioned in these pages.

Ellen White expressed her concerns with the leaders in the church, and specifically mentions Brother Butler, who was president in the above mentioned pages.

After much prayer and consideration, they agree that the best way to restore him was to send him far away from the situation, so they sent him as a missionary to Switzerland in 1886. He was sent to Europe to aid in the establishing of the new work there. He became editor in chief of the German and French periodical and, contributed regularly to other periodicals. While there he wrote his final book, *From Eden to Eden*. In 1887 he attended the first Seventh-day Adventist camp meeting in Europe, at Moss, Norway.

Two years after arriving in Europe, Sister White writes to him to say that geography did not solve the problem. Your heart is not repentant because you moved around the world. Ellen White wrote strong appeals to him calling him to repent. In her letters she mentions great men in the Bible who had same problems and appeals to Waggoner to repent, citing their testimonies and experiences. Joseph Waggoner admits that Ellen White is correct in her letters.

Just after he finished writing his final book, Joseph planned to return to the USA, but he died suddenly in 1889 and was buried in Switzerland close to J.N. Andrews.

What were the thoughts of Joseph Waggoner in the days prior to his death? Only God knows. Perhaps, like King Solomon, he acknowledged his sin and repented. And perhaps the Lord took him before he could return to the USA, to keep him back from further temptation. We can only speculate. We do know that he was used mightily by God and I look forward to meeting some of these great spiritual men in heaven one day. God is merciful to the repentant sinner, and may we all repent and be ready to meet Jesus when He comes. No sin is too great for God to forgive if we repent.

HEALTH MATTERS:



Food Guides:

Meat and Alternates

“Concerning flesh meat, we should educate the people to let it alone. Its use is contrary to the best development of the physical, mental, and moral powers.” —*Counsels on Health*, p. 477–478

“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.” —*The Ministry of Healing*, p. 313

In a previous issue we learned that food guides were established to be education tools to help people follow a healthy diet, based on analysis of the nutrition of food, taking into consideration the production and supply of food available. The guides are meant to translate the science of nutritional requirements into a pattern of food choices, that will supply the population with variety and flexibility in incorporating the recommendations provided by the food guides. In the previous article we learned that the first food guide established in Canada in 1942 was called Canada’s Official Food Rules, and it contained six different food groups—milk; fruits; vegetables; cereals and breads; meat, fish, etc.; and eggs. The guide also stated, “eat these foods first, then add these and other foods you wish.” Although the guide provided for a variety of foods, the six categories were the recommended foods that should be included in the diet.

In the first four decades the food guides were changed and adapted based on food availability, and increased knowledge regarding the nutritional needs of people. In 1982, two very significant modifications were made to the food guide. The first one was the emphasis on balancing one’s energy intake with energy output, as there were increases in obesity which led to chronic diseases. And the other message was to eat certain foods in “moderation”. The moderation statement specifically encouraged Canadians to limit the use of sugar, salt, fat, and alcohol. This was in recognition of the types of foods which could lead to many of the chronic illnesses that were becoming prevalent in a society where indulgences occurred in consuming these foods. The food guides were now attempting to discourage the types of foods that were leading to the rise of chronic illnesses arising from unhealthy eating habits.

In this article we will focus on the meat section of the food guide. Meat and animal products were part of the first food guide issued in 1942 and for most of their iterations over the years, with the direction to have one serving of meat daily. In 1944, cheese and eggs were put into the meat section, based on the levels of protein they contain. It also suggested some plant alternatives to meat, including beans, peas, and nuts. The 1949 Food Guide recommended using liver frequently; then in 1961 the recommendation was to eat liver occasionally. In 1977, “meat and alternatives” now became the name of the original meat group. This was in recognition that animal-based proteins were not the only option for including protein into one’s diet. In 1982, the group was

made more inclusive to be called “meat, fish, poultry and alternatives”. Again in 1992, it went back to “meat and alternatives”. It was not until the 2019 food guide that a radical change was made to the “meat and alternatives” section.

The heading of the new 2019 Canada food guide states to “eat a variety of healthy foods each day”. The picture that sums up the 2019 food guide is a plate with three sections, with vegetables and fruits being half the plate, with the direction to “eat more fruits and vegetables;” one-quarter of the plate consists of grains with the direction to “choose whole grain foods”, and the final quarter is titled “eat protein foods”. From the first food guide in 1942 in which three of the six food groups were protein-based, the final food guide acknowledges that protein needs to be only ¼ of our diet. Also included in the document which provides an overview of the 2019 food guide, it states to “choose protein foods that come from plants more often.”

The various food guides in place over the years are a testament as to how the science of nutrition has evolved. Milk is no longer the beverage of choice. Fruits and vegetables are now to encompass ½ of the total food we consume. After 67 years, the word “meat” is no longer is part of the food guide. Animal protein is no longer considered a food of choice. In fact, the recommendation is to eat plant-based proteins more often.

The emphasis on protein overall has gradually been reduced over the years, initially encompassing three sections in the 1942 guide (eggs, milk, meat and fish), to two sections in 1944 (meat and fish, milk), to 1977 where the heading was changed to “meat and alternatives”, to finally removing the word “meat” completely in 2019. Over the years, the guides have been more inclusive of plant-based meals, with less emphasis on animal products.

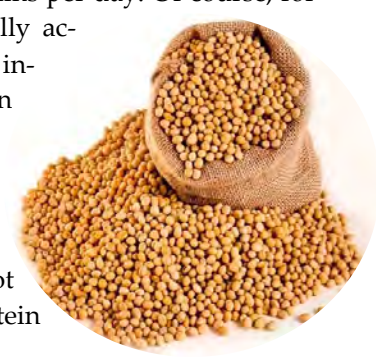
The 2019 food guide also acknowledged that the amounts of the different types of foods we should eat are in proportion to our full diet, and not based on servings. This is easier for people in that they did not need to focus on the amount of servings that they ate, as often the number of servings per day was beyond most people’s calorie counts.

Over the years, the food guides reduced emphasis on animal products as a necessary part of one’s diet. Foods that were considered similar, that provided the same nutrition without the unhealthy portions were increasingly part of the new food guides. As mentioned, we see in the latest 2019 food guide, for the first time, there is

no “meat” or “milk” category. Animal products, milk, cheese, and meat included, are now part of the larger “protein” category. And the most surprising addition was the food guide’s emphasis on a plant-based diet. As mentioned in previous articles, the most current food guide did not allow any lobby groups, including those of the animal and juice industry, to influence the recommendations provided in the food guide. It was solely based on the science of nutrition, and the needs of the human body to obtain optimum health.

Protein is an essential nutrient in the human diet. All cells of our muscles, bones, skin, nails, and hair contain protein as building block. Protein helps to build and repair muscles, organs, and bones. It has also been shown to be helpful in reducing fat, losing weight, retaining muscle mass, and providing an feeling of fullness. It increases your metabolism. After carbohydrates stores are used up, the body uses protein for energy. The amino acids in protein boost the immune system. Plant proteins lower blood pressure. Protein aids in recovery from injuries by creating new tissue at the injury site. They carry vitamins, minerals, sugars, cholesterol, and oxygen through the blood to the cells and tissues that require them. Many people believe that animal protein is necessary to build muscle, but this is not true. The same amino acids in animal protein that build muscles are contained in plant proteins. Animal proteins are not superior in this respect. “It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use. The grains, with fruits, nuts, and vegetables, contain all the nutrients necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet.” –*Child Guidance*, p. 384

The science behind the new food guide recognizes that large amounts of protein in general are not needed to meet one’s nutritional needs. The amount of protein that a person requires is 0.8 g/kg of weight, or 0.36 g/pound. For the average sedentary woman this equals 46 grams per day, and for a man 56 grams per day. Of course, for those who are more physically active, the need for protein increases, but still in proportion to the total calorie intake per day. The typical North American individual eats double the recommended intake of protein per day. Not only is this amount of protein



unnecessary, but it can create many health problems. The theory also is that protein consumption increases our metabolism, which helps us lose weight. This is offset by the amount of calories contained in protein foods. The truth is that many protein foods are high in calories—they are calorie-dense—and it is easier to eat too many calories when focused on protein-rich foods. For example, a tablespoon of peanut butter is twice as many calories as a tablespoon of fruit jam. Weight gain was significantly associated with diets where animal protein replaced carbohydrates; these diets were also found to be deficient in the nutrients found in carbohydrate foods. When calculating total protein, consider all food and drinks, as well as any supplements that may contain protein.

High protein diets have many negative effects on one's health. Any excess protein that the body cannot use is stored as fat. This can lead to weight gain, especially if you consume calorie-dense protein foods to increase your protein intake. For people who have kidney disease, a high protein diet can damage the kidneys further due to the high nitrogen content of many protein foods, and the need to filter out the waste products that are created during protein metabolism. High animal protein diets that restrict the consumption of carbohydrates can cause constipation because of the low fibre content of the diet. Excess red meat-proteins are linked to increased risk in cancer due to the saturated fats, carcinogenic compounds, and hormones found in meat. Conversely, plant-based proteins are associated with a decreased risk of cancer. Heart disease and stroke risk also increases because of the saturated fat and cholesterol in animal protein. Loss of calcium in the body is also connected to high protein diets, which leads to osteoporosis and bone fractures.

It is not necessary to focus on eating specific protein foods to ensure that we get enough protein in our diet, as most plant foods contain protein, including all cereals and grains, nuts, seeds, beans, lentils, etc. Even vegetables contain small amounts of protein. The only food group that does not contain any protein are fruits. In



years past, nutritional guides recommend eating animal protein because they are a “complete” protein. They contain all the essential amino acids that we can only get from our food; whereas, all plant proteins are deficient in at least one of the essential amino acids, and therefore a plant-based diet is not healthy because it will be lacking some of the essential



amino acids that our bodies need. However, this theory has been disproven; eating a variety of different plant proteins will ensure that all the amino acids that our bodies require will be contained in our diet.

There is evidence that plant proteins provide health benefits, and do not contain the negative health effects from animal proteins. For example, it has been shown that diets high in soy protein are associated with lower LDL cholesterol levels (the “bad” cholesterol), and diets high in processed meat are associated with an increased risk of colorectal cancer, due to the lower fibre content of a meat diet. Plant-based proteins are high in fibre, therefore protect our colon from cancers, constipation and hemorrhoids. Diets high in fibre also help control blood sugar.

Over the years, there have been conflicting recommendations as to the best diet—high fat vs low fat, high carbs, low carb-high fat, etc. In every bookstore, and on every website, you will find recommendations for virtually every diet option. With the increasing popularity of diets such as the Paleo Diet, there is more focus on high-protein diets. The assumption is that a high animal-protein diet was man's original diet, based on the thought that man evolved from the cave man, and consuming animal meats was the main part of the diet. This was considered the first diet of our human ancestors; therefore, we should continue to consume it as we evolved to survive on eating meat. Science even goes against this theory, stating that the first humans were actually more “gatherers” than “hunters”, and ate more plant than animal foods.

Unfortunately, science denies the fact that Jesus created the earth and the original diet of man, who was created in God's image, was a diet consisting only of plants. When we look at human anatomy and physiology, our teeth, our digestive system including our stomach and intestines, we were designed by God to consume and

digest a plant diet. Humans were created to be herbivores—not carnivores, not even omnivores who eat a combination of plant and animal foods. Consuming animal products are the cause of many of the diseases we see in the world today. We are most healthy when we consume a completely plant diet, as evidenced by the health and longevity of vegans compared to meat eaters.

Dr Catherine Mah of Dalhousie University comments about the new 2019 Canada’s food guide, “the guide reminds us that large amounts of protein are not necessary to meet nutritional needs. We are advised to choose plant-based proteins more often, because they typically contain more fibre and the evidence shows that they can be protective of heart health.”

Prevention of serious health issues was the basis of the most current version of Canada’s food guide. Statistics show that obesity and chronic diseases are major public health issues in Canada; 2 in 3 adults and 1 in 3 children are overweight or obese, while 2 in 5 Canadians live with 1 of the 10 most-common chronic diseases, such as heart disease, type 2 diabetes or cancer.

“Plant-based proteins are encouraged,” reports Mr Legault-Thivierge of Health Canada, “because eating more vegetables and fruit is linked to a lower risk of cardiovascular disease, eating more nuts or soy protein is linked to improved blood lipid levels, and the higher fibre intake of plant-rich diets is linked to improved blood lipid levels and a lower risk of cardiovascular disease, colon cancer, and type 2 diabetes. [In addition], processed meat has been linked to colorectal cancer, and foods that contain mostly saturated fat are linked to unfavourable blood lipid levels and a higher risk of type 2 diabetes.” Overall, the increase in chronic illnesses and mortality worldwide is strongly linked to our dietary habits.

Not only has Canada developed these new guidelines for the country’s food guide, but many other countries around the world, including Australia and The Netherlands, have revised their current food guides to also focus on the prevention of chronic diseases. Poor diets are shown to be a leading cause of death and disability worldwide.

The change in food guides to reduce focus on animal products is welcome news for God’s church; we have always promoted a plant-based diet, yet we have had many detractors who insist that animal-based proteins are a necessary part of one’s diet. This change in understanding within the scientific and nutritional communi-

ty gives even more credence to our message, that from the beginning, God gave us a plant-based diet because He designed us, and He knew what we need to eat to keep our bodies healthy.

The science of nutrition, the science of food, and the impact that our food choices have on the human body, have all made great strides in the last few years. There is finally a recognition that the plant-based diet that man originally was given by God, is the best diet for man. It took only 6,000 years for science to catch up with the Bible.

“Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view and endeavor to work steadily toward it. I cannot think that in the practice of flesh eating we are in harmony with the light which /god has been pleased to give us. . . . Again and again I have been shown that God is bringing His people back to His original design, that is, not to subsist on the flesh of dead animals. He would have us teach people a better way. . . . If meat is discarded, if the taste is not educated in that direction, if a liking for fruits and grains is encouraged, it will soon be as God in the beginning designed it should be. No meat will be used by His people.” —*Child Guidance*, p. 383

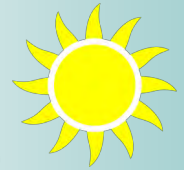
We are nearing the time of the end, the events in the world today tell us that Jesus’ coming is near. We need to prepare for heaven now. Keeping our diet aligned with the diet that God originally designed for us is yet another way to prepare for heaven. Our diet in heaven will not contain any animal products; it will be the same diet given to Adam and Eve in the Garden of Eden. We need to begin that preparation now.

“Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.” —*Ibid.*, p. 384





From Dothan to Egypt



Part I The Story of Joseph

Based on Genesis 37; 39:1–20



“There comes the dreamer”, one did shout, yes, it was Joseph without a doubt.

His coat of colors spawned immediate irritation, bursting into wrathful indignation against their brother, Jacob’s darling whom they hated, because of dreams of which he stated, that they one day would bow to him! O what nonsense of such fame!

They said: “Let’s kill him, cast him in some pit, this way of him and dreams be rid.”

But Reuben said: “Let us not do this bloody deed he is our brother, in the wilderness there is a pit and cast him in that rather.”

For he had in mind to save his brother later and restore him to his father.

The boy with cheerful greetings did draw near, but what coldness greeted him, hateful looks that made him fear, they snatched him and with cruel hands tore off his coat and took him roughly, with triumphant pace, dragged Joseph to the sought for place,

There they threw their brother down the pit, without mercy or regret, nor thought of guilt what they just did!

The cry, the voice for pity did leave cold those men, but sat down to eat, and content, with savage ease upon them.

Suddenly a noise, a strange commotion was then heard, Judah looked, they saw a camel’s herd, a company of Ishmaelites came with goods for Egypt. And Judah said: “Let us sell Joseph and not have guilt of blood on our hands.”

They all agreed and handed over, their weeping, pleading younger brother...

Strangers bound the hands of tender Joseph, tied him so he could not flee, in disbelief he turned with tearful eyes: “Please my brothers, rescue me....”

But they were gone, and some harsh voice ordered Joseph to move on, never to return, this was the fate of Jacob’s all beloved son. ...

Dazed, bewildered, shocked with horror what was done to him, the lad moved on as in an evil dream, his tears ran down till none were left, his heart so broken as he was bereft of his father’s loving care and gaze, for now he did not see a kind and friendly face.

He trembled what would come upon him from these strangers all around him.

With longing eyes he saw his native land pass farther, day by day, heart-wrenching sorrow made him cry—but there was no comfort, pity, mercy nigh. ...

Long the journey was of many strenuous weeks and days, from dawn to dusk through woods and rough terrain, and desert heat with floods of rays the sun did beat on weary man and beast.

Then when darkness enveloped the land, the cold of night was then at hand, the merchants, camels, Joseph very tired then retired.



Sleep came fast so well deserved below the starry sky, all the while
observed by holy angels watching over one particular,
who bound, exhausted, homesick for his father there did lie, wrapped in woolen cover
on the earth with tears, till sleep took over. ...

Entering the land of Egypt, Joseph greatly feared, a strange language fell upon his ears,
he felt so utterly forsaken, lonely to the core, "What will happen to me there?"

In his distress he looked up to heaven: "O, but God is there!"

Suddenly a calm took hold of him he never felt before. "I will trust God, my life is in His hands,
I will be faithful, He will be with me, in this so very strange and foreign land."

The gloom and sorrow waned, light and peace filled his heart and soul and mind.

The caravan moved some more days to reach a certain city,

where merchants trade their goods on markets busy,

selling, buying, spices, balm and myrrh, gold and silver, precious stones and more.

Even cattle, goats and sheep changed hands, brought and sold from diverse lands.

People, buyers, sellers of various tongues, teem the markets, streets, from early dawn
till all their bargaining is done.

Arriving there the Ishmaelites took Joseph to a certain spot, a place where slaves were sold.

There were men and women, children, youth, mostly robbed or stolen far away
and some were even sold for gold.

Since Joseph made the covenant with God, he was no more the weeping, childlike boy,
but underwent a transformation, with faith and courage now his notion,
despair and fear were gone, in a few days he had become a man.

He stood there at this dreadful place among the crying, frightened, doomed,
with calm expression on his face. There was dignity and beauty in his bearing,
no hate, rebellion, but a noble virtue wearing.

This caught the eye of one of rank, who saw his worth amidst the desperate gang,
in one quick deal Joseph was unbound and taken to the splendid ground
of the captain of the guard—Potiphar, one of Pharaoh's great officers.

All was strange, so new, exciting, also at first quite intimidating,
but Joseph eager did his best to learn the language, orders, lest
bring dishonour to his God.

He with all his heart and strength and mind served his master who to him was very kind.

The youth in time advanced in skill and manner, diligence,
never caused one slight offence,

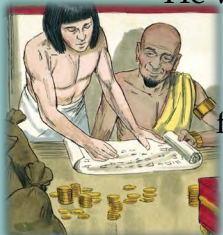
for God was with him, blessed him and the house of Potiphar, who promoted him
to the charge of all his goods and house, so Joseph prospered in his cause.

.....

Years went by, the Hebrew boy matured into one handsome, gracious, fine young guy,
his noble looks, his stature high, caught his master's wife vain eye.

Betimes she whispered quite close by: "Lie with me! Share my passion!"

Her voice infatuated with intense emotion, sought to beguile this pious, godly,
good young man, who shuddered at those words falling on his ears, Joseph fears,



and quickly darted out of sight, to avoid a wicked terrifying plight,
most displeasing in God's sight!

Alas, one day the house was empty, Potiphar was far away,
Now this lusty woman saw a way, to catch her prey,

She grabbed the arm of Joseph, forced him to her chamber, "lie with me!" Joseph fought
to get him free, slipped off his coat to quickly flee this dreadful place; but the woman
with a hateful gaze, shouted loud to get attention from the slaves, to tell them a most heinous lie,
and even managed lying tears to cry.

Then this wicked woman accused him to her spouse,
when returning to his house, to paint a scene most obscene to him
to shatter Joseph's splendid reputation, so that in Potiphar arose fierce indignation*
and bitter disappointment about his trust for honesty
and must now without pity and delay, thrust Joseph into jail—
thus the woman's vengeance did prevail...

(*Note: Potiphar may have not believed his wife's tale, but had to keep face,
And act the way he did to keep his household from scandal before his other servants.
The very fact Joseph was cast into prison was that Potiphar had pity on Joseph, for if the story
would have been true, Joseph would have been instantly put to death.)

.....

Anxiously Jacob waited for his sons' return,
at last one day he saw them in the distance,
as they were coming, he looked closely,
the one he longed for most—he did not see—
fear crept in his heart: My Joseph, where is he?

Then greeting him his sons drew near, they brought the coat of color, bloody, torn,
"We found this in the field. Is this the coat of Joseph your son?"
they asked with feigned and mournful tone.

"A wild beast devoured him!" Jacob cried.

His heartbeat almost stopped from that dreadful, awful sight.

A roar of anguish, so full of agony and pain,
rose from the bottom of his soul, they tried to comfort him but was in vain.

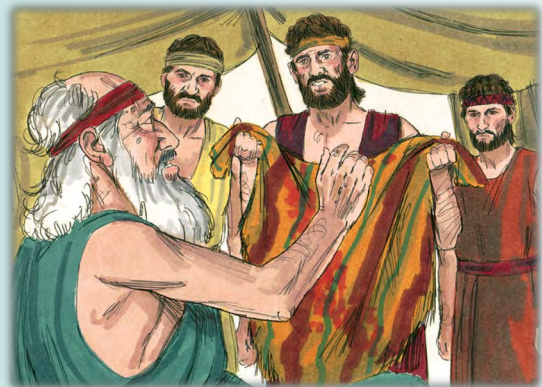
The shock, the grief so great tore Jacob's heart,

he rent his clothes, he wept and mourned for many days.

His precious darling—Joseph, was no more—who can understand God's ways? ...

End of Part I. To be continued.

Edda Tedford, Canada



Harold's Servant



Harold and Bobby were two young brothers who grew up in a Christian home. They attended church faithfully every Sabbath and had morning and evening worship as a family. Most of the time the boys got along quite well. They were taught to be very industrious at a young age. Harold proved to be quite adept in using his tools to construct things. Bobby, who was younger, was not quite as skilled, but was learning by watching and helping his older brother.

"Bobby," called Harold to his little brother, who was playing on the back door-step, "Can you please go out to the barn and bring me my saw?"

Bobby left his two pet cats, Topsy and Tiger, on the steps, and ran obediently for the tool. Harold was very busy constructing a hen-coop, and he needed a great deal of assistance.

"Thanks," he said, shortly as the little boy returned. "Now, where did I put those nails? O, they're on the kitchen table! Can you please hand them out to me?"

Bobby brought the nails, and sat down again to watch the work.

"Are you going to finish it today, Harold?" he asked.

"No; I don't have time. I am going to the park in about ten minutes. There is a lacrosse match on; but I want to drive these nails first. O, by the way, Bob, my lacrosse stick is up in my bedroom! Can you go and bring it down, as I am so awfully busy."

Bobby loved his older brother and eagerly ran up the stairs. He always went on errands for his big brother very willingly, but this time he made special haste; hoping that perhaps Harold would take him to the park with him.

"Mother!" he cried, poking his head out to the shady front veranda, where his mother and aunt sat sewing.

"Harold's going to the park; may I go, with him?"

His mother looked up from her sewing rather doubtfully. "O, I really don't know," she began.

"O, let the little man go!" pleaded Aunt Kate, when she saw the disappointment on Bobby's round face. "Harold will take care of him."

"Well, keep near Harold, Bobby. I don't like you crossing the railroad track on your own."

Bobby bounded out to the back yard full of joy, waving the lacrosse stick.

"Mother says I can go, too," he shouted excitedly, running down the steps.

"O dear," moaned Harold, hammering a nail rather viciously. "Why do you always want to follow me around?"

"O, you don't want me to go?" cried little Bobby, in distress. "Aw, Harold please let me come with you."

"I can't have a kid like you forever tagging after me. Why can't you play with boys of your own age? You can't come today and that's it."

"O please Harold, I won't bother you, I will just watch you play." Bobby's eyes were beginning to brim over with tears. His face wore a look of despair.

"O, cry-baby; of course you will cry now. You can stay at home and play with the cats."

And so, Harold, whom Bobby had served so willingly all day, took his lacrosse stick and went off whistling.

As he was leaving the house he met his Aunt Kate in the hall. "Where is your little servant?" she asked cheerfully. "Isn't he going?"

"Who? Bobby? O Aunt Kate, he's too small to go everywhere with me."

“Ah!” Aunt Kate looked surprised. “I thought he was quite big enough to be with you when there was work to be done, but I see, a servant is wanted only to run errands and do such things.”

Harold was not quite sure whether she was joking or not. How could she say that Bobby was his servant? She had made him feel uncomfortable.

He had just reached the street when he remembered that he had left his ball on the back porch where he had been working. He half wished Bobby were with him, so he could send him back to get it. And then he felt ashamed when he remembered his aunt’s words. Was she right, after all, and did he make use of his little brother, and then thrust him aside when he did not need him?

He did not like the idea of facing Aunt Kate again so he slipped in through the back gate, and walked quietly around the house. As he approached the house, he heard a voice, and paused a moment, hidden by a lilac bush. Poor, Bobby was sitting on the steps, one hand on Tiger’s neck, while the other stroked Topsy. He was pouring out to his two friends all his troubles.

“He doesn’t like me, Tops, not one little bit. He never wants me round, only to run and get things for him. You don’t be bad to Tops just ‘cause she’s smaller than you, do you, Tiger? But I guess you like Topsy, and Harold don’t like me. He don’t like me one little teeny bit.” Here a sob choked him, and through the green branches, Harold could see a big tear-drop upon Topsy’s velvet coat.

“I wish I had a brother that liked me,” went on the pitiful little voice. “Tom Benson likes Charlie. He likes him an awful lot. And Charlie doesn’t do nearly as many things as I do. And they are not even Christians. Harold could see the blue shirt sleeve raised to brush away the hot tears.

Harold drew back quietly, and tiptoed down the walk to the street. He had forgotten all about the ball. His eyes were so misty that he did not notice Charlie Benson, waiting for him at the gate, until Tom called:—

“Hello there! I thought you were never coming. What kept you?”

“Say, is Charlie going?” asked Harold, suddenly.

“Of course I am!” cried the little fellow, romping around on the sidewalk. “Tom said I could. Didn’t you, Tom?”

Tom laughed good-naturedly. “He really wanted to

come,” he said. “I am sure he won’t bother us.”

Harold suddenly felt ashamed of himself. What kind of a young boy was he, who claimed to be a Christian? While his friend, who did not go to church and pray as he did, was more kind to his own little brother. “Well—I—think Bobby wants to come too,” said Harold, hesitatingly, “and if Charlie is going—”

“O, goody!” cried Charlie, who was Bobby’s special friend. “Where is he?”

Harold put his fingers to his lips, and uttered two sharp whistles. Bobby understood the signal, and came around the side of the house. He had carefully wiped away his tears, but his voice was rather shaky.

“What do you want?” he called. He felt sure Harold had an errand for him and even though he felt hurt, he loved his brother so much that he would happily do anything for him.

“Charlie’s going to the park with us,” shouted his brother, “So I guess you can come, if you want to.”

Bobby came down the path in leaps and bounds.

“I’m going, mother!” he shouted, waving his cap.

And away he and Charlie ran down the street ahead of their brothers.

Later that day, Aunt Kate laid her hand on Harold’s shoulder, and said: “I am afraid I made a mistake the other day, Harold. I believe Bobby’s been promoted from the rank of servant to be a brother. I have been praying for you.”

Harold smiled, and that night as he prayed, he thanked Jesus for his young brother and for showing him how selfish he had been. He prayed for forgiveness and promised to be more kind towards his brother in the future.

Is not that how we sometimes treat our parents, or siblings? Or how we treat Jesus? We keep asking for help, and expecting the help, but then when we want to be with our friends, our parents are not so important and Jesus is often left out of many social gatherings.

This makes our parents, siblings and Jesus very sad. Jesus has done so many wonderful things for you. He protects you every day and gives you food and shelter.

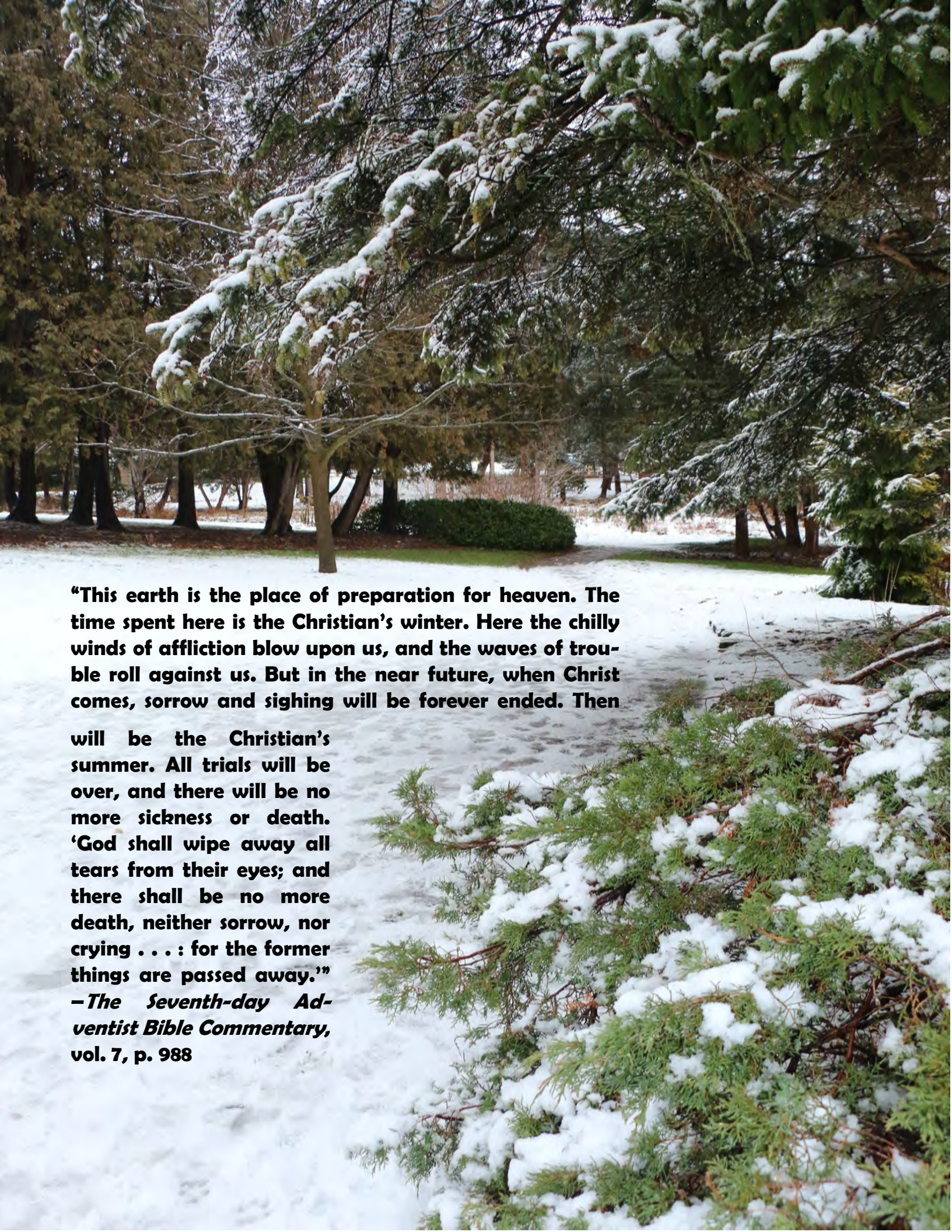
Remember to thank your parents, and thank Jesus every day for all that they are doing for you. Take Jesus with you every where you go.

**Wonderful first Sabbath in Swaziland and first baptism of 2021.
To God be the glory!!**



**Believers in Ambur Church, India.
Pastor Ruban David is in front row, second from Left.**



A photograph of a winter landscape. The scene is dominated by snow-covered evergreen trees, likely spruce or fir, with their branches heavily laden with white snow. The ground is a mix of snow and patches of brown earth or grass. In the background, a line of trees and a path are visible, suggesting a park or a wooded area. The overall atmosphere is quiet and serene, typical of a winter day.

“This earth is the place of preparation for heaven. The time spent here is the Christian’s winter. Here the chilly winds of affliction blow upon us, and the waves of trouble roll against us. But in the near future, when Christ comes, sorrow and sighing will be forever ended. Then will be the Christian’s summer. All trials will be over, and there will be no more sickness or death. ‘God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying . . . : for the former things are passed away.’”
–*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 988