



The Reformation
Messenger
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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

WE BELIEVE: The all-wise loving God created all things in the universe by His Son, Jesus Christ. He

unrighteousness. The Bible is the record of God's dealings with mankind and the standard of all doctrine, the Ten Commandments are the transcript of His character and the foundation of all enduring reform. His people, in harmony with God's word and under the direction of the Holy Spirit call all men everywhere to be reconciled to God through faith in Jesus. Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

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Let Us Not Sleep

“And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.” Romans 13:11

“Brethren and sisters, wake up, wake up! Proclaim the gospel in its simplicity. Listen as for your life to ‘what saith the Scriptures.’ It is of supreme importance that you hear aright, that you purify your hearts from selfishness, for your eternal welfare is at stake. Are you seeking for the Pearl of Great Price? Are you guarding yourselves against the deceptions of Satan, or do you stand ready to receive the suggestions of those who have departed from the faith, and given heed to seducing spirits? Your salvation depends on your hearing aright, and receiving with meekness the engrafted Word.” *—The Upward Look, p. 50*

“In the warning to ‘watch and pray,’ Jesus has indicated the only safe course. There is need of watchfulness. Our own hearts are deceitful; we are compassed with the weaknesses and frailties of humanity, and Satan is intent to destroy. We may be off our guard, but our adversary is never idle. Knowing his tireless vigilance, let us not sleep, as do others, but ‘watch and be sober.’ The spirit and influence of the world must be met, but they must not be allowed to take possession of the mind and heart.” *—Testimonies for the Church, vol. 5, p. 409*

“The end is near, stealing upon us stealthily, imperceptibly, like the noiseless approach of a thief in the night. May the Lord grant that we shall no longer sleep as do others, but that we shall watch and be sober. The truth is soon to triumph gloriously, and all who now choose to be laborers together with God will triumph with it. The time is short; the night soon cometh when no man

can work. Let those who are rejoicing in the light of present truth, now make haste to impart the truth to others. The Lord is inquiring, ‘Whom shall I send?’ Those who wish to sacrifice for the truth’s sake, are now to respond, ‘Here am I, Lord; send me.’” *—Counsels for the Church, p. 64*

“The great controversy is nearing its end. Every

report of calamity by sea or land is a testimony to the fact that the end of all things is at hand. Wars and rumors of wars declare it. Is there a Christian whose pulse does not beat with quickened action as he anticipates the great events opening before us? The Lord is coming. We hear the footsteps of an approaching God.” *—Maranatha, p. 220*

“This knowledge of the nearness of Christ’s coming should not be allowed to lose its force, and we become careless and inattentive, and fall into slumber—into an insensibility and indifference to realities. In slumber we are in an unreal world, and not sensible of the things which are taking place around us.” *—Maranatha, p. 220*

“I pray that my brethren may realize that the third angel’s message means much to us, and that the observance of the true Sabbath is to be the sign that distinguishes those who serve God from those who serve Him not. Let those awake who have become sleepy and indifferent. We are called to be holy, and we should carefully avoid giving the impression that it is of little consequence whether or not we retain the peculiar features of our faith. Upon us rests the solemn obligation of taking a more decided stand for truth and righteousness than we have taken in the past.” *—This day With God, p. 196*

“Let us awake to our duty. Let us not sleep as do others. Let us devote every entrusted power and endowment to the service of God, who has given Jesus to be our righteousness and our efficiency. Let us rely upon Him who has promised to help us.” *—The Review and Herald, July 19, 1898*

Ellen G. White



Way to Heaven

We are all traveling on the way of life, but we have different destinations. Some will end up in heaven and eternal life, others will end up in the lake of fire and eternal death. We all must decide which direction we will travel. There is one road that leads to heaven, and thousands of roads that lead to eternal death.

Two young men lived in Hartford, Connecticut. From early childhood they were friends, they went to the same school and played games together. When they became teenagers, one of them chose religion and went to church meetings. The other young man made fun of him, and could not understand why his friend wanted to spoil his life. Soon after, their ways separated. They had different friends and visited different places. For a long time, they knew nothing of each other. More than 20 years had passed, and the young man who accepted religion became a minister in the church. One day as he was visiting the Connecticut State Prison he met his childhood friend there, closed in a prison cell, sentenced for life. From a small beginning, he had gone deeper and deeper into sin and crime. He had thought that he had made the better choice, but when he came to the end of the road, he realized his mistake, but it was too late for him to avoid the consequences of his poor choices.

In the world there are many roads to choose from. They all look good at the beginning but have different destinations. There are roads to satisfy everyone. There are beautiful, scenic roads, wide highways, shaded country lanes, and busy business streets. There are also two kinds of travelers; some have a goal, a purpose, they are on the way to a certain place, to a certain city. They do not choose by the looks of the road, but by the road signs. They do not care if the road is wide or narrow, they want to get to their destination. Others are Sunday drivers—pleasure drivers, who go out and drive aimlessly, choosing the nicest, most appealing, and attrac-

tive road, and later return to where they started out. Those who choose a road for pleasure do not expect to arrive anywhere. But those who have a certain destination in mind choose by road signs and maps. But, are these signs always reliable?

Once I was looking for a certain address in the city, and I saw the sign pointing a certain way, but still I ended up in the wrong place. Children had turned the road sign the wrong way.

We are looking for the road map of God, which leads to heaven; this map is the Bible. We are pilgrims and travelers, and heaven is our destination.

Abraham was looking for a city, whose builder and maker was God. We are in the enemy's land, trying to find our way to our heavenly home. From the thousands of roads, only one leads home. We cannot afford to make a mistake in the road that we choose. What kind of road leads home? In this confusing maze, many have lost their way.

When I look at old conference pictures, it hurts me to see that this brother or this sister is not with us anymore. Somewhere they took a wrong turn, and lost the way. What is the good way that many have lost?

"Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein." Jeremiah 6:16

We must seek the old paths; the way to heaven has not changed. Everything else has changed. Buildings and homes have been modernized, machinery has changed, means of travel, ideas, attitudes have changed, but the way to heaven has not changed; we must ask for the old paths.

“Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.” Matthew 7:13–14

The way to heaven is not an easy road, it is narrow, full of trials and self-denial, yet it is the only road that leads to the city of God, and only few find it. The other road is broad, covered with flowers, entertainment, pleasures, tinsel, and glitter, but the end of the road is death. “Are all apostles? are all prophets? are all teachers? are all workers of miracles? Have all the gifts of healing? do all speak with tongues? do all interpret? But covet earnestly the best gifts: and yet shew I unto you a more excellent way.” 1 Corinthians 12:29–31

What is this more excellent way, better than the gift of healing, speaking with tongues, or being a prophet? What is this more excellent way? Paul tells us in the next chapter.

“Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself useemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things.” 1 Corinthians 13:1, 4–7

The way of charity, the way of love. On this way everyone loves his brothers and sisters, there is unity, peace, joy, and happiness, no jealousy, no hatred, no selfishness on this road.

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by Me.” John 14:6

Jesus is the way, the only way. The way of the cross leads home. The cross of Calvary points us in the direction to the city of God. Never lose sight of it, it is a way of humility, suffering, and death. Our loving Saviour walked on it. Are we willing to follow Him? Our Lord calls us to choose, “And unto this people thou shalt say, Thus saith the LORD; Behold, I set before you the way of life, and the way of death.” Jeremiah 21:8

“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.” Deuteronomy 30:19

When the rich young man came to Jesus asking what he had to do to be saved, Jesus pointed out the way of God to him. “And, behold, one came and said unto Him, Good Master, what good thing shall I do, that I may have eternal life? And He said unto him, Why callest thou Me good? there is none good but one, that is, God: but if thou wilt enter into life, keep the commandments.” Matthew 19:16–17

The young man said that he has kept all these commandments, and asked, “what lack I yet?” “Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow Me. But when the young man heard that saying, he went away sorrowful: for he had great possessions.” Matthew 19:21–22

Jesus said, “Give up your possessions, your friends, hobbies, comforts, pleasures, and follow Me.” He was asked to follow Jesus who was poor, homeless, rejected by society, and by the priests and Pharisees. This choice was difficult, and he went away sorrowful. In a few years the Roman army came and killed one million people in Jerusalem and destroyed the city. The rich young man lost everything,

Judas made a choice between Christ and 30 pieces of silver. He made a wrong choice and the next day he hanged himself.

Pilate made a wrong choice. “And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scourged Him, to be crucified.” Mark 15:15

History tells that soon after Pilate lost his position and spent his life suffering the torture of a guilty conscience and finally he killed himself.

Many times sinners do prosper, but when we see their end, they die eternally. “Behold, these are the ungodly, who prosper in the world; they increase in riches. Verily I have cleansed my heart in vain, and washed my hands in innocency. For all the day long have I been plagued, and chastened every morning. If I say, I will speak thus; behold, I should offend against the generation of thy children. When I thought to know this, it was too painful for me; Until I went into the sanctuary of God; then understood I their end.” Psalm 73:12–17

Never has God’s way been proven wrong yet. When the Israelite nation on the Red Sea, they thought that God had made a mistake, that the Egyptian army was coming close to them, to destroy them. But, no, God opened the way through the Red Sea, and they escaped from

the enemy.

“As for God, His way is perfect; the word of the LORD is tried: He is a buckler to all them that trust in Him.” 2 Samuel 22:31

“Let the wicked forsake his way, and the unrighteous man his thoughts: and let them return unto the LORD, and He will have mercy upon him; and to our God, for He will abundantly pardon. For My thoughts are not your thoughts, neither are your ways My ways, saith the LORD. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.” Isaiah 55:7–9

God’s ways are higher than our own ways, as the heaven is higher than the earth. If we follow our own way, we will be lost. God’s way is the only perfect way. Our health reform is part of the way of God, if we follow it, we will enjoy better health.

The way of selfishness begins at the sandbox with children fighting over a toy, and it continues throughout the rest of their lives. They are always seeking better positions. This is the way of covetousness and there is no happiness in it. Judas chose this way; 30 pieces of silver was more precious to him than Jesus. “And they lay wait for their own blood; they lurk privily for their own lives. So are the ways of every one that is greedy of gain; which taketh away the life of the owners thereof.” Proverbs 1:18–19

The way of lust and pleasure is a sinful lust. “For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.” 1 John 2:16–17

This includes lust of the eyes. Seeing movies of violence and crime, and also reading books of vanity will change our characters into the same image. 2 Corinthians 3:18 says, “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image.”

Another way of death is pride of life. Human pride, loving luxuries, comforts, being better than others, to be famous, and be praised, will separate us from our humble and lowly Saviour.

The way of liberty, “I can do what I want,” with no restrictions makes us servants of sin and corruption. It is not liberty when you cannot control yourself, when your sins and bad habits are stronger than you. You may regret and be sorry for what you do, but cannot help it. Only Christ can make us free.

“The way of peace they know not; and there is no judgment in their goings: they have made them crooked paths: whosoever goeth therein shall not know peace.” Isaiah 59:8

What more can I say to convince you all to choose the way of God? It is possible to claim to be a Christian and follow our own way. We can be members of the church and choose a wrong path. Do not trust your friends, teachers, leaders; your best friend can lead you down a wrong path. This world is full of deceptions; in religion, business, and politics there is only one reliable guide, and that is the word of God, the Bible.

We all must learn to know God; He is not a stern judge, ready to condemn. He is not a tyrant, but a loving Father, who pities His children; He is willing to help, and He is not hard of hearing.

“And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.” Isaiah 65:24

Of all the roads, the way of God is still the best. It may be narrow, thorny, full of self-denial, a way of trials and suffering, but yet at the same time it is a way of peace, and joy, a way of a good conscience, and it leads home.

There is an end to every road. When you pass a cemetery, and see all the crosses and stones, they all had come to the end of their way. Of how little importance it is now if under the stone or cross lays a person who was rich or if he was poor, or if he was famous or little known. The only important thing is if his name is written in the book of life in heaven. Are the angels watching his dust, ready to bring him out at the coming of Jesus, or will he continue to sleep to the end of the 1,000 years? It is too late for him to change now.

My friend, today we can still choose, but soon it will be too late for everyone. Jesus is coming soon, and all who have chosen the narrow thorny path, who have been sowing in tears shall reap in rejoicing, and all will change their crosses to crowns of glory.

All who decide to follow the humble, lowly Nazarene, and given up the joys and pleasures of the world, will spend eternity with Jesus, His angels, and with the redeemed host. When we come to the end of the road, I will be looking for you, my friend, hoping that by the grace of God, we have both made the right choice of the roads, and we will end up in the same destination. Amen.

Timo Martin



What Do You Want?

When we review the past year, 2020, we note that science has made great strides, but, on the other hand, people have become fearful because of the political crises in the world. Health, education, and the economy have been greatly affected by, not only the global pandemic of COVID-19, but other crises as well. In the spiritual realm, the events that have occurred tell us that great events are soon to take place in the world.

In everything that happened—yes, even in spite of apparent progress—the problems which the world is grappling with have not become any less difficult to solve. Perplexity, fear, and uncertainty concerning the future are constantly increasing. To God's people, whose expectations and hopes are not centered upon this world, this should prove that time is running out. The rapidly occurring events, the far reaching plans of science, and the finely woven deceptions of the powers of darkness all proclaim that the time still allotted to us is short. With the approach of the hour of judgment the dangers for God's people are also increasing. Did you know that "it is sinful to be indifferent to the signs which are to precede the second coming of Christ"? —*The Acts of Apostles*, p. 211. If you are indifferent, what do you want?

Here is the short question, "*What do you want?*" In life this question is common. I will presume that you have asked this question, or answered it at some point in time. When two people do not understand each other, then one may ask the other, "Finally, what do you want?" "What is your problem?"

Jesus, Himself, asked this question. "Then Jesus turned, and saw them following, and saith unto them, What seek ye?" John 1:38

In the *New International Version* this verse reads, "turning around, Jesus saw them following and asked,

"what do you want?"

The New Century Version reads, "what are you looking for?" "What do you seek?" *World English Bible*. In another version it reads, "What is your wish?"

What caused Jesus to ask this question and to whom? He wanted to know exactly what the reason was that Andrew and John were following Him. Christ's question to these two men is the same challenging question that He asks every one of us today. Jesus knew what was in their hearts, but He wanted them to consider the motive behind their actions. Were they following Him out of idle curiosity? Or did they understand and acknowledge that He is the way of Life and the Saviour?

What did they want?

No one can do something without a clear understanding of what he wants. The same applies to Christianity. We read in John 6 the interesting but sad story of the crowd that followed Jesus. The crowd ate and were satisfied. The following day, they came to look for Jesus, not as a teacher but for personal selfish interests. They even crossed the lake by ship to meet Him on the other side of the sea and asked "Rabbi, when camest Thou hither." But Jesus answered, "Ye seek Me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled." John 6:25–26. He told another group of Jews, "But I know you, that ye have not the love of God in you." "And ye will not come to Me, that ye might have life." John 5:42, 40

They came to look for Jesus, but when He presented the truth as it is revealed in Him, what took place?

"Verily, verily, I say unto you, He that believeth on Me hath everlasting life. I am that bread of life." "Whoso

eateth My flesh, and drinketh My blood, hath eternal life; and I will raise him up at the last day." "The Jews then murmured at Him, because He said, I am the bread which came down from heaven." "It is the Spirit that quickeneth; the flesh profiteth nothing; the words that I speak unto you, they are spirit, and they are life."

"The Jews therefore strove among themselves, saying, How can this man give us His flesh to eat?" "Many therefore of His disciples, when they had heard this, said, This is a hard saying; who can hear it?" "From that time many of His disciples went back, and walked no more with Him." John 6:47-48, 41, 63, 54, 52, 60, 66. What did they want?

They showed that they wanted Jesus as a Rabbi. But when the Bread of Life was presented to them, their attitude proved what type of bread they really wanted. "The Jews then murmured at Him, because he said, I am the bread which came down from heaven." And "From that time many of His disciples went back, and walked no more with Him." But, why? Are you like them? By deciding to follow Jesus and becoming a Christian what do you want?

"The Laodicean message applies to the people of God who profess to believe present truth. The greater part are lukewarm professors, having a name but no zeal." – *Testimonies for the Church*, vol. 4, p. 87

What do you want?

I recently visited some interested souls and one of them said, "The truth has been clearly presented, and the time will come when we shall make a decision, but the time is not now." He claims that he needs more time to think before making a decision. Do you feel the same? If yes, what do you really want? If you know the truth and you do not follow it, it is sin (James 4:17).

What do you want?

I have met people who have come to church for a long time but they do not decide to become members, although they do not oppose the truth that is presented. One can be an interested soul for one, two, or many more years. Despite all the proof, all the evidence provided, they are still doubting. This is the attitude of unbelief.

Dear reader, maybe you are not interested in religious

matters, or in searching to discover the truth about the true Christian Church—what do you wait for? To some people, Jesus could sadly say: "But I said unto you, That ye also have seen Me, and believe not." John 6:36. What more did they want? Maybe you are a member but you are not climbing the ladder of growing in faith by God's grace—what do you want?

It does happen that there are professed Christians who never grow, but rather they are backsliding until they become in spirit and conduct entirely like the world, from whence they professed to come out of. In the end, they either retain their membership and become dead formalists, "having a name to live while they are dead"—"having a form of godliness, while denying the power thereof"—or they renounce their profession and

separate from the church, openly taking their stand with the enemies of Christ. If this describes you, what do you want?

"It is the unbelief, the worldliness, unconsecration, and strife among the Lord's professed people that have kept us in this world of sin and sorrow so many years. . . . We may have to remain here in this

world because of insubordination many more years, as did the children of Israel; but for Christ's sake, His people should not add sin to sin by charging God with the consequence of their own wrong course of action." – *Maranatha*, p. 19

"Be not like the foolish virgins, who take for granted that the promises of God are theirs, while they do not follow the injunctions of Christ. Christ teaches us that profession is nothing. 'If any man will come after Me,' He says, 'let him deny himself, and take up his cross daily, and follow Me.'" – *Ibid.*, p. 54

Joshua's time and ours

Joshua encouraged the Israelites to choose well; to decide what they really wanted. It was a critical time in the history of Israel. For the second time, a great leader was about to pass from their midst. Many years before, Moses, in the final

It is now that we must keep ourselves unspotted from the world. It is now that we must wash our robes of character and make them white in the blood of the Lamb. It is now that we must overcome pride, passion, and spiritual slothfulness. It is now that we must awake and make determined effort to form a Christlike character.



days before his departure, had gathered the people together to encourage them to be faithful. In his place, Joshua was chosen by God to lead the nation; but now he too is about to depart this life. And, like Moses, Joshua now calls the people together for some departing words. We could summarize Joshua's final words by saying, "it's time to make a choice" or "choose what you really want." Choose between serving the Lord and living in the world. Even today many are undecided. They want to go to heaven, but they want to live like the world. Are you one of them? What do you want?

If Joshua was here today, he would appeal to the professed Christians, the lukewarm members, to choose between Christ and the world. We are blessed with the knowledge of the truth. We have so many blessings that God has given us. Every day, you and I stand in the same place as the children of Israel. We face many decisions and are called to, "choose you this day whom you will serve," the gods around you or the LORD your God?

Joshua was asking, "what do you want?" "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 24:14-15

We cannot serve God and the world at the same time. We can choose to follow the word of God or we can choose to follow the philosophies of men; but we cannot do both. We can choose to become a member of the church of Christ, or we can choose to join a denomination established by men; but we cannot do both. We can choose to worship in spirit and truth, or we can choose the worship what pleases us; but we cannot do both. We can choose the lifestyle of holiness or we can choose the lifestyle of worldly fashion; but we cannot do both. If we want both, then Elijah's message is applicable to us.

Elijah's time repeated in the last days

"And Elijah came unto all the people, and said, How long halt ye between two opinions? if the LORD be God, follow Him: but if Baal, then follow him." [in other words, what do you want?] "And the people answered him not a word." 1 Kings 18:21. Elijah said, "if Baal is god, serve him."

There is a standard of a true Christian. Not all who profess to be Christians are genuine Christians. To be a genuine Christian you must:

1. Accept that you are a sinner.
2. Believe in Christ as your Saviour, your Substitute, your Lord and King, and follow His example.
3. Confess and repent your known sins, renouncing your sinful life by the help of the Holy Spirit.
4. Obey the Ten Commandments and live according to the present truth.
5. Be able to give reason for your faith.
6. Make a covenant with the Lord through baptism.

If you follow these steps and continue to grow, then you are a Christian. The important question though is, whether you are a genuine Christian or not. If not, what do you want then?

Have you ever wondered whether you are a true Christian or not? Remember, to be Christian is more than a mere profession. Some people believe that there are Christians who are thieves, liars, intemperate, or who commit adultery, etc. but the truth is, there is a Christian and there is a liar; there is not a lying Christian. There is a murderer and there is a Christian not a murdering Christian, etc. To be a Christian is more than a mere profession. Let us consider the following standards:

"The Lord calls for a renewal of spiritual life. The spiritual energies of His people have long been torpid, but there is to be a resurrection from apparent death." – Testimonies for the Church, vol. 8, p. 297-298

You are not a Christian just because you say that you are. "Many who profess to be children of God follow their worldly pursuits with an intensity that gives the lie to their profession. They will be planting and building, buying and selling, eating and drinking, marrying and giving in marriage, up to the last moment of their probation. This is the condition of a large number of our own people." –*Maranatha*, p.51

You are not a Christian if you have not been born again. "When men who claim to be Christians retain all their natural defects of character and disposition, in what does their position differ from that of the worldling? They do not appreciate the truth as a sanctifier, a refiner. They have not been born again." –*Ibid.*, p. 237

You are not a Christian just because you like Jesus. Judas followed Jesus, but this did not bring any change. There is a difference between "to like" and "to work"

Do you like Jesus? Then prove it by your works.

You are not a Christian if you enjoy sin. “But she that liveth in pleasure is dead while she liveth.” 1 Timothy 5:6. “Those who are drifting with the tide, who love pleasure and self-indulgence, and choose the easier way, regardless of principle so long as their desires are gratified—these will never stand with the overcomers around the great white throne.” —*My Life Today*, p. 71

You are not a Christian if you do not endure to the end. “But watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry.” 2 Timothy 4:5. “All are called to endure hardness, as good soldiers.” —*My Life Today*, p. 319

You are not a Christian if you do not love other people. “By this shall all men know that ye are My disciples, if ye have love one to another.” John 13:35. “Be kindly affectioned one to another with brotherly love; in honour preferring one another.” Romans 12:10. This is the teaching of our Saviour.

“The cultivation of a uniform courtesy, a willingness to do to others as we would wish them to do to us, would annihilate half the ills of life. The spirit of self-aggrandizement is the spirit of Satan; but the heart in which the love of Christ is cherished, will possess that charity which seeketh not her own. Such will heed the divine injunction, ‘Look not every man on his own things, but every man also on the things of others.’ Philippians 2:4.” —*Patriarchs and Prophets*, pp. 132–133

You are not a Christian just because you always attend meetings. “By many who bear Christ’s name, His glory is obscured, His beauty veiled, His honor withheld. There are many whose names are on the church books, but who are not under Christ’s rule. They are not heeding His instruction or doing His work. Therefore they are under the control of the enemy. They are doing no positive good; therefore they are doing incalculable harm. Because their influence is not a savor of life unto life, it is a savor of death unto death.” —*Christ’s Object Lessons*, p. 304

You are not a Christian because you sacrifice yourself for good works. All who are baptized are to give evidence that they have been converted. All must be aware of the impossibility of fallen man meriting anything by his own best good works. Salvation is through faith in Jesus Christ alone. We must not trust ourselves or our good works; but when as erring, sinful beings we come to Christ, we may find rest in His love.

You are not a Christian if you do not grow. The germination of a seed represents the beginning of spiritual life, and the development of the plant is a beautiful figure of Christian growth. As in nature, so in grace; there can be no life without growth. The plant must either grow or die. The same applies to a Christian life.

You are not a Christian if you do not bring others to Christ. Jesus went into Galilee, and found Philip. He said unto him, “Follow Me.” Philip obeyed the command, and straightway became a worker for Christ. He called Nathanael. When Nathanael doubted, Philip replied simply, “come and see”. “These examples should teach us the importance of personal effort, of making direct appeals to our kindred, friends, and neighbors. There are those who for a lifetime have professed to be acquainted with Christ, yet who have never made a personal effort

to bring even one soul to the Saviour. They leave all the work for the minister. He may be well qualified for his calling, but he cannot do that which God has left for the members of the church.” —*The Desire of Ages*, p. 141

What do you want?

Elijah said: if Baal is god then serve him. What is your Baal today that is hindering you from becoming fully committed to God’s service?

If money is your god, you will serve it with all your heart. You will get all you can and even cheat if need be, if it is for the ultimate good. You will not give any way. You may believe that money is not God, but you may be divided in your allegiance between it and God. To obey God, you will see yourself only as a steward of your money, rendering a faithful tithe and offering to the church.

If the approval of people is your god, you will live to please them. You will do whatever you have to do to earn their approval.

If beauty or romance is your god then you will go anywhere to find them.

But in all, consider the word of God, “Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.” Galatians 6:6–7

“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

“Set your affection on things above, not on things on the earth.” Colossians 3:2

know thou, that for all these *things* God will bring thee into judgment." Ecclesiastes 12:9

"Or despisest thou the riches of His goodness and forbearance and long-suffering; not knowing that the goodness of God leadeth thee to repentance? But after thy hardness and impenitent heart, treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God; Who will render to every man according to his deeds: To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life: But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath, Tribulation and anguish, upon every soul of man that doeth evil." Romans 2:4–9. Then, what do you want? God gives you the freedom to choose, but He will not leave you unpunished if you choose the wrong way.

Positive change is possible

What we want or think about is very important. This will determine our character and destiny. We need to pray the prayer of David, and accept the Lord's answer, inviting Him to search our hearts. "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." Psalm 139:23–24

Take time for thorough self-examination: deal faithfully with your soul. Be in earnest to search out all your secret sins and to repent of them. Renew your covenant with God and make a firm decision to amend your ways in the strength of divine grace. If you find that you have been harbouring sinful indulgences, make earnest confession to God, and do not rest until you have the assurance of pardon. Bring your case to the great Physician.

Growing spiritually is to be considered carefully. Make it a priority. True Christian growth will never be attained without vigorous continual effort. It must be made more important than all earthly pursuits. Study the Word of God daily, and strive to obtain a clear view of redemption and the requirements of God. Learn to contemplate the truth at all times so you may be able to defend the truth against opposers. Learn to sit at the feet of Jesus in the spirit of a child.

Pray constantly and fervently for the influences of the Holy Spirit. It is of no value to pray if you indulge in evil thoughts and imaginations, or if you give way to the evil passions of anger, pride and avarice, or do not bridle your tongue from evil speaking.

Cultivate and exercise brotherly love more than you have been accustomed to do. Christ is displeased with professed followers who are cold and indifferent to their brothers and sisters in the faith. They do little to comfort and encourage them; and to some weak ones in the flock they have become a stumbling block. Their conversation and conduct is not edifying. There should be more Christian conversation and friendly interactions between the followers of Christ.

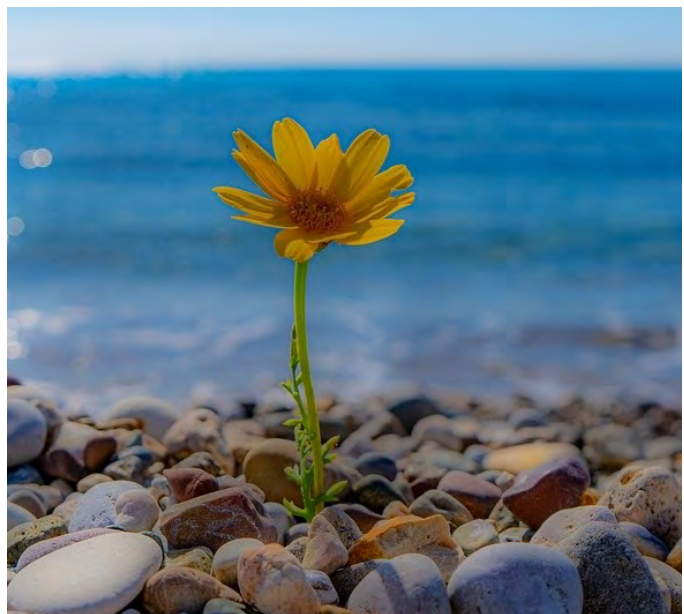
Make the glory of God and Christ's Kingdom a priority, practicing self-denial every day. Put a wholesome restraint upon your appetites. Be not conformed to this world. Let your dress, your house, your furniture, be plain and simple, as becomes a Christian. Learn from Christ how you ought to suffer. Let perfect submission to the will of God be your goal. Never indulge a murmuring or discontented spirit. Commit all your cares to God. Make known your requests to Him by prayer and supplication. Let go your of your grasp on the world. Wait patiently for the change to take place, but determine that you will live for the glory of God.

The change in your life is possible. Isaiah tells us, "Wash ye, make you clean; put away the evil of your doings from before mine eyes; cease to do evil; learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow." Isaiah 1:16–17

What would you answer to Jesus if He asked you, "what do you want? What seek you?"

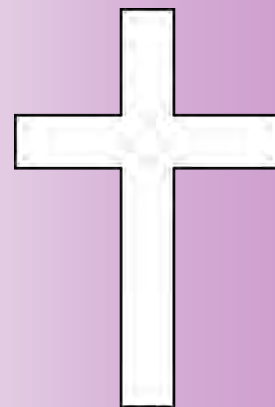
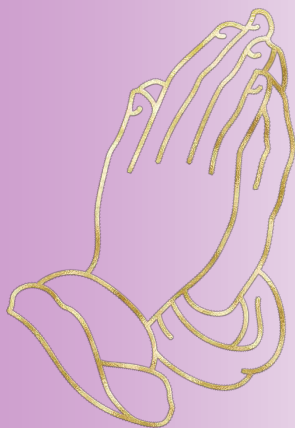
Let us learn to do good, by fixing our mind on the will of the Lord and not our own, so that what we really want is not found in the world, but in Christ alone.

Victor Shumbusho, DR Congo



Joseph and his Father United

Part IV The Life of Joseph
Based on Genesis 46; 50:15–26



One thought yet came to Jacob's mind,
This one answer he must find,
How his sons the bloody coat of colours found!
Is there something that does sound suspicious in that matter—
were they hiding something from their father?
So, he called them to his tent, one by one they came and bent
their knees to fall before him, for they knew,
this was the hour to be true....

With deep remorse, humility, they confessed
the terrible conspiracy of their anger, jealousy.
With heads bowed down in awful shame, they dared not look in Jacob's face,
to see the shock about their ruthless scheme.

Truly broken hearted begged for pardon and forgiveness,
To have caused to him their father, so much grief and heaviness.
O, yes, Jacob was disturbed, shaken and perturbed,
But because that Joseph did not die but is alive, He was ready to forgive.
For he saw the change in all his sons that through the years had taken place.
Then reconciled they all embraced, peace and gladness written on their face.

Jacob thought about his own great sins,
Of deception, lies and cheatings, and how he suffered, paid for all.
But God forgave! And Jacob conquered, receiving the new name of Israel.
Therefore, his heart was tender to his offspring; but was shocked
how deep in man is sin ingrained, what evil his own seed brought forth.

.....

Pleading for the Lord's protection, Jacob's band did leave their home,
Trekking to a new horizon.
In Beersheba Jacob offered sacrifices, to the God of Isaac his dear father.
Then in the night God in a vision, spoke to Jacob not to fear,
He will make of him a nation great,
in that new land far, He will be with him, all the way and near.
Jacob, wives and little ones, nestled in good comfort in the wagons,
men and cattle, goats and asses at their side,
marching, travel in good stride, with angels over them to watch and guide.

After weeks of journey, entering the land of Egypt,
Jacob did sent Judah well ahead,
to Joseph for direction to the land of Goshen.
Then Joseph quickly took his chariot, made haste to meet his father,
who waited at a certain spot, where all the souls arrived did gather.



The moment came when both of them,
Jacob, Joseph fell on each other's neck, father, son, sank in each other's loving arms,
holding tight and held not back, the stream of tears that did break forth,
healing separation's pain of many, many years endured...

.....

And God blessed Israel, his sons, the fast expanding family, his graced posterity,
many years with health and Joseph's caring for prosperity,
till Jacob's eyes would close.

Once more the brothers did suppose, now Joseph would avenge himself,
and give revenge, (Genesis 50:17, 26), but he wept, because distrusting him,
Joseph gently comforts them, not to fear, for his love for them is very dear.

.....

And the years of Joseph were hundred and ten,
he saw his children's children, and their children,
he had dangled them upon his knees.

All was at peace and full of years, his life one day did cease.
Long before, an oath he took from all his brethren, that, when God shall visit in the future
far ahead His people, to be led into the Promised Land,
God did swear to Abraham and Isaac, Jacob; to carry there his bones.
Ages forward, Moses then would take them (Exodus 13:29), in the Exodus
out from the land of Ham.

And Joshua did bury them to rest at last,
in a parcel Jacob purchased there in Shechem,
it became inheritance to Joseph's children (Joshua 24:32).

Epilogue:

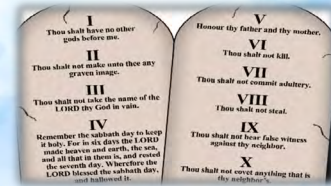
The story of the life of Joseph and his brothers, for the youth and others,
is a theme to ponder, and to wonder,
what evil can the heart beget, to carry out without regret,
malicious, dark, sinister projects.
Because of envy, to impose hurt and wounds to one so close.

But the victim with God's love in heart would never take part
in devising his own plot, for his mind was stayed on God.
Throughout his life, love and faith, humility, noble responsibility,
virtues of Christlike dignity,
Shine like a thread of gold—in a story—worthy to be told! Amen.



*Edda Tedford,
Canada*

Love is the Fulfilling of the Law



“Love worketh no ill to his neighbour: therefore love is the fulfilling of the law.” Romans 13:10

The word fulfil has two meanings. The first one is, “to bring into completion; to come to an end.” The second one is, “to carry out a task or duty.” Which meaning is meant here in the opening verse? Many nominal Christians use the first meaning stating that the Law was done away with—fulfilled, and love replaced the law. If you read the context of the entire Bible though, you can read that the Law of God is everlasting. There is no time when it is “completed” and has come to an end, but we are called to “carry out the duty” of keeping the law.

Can the two (law and love) be separate? Is there no love in the law?

If you go through the Ten Commandments, there is not one commandment that is devoid of love. If you love God, you will put Him first in your life. You will not have any idols that are more important to you than Jesus is, you will not take His name in vain and you will be prompt in meeting Him every Sabbath, giving Him your undivided attention at church.

If you love your fellow men, you will respect your parents. You will not kill anyone, steal from them or tell lies about them. You will respect your spouse, and not venture to desecrate another’s marriage, and you will be content with what you have—not coveting your neighbour’s goods.

But the law goes much further than the mere letter of the law, in which we keep ourselves unspotted from the world and sit back and do no harm to our neighbours,

as the verse may seem to imply: “Worketh no ill to his neighbour.”

In Matthew 25:31–46, Jesus explained the true spirit of the law of love. The goal, or aim, of the law is to create loving service in the hearts of man towards God and his fellow men/women on this earth.

“Then shall the King say unto them on His right hand, Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: Naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me. . . . Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me.” Matthew 25:34–36, 40

Jesus here identifies Himself with His suffering people. It was I who was hungry and thirsty. It was I who was a stranger. It was I who was naked. It was I who was sick. It was I who was in prison. We then read that the King commends those who have done this humanitarian work in helping these suffering people. This is the fulfillment of the law of God—the law of love, never ending benevolence to our fellow human beings.

To do this work is to bear good fruit; and the next quote talks about “cheap fruits” as opposed to “genuine fruits”. “Prayers, exhortation, and talk are cheap fruits, which are frequently tied on, but fruits that are manifested in good works, in caring for the needy, the fatherless, and widows, are genuine fruits, and grow naturally upon a good tree. . . . When hearts sympathize with

hearts burdened with discouragement and grief, when the hand dispenses to the needy, when the naked are clothed, the stranger made welcome to a seat at your fireside and to a place in your heart, angels are coming very near, and an answering strain is responded to in heaven. Every act, every deed of justice and mercy and benevolence, makes sweet music ring in heaven. The Father from His throne beholds and numbers them with His most precious treasures. 'And they shall be mine, saith the Lord of hosts, when I make up My jewels.'" – *That I May Know Him*, p. 335

"Our heavenly Father lays blessings disguised in our pathway, which some will not touch for fear they will detract from their enjoyment. Angels are waiting to see if we embrace opportunities within our reach of doing good--waiting to see if we will bless others, that they in turn may bless us. The Lord Himself has made us to differ--some poor, some rich, some afflicted--that all may have an opportunity to develop a character. The poor are purposely permitted of God to be thus, that we might be tested and proved, and develop what is in our hearts.

"Every merciful act done to the needy, the suffering, is counted as though it were done to Jesus Himself. When you succor the poor, sympathize with the afflicted and oppressed, and befriend the orphan, you bring yourselves into a closer relationship to Jesus." – *That I May Know Him*, p. 335 "Love is the basis of godliness. Whatever the profession, no man has pure love to God unless he has unselfish love for his brother." – *Maranatha*, p. 101

Look at your life and compare it to these verses in Matthew 25. When was the last time you directly fed the hungry, gave a drink to the thirsty, gave clothing to the naked, took in the stranger, and visited those in prison? It sounds like we should all be out on the streets helping the homeless as some of the members in our local area have taken it upon themselves to do. This is noble work as there are many homeless people on the streets of every big city in the world. They need compassion and hope in Christ.

However, not everyone has the resources to do this direct work, but it can be done indirectly. Donations can be made; financial support given. "There are some who think that unless they are directly connected with active religious work, they are not doing the will of God; but this is a mistake. Everyone has a work to do for the Master." – *The Adventist Home*, p. 245. "Long has God waited for the spirit of service to take possession of the whole church so that everyone shall be working for Him

according to his ability." – *The Acts of the Apostles*, p. 111

As we read these verses in Matthew 25, we often only think of the physical needs of a person. However, people may be physically well and rich, but have emotional and spiritual needs ("poor in spirit", Matthew 5:3). These needs must also be met. All are important for the health and well-being of an individual. We are just as much doing the Lord's work by addressing peoples' spiritual and emotional needs as when we are meeting their physical needs. These verses address all three. Let us explore further:

"I was an hungered, and ye gave Me meat." . . . There are millions of starving people in the world. We may not be able to give each of them a loaf of bread every day, but many countries have a Good Samaritan Department, whose duty it is to gather funds and direct them to places where they are needed to help the poor and needy. We certainly can



donate. All "should be taught to deny themselves of such unnecessary things as candies, gum, ice cream, and other knickknacks, that they may put the money saved by their self-denial into the self-denial box, of which there should be one in every home. By this means large and small sums would be saved for the cause of God." – *Counsels on Diet and Foods*, p. 329. "Let everyone have a self-denial box in his home, and when he would spend pennies and shillings in self-gratification let him remember the needy and starving in Africa and India and those close by his own door. There are poor among us." – *Welfare Ministry*, p. 273

Job stated: "I was a father to the poor: and the cause which I knew not I searched out." Job 29:16

There are also many spiritually hungry people in the world. "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." Matthew 5:6

Although, due to the pandemic, it is not the best idea to go door-to-door, the Lord has other ways and means for us to search out those who are spiritually hungry. We need to search them out as did Job. It can be through the Internet, social media, through our co-workers, fellow students, or people we randomly meet while going about our daily duties. We cannot hide our light under a bushel. People who are in darkness and weary, will gravitate to the light and will desire to have light themselves also. "If you have received the grace of God, the

light is in you. . . . The light will shine forth to penetrate and dispel the darkness. You cannot help shining within the range of your influence.” —*Christ’s Object Lessons*, p. 420

“But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear.” 1 Peter 3:15. Look for spiritually hungry people and feed them with the Word of God.

“I was thirsty, and ye gave Me drink”. . . Water is essential to life—pure clean water. Many people in the world do not have clean water to drink and different charita-



ble organizations have taken it upon themselves to construct wells for clean water in their communities. “As the hart panteth after the water brooks, so panteth my soul after thee, O God.” Psalm 42:1 This may seem similar regarding those who are hungry for the word of God. Being thirsty, though, is more dire than being hungry. A desert wanderer may have been without food or water for days

and when he reaches an oasis, his first thought is for water, not for food. It is a more serious emergency to be a few days without water as opposed to a few days without food. Quick action is necessary. You can live weeks without food, but only days without water. Jesus promised to give the woman at the well living water. “If thou knewest the gift of God, and who it is that saith to thee, Give Me to drink; thou wouldest have asked of Him, and He would have given thee living water.” John 4:10

Some are in such desperate straits and need the living water urgently. They may be facing death soon, perhaps terminally ill. They may be so depressed and be contemplating suicide. Or they may be facing some other threat that endangers their lives. These people need help from the Lord urgently and quickly. They need the living water. We may have only a brief moment to speak with someone and never see them again, and what we say, can be a “savour of life unto life.” 2 Corinthians 2:16. “The ambassadors of Christ have a responsible and sacred work before them. They are savors of life unto life, or of death unto death. Their influence decides the destiny of souls for whom Christ died.” —*Testimonies for the Church*, vol. 3, p. 60. The end of all things is at hand. We can see the calamities being fulfilled as prophesied in the Bible. Now is the time to go and sound the alarm. It

is urgent.

“I was a stranger, and ye took Me in.” (Hospitality). . . This does not necessarily mean that we are to invite every homeless person to our house to live in. We can certainly research the local resources that they may find shelter with government agencies and charitable organizations. The Lord may direct a few in our direction for us to help, but it will require faith and discernment to see who are genuine in their desire to make their lives better.

The use of hospitality to strangers is encouraged here. “Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.” Hebrews 13:2. “Use hospitality one to another without grudging.” 1 Peter 4:9

Hospitality in this verse does not necessarily require an over-night stay and the concept is not exclusive to homeless people. When a new visitor walks into to church, they may be a stranger. Do you ignore them? Do you make them feel welcome? Do you invite them to your house for lunch? Do you call them during the week; encourage them and study with them, taking them in and making them feel a part of the family of God?

Growing up, my parents always invited visitors to lunch on Sabbath and out-of-town visitors were always welcome at our home. Our house and property belong to God and are to be used to benefit mankind.



At one time we “were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world.” Ephesians 2:12. Those that are without Christ are strangers. We are still to show them love and do our utmost to “take them in.” Although, sadly, many may not want to come in, yet we are to have an open door and open heart to welcome strangers into the church and into our homes.

I was “Naked, and ye clothed Me”. . . There are many people who cannot afford to purchase new clothes. And some who have more clothing than they could wear in one year. Not only are we called to give to those in need as the opportunity presents itself, but there are many thrift stores in some countries where the poor can purchase clothing for a fraction of the cost. If we donate



what we do not need, what we have not worn for years, we are answering the call of Jesus to clothe the naked. If we hoard the clothing that we do not need, we are guilty of not clothing the naked.

The Spiritual lesson here is that people in the world sometimes look to the nominal Christians and see that their lives are no better than theirs. (I hope this cannot be said of us and that we do exemplify the life of Christ.) These “Christians” are naked. Thinking people in the world are longing for something better. They are also naked—devoid of the love of God and disheartened by the current state of society and the direction in which it is headed.

Then there are “religious” people trying to be saved by keeping the law and are hopelessly discouraged at their failures. They too are naked. They see the reality that all their “righteousnesses are as filthy rags,” (Isaiah 64:6) and they have lost hope.

These types of people need to be introduced to the hope that there is in Christ—the Righteousness of Christ—so that they may be clothed; their nakedness can be covered. While the law is good—without Christ in the law it is worthless. It cannot save us.

Jesus told a parable of a king who made a feast and offered clothing to the poor visitors. One man refused the garment and was cast out into outer darkness. (Matthew 22:1–14). We must put on the garment. Being clothed with the righteousness of Christ is the only way anyone can find hope. “In those days shall Judah be saved, and Jerusalem shall dwell safely: and this is the name wherewith she shall be called, The LORD our righteousness.” Jeremiah 33:16. They can become an “heir of the righteousness which is by faith.” Hebrews 11:7. “This robe, woven in the loom of heaven, has in it not one thread of human devising.” —*Christ’s Object Lessons*, p. 311. Go and offer this clothing to the spiritually naked.

“I was sick, and ye visited Me”. . . . People in the world think a meat-based diet is very healthy. They do not realize the dangers it has on them, until they get very sick. Their sickness can come on, little by little, until it is very debilitating. It

is good to visit sick people and help them, cooking for them, cleaning for them, and helping them with natural remedies, and teaching them how to live a more healthy life. Some have genetic ailments (inherited), some have cultivated ailments. Some may have no remedy, but the symptoms can be alleviated. Some can find healing through natural means.

There are those that are spiritually sick. They have been wounded by the world and their bad habits, or have inherited tendencies to sin. Some are sick and do not know it. People may backslide imperceptibly, little by little they may become spiritually sick and not notice. One little sin cherished, leads to another and another. “when evil is persistently cherished, it becomes a destroyer of the sinner.” —*The Bible Echo*, March 12, 1894. “It is transgression in the little things that first leads the soul away from God. By their one sin in partaking of the forbidden fruit, Adam and Eve opened the floodgates of woe upon the world. Some may regard that transgression as a very little thing; but we see that its consequences were anything but small.” —*Counsels on Health*, p. 409–410. Little by little a soul can be straying away from God, and before they know it, they are at a far distance. When we see a spiritually sick person, we are to counsel them and encourage them to find healing in Christ. “I will heal their backsliding, I will love them freely: for Mine anger is turned away from him.” Hosea 14:4

People need to be shown their sin and be directed to the Master Physician for healing. They need to find healing and find ways to keep on the straight and narrow to avoid getting sick again. Do not sit back and watch them die from their spiritual sickness.

“Ye which are spiritual, restore such an one in the spirit of meekness.” Galatians 6:1. “By faith and prayer press back the power of the enemy. Speak words of faith and courage that will be as a healing balsam to the bruised and wounded one. Many, many, have fainted and become discouraged in the great struggle of life, when one word of kindly cheer would have strengthened them to overcome. Never should we pass by one suffering soul without seeking to impart to him of the comfort wherewith we are comforted of God.” —*The Desire of Ages*, p. 504–505

“I was in prison, and ye came unto Me” . . . Who are in prison? There are those who are behind prison bars and it is good to visit them and encourage them as many are feeling destitute. But there are also elderly people that cannot get out much, whether they are in a nursing





home, or still in their own homes. They may feel alone—in prison. No one visits them. They hardly can get out. While we have to be careful during this time of the pandemic, think

carefully if there is a lonely person that needs regular visits, and try to find one person—the most appropriate one, who can safely visit this person, making the visits regular, to encourage them. Although there is the Internet, the face-to-face contact is very important to social health.

However, there are spiritual prisoners. Those also, who are bound in chains of their sins. This is one step further than those spiritually sick. These people seem evil and hopeless. Jesus met some, “And when He was come to the other side into the country of the Gergesenes, there met Him two possessed with devils, coming out of the tombs, exceeding fierce, so that no man might pass by that way.” Matthew 8:28. And from Mark’s account, “Because that he had been often bound with fetters and chains, and the chains had been plucked asunder by him, and the fetters broken in pieces: neither could any man tame him. And always, night and day, he was in the mountains, and in the tombs, crying, and cutting himself with stones. But when he saw Jesus afar off, he ran and worshipped Him.” Mark 5:4–6

They had gone so far into sin that they were chained and could not free themselves. Only in Christ did they find freedom. We cannot deem anyone hopeless and we cannot judge anyone as having gone beyond the limit of God’s mercy. Their heart may be yearning for deliverance. We need to reach out to everyone. While there is life, there is hope. “Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them.” He-

brews 7:25

The bottom line is: How you treat your brother is how you treat God. And who is your brother/sister? Every single person on this planet is related to you if you go all the way back to your ancestor Noah. “Connected with Christ, we are connected with our fellow men by the golden links of the chain of love. Then the pity and compassion of Christ will be manifest in our life. . . . It will be as natural for us to minister to the needy and suffering as it was for Christ to go about doing good.” –*Maranatha*, p. 101

“Each day do loving deeds and speak cheerful words. Scatter smiles along the pathway of life. As you work in this way, God will place His approval on you, and Christ will one day say to you, ‘Well done, thou good and faithful servant.’” –*Lift Him Up*, p. 346

“That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.” Ephesians 3:17–19

A person may not be physically homeless on this earth, but they may be spiritually homeless. They may not have their names written in the book of life yet—they do not have a home in heaven yet. We need to help these homeless people also to obtain a heavenly home.

Whether you help someone with their physical needs, emotional needs, or spiritual needs, you can fulfil the law of Christ (as written in Matthew 25) by having unconditional love for all with whom you come into contact every day. May God help you to fulfil this law so that when the King returns He will say to you, “Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.” Matthew 25:34. Amen

Wendy Eaton

Closely examine your own heart as in the light of eternity. Hide nothing from your examination. Search, oh! search, as for your life, and condemn yourself, pass judgment upon yourself, and then by faith claim the cleansing blood of Christ to remove the stains from your Christian character. Do not flatter or excuse yourself. Deal truly with your own soul. And then as you view yourself a sinner, fall, all broken, at the foot of the cross. Jesus will receive you, all polluted as you are, and will wash you in His blood, and cleanse you from all pollution, and make you fit for the society of heavenly angels, in a pure, harmonious heaven. There is no jar, no discord, there. All is health, happiness, and joy.” –*Maranatha*, p. 57



Rosli Incze



Another soldier for Christ has been laid to rest. Sister Rosli Incze passed away peacefully on March 12, 2021 surrounded by her three beloved children (Bela, Peter and Giselle).

Rosli was born on February 3, 1933 in Herisau, Switzerland. She is the youngest sister to Nelli Ringelberg, Bertie Hietkamp, Walter, Hans and Adolf Schoch. As a young adult she moved to England and was staying there with her sister Nelli. While in England, Nelli met her future husband, M.P. Ringelberg. Marinus Ringelberg introduced Nelli and Rosli to the

International Missionary Society, Seventh-day Adventist Church Reform Movement. Both of them were baptized into the church (as were some of their other siblings also).

In 1954, at the age of 22, Sister Rosli went to Germany to attend the mission school. She was put in charge of the women that attended. Since she could speak English she was commissioned upon to teach the other students the English language. It was here that she met Leila McTavish and the two of them became lifelong friends after this. The two of them spent many hours canvassing together while in mission school.

Rosli became a faithful canvasser for the church and moved to Canada on January 30, 1960 where she continued canvassing.

Sister Rosli was always very strict in the health reform message. She loved to help people and studied to become a massage therapist in Canada. She received her diploma for massage therapy on November 1960. She met her husband at the massage school and they were married on January 1962 in London, Ontario. The two of them owned and ran a massage clinic, while raising three children. After her husband passed away from cancer in 1977 Rosli moved to Kitchener, Ontario with her children to be closer to the church.

Through her continued work of massage, she was able to support herself and raise her children and be a blessing for many people.

In her later years, well after she retired, she moved to the Hamilton area and attended the Hamilton church every week until she was unable to care for herself and needed to be cared for, first in the hospital and then in a nursing home.

Rosli often used to mention that she sang in a choir when younger and she missed this here in the local Hamilton church. When singing in church one could clearly hear her beautiful strong alto voice. She loved to sing and the members of the Hamilton church often sang with her when visiting her in the hospital.

Sister Rosli was always fiercely independent and had an adventurous spirit, and she loved the Lord. She died in the faith and we look forward to meeting her again on the resurrection morning.

Grains: An Overview—Part 1

There are many types of grains, which are also known as cereal, or cereal grasses. Let us review some of them in order to make informed decisions on the type of grains we are consuming.

Grains are used for food, for fuel, they are used in industry, in the building of houses and in the making of furniture. Every grain provides natural and sustainable solutions in our everyday lives. Grains are an important part of a healthy diet.

“For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills; A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey; A land wherein thou shalt eat bread without scarceness, thou shalt not lack any thing in it; a land whose stones are iron, and out of whose hills thou mayest dig brass.” Deuteronomy 8:7–9. “Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof.” Ezekiel 4:9

Of all the grains that now exist, only wheat, barley, and millet existed as a cultivated crop in Bible times. Corn is mentioned in the Bible, but corn did not exist in Bible times in that area of the world. When the word “corn” is used in the Bible, it refers to “grain”.

BARLEY

Barley was one of the first domesticated grains, and has been cultivated since Adam and Eve left the Garden of Eden. We can see the first reference to barley in Deuteronomy, in the description of the Promised Land. It

was the chief bread plant in the early days of mankind throughout the world. It is considered an ancient grain. These grains have remained mostly unchanged for thousands of years. Because they also tend to be less processed, they have more vitamins, minerals, and fibre than grains such as corn, rice, and wheat. Ancient grains have been shown to provide health benefits such as lower risk of heart disease, better blood sugar control and improved digestion.

Barley comes in two varieties, a six-row barley and a two-row barley, depending on the amount of flowers. Six-row barley has more protein, whereas two-row barley has more sugar. Barley is the most versatile grain, and can grow in many different climates; it is the fourth largest grain crop grown worldwide after wheat, rice, and corn. Nowadays, barley is mostly used for animal food and to produce alcoholic beverages. However, it is used in bread, porridge, soups, and stews. Because barley is a year-round crop, it can be planted in either the fall or the spring, needing only 90 days to grow and ripen, the shortest growing period of all grains.

Because it can tolerate both winter and summer conditions, it is known as a “hardy” plant. It is able to be grown in poorer soil conditions than other grains. It has the ability to tolerate hot, dry climates and can be planted in the autumn in near-desert conditions in North Africa. It also flourishes as a spring crop in cool moist areas of Western Europe and North America. It has the lowest glycemic index of all the food grains, which means it raises blood sugar much less than any of the other grain crops. Consuming barley can help in the prevention and treatment of diabetes. It has a nutlike flavour, containing protein, calcium, phosphorus, and some B vitamins. It contains very little gluten, thus it cannot be made into the typical rising loaves of bread.



Barley flour is used to make an unleavened type of flatbread. In parts of North Africa and Asia, barley is a staple food grain. Barley is considered a competitive crop, in that it is able to choke out many weeds, so often herbicides are not needed in barley crops.

One cup of cooked barley contains 193 calories, 44 g carbohydrates, 4 g protein, 1 g fat, 6 grams fibre, 25% DV (Daily Value) selenium, 12% DV iron, 11% DV thiamine (vitamin B1). Barley is also high in Vitamin E. The phytochemicals in barley, known as lignans, protects women from breast cancer. Hulled barley, where the hull and bran is retained is the most nutritious. Pearl barley has had the outer hull and some of the bran and endosperm removed, and is thus less nutritious. Whole barley is high in beta-glucans, which is a soluble fibre that is linked to gut and heart health. It reduces bad cholesterol and raises good cholesterol levels. Its insoluble fibre content promotes a healthy digestive system and prevents colon cancers. The fibre in barley provides nutrients for the good bacteria of the gut to flourish.

“There is a lad here, which hath five barley loaves, and two small fishes.” John 6:9

CORN (MAIZE)

Corn, also known as maize, originated in the Americas.



It was first domesticated by the native people of Mexico. Native Americans introduced corn to the Europeans who settled in America, and they took the crop to Europe. It then spread throughout the world. Corn is now grown in most warm areas of the world. It is the most important crop in the United States. Corn is a staple food in many countries, and is one of the most widely distributed food crops worldwide. Corn is a very versatile crop. It is used to make ethanol to provide fuel for vehicles. When substituting 10% of the gasoline in a fuel to ethanol it reduces greenhouse gases by 62%. In Ontario, 51% of corn that is grown is used as food for animals including cows, chickens, and pigs. Corn produces much oxygen, and within 11 days of the summer, Ontario corn produces enough oxygen to provide for the breathing needs of the whole province.

Corn has over 200 varieties, and can also be found in many different colours, including red, orange, blue, pink, purple, brown, and black. Corn produced for human food is often either white or yellow. The other col-

oured corn is often used for ornamental purposes. The corn kernels are contained in ears, with a husk surrounding the ear of corn. Corn is a plant that has been genetically modified to protect corn from glyphosate, a carcinogenic herbicide, also to prevent damage from pests by introducing *Bacillus thuringiensis* (Bt), a microbe that is toxic to insects; Bt is inserted directly into the corn. Some corn has also been genetically modified to produce different textures of kernels depending on the use of the corn, for example, using the corn as a flour, or to be made into popcorn. Corn has also gone through crossbreeding, to provide varieties which are more drought resistant. To ensure that you are not eating GMO corn, look for organic corn products.

Although corn is a major food source in many parts of the world it is inferior to many other grains in terms of its nutritional content. It is low in protein, and it is deficient in Vitamin B1 (niacin). Those who use corn as their main food source can suffer from pellagra. Corn is high in fibre, thus can assist with digestion. It contains B vitamins, as well as essential minerals such as zinc, magnesium, copper, iron, and manganese. It contains certain antioxidants such as carotenoids, lutein, and zeaxanthin, which promotes eye health. Corn is high in carbohydrates. Diabetics need to be careful not to consume large amounts to avoid sugar spikes. One cup (164 grams) of sweet yellow corn contains 177 calories, 41 g carbohydrates, 5.4 g protein, 2.1 g fat, 4.6 g fibre, 17% DV (Daily Value) Vitamin C, 24% DV thiamine, 19% DV folate, 11% DV magnesium, 10% DV potassium.

Corn is often made into flour. Corn is gluten-free, which makes it safe to eat for people who suffer from celiac disease. Lack of gluten means that corn cannot be used to make bread that rises. It is often used as a dough to make tortillas and tamales. Corn is also boiled or roasted and the whole cob or ear is eaten. Cornmeal, a coarse flour made by grinding dry corn kernels can be used to make polenta, corn pudding, and cornbread. If using cornmeal, use one that is whole grain. When cornmeal has the germ removed, it loses fibre and nutrients. Corn is also dried and used to make breakfast cereals, such as Kellogg's Corn Flakes. It is also used widely to feed livestock. The food industry also uses corn to produce cornstarch. High fructose corn syrup (HFCS) is used as a sweetener in many processed food products because it is cheaper than sugar. However, HFCS is very unhealthy because of the unnaturally high levels of fructose, and thus should be avoided. It is also used as raw material in industry. Corn stalks are made into paper and wallboard; husks are used as filling material.

MILLET

Millet is a small, round grain, often mistaken for a seed because of its size and shape. It is one of the oldest cultivated grains, already grown by the Jewish people in the Old Testament times. Millet is in the group of grains considered ancient grains.



In Europe and North America, millet had been mainly used for pasture or hay for livestock and for bird feed. However, it is now increasing in popularity because it is gluten-free and has a high protein and fibre content, and contains antioxidant properties. Millet remains an important food in Asian and African countries. It is very drought and pest resistant, and is able to survive harsh conditions such as sandy or acidic soil. There are several varieties of millet; pearl millet is the one most used for human consumption. However, all varieties of millet are high in their nutritional content.



Millet, like all grains, is high in carbohydrates. Its protein content varies from 6–11 percent, with fat content anywhere from 1.5–5 percent. One cup of cooked millet contains 174 Calories, 41 g carbohydrates, 6 g protein, 2 g fat, 2 g fibre, 43% DV niacin, 21% of DV manganese, 19% DV magnesium, 8% DV potassium, and 15% DV thiamine (Vitamin B1). Niacin is important for healthy skin and organ function. The darker varieties of millet also contain beta carotenes which are good for eye health. It is low in simple carbohydrates, which make it a good low-glycemic index food (prevents blood sugar spikes). Millet has been shown to lower inflammation,

raise good cholesterol and lower bad cholesterol, lower triglycerides, reduce heart disease risk and improve blood sugar control. Millet has a strong taste, it is mostly consumed in flatbreads or porridges. Dried millet can be prepared and eaten similarly to couscous or quinoa.

RICE

Rice comes in many different varieties, in many shapes, colours, and sizes. It is the most widely consumed sta-

ple food for roughly one-half of the world's population, especially in Asia and Africa. Rice is considered the most important food crop in regards to human nutrition and calorie intake. It provides 20% of the calories consumed worldwide by humans. Rice began to be cultivated in China, and spread throughout the region. Rice is typically sown every year, although in some tropical areas it can survive for up to 30 years as a perennial plant. It grows to about 1.2 meters (4 feet) high. Rice needs a lot of water in order to grow, and many rice fields or paddies are flooded with water to promote irrigation. This also prevents weeds which cannot grow submerged in water, and also deters pests which cannot access rice if the field is flooded with water. Rice cultivation is suited to countries with high rainfall. Although rice can be grown almost anywhere, even on steep hills, irrigation methods must be used to provide adequate water for the rice to grow. Fields must be drained and dried before harvesting.



The rice kernel, when harvested, is covered by a husk. When milled, the husk and the bran layer of the rice is removed. This produces what we know as "white rice". Often a layer of glucose and talc is applied to white rice to make it look glossy. When the milling process only removes the husk, we have "brown rice". Brown rice is much more nutritious than white rice; it contains 8% protein, small amounts of fat, Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B3 (niacin), iron, and calcium. White rice is greatly reduced in nutrients. When white rice forms a major part of one's diet, there is a risk of beriberi, which results from a deficiency of thiamine and minerals. Parboiling white rice is a special process that allows most of the nutrients such as thiamine and niacin to remain. Enriched white rice is also available, which has iron and B vitamins added to it. With regular white rice, especially when open cookers are used or with excessive water, nutrient loss can be quite significant. Many people do not like the taste of brown rice, but it is con-



sidered a whole grain and is thus more nutritious than white rice. It also reduces sugar spikes because it contains fibre.

Rice is either cooked or can be made into flour. Rice milk is a beverage made from rice. Rice has many uses beyond human food, which makes it a very valuable crop. It can be used to feed livestock. The husks are used for fuel, packing material and fertilizers. The straw is used for roof thatching, mats, clothing, and brooms.

RYE

Rye was first harvested as a wild grain in Asia and Europe. Rye has been cultivated for approximately 2,000 years and is considered an ancient grain, although it is a more recent crop than other ancient grains. Rye is not as popular a grain as wheat and barley. It is second to wheat as a bread flour, and is closely related to wheat and barley. However, rye has less carbohydrates than wheat, and more vitamins and minerals. Rye grows in cooler temperatures, with countries such as Russia, Poland, Belarus, Germany, and Ukraine being the main rye producers. It is grown all throughout Northern and Central Europe. Rye is the most common cereal grain in the Nordic countries, which include Scandinavia and Finland. Most Nordic households eat bread made from rye. Because of its drought-resistant qualities, it can grow in poor soils, it spreads easily and is easy to grow. Rye flour produces heavy, dense bread, which lasts longer than breads made from other grains. It was brought to North America by European travelers. Rye is mostly used in flour, bread, crispbread, and for animal feed. It can also be eaten whole by boiling it or rolling it, like rolled oats. Rye is also planted as a cover crop in the winter, and then is plowed under in the spring to improve the soil for other crops. Because of its tough, fibrous straw, it can be used for thatching roofs, for mattresses, made into hats or paper.

Rye is low in protein; it also does not produce as much gluten as wheat does, but it does contain gluten therefore is not suitable for people with a gluten sensitivity. Rye bread tends to be heavier and denser than wheat bread. True rye bread is not as popular as it used to be, and much of the rye bread now found in grocery stores is made from a blend of rye and wheat flour.

You may have heard the terms, dark rye, medium rye, and light rye. The difference has nothing to do with the colour of the bread or the flour. Dark rye is equivalent to a whole grain, whereas light rye is similar to white wheat flour, and it is not a whole grain, as part of the bran and the germ has been removed. Medium rye is in

between. During the milling process, it is difficult to separate the germ and the bran of the rye from the endosperm, therefore most rye flour is dark rye or medium rye; it contains more nutrients and is a much healthier flour than wheat flour. It is also why rye flour contains much more fibre. Rye seeds, also known as rye berries which is the rye seed in an unprocessed, full form, are also very healthy and can be used in cooking.



Rye is one of the healthiest grains. It is high in carbohydrates and fibre, and contains small amounts of protein, potassium, and B vitamins. For each 128g (1 cup) of dark rye flour, it contains 416 calories, 88 g carbohydrates, 20.4 g protein, 3 g fat, 30.4 g fibre, 112% DV manganese, 41% DV copper, 43% DV zinc, 64% DV phosphorus, 36% DV iron, 26% DV B6, 27% DV thiamine, 27% DV niacin, 26% DV potassium, 19% DV riboflavin, 19% DV folate, 19% DV pantothenic acid (B5), 11% DV Vitamin E, 9% CV Vitamin K, and 51% DV magnesium. Because it is higher in fibre than wheat, it is more effective in relieving constipation, reducing the risk of gallstones, and is associated with a reduced risk of both breast and colorectal cancers. It also has less of an impact on blood sugar, helping to control diabetes by improving the body's sensitivity to insulin. It also assists in maintaining a stable weight thus preventing obesity. Rye flour gives a sense of fullness, leading to a decreased sense of appetite after eating it. For women, rye helps reduce the negative symptoms of menopause. Rye combats inflammation and heart disease, reduces total cholesterol levels and lowers blood pressure. In fact, rye helps to reduce the effect of certain genes that can predispose someone to diabetes and other serious health issues.

"It requires thought and care to make good bread. But there is more religion in a good loaf of bread than many think. Food can be prepared simply and healthfully, but it requires skill to make it both palatable and nourishing." –*Christian Temperance and Bible Hygiene*, p. 49. "Let us remember there is practical religion in a loaf of good bread." –*Counsels on Diet and Foods*, p. 251

Grains: An Overview, part 2 next month

CHILDREN'S CORNER:



The Lord will Reward You



William and his family were new in town. They lived on the outskirts of town. Although William's family was not wealthy, they had a modest house and a small farm that was sufficient to supply their needs. William's family also were faithful in their worship of the Lord.

Every Sabbath, they gathered in the family living room to have worship services together. There was no church in this town that had worship services on Sabbath. It was not easy for the children, but they understood the importance of keeping all of God's commandments, including the 4th, "Remember the Sabbath day to keep it holy." They missed their young church friends from the previous town in which they had lived. There was a large and lively church with a large group of youth. William's father, though, felt called by the Lord to go to a new town and do volunteer missionary work and start a new church by introducing the people to the importance of the Sabbath as a part of the Ten Commandments.

Going to school at first was not easy. The children had no friends, and on weekends the children often went out on Sabbath to spend time together, while William and his siblings stayed at home to worship God. Then on Sunday, many of the young people went to their churches in the morning and spent much of the day within their own church group. But the children never complained. They had been taught to love the Lord and put Him first in their lives. They read and studied their Bibles and shared their father's missionary zeal, hoping to begin a small church there.

William was the oldest son and he had three younger siblings. William was in high school and he was a good student. On the other side of town lived some of the more wealthy and popular boys. Jackson was one of them. He seemed to be the leader of a group of the wealthy boys. He was outspoken, bold, and also a very bright student. He aspired to go to the big city and attend university after high school. There was one university that offered scholarships to the brightest student in the school and Jackson was determined to obtain this scholarship. The university awarded the scholarship on the recommendation of the high school. The scholarship was awarded, not based solely on the academic record of the student, but also on their behaviour and conduct within the school and within the community. They had to be helpful in the school, and also do some community volunteer work. Although his parents could afford to send him to the university, Jackson wanted it because of the prestige and honour. A plaque would be hung in the hallway with his picture on it. William, on the other hand, had a family that could never dream of affording to send him to university. The thought of the scholarship was enticing to him, but he prayed about it and left it in God's hands.

As the final year of high school was progressing, Jackson was seen helping the younger students at school with their studies and assignments. He helped the teachers after school to tidy up their classrooms and made an effort to talk to each of his teachers and tell them of his dreams and aspirations for the future.

In the community, Jackson was seen cutting the front lawn of the Mayor's house. He cleaned the streets in front of the city hall and the main thoroughfares in the city. He washed the car of the school principal and helped the local librarian to organize her books. He kept himself very busy, but always in a work where he could be seen and noticed by the most important people in town—the ones who would decide who would be awarded the scholarship. He wanted them to take notice of the volunteer work that he was doing, and he did it with a smile.

Outside of the public eye, though, Jackson was a different person. Although his family attended church on Sundays, the religion of Christ had not sunk deep into his heart. He ignored the poor and suffering on the other side of town. That would not help his cause. He loved to tease the younger boys and had become quite a bully. His close friends were with him and they had become quite a gang that some of the younger boys feared to cross. But Jackson was very careful to be polite and kind to those who could support his desire to obtain the scholarship. He just could not help himself at times. It seemed his nature just loved to laugh at the misfortunes of others.

One of his favourite targets was William. The new boy, the poor boy, the one who never went out with them and did fun things on Saturdays. He just stayed at home and worshipped with his family on Saturdays with this strange new religion. While his clothing was plain and tidy, his boots seemed awkwardly too large for him.

William did not let the taunts of Jackson and his friends bother him. He had learned to be meek like Jesus, amidst the continual harassment that he received from Jackson and his friends. William just repeated the words of Jesus to himself, "If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you," (John 15:19), and smiled back at Jackson. It never happened at school, though, as Jackson wanted to appear as the model student. It was always in the evenings. William did not have time to help out after school with the teachers and younger students. He needed to be at home to help out with the farm. He also had other duties that he was attending to in his part of town—far away from the public eye. He would have liked the scholarship, but he knew that his duties to his family and to his God were of more importance, and if God wanted him to have it, He would find a way.

Every morning William was seen driving a cow to pas-

ture, and in the evenings he would bring the cow back. After seeing this many times, one day Jackson said to him, "I suppose your father intends to make you a milkman one day."

"Why not?" asked William politely.

"O, nothing! Just don't leave much water in the cans after you rinse them out, that's all." The other boys laughed, but William did not seem the least bit bothered. "And try not to trip with those ill-fitting boots you are wearing." The other boys laughed along with Jackson.

"Not to worry. If ever I am a milkman, I will give you good milk that has not been watered down." He stated as he continued driving his cow with a smile on his face and a prayer to God.

Soon enough the school year came to an end, and it came time for the graduation ceremony and the university to award the scholarship. It was quite a ceremony and all the students and parents were in attendance. Many awards were given out. It was found that the two top students academically were Jackson and William, so the scholarship would be decided on their school support and community service. Jackson was sure it would be given to him because he had been so helpful around the school and in the community. He was sure that the prominent members of the community would give him a recommendation. While all William did was drive that cow to pasture in the morning and evenings. He was never seen at school after hours and never seen doing community service.

The principal arose to make his speech and to give the award. As his custom was, he shared the many ways in which the winner was helpful and a good asset to society by his charitable work.

He began by telling a story. "About half a year ago, some boys were flying a kite in the street, just as a poor boy on horseback rode by on his way to the mill. The horse spooked and threw the boy off, injuring him so badly that he was carried home, and confined to his bed for several months, as he had broken several bones and had many bruises." Jackson blushed as the principal spoke. He remembered that it was he and his friends who had been flying that kite. He hoped that the principal had not known who the boys were.

The principal continued, "The boys who caused the accident had run home and had never taken the initiative to find out who the boy was that was injured, how badly he was injured, or how they could help the boy and

his family. There was one boy, however, who had not been part of the incident, but had witnessed the scene from the distance. He not only went to see the boy's family and see how badly he was hurt, and if the family needed any help.

"This boy soon learned that the injured boy was the grandson of a poor widow, whose sole support consisted in selling the milk of the cow she owned. She was old and lame herself and her grandson, whom she depended on to drive her cow to the pasture, was now helpless with broken bones and bruises. 'Don't worry,' said the friendly boy, 'I will drive the cow for you every day before and after school.'

"But his kindness did not stop there. Money was needed for medicine. 'I have money here that my mother sent me to buy boots with,' he said, 'but I can do without them for awhile.' 'O, no' said the old woman. 'I can't agree to that; but here is a pair of heavy boots that I bought for Thomas, who can't wear them now for awhile. I will sell them to you for your money.' The boy bought the boots, clumsy as they were, and has worn them up until this time.

"And also, Tomas could not attend school, so this boy brought him school work from his teacher every day and patiently helped him with his studies in the evening.

"When it was discovered by the other boys that our student was in the habit of driving a cow, he was ridiculed and laughed at by them. His clumsy boots in particular they liked to make fun of. But he kept on cheerfully and bravely, day after day, quietly driving the cow and wearing those boots. He never explained why he drove the cow because he did not want to boast about his charitable duties. It was by mere accident that his kindness and self-denial were discovered by his teacher."

By this time, Jackson felt like running away and hiding. He was mortified.

"And now, ladies and gentleman, I ask you, did this young man not show the true spirit of self-denying service to the community and the school?" William was a little embarrassed and wanted to hide, but the principal called him forward, "William, you were not afraid of ridicule, I ask that you not be afraid of the honour that you deserve. Please

come forward. We know that you are new in town and you brought a different religion, but it seems that the religion that your family teaches and practices will produce good citizens in this community, that some of the other boys can learn from. We welcome you. The town's people have all agreed that you deserve the scholarship. We know you will study hard and go far."

William was not expecting this, but he went home and thanked God for His leading. He aspired to become a medical doctor so that he could one day become a medical missionary. Jackson also attended the same university since his parents could afford it. Soon after, Jackson and William became good friends as William had forgiven him, and it was not long before the two of them were worshipping together on the Sabbath and had started a youth Bible Study group on campus.

"Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly." Matthew 6:1-4

Just do your work quietly, and the Lord will reward you in His time. God sees it all and it is all written down. We do not need the praise of men, just the acceptance of God. "A book of remembrance was written before Him for them that feared the LORD, and that thought upon His name." Malachi 3:16



Believers in South Sudan



“In Christ, divinity and humanity were combined. Divinity was not degraded to humanity; divinity held its place, but humanity, by being united to divinity, withstood the fiercest test of temptation in the wilderness. The prince of this world came to Christ after His long fast, when He was an hungered, and suggested to Him to command the stones to become bread. But the plan of God, devised for the salvation of man, provided that Christ should know hunger, and poverty, and every phase of man's experience. He withstood the temptation, through the power that man may command. He laid hold on the throne of God, and there is not a man or woman who may not have access to the same help through faith in God. Man may become a partaker of the divine nature; not a soul lives who may not summon the aid of Heaven in temptation and trial. Christ came to reveal the source of His power, that man might never rely on his unaided human capabilities.” – *The Seventh-day Adventist Bible Commentary*, vol. 5, p. 1082

“A great work will be accomplished by God's people if they will work in unity and unselfishness and with humility of heart. All self-exaltation must be seen and put away. Truth and righteousness alone will stand the test for this time. We need to have the Spirit of God daily with us, that we may be kept from all evil thoughts and unwise actions. We should fear lest our eyes become blinded to our

individual spiritual needs in these perilous times. Many professed Christians have been allowing themselves to become absorbed in the upbuilding of selfish interests. We are now to awake from our spiritual sleep.” –*The Review and Herald*, August 5, 1909

