



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

the Owner and Sustainer. He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh. The Holy Spirit, Jesus' representative on earth convicts of sin, guides into truth, and gives strength to overcome all

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

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Hold Fast

**“Quench not the Spirit. Despise not prophesyings.
Prove all things; hold fast that which is good.”
1 Thessalonians 5:19–21**

“The root of the tree has a double office to fill. It is to hold fast by its tendrils to the earth, while it takes to itself the nourishment desired. Thus it is with the Christian. When his union with Christ, the parent stock, is complete, when he feeds upon Him, currents of spiritual strength are given to him. Can the leaves of such a branch wither?—Never! As long as the soul reaches toward Christ, there is little danger that he will wilt, and droop, and decay. The temptations that may come in like a tempest will not uproot him. The true Christian draws his motives of action from his deep love for his Redeemer. His affection for his Master is true and holy.”
—*Sons and Daughters of God*, p. 288

“The Christian is to wait with patience for the fruition in his life of the word of God. Often when we pray for the graces of the Spirit, God works to answer our prayers by placing us in circumstances to develop these fruits; but we do not understand His purpose, and wonder, and are dismayed. Yet none can develop these graces except through the process of growth and fruit bearing. Our part is to receive God's word and to hold it fast, yielding ourselves fully to its control; and its purpose in us will be accomplished.” —*Christ's Object Lessons*, p. 61

“All who in that evil day would fearlessly serve God according to the dictates of conscience, will need courage, firmness, and a knowledge of God and His word; for those who are true to God will be persecuted, their motives will be impugned, their best efforts misinterpreted, and their names cast out as evil. Satan will work with all his deceptive power to influence the heart and becloud the understanding, to make evil appear good, and good evil. The stronger and purer the faith of God's

people, and the firmer their determination to obey Him, the more fiercely will Satan strive to stir up against them the rage of those who, while claiming to be righteous, trample upon the law of God. It will require the firmest trust, the most heroic purpose, to hold fast the faith once delivered to the saints.” —*The Acts of the Apostles*, p. 431

“Endure the trial well and you will receive a crown of glory with your companion at the appearing of Jesus. Hold fast truth, and you with her will be crowned with glory, honor, immortality, and eternal life.” —*The Faith I Live By*, p. 173

“God will have a people zealous of good works, standing firm amid the pollutions of this degenerate age. There will be a people who hold so fast to the divine strength that they will be proof against every temptation. Evil communications in flaming handbills may seek to speak to their senses and corrupt their minds; yet they will be so united to God and angels that they will be as those who see not and hear not. They have a work to do which no one can do for them, which is to fight the good fight of faith, and lay hold on eternal life.” —*God's Amazing Grace*, p. 36

“I saw that if we do not feel immediate answers to our prayers, we should hold fast our faith, not allowing distrust to come in, for that will separate us from God. If our faith wavers, we shall receive nothing from Him. Our confidence in God should be strong; and when we need it most, the blessing will fall upon us like a shower of rain.

“When the servants of God pray for His Spirit and blessing, it sometimes comes immediately; but it is not always then bestowed. At such times, faint not. Let your faith hold fast the promise that it will come. Let your trust be fully in God, and often that blessing will come when you need it most, and you will unexpectedly receive help from God when you are presenting the truth to unbelievers, and will be enabled to speak the word with clearness and power.” —*Testimonies for the Church*, vol. 1, p. 121

“Hold fast your integrity in the strength of the grace of Christ, and He will fulfill His word to you.” —*Counsels to Parents, Teachers and Students*, p. 485

“Hold fast to Christ, and He will give you His strong arm to lean upon. There is a crown of life for the overcomer.” —*Daughters of God*, p. 184

Ellen G. White



Image of God

God created man in His own image, not only in outward appearance, but also in character. Man's love, goodness, purity, and holiness were all in the image of God. What God liked, man liked also; in all things, they were in harmony. Then man changed. Now man is in the image of Satan—his character, his taste, his ambition, his selfishness, his pride, his hatred, and his hypocrisy. Men hate one another; a man commits crimes, he steals, he kills. Men make each other's lives miserable. Men became vain; while professing to be wise they became fools.

"Because that, when they knew God, they glorified Him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools, And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves." Romans 1:21–24

How did this change happen? It happened through the lust of their hearts. Man was created to be the temple of the Holy Spirit, but his heart was defiled by lust and sin, and became the dwelling place of evil, unclean spirits. Man is now so far from the divine image, that humanly his restoration is not possible. We need God's miracle-working power to change man back to the original im-

age in which he was created.

Even many Christians who profess to be followers of Christ do not have the power of God to change their characters into the image of God. "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away." 2 Timothy 3:1–5

All these characteristics must be overcome, and must be changed into holiness or we will be lost, and never make it to heaven. Often the only difference between a worldly person and a Christian is that people in the world do openly which a professing Christian does secretly; however, both are controlled by Satan. Millions of Christians think that they can enjoy the world, and also go to heaven.

Why does a Christian put away the Bible and turn on a television show? It is because his heart is in the world; he loves the world. He may stay all his life in the church, but will never reach sanctification—the character of Christ.

"For such are false apostles, deceitful workers, trans-

forming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light. Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works." 2 Corinthians 11:13-15

"And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird." Revelation 18:2

The image of Satan has the appearance of religion; he goes to church regularly. The fallen churches have become the habitation of the devils. The members of these fallen churches think that they worship God, but they are Babylon. The fallen churches are filled with evil spirits, who are working wonders and miracles. What kind of people go to these churches?

"So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of My mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked." Revelation 3:16-17

Many members of these fallen churches do not know their spiritual condition and have spiritual sickness. One of these sicknesses is envy. "A sound heart is the life of the flesh: but envy the rottenness of the bones." Proverbs 14:30

Another sickness we find in Proverbs 1:19, "So are the ways of every one that is greedy of gain; which taketh away the life of the owners thereof." These are terrible diseases that afflict people, and make them miserable, restless, and unhappy. Many other spiritual sicknesses can be added to this list, and only God can help us to overcome them. We alone can do nothing.

"Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD." Jeremiah 17:5. We cannot even trust ourselves. Only in God alone can we trust fully. "All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on Him the iniquity of us all." Isaiah 53:6. To go on our own way means to be lost.

To be carnally minded means to follow Satan. We must be spiritually minded; then we are in the likeness of God.

If someone loves God and admires the character of Je-

sus, and sees something beautiful in Him, he will read the Bible every day, and think about Him, and follow His example. If we love the world, then we want to watch television and read worldly books, and the Bible is left on the shelf.

Jesus promised to us fullness of joy, and happiness, and peace that passes understanding. We need to know God personally, and to be His friend, and talk to Him as to a close friend. He will give us the Holy Spirit; He will comfort us, and lead and guide us. A person with Christ in his heart cannot be made unhappy.

"Blessed are the pure in heart: for they shall see God." Matthew 5:8. The pure in heart has only pure and holy thoughts in his mind. But Satan wants to defile our hearts and our minds with worldly things, that we would lose our missionary spirit, that we would stop reading the Bible every day, and not be present in every church meeting anymore.

The distance between those who serve God and those who do not serve Him is growing greater and wider. When suddenly the Sunday Law and persecution are upon us, then the unfaithful members will not be with God's church anymore.

"As is the earthy, such are they also that are earthy: and as is the heavenly, such are they also that are heavenly. And as we have borne the image of the earthy, we shall also bear the image of the heavenly." 1 Corinthians 15:48-49

Those that are earthy will not be with God's church to the end, but the members that are heavenly will be in God's church always.

We all can become heavenly with God's help. "For whom did He foreknow, He also did predestinate to be conformed to the image of His Son, that He might be the firstborn among many brethren." Romans 8:29. The faithful members were predestined to be conformed to the image of Christ. This is the work of God today, to conform sinners to the image of Christ. When we all are in Christ's likeness, then we fit together—we can live in the same house, we can tolerate each other, we even love each other.

David had a special desire. "As for me, I will behold Thy face in righteousness: I shall be satisfied, when I awake, with Thy likeness." Psalm 17:15

It should be our desire also to be in Christ's likeness. But, how do we do it? How do we change into Christ's likeness? "But we all, with open face beholding as in a

glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Corinthians 3:18

It is done by beholding Christ in our minds, in our thoughts, in Bible reading, and in our prayers. Little by little, His lovely image will be seen in us. We become more humble, more subdued, more kind, more patient, more missionary minded, and more spiritual. In the end, we will be restored into the perfect image of God.

All our doctrines, our Sabbath-keeping, our health reform, our church meetings, and our Bible studies are for the purpose of restoring the image of God in us. Salvation means to be rescued from the image of Satan and transform into the image of God.

"None but Christ can fashion anew the character that has been ruined by sin. He came to expel the demons that had controlled the will. He came to lift us up from the dust, to reshape the marred character after the pattern of His divine character, and to make it beautiful with His own glory." *—The Desire of Ages, p. 38*

DO YOU WANT TO BE A BLESSING FOR YOUR FELLOW BELIEVERS AROUND THE WORLD?



Please feel free to submit any articles, poems, personal testimonies, or photos, as the Holy Spirit inspires you and we will gladly publish them. Send to: ismessenger@yahoo.com

When Jesus comes soon, all who have been transformed into the image of God will enter into eternal glory with Him.

Is it your desire to be perfect, and reflect the image of God? If you put all your energy, your time, and your talents into the work of sanctification, Jesus will help you; and by the grace of God, one day you can sing the song of victory with the 144,000 on Mount Zion. Amen.

Timo Martin

"We have need now for more than human wisdom in reading and searching the Scriptures; and if we come to God's Word with humble hearts, He will raise up a standard for us against the lawless element.

"It is difficult to hold fast the beginning of our confidence firm unto the end; and the difficulty increases when there are hidden influences constantly at work to bring in another spirit, a counterworking element, on Satan's side of the question. In the absence of persecution, there have drifted into our ranks some who appear sound, and their Christianity unquestionable, but who, if persecution should arise, would go out from us. In the crisis, they would see force in specious reasoning that has had an influence on their minds. Satan has prepared various snares to meet varied minds. When the law of God is made void the church will be sifted by fiery trials, and a larger proportion than we now anticipate, will give heed to seducing spirits and doctrines of devils. Instead of being strengthened when brought into strait places, many prove that they are not living branches of the True Vine. . . .

"But when the world makes void the law of God, what will be the effect upon the truly obedient and righteous? Will they be carried away by the strong current of evil? Because so many rank themselves under the banner of the prince of darkness, will God's commandment-keeping people swerve from their allegiance? Never! Not one who is abiding in Christ will fail or fall. His followers will bow in obedience to a higher authority than that of any earthly potentate. While the contempt placed upon God's commandments leads many to suppress the truth and show less reverence for it, the faithful ones will with greater earnestness hold aloft its distinguishing truths. We are not left to our own direction. . . . We should consult His Word with humble hearts, ask His counsel, and give up our will to His. We can do nothing without God." *—Maranatha, p. 28*

Which Race are You Running?



Life is a race, and before you know it, you will have reached the finish line. As in any race, when you near the finish line, you begin to run faster and faster. Although time does not speed up, do you feel as though you are running faster and faster now than you were in the past? Soon you will reach the finish line. On this earth, everything has an ending. The question is, which way are you are running? Although, anciently, they said, "All roads lead to Rome," in the Christian world, not all roads lead to the desired finish line of heaven. Only one road leads to heaven. You have to make sure you are running on that road, in the right direction. Also, you cannot run too slow. The Lord has set the pace which is right for you, and you have to keep up with Him.

The race may be long. It may last for 80 or 90 years. It may also be shorter. Each has their own distance to run. The enemy has many roads and does not care how fast you run. You can sit down at the first rest stop and do nothing, and watch other people running by, and still end up at his destination. Some run swiftly on his road, some slow. For some it is a short road, with life cut short at an early age, for others it is a very long road.

This is life. To run successfully, you must be well trained and continue running; you have to be in good physical condition. Those who are not fit may end up getting weary along the way and stop running. In the spiritual race, the fit are those who have run with Jesus and not just one will receive the reward. All who run and reach the destination, whether they are first or last, will receive the reward. But they must be fit, and have been subjected to the training provided by Jesus. "Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain." 1 Corin-

thians 9:24

In the world, people running in the wrong direction are sometimes said to be running in a rat race.

Have you ever felt that your life is like a rat race? What is a rat race? Most of us who have English as our first language are familiar with the term, rat race.

The rat race is not a happy life. In fact, it is described as the unpleasant life of people who have jobs that require them to work very hard in order to compete with others for money, power, and status. It can be exhausting and frustrating. Wikipedia puts it like this, "An endless, self-defeating, or pointless pursuit. . . . The term is commonly associated with an exhausting, repetitive lifestyle that leaves no time for relaxation or enjoyment." https://en.wikipedia.org/wiki/Rat_race.

This idea came from experimentation with laboratory rats. The rats raced through a maze in order to be the first one to get at the cheese. The rats are at the mercy of the experimenter and the degree of difficulty he designed into the maze. Being involved in the *rat race* in society feels as though the person is at the mercy of others or of other forces (the world, the flesh and the devil). In this race, they spend more energy than the reward is worth. They are in an endless, futile pursuit, for peace and happiness through the obtaining of much material wealth in their race.

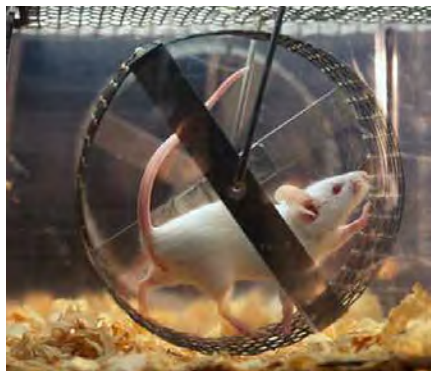
The term came into common usage in the early 1900's and this is a time when technology began to boom and people were able to communicate and travel quickly around the world. The Bible does say that in the end times, "many shall run to and fro." Daniel 12:3. Today, people are running; they are seemingly always in a hurry. In the big cities, it seems like everyone is in a hurry.

You drive your car in the city streets and the highways and if you drive the speed limit, there is someone behind you, urging you to speed up by tailgating you, or trying to pass you. You are going too slow for them—they are in a hurry, but why, and where are they going in their rush?

This clearly describes modern day society. People are rushing for carnal and material wealth. When they cannot run fast enough, there are multiple other ways to get somewhere quickly such as cars, trains, and planes. In a vision, Ellen White was shown the following vision. "A train of cars was shown me, going with the speed of lightning. The angel bade me look carefully. I fixed my eyes upon the train. It seemed that the whole world was on board, that there could not be one left. Said the angel, 'They are binding in bundles ready to burn.' Then he showed me the conductor, who appeared like a stately, fair person, whom all the passengers looked up to and revered. I was perplexed and asked my attending angel who it was. He said, 'It is Satan. He is the conductor in the form of an angel of light. He has taken the world captive. They are given over to strong delusions, to believe a lie, that they may be damned. This agent, the next highest in order to him, is the engineer, and other of his agents are employed in different offices as he may need them, and they are all going with lightning speed to perdition.'" —*Early Writings*, p. 88

If we find ourselves on that train, we had better get off as soon as possible as it is going with lightning speed to perdition.

In the rat race, the foolish are vainly running after the wealth of this world as did Gehazi, the servant of Elisha. "But Gehazi, the servant of Elisha the man of God, said, Behold, my master hath spared Naaman this Syrian, in not receiving at his hands that which he brought: but, as the LORD liveth, I will run after him, and take somewhat of him." 2 Kings 5:20. Gehazi received his wealth, but what did it profit him when he was struck by the Lord with leprosy? He became an outcast of society and could not enjoy one bit of it.



So, we are all running. Ask yourself if you are running a rat race, or are you running for the Lord. Those who have had pet rats, gerbils, or hamsters in a cage at home, often had a little wheel in which these

animals can run on and get exercise. They run and run, but get nowhere. Similarly as people who run on a treadmill. They run and run, but get nowhere. They end up in exactly the same location for the entire duration of their run. You can compare these two examples to people running in the rat race. They are running, running, running, but never seem to be achieving what they set out to run for—the peace and happiness that is supposed to result from the wealth and fame of this earth. The apostle Paul wrote that he ran, but ran with meaning and purpose, not as the rats do in their race. "I therefore so run, not as uncertainly." 1 Corinthians 9:26

What about your spiritual life—is it a rat race? For some people it is. They find it a tiring, exhausting run, and very boring with no time for rest and enjoyment in life. They find life a dull mundane, routine day after day. They feel like mere robots doing their duty, or like rats racing for the "cheese". They are always intense and earnest, rarely happy and smiling. They are focused on the tasks at hand and that is all consuming. These people are trying to achieve heaven through their own work righteousness, and this never brings a successful and happy outcome.

Martha was like this. She was "cumbered about much serving." Luke 10:40. Jesus gently told her to take a break and listen to His teachings as her sister was doing. "Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her." Luke 10:41–42. Let us take a moment to reflect on our lives—which way are we running?

The Bible uses the word "flee" many times. The word "flee" entails urgency. It is running away from real, or perceived, danger. In a race, it is not the case of one fleeing from danger. When you flee, you are often fearful for your life. Running as fast as you can to get out of danger. This adds a new element to the race we are running.

If you are running for the Lord in His race, you can be sure that there is danger. The enemy will run after you like a roaring lion (1 Peter 5:8). We must flee—run for our lives. Pharaoh went after the nation of Israel after he released them from their Egyptian bondage. The Israelites were truly filled with fear, but the Lord was with them and He put a pillar of fire between Pharaoh and the Israelites. The Lord will also protect you from the enemy who is chasing you, but yet you must still run and flee from the enemy. The Israelites were delivered from Egypt. Now they fled the enemy and began to run

for the Lord.

Many years later, the nation of Israel apostatized and the Lord asked them where they were fleeing for help. "And what will ye do in the day of visitation, and in the desolation which shall come from far? to whom will ye flee for help? and where will ye leave your glory?" Isaiah 10:3. In this race, you will get help. Satan will help coach those in his rat race to obtain some material wealth. He does give them some riches and honour, but he does not promise happiness, peace, and eternal life. Those are sacrificed for his race. The Lord also coaches, encourages, and helps His children. He does not promise earthly fame and wealth, but He does promise peace, happiness, and eternal life. Who do you want as your coach and trainer in this race?

If you have a poor trainer, you will not be able to run well. In an earthly race, if you succeed at one level, you often advance to the next, more challenging one. And so also in the spiritual race; you need to succeed in the smaller races, in order to advance to the higher levels. The Lord leads people onwards and upwards. "If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses?" Jeremiah 12:5. If we neglect the minor tasks of life, how can we undertake the greater responsibilities that may come to us? If we succumb to the smaller temptations of everyday life, how can we overcome in the greater crises of life? If we cannot endure the lesser troubles of life, how can we withstand the terrible tribulations that will yet come upon us? If we fail to meet the situations of the present day with faith and trust, how will we be able to stand the most unendurable hardships and almost overwhelming delusions that will come upon us during the time of trouble? Today you must train and successfully run the smaller races in preparation for the larger ones ahead.

In their quest for success, sometimes people do not care who they trample on along the way. They are determined to obtain that "cheese", even if they trample over other rats to get at it. "For their feet run to evil, and make haste to shed blood." Proverbs 1:16. Here it says that people are running quickly *towards* evil. They seem to be in a hurry to reach evil. The rapidity of degeneration of one who has cast in his lot with evil men is frightening. They run with the devil. Before long the conscience is so hardened that the thought of murder does not bother them, even for those who have been brought up in the faith.

Asahel, the brother of King David's general, Joab, was

running after Abner in one of the final wars between the house of David and the house of King Saul. Abner was stronger, but Asahel was swifter. Abner warned Asahel not to come closer, but Asahel kept running and it cost him his life. When he met the stronger enemy, the enemy took his life (2 Samuel 2:19–23). This was a sad ending, but he was warned. You can compare Asahel with many people, running toward evil. Even though they have been warned of the danger, they keep running, and in the end their lives are taken. Some youth who have grown up in the church, having been warned of the dangers in the world, do not care. They still choose to run towards evil. Evil is stronger than you. Do not run towards it, run away from it.

The Lord wants to deliver every person from the rat race of this world and turn them around to start running in the opposite direction. He sends His Holy Spirit to every soul on this earth, but sadly the majority ignore the voice of the Holy Spirit and are content to keep running their rat race. "For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not. But ye said, No; for we will flee upon horses; therefore shall ye flee: and, We will ride upon the swift; therefore shall they that pursue you be swift." Isaiah 30:15–16

The Lord will send punishments even to try to wake people up and turn them around. "But if ye will not hearken unto Me, and will not do all these commandments; And if ye shall despise My statutes, or if your soul abhor My judgments, so that ye will not do all My commandments, but that ye break My covenant: I also will do this unto you; I will even appoint over you terror, consumption, and the burning ague, that shall consume the eyes, and cause sorrow of heart: and ye shall sow your seed in vain, for your enemies shall eat it. And I will set My face against you, and ye shall be slain before your enemies: they that hate you shall reign over you; and ye shall flee when none pursueth you." Leviticus 26:14–17. It sounds like the people become insane—paranoid. They run when no one is chasing them.

"Men's hearts failing them for fear." Matthew 21:26. Their hearts fail, not because of danger but because of fear. Something very small will frighten them. "And the sound of a shaken leaf shall chase them; and they shall flee, as fleeing from a sword; and they shall fall when none pursueth." Leviticus 26:36. A leaf falls and they run for their lives as though chased by a man with a weapon. "The wicked flee when no man pursueth." Proverbs 28:1. Running away from the Lord can lead to

insanity and paranoia, especially for those who have known the truth.

People may try to run away from the Lord. They may run, but they cannot hide. "Whither shall I go from Thy spirit? or whither shall I flee from Thy presence? If I ascend up into heaven, Thou art there: if I make my bed in hell, behold, Thou art there." Psalm 139:7-8. Jonah tried. "But Jonah rose up to flee unto Tarshish from the presence of the LORD, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the LORD." Jonah 1:3. His flight was futile in that the Lord found him and he went through that experience in the belly of the whale before he went to do the Lord's bidding.

The choice is yours. We are encouraged to get out of the rat race and run towards Jesus. "Depart from evil, and do good; seek peace, and pursue it." Psalms 34:14. To pursue is to make an earnest effort to obtain. We must flee from evil, and at the same time seek to do good. Seek and pursue peace, and the Lord has promised to provide. "Ask, and it shall be given you; seek, and ye shall find;" Matthew 7:7. "The name of the Lord is a strong tower. The righteous run to it, and is safe." Proverbs 18:10. Covered by the grace of Jesus, the sinner is a fortress impregnable to Satan and his temptations.

Eternal life requires urgent action; we do not just walk or drift into heaven. But, it is not a sad race filled with anxiety, stress and sorrow. The Lord promises to run with us, giving us help and comfort along the way. "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31. What a wonderful promise; we will not become weary in this race. We can run and run, as did Elijah when he ran before the chariot of Ahab in the driving rain, and we will not become weary (1 Kings 18:46).

We do not have to be the first one at the finish line, as in earthly races, or the most wealthy and prestigious, as in rat races. All we have to do is keep running. "He that shall endure unto the end, the same shall be saved." Matthew 24:14

"Flee, save your lives." Jeremiah 48:6. We are to flee to Jesus, but where are we to flee from?

It is important to recognize who the enemy is. He will not come to you looking like an evil devil, with two horns and a pitchfork. He often comes clothed as an an-

gel of light. Therefore we must pray for wisdom to recognize the enemy when he comes. "And when He putteth forth His own sheep, He goeth before them, and the sheep follow Him: for they know His voice. And a stranger will they not follow, but will flee from Him: for they know not the voice of strangers." John 10:4-5. When the enemy is revealed to you, flee from him. Do not stop to listen to him as did Eve. At the first moment of temptation, send a prayer to Jesus to help overcome the temptation and run away from it. Then you are running the race of the Lord.

The apostle Paul gave a few counsels regarding the spiritual race, times when one should flee (entailing urgency). He stated that one should, "Flee fornication." 1 Corinthians 6:18. Do not stop to parlay with the tempter when he confronts you with any kind of immorality. Do not stand and argue—just flee. "Flee from idolatry." 1 Corinthians 10:14. Idolatry comes in many forms, without and within. "Flee also youthful lusts." 2 Timothy 2:22. Flee these things. Get as far away as possible, as quickly as you can.

We are told to go out and flee from Babylon. Although Babylon is not a physical city today, in this world Babylon (confusion) is all around us. "Flee out of the midst of Babylon, and deliver every man his soul: be not cut off in her iniquity; for this is the time of the LORD'S vengeance; He will render unto her a recompense." Jeremiah 51:6. You may be physically out of Babylon, but your heart may still be in Babylon.

Modern day false Christianity is one of his most successful deceptions, as he is disguised as an angel of light. Interesting that in the Old Testament, Jeremiah told the people to flee from Jerusalem. Was not Jerusalem the city of God's chosen people? Was there not safety within the fortress of the city? Could we not equate those false Christian movements, who claim to follow the teachings of the Bible, and living for Christ, but are not willing to keep all of God's commandments to Babylon? "O ye children of Benjamin, gather yourselves to flee out of the midst of Jerusalem." Jeremiah 6:1. "I was shown the necessity of those who believe that we are having the last message of mercy, being separate from those who are daily imbibing new errors. I saw that neither young nor old should attend their meetings; for it is wrong to thus encourage them while they teach error that is a deadly poison to the soul and teach for doctrines the commandments of men. The influence of such gatherings is not good. . . .

"God is displeased with us when we go to listen to er-

ror, without being obliged to go; for unless He sends us to those meetings where error is forced home to the people by the power of the will, He will not keep us. The angels cease their watchful care over us, and we are left to the buffetings of the enemy, to be darkened and weakened by him and the power of his evil angels; and the light around us becomes contaminated with the darkness." —*Early Writings*, p. 124–125. Run away from these meetings.

What about within the walls of God's church? Could there be lukewarm believers? We are told to flee from anyone who is leading us away from our faith. Ask yourself if your friends and associates are drawing you closer to God, or further away. Are you able to encourage them to a higher course? If not, "Even though you may not feel able to speak a word to those who are working on wrong principles, leave them. Your withdrawal and silence may do more than words." —*The Seventh-day Adventist Bible Commentary*, vol. 3, p. 1155. "Evil communications corrupt good manners." 1 Corinthians 15:33. Leave them. Do not waste your time.

Although we may not flee physically, we can always flee to the Lord, in spirit, wherever we are. "In the LORD put I my trust: how say Ye to my soul, Flee as a bird to your mountain?" Psalm 11:1. When we are in danger, we can run to Jesus who is our mountain; our Rock of safety.

While we are to run away from the world and its influences, we are to run to the world with the good news that Jesus is coming soon to deliver us from the rat race of this world. "And they departed quickly from the sepulchre with fear and great joy; and did run to bring His disciples word." Matthew 28:8. "Run ye to and fro through the streets of Jerusalem, and see now, and know, and seek in the broad places thereof, if ye can find a man, if there be any that executeth judgment, that seeketh the truth." Jeremiah 5:1

"Let God arise, let His enemies be scattered: let them also that hate Him flee before Him." Psalm 68:1. The promise is, as we run to Jesus, Satan, while trying to hold us back, eventually will flee from us. He hates Jesus and cannot be in His presence. "Submit yourselves therefore to God. Resist the devil, and he will flee from you." James 4:7. "Satan trembles and flees before the weakest soul who finds refuge in that mighty Name" —*Christ Triumphant*, p. 219

The most sad time of running will be when probation has closed, and there is no more hope for those who have rejected the mercy of God while the door was still

open. "The harvest is past, the summer is ended, and we are not saved." Jeremiah 8:20. At that time they want to enter the race for the Lord, but it is purely from selfish motives, and it is too late. "And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, and shall not find it." Amos 8:12. They are running in futility.

My prayer is that we will all run for the Lord today. If you are running the rat race of the enemy in the world, turn around right now, "lest by any means I should run, or had run, in vain." Galatians 2:2. "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us." Hebrews 12:1

At the end of our lives, or if Jesus comes before we die, how wonderful it would be to hear the words of Jesus tell us, "Ye did run well." Galatians 5:7. And for us to be able to say as did the apostle Paul, "That I may rejoice in the day of Christ, that I have not run in vain." Philippians 2:16

The "race is not to the swift, nor the battle to the strong." Ecclesiastes 9:11. You may not be the fastest runner, but if you do not stop, but run with the Lord, He will set the appropriate pace that you can keep up. Just do not stop. The end is near—the finish line is within sight. Keep your eyes focused upwards to the finish line. Jesus is there waiting for you with outstretched arms, and He has a golden crown for you as your victory prize. May God help each one of us to reach the finish line and enjoy the eternal rewards waiting for us, and the eternal presence of Jesus who has run with us throughout our sojourn here on this earth. Amen.

Wendy Eaton



MENTAL HEALTH- DEPRESSION & ANXIETY



We live in perilous times, and in the most stressful society; time after time things change out of the blue, leaving us stressed, or depressed. You may see someone smiling but inside they are crying. For the most part, many people do not care about what others are going through, instead they add more pain by their words, actions, and attitude.

Before the death of our Saviour, in unprecedented ways, physically, mentally, and spiritually, Christ was pushed to the very edge of the precipice. "At the moment of death, the stream of blood and water that flowed from His side, declared that He died of a broken heart. His heart was broken by mental anguish. He was slain by the sin of the world." –*The Desire of Ages*, p. 772

"The Lord has presented before me that many, many will be rescued from physical, mental, and moral degeneracy through the practical influence of health reform. Health talks will be given, publications will be multiplied. The principles of health reform will be received with favor; and many will be enlightened. The influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance step by step to receive the special truths for this time. Thus truth and righteousness will meet together." –*A Call to Medical Evangelism and Health Education*, p. 33

WHAT IS MENTAL HEALTH?

Mental health comprises of emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important in all stages of life, from infancy, through to adolescence and throughout adulthood. At a state of well-being an individual realizes his or her own abilities, coping with the normal stresses of life, working productively and fruitfully, also, helping the work of God and the community at large.

TYPES OF MENTAL ILLNESS

- Eating disorders
- Trauma-related disorders (like post-traumatic stress disorder)
- Substance use disorders
- Mood disorders (as depression or bipolar disorder)
- Anxiety disorders
- Personality disorders
- Psychotic disorders (like schizophrenia)

Throughout our life, if we experience mental health problems, our thinking, emotions, and behaviour can be affected. Factors contributing to

mental health disorders:

- Family history of mental health problems
- Biological factors, related to genes
- Unfortunate life experiences, abuse, or trauma

Depression and anxiety, although related, are different conditions; on the other hand, they often occur together. The chance of acquiring depression is much higher when an anxiety disorder already exists. Feeling down or experiencing the blues now and then is normal. It happens that almost everyone feels anxious every now and then; this is normal in response to stressful situations or environments. But, if one persists in feeling anxious and is extremely anxious, it can be a sign of underlying mental health problems.

Good care and psychological counseling, and other therapies (ginseng, ginkgo biloba, proper nutrition) help to improve this condition. Also, a healthy lifestyle, like improving sleep habits (8 hours a night), social support, regular exercise, communing with God, can help to overcome this condition.

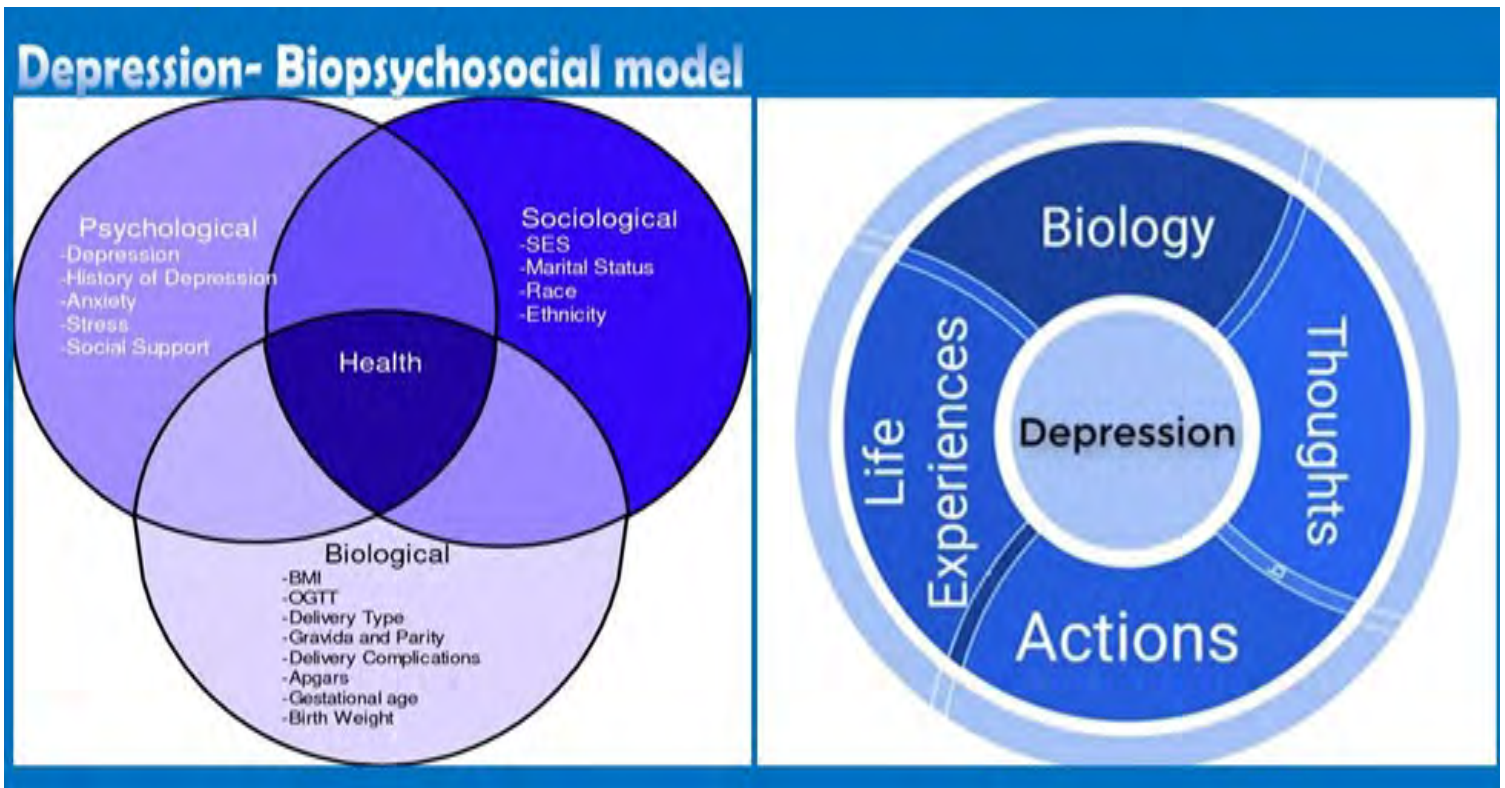
“The relation that exists between the mind and the

body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.” –*Counsels on Health*, p. 344

Anxiety leads to sickness and disease, but there is hope to those who trust in God. “Because God’s love is so great and so unfailing, the sick should be encouraged to trust in Him and be cheerful. To be anxious about themselves tends to cause weakness and disease. If they will rise above depression and gloom, their prospect of recovery will be better; for ‘the eye of the Lord is upon them’ ‘that hope in His mercy’ (Psalm 33:18).” –*The Ministry of Healing*, p. 229

May God help us to bear one another's burdens, as well as obtaining optimal health and resilience. Amen.

Daniel Kimeu



GOD'S TENDER LOVE FOR MANKIND



Love is the perfect expression of God's nature. The apostle says, "God is love." This love of God we can see in creation and in the Word of God. The Creator dressed nature in such a way that man will rejoice when he sees the Creator's handiwork. Creation's wonders are revealed in the tender care and the perfect love of the Creator. It is God's intention that His created beings should enjoy all the wonders in nature. Every sunbeam is a messenger from a loving God who wishes to make all mankind happy.

The leaves of the trees give shade and cool air to the tired traveller, the wonderful colours of the flowers make the ground look so amazing, the tall oak trees in the forest and the tiny little moss plants at the feet of the mighty trees, all reveal to us a loving, caring Father who has created all things. "The eyes of all wait upon Thee; and Thou givest them their meat in due season. Thou openest Thine hand, and satisfiest the desire of every living thing." Psalm 145:15-16

The foundation of this wonderful creation and the undisturbed happiness and harmony in God's family, which include heaven and earth, is the law of love. This eternal law was given to man, the crown of all creation,

and this law was written upon his heart as he came forth from his Creator's hand. Not the smallest appearance of sin, misery, pain and sorrow were part of the human condition. Not the smallest shadow darkened his happy existence.

But, as Satan succeeded in influencing man to transgress the law of God, so came misery and death. He was driven out of his happy home. Sickness and sorrow crossed his path and the earth was loaded with a curse. Weeds and thorns made man's existence hard, and in the sweat of his brow was he to eat his bread. Life had changed into a merciless battle. Man's existence from then until today has proven that sin is a hard master, which tortures its victims from one trouble to the next.

But, the Lord did not leave lost mankind alone in a world full of sin and unrighteousness. Through all darkness and sin, God's love worked for man who was lost in sin. His wisdom and endless love towards lost mankind created means and ways whereby the chains of sin can be broken. Thousands of times the Lord has revealed His love. The message of faith, hope and love can be noticed everywhere, but most of all the love of God is revealed in His Word—the Old and New Testa-

ment.

Many think it is only the New Testament which shows God's love. When the Lord revealed Himself to Moses, we read that God revealed His character. "And the LORD passed by before him, and proclaimed, The LORD, the LORD God, merciful and gracious, long-suffering, and abundant in goodness and truth, Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty." Exodus 34: 6-7

The prophet Jonah, after receiving a very important lesson from the Lord, had to admit: "For I knew that Thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest Thee of the evil." Jonah 4:2

God revealed Himself at the beginning as a loving Father. Also, when He spoke the Ten Commandments, He mentioned His love and mercy. "Jehovah revealed Himself, not alone in the awful majesty of the judge and lawgiver, but as the compassionate guardian of His people: 'I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage.' . . . Ten precepts, brief, comprehensive, and authoritative, cover the duty of man to God and to his fellow man; and all based upon the great fundamental principle of love." -*Patriarchs and Prophets*, p. 305

In the New Testament God's endless love is revealed as Jesus Christ, the only begotten Son of God, who gave His life on the cross of Calvary. "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." John 3:16

Despite all this clear evidence, Satan has succeeded in making man's heart inaccessible to this saving love and closes his eyes to all of God's benefits. "But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned." 1 Corinthians 2:14

Today, a man who is not born again is so far removed from God that he is not afraid to declare: "God is dead." In our days when the existence of God is denied, the great enemy has reached his goal. An almost impenetrable shadow has been established by sin between God and the lost human race.

The Apostle Paul already at that time had to declare, "As it is written, There is none righteous, no, not one: There is none that understandeth, there is none that see-

keth after God. They are all gone out of the way, they are together become unprofitable: there is none that doeth good, no, not one." Romans 3:10-12

If God in His love had not found a way to break the bands of sin, then the whole human race would have sunk into a hopeless pit of despair. But the love of God found a way. It was the name of Jesus! The beloved Son of God. Before this name every shadow of sin must disappear. His name is the fountain of all true comfort, and through Him is the whole human race offered help in the fight against sin. Jesus left the splendor of heaven, He came to this world to show that the endless love of God has no pleasure in the death of the wicked.

"No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, He hath declared Him." John 1:18. Had the Saviour not come to this world and offered us His mercy, then we would, like the heathen, be afraid of God. His loving nature and His mercy would have remained hidden for us sinners.

He left heaven's glory and came to testify that God is love and has no pleasure in the death of the sinner. "All things are delivered unto Me of My Father: and no man knoweth the Son, but the Father; neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal Him." Matthew 11:27

Never before was such a complete revelation of God's being, as through the life and preaching of Jesus Christ. When the disciple Philip made the wish, "Lord, shew us the Father, and it sufficeth us. Jesus saith unto him, Have I been so long time with you, and yet hast thou not known Me, Philip? he that hath seen Me hath seen the Father; and how sayest thou then, Shew us the Father?" John 14:8-9

The character that Jesus revealed in His dealings with people and His disciples, just like the love and wisdom in His sermons, is exactly the same love that God has. This character exhales a pure, holy, tender and just love in everything. Jesus referred here to the true word of prophecy. There it says about Him, "The Spirit of the Lord is upon Me, because He hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised." Luke 4:18; (Isaiah 61:1-2)

The sick were healed by His mighty words and the touching of His hands. The dead were awakened when He spoke the words of life and the possessed were freed from the devil's grip. Everywhere He went He left

marks of love, happiness, and thankfulness. No one was too insignificant. No man had sunk so deep that He could not help. No debt was too high for His forgiving love. No sorrow so bad that His pity could not offer them His consolation. Old or young, poor or rich, even little children, all classes in human society, enjoyed the stream of incomparable love that came from Him.

Even when His eyes were wet with tears because of the crudeness and unrighteousness of sin, even when a holy anger arose in His sin-free heart, He sounded the message of righteousness and love for the sinner whom He was trying to rescue. For this love no road was too long, no sacrifice too great, no fight too hard; the love for one soul was worth more than the whole world with all its sorrow.

He was constantly, continuously aware of His calling and His every step witnessed that, "The Son of man is come to seek and to save that which was lost." Luke 19:10

Perfectly convinced of His calling, and motivated by love that could not be shaken, God's Son took the whole burden of sin upon Himself. He became in all things like man with the exception of sin.

The heavy burden of sins hurt His pure and noble soul, and more than anyone else, He experienced that sin creates a separation between God and man. "But your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear." Isaiah 59:2

Who is able to understand the pain and anguish that came over this Holy Being when He hung on the cross of Calvary and cried. . . . "My God, My God, why hast Thou forsaken Me?" The pain that His father had for-

saken Him broke His heart.

Through His free-will sacrifice, the price was paid for every sinner who repents, and the way was opened for eternal life.

Should we not fall down in worship for such great love? How can a man repay such mercy which God has given him through Jesus Christ?

The history of mankind tells us about situations that show us what love can do. Sacrifices were brought for a Fatherland. The love for a certain cause was many times so strong that it would dominate life and soul.

Surely there are examples that take your breath away about people that are ready to save those they love. But above all is the love of God which He has shown to us while we were yet His enemies.

Every human being who is of good will is received by His love as a son or daughter of God. "Behold, what manner of love the Father has bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew Him not." 1 John 3:1

What a wonder of mercy! Throughout eternity the saved will be occupied by studying this love. Again and again there will be new prospects, new glory to find for those who are saved when they study the love of God. Again and again the object of love becomes the reason of all worship, every hymn of praise and every gratitude of all those that have been saved. Amen.

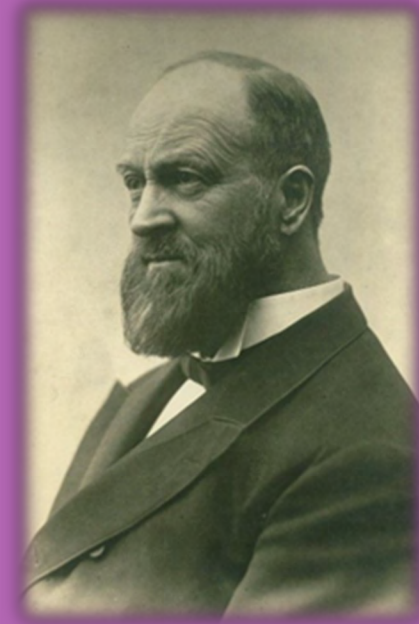
A. Ringelberg

Translated from German by:

Evald and Franziska Pedersen

"It is no easy matter to gain the priceless treasure of eternal life. No one can do this and drift with the current of the world. He must come out from the world and be separate and touch not the unclean. No one can act like a worldling without being carried down by the current of the world. No one will make any upward progress without persevering effort. He who would overcome must hold fast to Christ. He must not look back, but keep the eye ever upward, gaining one grace after another. Individual vigilance is the price of safety. Satan is playing the game of life for your soul. Swerve not to his side a single inch, lest he gain advantage over you." - *Testimonies for the Church, vol. 6, p. 147-148*

George Washington Amadon



George Washington Amadon was born on August 30, 1832, at Sandlake, New York, to Philanda and Eliza Amadon. He was the oldest of five children. Very early in his life George was sent to live with his grandfather near Boston, Massachusetts. His grandfather owned a tavern, but George never partook of the liquor.

From there he went to Oberlin College in Ohio to study. While studying he worked on the Erie Canal driving horses that towed canal boats.

Upon going to visit his uncle in 1853 in Clarkson, New York, he heard the Advent message from J.N. Loughborough. He was baptized shortly afterwards by Loughborough. George could not continue working as a horse driver as they would not give him Sabbath off, so Loughborough recommended George to James White who took him in and provided him employment in the Review and Herald Publishing department in Rochester, New York, as a typesetter. He was paid five dollars per week. The following year, he wrote his first article in *The Youth's Instructor*.

When the publishing department moved to Battle Creek in 1855, George went along with the Whites. After some time he became a printer, writer, and served as the editor of *The Youth's Instructor* from 1858 to 1864.

Two years later he got sick with erysipelas and was healed when Ellen White prayed for him. It left him with a scar on his arm.

Martha Byington (daughter of John Byington—first president of the Seventh-day Adventist Church) came to

live with the Whites in 1857 in Battle Creek. She also came to work in the publishing department. It was here that George met her. Their friendship turned into marriage. They were married on November 24, 1860. Martha's father conducted the ceremony and he purchased them a house to live in, where they lived for 20 years. They had two daughters: Kate, born on March 15, 1866, and Grace, born on February 24, 1872. They adopted a son, Claude, who was born March 15, 1876.

In 1853, Martha became a schoolteacher and later she taught Ellen and James White's sons in Battle Creek for a time. In 1874, she became the first president of the Dorcas and Benevolent Association, later known as the Dorcas Society.

George spoiled his first-born daughter Kate. He hated to discipline her; he played with her on the living room floor, and planned elaborate birthday parties for her. He paid for her piano, organ, and vocal music lessons. In 1877, he taught her to set type at the Review office, and when she was competent at it, he hired her.

It was in 1864 that George met John Harvey Kellogg. Kellogg was 12 at the time and he came to work in the Review office for four years. George was a good influence on John in his impressionable years.

George was very close with the Whites. After James's first stroke in 1865, he helped care for the partially paralyzed General Conference president, and took charge of the publishing work for several months while James recovered. Amadon also traveled extensively with Ellen White in 1867–68 when James was unable to do so.

George and Martha were also very hospitable and often opened their home to visiting church workers.

But, later, problems arose in Battle Creek. The church was getting quite worldly. In 1868 Ellen White started writing reproofs to various Battle Creek leaders. George and Martha were not immune to the worldly influence. In his letters and diaries Amadon occasionally bemoaned his, "exalted, puffed up...jealous, censuring, backbiting, hypocritical state" which showed his spiritual sensitivity

In 1870 the Battle Creek church had 400 members, but the leaders decided to "purge" the church and disfellowshipped all but 12 members. John and Martha were among those disfellowshipped, as also were Uriah Smith and his wife.

All the disfellowshipped members could be reaccepted if they showed fruits of repentance, reform living, and requested for refellowshipment. George repented the following Sabbath and requested refellowshipment but was refused for one reason or another. He then went for eight months to live with Martha's parents, John and Catharine Byington, near Newton, Michigan, planting, weeding, watering, and harvesting their huge gardens, enjoying family picnics at Goguac Lake, and taking care of his ailing in-laws. He and Martha were restored to church membership in January 1871.

George loved to learn, and he was largely self-taught. He read many books and had learned 18 different ancient and modern languages, including Hebrew, Greek, German, Danish, Swedish, and French. He did this so that he could typeset materials for foreign publications. He began by publishing materials in German and Dutch. He often worked twelve to sixteen-hour days, including Saturday nights and Sundays.

Although he typeset hundreds of other books, he only wrote four of his own. But, he wrote many articles in the *Instructor*, and in the *Advent Review and Sabbath Herald*. He wrote on various topics such as church organization, Sabbath/Sunday issues, and health reform (George and Martha were strict vegetarians).

When the General Conference was formed in 1863, George was elected to the Committee and served on the General Conference Executive Committee for many years.

George was a strong believer in the prophetic gift of Ellen White and the divine leadership of James White. He and Martha were present on June 6, 1863, when Ellen received a health reform vision at the home of Mar-

tha's cousin, Aaron Hilliard, in Otsego, Michigan. In October 1867, Amadon signed a statement supporting the White's sacrifices, faithfulness to the testimonies, Ellen's visions, and James' right to rebuke wrongdoers.

On August 3, 1864, George (along with John Byington and J. N. Loughborough) signed a letter to the Michigan Governor, Austin Blair, explaining the Church's pro-Union, anti-slavery, and noncombatant position during the Civil War (1861-1865).

On December 20, 1902, a fire burnt down the publishing house in Battle Creek. George and his daughter Kate just stood in disbelief and watched the flames. But, he did not lose heart.

After the fire, the publishing department was relocated to Washington, D.C. George, being 70 years old, did not move. He left off with the printing work and began visiting members and visitors locally, giving Bible Studies and encouraging them. Then in 1904, at the age of 72, he was ordained into the ministry as a gospel worker.

Ellen White wrote of him as follows: "Brother Amadon knows something of our early experiences. He was a member of my family. I am sure that he remembers many of the strait places through which we passed. . . . Brother Amadon has been connected with the Review office from its first establishment. Those who labored in the cause from the first, knew what it was to sacrifice: they accepted the least wages which it seemed possible to subsist upon, and sacrificed of even the little they did receive, in order to make the Office a success." - *Manuscript Releases*, vol. 5, p. 164

In later years Ellen White liked to recall how, before he came work with her and James in 1853, George Amadon had been "a mischievous boy working on the towpath with the horses" but had become "one of our main pillars in Battle Creek," whom she regarded "very highly." Letters from Ellen White to George Amadon in the 1890s and early 1900s show that she placed a great deal of confidence in him, asking him to assist in sensitive matters. This included requesting him to help conciliate in the growing rift between J. H. Kellogg and the church. Amadon and A. C. Boudreau met with Kellogg for seven hours at his home on November 10, 1907, seeking to bring him back to the Church, but to no avail. George was also asked to carry on a ministry of reconciliation with other estranged Adventists like A. R. Henry, and A. T. Jones.

During his lifetime George received 44 letters from Ellen G. White. Several of them are written in *Manuscript*

Releases, vol. 5, p. 164–171. Her final letter to him, written in 1912, is on pages 170–171 (see box below).

George Amadon and Ellen White both attended their last General Conference session in 1909. In 1911 she sent him an autographed copy of her new book, *The Acts of the Apostles*. That same year, George, Martha, and their daughter Grace moved to St. Joseph, Michigan. Here they entertained many international guests and enjoyed relaxing near Lake Michigan and the St. Joseph River.

During his life, George had helped publish hundreds of articles, tracts, pamphlets, and books during his more

than fifty years of service at the Review and Herald and Southern Publishing Association presses (1853–1904). As a church elder, Sabbath-school teacher, and ordained minister, he was widely respected as a man of prayer and fasting in his spiritual life and as a methodical, systematic, and accurate worker in all of his business relations at the Review and Herald press.

George Washington Amadon died at the age of 80 on February 24, 1913, in St. Joseph and was buried in Oak Hill Cemetery in Battle Creek.

Final Letter From Ellen G. White



“We received your letter, and I have only encouraging words to write you in reply. I can sympathize with you in your feelings of doubt and perplexity; for there are times when Satan seeks to bring to me the same trouble of mind; and I have to guard myself, that the tempter may not gain the advantage. When these times of doubt come to you, my brother, remember that the Lord Jesus is your friend and keeper. He has not forsaken you. You must not despond; you must not grieve the dear Saviour by cherishing unbelief or distrust of Him

“We must not allow our faith to decrease; it must continually increase. Repeat to yourself the words, ‘The Lord is my keeper.’ Put your trust in Him. Call to mind the love He has shown you, the care He has had for you, the assurance you have had in the past that He has accepted you and blessed you. He is not only the author, but the finisher of your faith. Again and again your case has been presented to me as of one who is cared for and guarded against the power of the enemy by heavenly intelligences.

“Brother Amadon, rest in the promises of God. When your mind is clouded because of physical weakness, do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms.

“He who took humanity upon Himself knows how to sympathize with the sufferings of humanity. His hand is outstretched in pitying tenderness to every suffering child of His. And those who suffer most have most of His sympathy and pity. He is touched with the feelings of your infirmities.

“He desires you to lay your perplexities and troubles at His feet, and to leave them there. When temptations assail you, when darkness seems to surround your soul, look to the place where you last saw the light. Rest in Christ's love, and under His protecting care.

“Let your mind dwell on the goodness of God, on the great love wherewith He has loved you. If he did not love you, He would not have given Jesus to die for you. His everlasting arms are underneath you. In all your afflictions He is afflicted. Then lift your eyes to Him. When doubt would sweep over your soul, continue to look to Jesus, casting your helpless soul on Him. He ever liveth to make intercession for you. You are precious in His sight.

“I will not write you a long letter, but I send these words to you in the hope that they may bring courage and faith to your heart. Christ is all-merciful; and He is your Redeemer. He has not forgotten you. You and your wife may win the crown of life if you will learn the lesson of overcoming by the blood of the Lamb and the word of your testimony. Be of good courage in the Lord.--Letter 44, 1912, pp. 1, 2. (To G. W. Amadon, December 15, 1912.)” –*Manuscript Releases*, vol. 5, p. 170–171

GRAPES:



A Small But Mighty Fruit

Grapes are a type of small fruit that grow in clusters of 15 to 300 grapes on woody vines. There are many varieties of grapes, grown in many areas of the world. Popular varieties include sultana (used to make raisins) and Concord. Grapes also come in many colours including green, red, black, yellow, dark blue, orange, and pink. There are also seeded and seedless varieties. Grapes can be eaten fresh or used for making juice, wine, jams and jellies, grape seed extract and raisins. Most of the fresh-eaten grapes are now seedless varieties of red and green coloured grapes. However, this detracts from their nutrition as many health benefits are found in the seeds of grapes. The darker the grape, the more phytonutrients it contains, and the more health benefits it provides. Fresh grapes are delicious, sweet and sour vine fruits that make healthy snacks, and are also great additions to salads, smoothies and can be drunk as a juice. Frozen grapes are also enjoyed as a cool treat. Grapes are easy to add to your diet in any meal and as a healthy, convenient snack.

Grapes are mentioned several times in the Bible but the most common one that most Christians know about is when the nation of Israel sent the 12 spies to spy out the land of Canaan. Upon returning, they brought back a large cluster of grapes. "And they came unto the brook of Eshcol, and cut down from thence a branch with one cluster of grapes, and they bare it between two upon a staff; and they brought of the pomegranates, and of the figs." Numbers 13:23. This must have been quite a large grape cluster. From these wholesome grapes, people have perverted their use and made fermented drinks.

Wine is a very popular dinner drink, made from fermented grapes, which produce alcohol. The Bible tells us, "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." Worldwide, 71% of all grapes grown are made into wine, the rest is used for fresh grapes and raisins.

HEALTH BENEFITS OF GRAPES

Grapes in their natural state are very healthful and healing. The skin and seeds of grapes contain over 1,600 important nutrients and powerful plant compounds that benefit your health. The darker the grape, the more antioxidants and phytonutrients they contain. Phytonutrients provide colour to many fruits and vegetables, and often the colour of the produce indicates which phytochemicals they contain.

Specifically, the health benefits of black grapes have been studied extensively. The chemicals they contain can give you healthier hair and skin, improve your heart health, and even protect your cells against cancer. Some varieties of black grapes are much higher in antioxidants than green or red grapes because of their dark colour.

RESVERATROL

The seeds and skin of grapes contain a phytochemical known as resveratrol. The darker the grape, the higher the resveratrol content. Traditional uses of resveratrol include treatment of stomachache, hepatitis, arthritis, urinary tract infections, fungal diseases or skin inflammation.

Resveratrol has been shown to have very high antioxidant qualities, preventing diseases caused by free radical damage. It also possesses anti-tumour activity, and has shown to prevent, to slow down growth, and to treat certain cancers. It has also anti-inflammatory properties and heart protective properties, can protect against diabetes, and aids in brain health. Resveratrol, in combination with Vitamin D also boosts immune function, preventing infections. Overall, resveratrol has been shown to activate three longevity genes, associated with slower aging and a longer lifespan.

Because of the proven health benefits of resveratrol, many health professionals suggest incorporating moderate wine consumption as part of a healthy diet, specifically red wines, which are higher in resveratrol than white wines. However, the benefits of resveratrol are counteracted by the increased health risks of alcohol consumption. Therefore, getting resveratrol from food is healthier than drinking wine. In fact, whole grapes are a better source of resveratrol than red wine.

ANTIOXIDANT PROPERTIES

Grapes contain polyphenols, antioxidants, which reduce free radical damage to the body. Free radicals can lead to cell damage that increases the risk of various diseases, typically more so as we age. The number of antioxidants contained in grapes are in the hundreds including phytochemicals, and vitamins and minerals such as Vitamin C, E, and manganese.

HEART HEALTH

The main health benefit of grapes is the impact on heart health, the cardiovascular system. Grapes contain the antioxidants known as quercetin and resveratrol. Studies have proven that both of these compounds lower bad cholesterol levels and plaque build-up in the arteries. The fiber contained in grapes also contributes to improved cholesterol levels. Grapes also help to control blood pressure levels, as research has proven that high blood pressure levels lead to an increased risk of heart attacks and strokes. High blood pressure is also caused by high sodium (salt) levels in the blood. Grapes help control sodium due to their high levels of potassium



and fibre. These nutrients reduce the negative effects of sodium. Rutin, another antioxidant in the flavonoid family contained in grapes, protects the heart against blood clots. Flavonoids are associated with pigments that give red, purple, and blue plants their colours. Therefore, the darker coloured grapes are higher in flavonoids. Also, chronic levels of inflammation irritate blood vessels which can contribute to plaque build-up in arteries, which then can break off and trigger blood clots. The anti-inflammatory effects of grape's phytochemicals prevent plaque build-up. Grapes are also a good source of Vitamin K, preventing mineral build-up in the arteries, allowing blood to pump more freely throughout the body, thus keeping blood pressure from rising. Mineral build up in the arteries naturally occurs with aging. With all the healthy components contained in grapes, they work together to increase overall heart health.

CANCER

As mentioned in the section on resveratrol, grapes have anti-cancer health benefits because of its high levels of polyphenol antioxidants, which are well-known for their positive effects on our cells. They are instrumental in protecting and restoring damaged cells. Even when cancerous tumours are present, grapes can slow down the growth of the tumours. The compounds in grapes protect specifically against certain types of cancers such as colon, prostate, and breast cancer. Grapes prevent the growth and spread of breast cancer. Grapes contain antioxidant and anti-inflammatory compounds known as polyphenols. Antioxidants are well-known powerhouses that offer our cells a variety of positive effects including cancer prevention. They are responsible for protecting and restoring damaged cells.

DIABETES

Grapes are often thought of as harmful to blood sugar due to being a high-sugar fruit. However, studies done with diabetes and grape consumption show that grapes have a low glycemic index (GI). The GI scale is a rating system for carbohydrate-containing foods, which determines how quickly each food raises blood sugar levels. The low GI of grapes indicates that they are less likely to raise blood sugar levels than high GI foods. Even though grapes are considered high in sugar, certain compounds contained in grapes protect against high blood sugar values.

Because of these properties, grapes have properties that prevent diabetes. The compound resveratrol has been shown to improve the one's insulin sensitivity and the



ability to tolerate glucose, which leads to reduced blood sugar values. This was especially seen in studies that looked at the effectiveness of grapeseed extract in diabetes prevention.

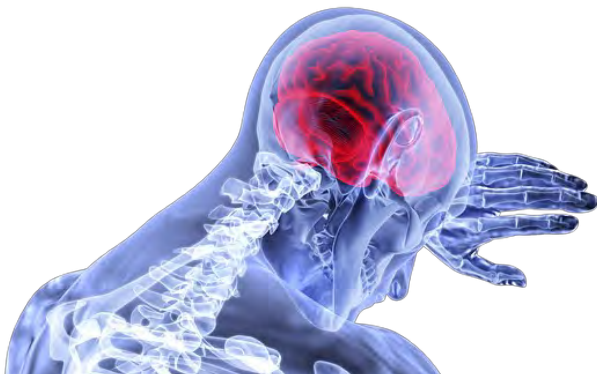
DIGESTIVE HEALTH

Fruits, including grapes, are known to aid in digestion because of their high fiber content. Fiber helps maintain regular digestion and bowel movements. High fiber diets reduce

the risk of hemorrhoids and diverticulitis, and relieve constipation. Grapes also contain high water levels, which also aids in preventing and treating constipation. Because grapes help with digestion, this also reduces the risk of colon cancers. The soluble fiber contained in red grapes maintain the healthy bacteria of the gut, which provides many health benefits.

BRAIN HEALTH

All antioxidants improve brain health, including the prevention of Alzheimer's and dementia by slowing memory decline. Resveratrol contained in grapes specifically has been shown to delay memory loss. Because of its antioxidant effects, it leads to a healthier blood flow in the brain and clearer brain function. Researchers feel the fruit is useful because it reduces oxidative stress in the brain, which leads to a healthier blood flow through the brain, and clearer brain function. The antioxidants in grapes also help with improved attention span and mood. Some studies have shown that the con-



sumption of Concord grapes improved the ability to learn. Vitamin K also has been shown to improve memories that are related to facts in older adults.

BONE HEALTH

A cup of grapes provides 25% of the body's daily vita-

min K needs. Vitamin K is necessary for maintaining strong bones, and preventing fractures. It contributes to the mineralization of bones, and maintains a healthy calcium balance. Grapes also contain copper, needed for the creation of bone components, which assists in preventing bone loss that can lead to osteoporosis. Vitamin K is also required for blood clotting; deficiencies in Vitamin K can lead to reduced blood clotting and excessive bleeding.

EYES

Lutein and zeaxanthin are two carotenoid antioxidants found in grapes. These compounds help to maintain good eye health by reducing the damage that occurs to the retina as we age. They help to prevent cataracts, macular degeneration, and glaucoma. They both help maintain good eye health by reducing the oxidative stress and damage to the retina that occurs as we age. These carotenoids can help prevent eye conditions such as cataracts. In addition, resveratrol protects against cataracts, age-related macular degeneration, and glaucoma.

SKIN HEALTH

Free radical damage causes our skin to age, leading to wrinkles, dark spots and loss of elasticity. Many people apply resveratrol-containing skin care products to smooth out fine lines and wrinkles, to improve the firmness and elasticity of the skin, to reduce inflammation in sensitive skin, and to lighten dark spots. Resveratrol is 10,000 times more effective at neutralizing the free radicals that cause wrinkles than Vitamin E, often used for improving skin health.

NUTRITIONAL CONTENT

One cup (151 grams) of red or green grapes contains: 104 calories, 27 g carbohydrates. 1 g protein, 0.2 g fat, 1.4 g fiber, 27% recommended daily intake (RDI) Vitamin C; 28% RDI Vitamin K; 7% RDI thiamine (Vitamin B1), 6% RDI riboflavin, 6% RDI Vitamin B6, 8% RDI potassium, 10% RDI copper, and 5% RDI manganese.

RAISINS

Raisins are a dried fruit, usually made from sultana grapes. Raisins are minimally processed, but when grapes are dried, the concentration of sugar increases to four times the amount as fresh grapes. However, the drying process also removes nutrients. Thus, they are higher in calories and lower in nutrients than fresh grapes, and should be eaten in moderation. Because of this, studies done on the benefits of grapes cannot be applied to raisins.



However, raisins do contain healthy nutrients such as iron, potassium, copper Vitamin B6, manganese, and fiber. These components can benefit heart health.

GRAPE SEED EXTRACT

Grape seed extract (GSE) is made by removing, drying and pulverizing the seeds of grapes. Because many of the health benefits of grapes are contained in the seeds of the grapes, GSE is becoming a popular nutritional supplement for heart health, for wound healing, and for reducing overall inflammation in the body. Several studies have found GSE can speed up wound healing, even for incisions from minor surgeries. Used on the skin, it improved skin appearance, elasticity, and sebum content, which helps to hydrate the skin, and prevent infections.

GRAPESEED OIL

Grapeseed oil is made from crushing the seeds of grapes, and extracting the oil. The seeds are left behind once the rest of the grape is used in the wine-making process, thus grapeseed oil is a by-product of making wine. As with other fruit and vegetable oils, cold-pressing the grape seeds produces an oil with the most health benefits. Once heat is used to extract oil from seeds, it damages the nutrients. Grapeseed oil is flavourless and odourless, making it a good cooking oil as it will not alter the flavour of a dish. Many people also use grapeseed oil for skin care; it is suitable for all skin types. Its antioxidant properties from the phytochemicals, as well as vitamins A, C, and E, promote cellular repair and reduce the signs of aging in the skin. In addition to all the other nutrients provided from grapes, grapeseed oil also contains Omega-3, 6, and 9 fatty acids. Grapes are high in an Omega-6 fatty acid known as linolenic acid. Although foods high in Omega-6 relative to Omega-3 can increase inflammation in the body, linolenic acid has been shown not to increase inflammatory markers. In fact, linolenic acid has been shown to reduce inflammation and cholesterol levels. The Omega-3

in grapeseed oil is used in the formation of the outer layer of all cells, including nerve cells, necessary for proper brain functioning, reducing the risk for dementia and Alzheimer's. A healthy outer layer protects cells from free radical damage, reducing the risk of cancer. Evidence shows that taking supplements containing antioxidants are not as effective as obtaining them from a whole food. This places more importance on consuming foods rich in antioxidants.



In Sister White's vision of heaven, she saw the table laid out for the marriage supper of the Lamb, she describes it as "I saw a table of pure silver; it was many miles in length, yet our eyes could extend over it. I saw the fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other fruits." *—Early Writings, p. 19.* "And another angel came out from the altar, which had power over fire; and cried with a loud cry to him that had the sharp sickle, saying, Thrust in thy sharp



sickle, and gather the clusters of the vine of the earth; for her grapes are fully ripe." Revelation 14:18

I pray that we all will enjoy the fruits of God's bountiful hand for time and eternity.

CHILDREN'S CORNER:

Swimming With Sharks



Jack and Nick were good friends since childhood, having met each other at church. They both had a love for God's created beings. Living near the ocean, the underwater world had particularly fascinated both of them from an early age and they managed to make a successful career filming the underwater world. They had filmed many different underwater plants and wildlife and were always discovering new wonders beneath the water. Often everything seemed so peaceful beneath the water's surface.

The men often spent a few weeks away from home filming in different locations around the world. On this particular trip they found themselves in Northern Africa. They had rented a small ship and hired a few sailors to accompany them as they decided to go view the coral reefs that surrounded the little islands just off the coast of Northern Africa.

The ocean was calm as they approached the coral reef. Soon they laid the anchor and the boat swayed along with the waves of the North Atlantic. The beautiful, clear waters seemed to be calling to Jack and Nick.

There were a lot of sharks in the area, and the men nervously noted the different kinds of sharks near their boat. They still cautiously went into the water to do some filming. At first they were jittery about the sharks when they went into the water. They had been warned repeatedly of the danger of sharks in these waters and so were very cautious. Jack and Nick would not swim out for

pictures alone; they always went together. One carried the camera while the other carried a harpoon, ready for any danger.

On the first day, while peering through the water, Jack could just make out the shape of a huge shark in the gloom ahead. But as it moved closer, his heart missed a beat as he saw the immense jaws of the nearly 8-meter-long animal. He moved closer to his friend Nick who had the harpoon. Their muscles tensed as they watched the great fish swimming slowly towards them. Suddenly the shark caught sight of the two men. Fear and fascination filled Jack and Nick. To their intense relief the shark whirled and swam away, seemingly in fear.

Days of filming passed, and the two friends gradually were becoming less afraid of the sharks. Before long Jack was even going out looking for sharks to film. It seemed that even the man-eating sharks were afraid of the men and would turn and swim away.

Just like Jack and Nick were losing their fear of the sharks, young people can lose their fear of sinning against God. At first their conscience really bothers them, but as they continue, their fear and anxiety are lessened. The Bible says that there are "pleasures of sin for a season." Hebrews 11:25. Sin does not always seem so bad to some people. They even think they have control over their tendency to sin and can stop the sin whenever they choose to. However, the Bible says, "He that trusteth in his own heart is a fool." Proverbs 28:26

Although they prayed every morning for God's protection, Jack and Nick were certainly starting to be foolish about playing around with the sharks. One day one of the men even swam into a cave with sharks and pulled their tails. The sharks darted outside the cave and swam away while Jack filmed them. They should have been more careful if they wanted God's protection.

A few days later, they decided to take the ship away from the islands for some deep-sea filming. As soon as they reached the deeper waters, Nick sighted a small whale. He and Jack grabbed their camera and dove in to follow it beneath the waves. Only five meters beneath the surface they noticed a 3-meter-long gray shark. Fearlessly they swam towards it, assuming that it would swim away from them as all the other sharks had done. Instead, it headed *toward them* and began to circle. Nick reached for the shark's tail and gave it a twist. This shark was strong and fearless. It simply shook him off and continued slowly circling the two men.

Fascinated by the shark, the men were being drawn deeper and deeper into the depths of the ocean without realizing it. Fascinated by sin, young people who play with it are often drawn further and further into serious trouble. The Bible tells us that "every man is tempted, when he is drawn away of his own lust [desire], and enticed. Then when lust hath conceived [the desire is followed], it bringeth forth sin: and sin, when it is finished, bringeth forth death." James 1:14-15

It was not long before Jack and Nick's fascination turned into worry. After a short while, the worry turned into fear—fear about death. Swimming up right beneath them were two large vicious-looking, 5-meter-long, steel-blue sharks. Now they were really afraid and began to pray in their minds. Surrounded by sharks more than 20 meters beneath the surface, they struggled against panic as the sharks slowly circled closer and closer to the two divers. Jack tried blowing air bubbles at the sharks to scare them off. That did not work. Then he tried a chemical that had been effective in driving away sharks in the past. The gray shark swam right through the chemicals and closed in on the desperate men. It swam directly towards Jack until its giant jaws completely filled his vision. In desperation Jack smashed his camera against the shark's snout! It veered away, but not for long. It began to circle them again.

Fighting for the surface, Jack and Nick grew more and more tired. Their strength had begun to give out, and the sharks seemed to be settling in for the kill. Their efforts had failed to drive off the sharks, and they were

as helpless as a person in the clutches of sin. They were trapped by the sharks, just as many people who have left the Lord have become trapped by the clutches of sin. Sensing the end, the sharks moved faster and faster as they closed in on Jack and Nick. The men did not give up though. Their prayers became more earnest as they struggled for life.

The two friends finally managed to reach the surface and desperately tried to get the attention of the crew on the ship; but no one on the ship seemed to notice them. The sharks were still after them, but the exhausted men did not give up. One man watched underwater for the sharks while the other rested. When the sharks approached, they dove towards them and turned the sharks aside. Their oxygen supply dwindled. Soon they would be forced to dive while holding their breath. Before long they would not have the strength even to dive, and would completely give up. They kept looking up and praying.

They had almost given up hope when suddenly a dark shadow moved over their heads, and the sharks turned and plunged into the depths of the ocean and left them alone. The ship's crew had finally seen their struggles and attempts to alert them. The struggling men, in their preoccupation to drive off the sharks, had not noticed the ship approaching; and now the ship's hull passing overhead had driven off the sharks.

God had answered their prayers and they were safely drawn out of the water. Just in the same way, a loving God always hears the sinner's cry for help. He will come swiftly to help anyone who cries out for mercy, and He will free them from their sin. "Call upon Me in the day of trouble: I will deliver thee, and thou shalt glorify Me." Psalm 50:15. The Lord Jesus has died and taken the punishment for sins. Now He is "faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9. If you have wandered away from God and find yourself far from God due to your sin, you can cry out to God for help right now and He will answer that prayer immediately. "For whosoever shall call upon the name of the Lord shall be saved." Romans 10:13



BENIN

NOVEMBER 1, 2021



“The obedience of Christ to His Father was the same obedience that is required of man. Man cannot overcome Satan's temptations without divine power to combine with his instrumentality. So with Jesus Christ; He could lay hold of divine power. He came not to our world to give the obedience of a lesser God to a greater, but as a man to obey God's holy law, and in this way He is our example. The Lord Jesus came to our world, not to reveal what a God could do, but what a man could do, through faith in God's power to help in every emergency. Man is, through faith, to be a partaker in the divine nature, and to overcome every temptation wherewith he is beset.

“The Lord now demands that every son and daughter of Adam, through faith in Jesus Christ, serve Him in human nature which we now have. The Lord Jesus has bridged the gulf that sin has made. He has connected earth with heaven, and finite man with the infinite God. Jesus, the world's Redeemer, could only keep the commandments of God in the same way that humanity can keep them.” *—The Seventh-day Adventist Bible Commentary, vol. 7, p. 929*

INDIA

On Sabbath, November 6, 2021, Sister Janani Priya (bottom right) and Sister Girjia started a new life in Christ as they were baptized into the church at the Tirupattur church. All heaven rejoiced to see two new souls turn their backs on the world and start their journey to heaven with Christ.



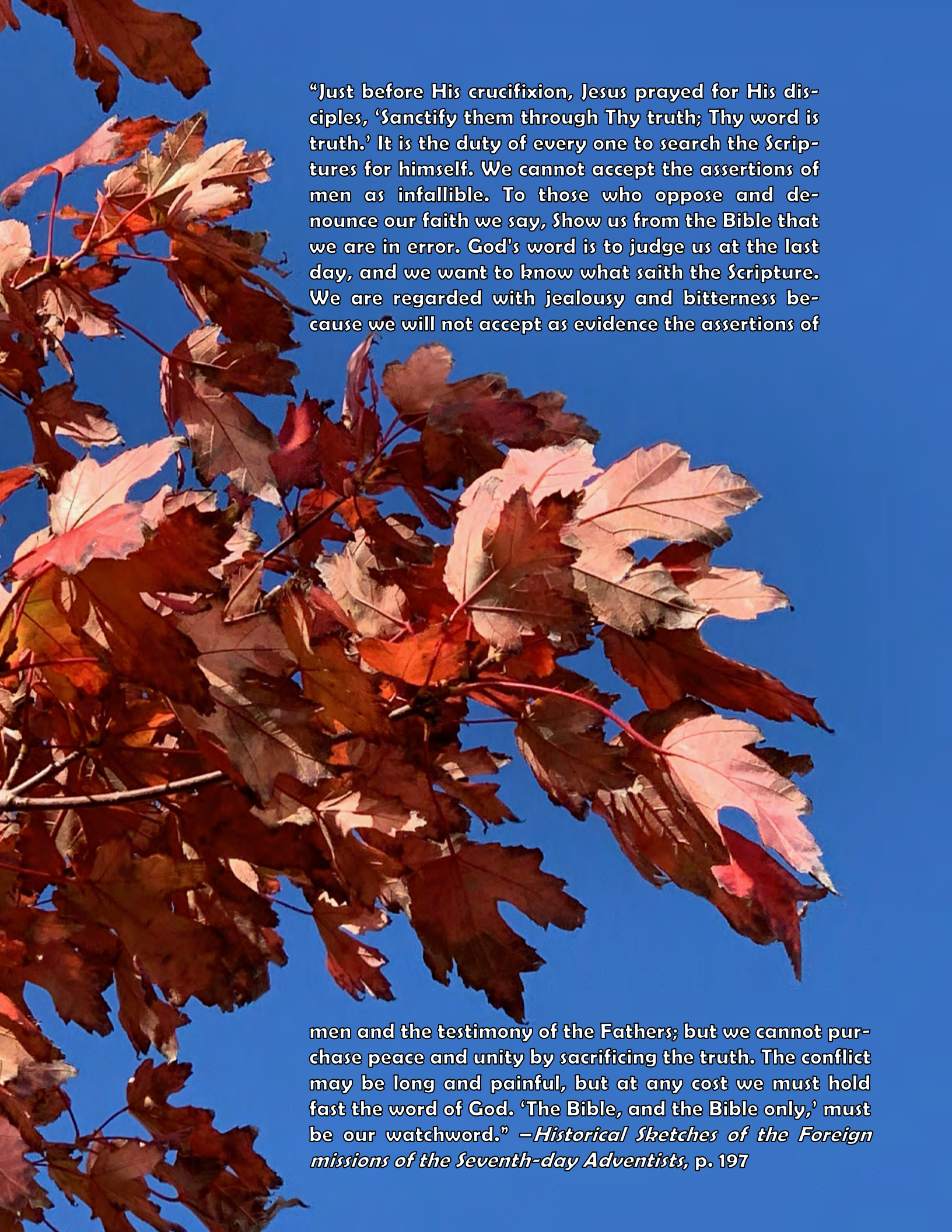
PHILIPPINES

On Friday, October 1, 2021, Brother Peter Manago had the privilege of baptizing his youngest son, Peter Mark (on right). What rejoicing there is in the heart of a father when he is able to baptize his own children. How joyous to see young people commit their lives to Christ.



Also baptized were two other brothers who came from the Catholic faith. Brother Orlino Soriano and Brother Francis Soriano attended on-line Bible Studies for more than two years. Brother Orlino is a friend of Brother Peter's eldest daughter, Ethel Mae. Brother Francis is a nurse and is working in a government hospital.

Let us pray that these new souls can be pillars in the house of God.



“Just before His crucifixion, Jesus prayed for His disciples, ‘Sanctify them through Thy truth; Thy word is truth.’ It is the duty of every one to search the Scriptures for himself. We cannot accept the assertions of men as infallible. To those who oppose and denounce our faith we say, Show us from the Bible that we are in error. God’s word is to judge us at the last day, and we want to know what saith the Scripture. We are regarded with jealousy and bitterness because we will not accept as evidence the assertions of

men and the testimony of the Fathers; but we cannot purchase peace and unity by sacrificing the truth. The conflict may be long and painful, but at any cost we must hold fast the word of God. ‘The Bible, and the Bible only,’ must be our watchword.” –*Historical Sketches of the Foreign missions of the Seventh-day Adventists*, p. 197