



The Reformation
Messenger
VOLUME 29, NUMBER 3, MARCH 2022

Travelling in the Right Direction

Page 4

What Are You Afraid Of?

Page 6

Developmental Religion

Page 12

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

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

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

In This Issue:

3 Look Up

4 Travelling in the Right Direction

6 What Are You Afraid of?

11 In the World, But Not of the World

12 Developmental Religion

16 Health Matters: Circadian Rhythm:

Our Internal Clock

20 Moses, Part 3 (Poem)

24 Children's Corner:

God Can Use a Late Train

PHOTO CREDITS

Front Cover, Helen Marttinen, Canada
Inside Cover, Helen Marttinen, Canada
Page 3, Helen Marttinen, Canada
Back Cover: Armando Pereira, Canada

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

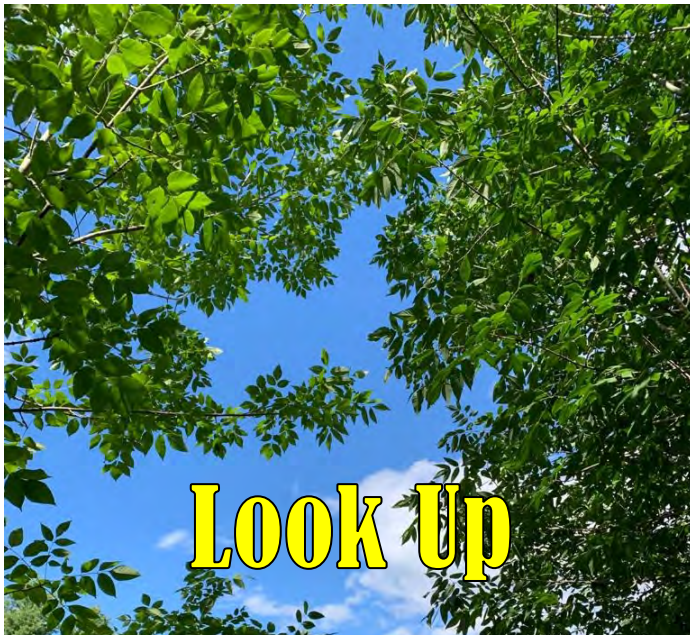
- Telephone: 905-876-2518
- E-mail: ismessenger@yahoo.com
- Internet: www.ismessenger.org
- Mail: RR #3, 7899 15 Side Road, Milton, ON L9T 2X7, Canada

COST:

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

Purchase all 28 years of the Messenger for \$200.00 (shipping included in price). Bound in books by year.

Catalogue is available upon request for all articles for 28 years.



"O LORD; in the morning will I direct my prayer unto Thee, and will look up." Psalm 5:3

"Look up, my brethren. Has the gospel lost its power to impress hearts? Is it because the regenerating influence of the Spirit of Christ has died away that hearts are not purified, sanctified, and prepared for the Holy Spirit? No; the Sword of the Spirit, the Word of the living God, is with us yet; but it must be wielded with earnestness. Let us use it as did God's sanctified ones of old. By its living, quickening power it will cut its way to hearts." – *The Upward Look*, p. 16

"If you feel yourself to be the greatest sinner, Christ is just what you need, the greatest Saviour. Lift up your head and look away from yourself, away from your sin, to the uplifted Saviour; away from the poisonous, venomous bite of the serpent to the Lamb of God who taketh away the sin of the world.

"He has borne the burden of our guilt. He will take the load from our weary shoulders. He will give us rest. The burden of care and sorrow also He will bear. He invites us to cast all our care upon Him, for He carries us upon His heart." – *Lift Him Up*, p. 256

"A view of our own sinfulness drives us to Him who can pardon.

"God does not deal with us as finite men deal with one another. His thoughts are thoughts of mercy, love, and tenderest compassion. 'He will abundantly pardon.' He says, 'I have blotted out, as a thick cloud, thy transgressions.'

"Look up, you who are tried, tempted, and discouraged, look up.... It is ever safe to look up; it is fatal to look

down. If you look down, the earth reels and sways beneath you; nothing is sure. But heaven above you is calm and steady, and there is divine aid for every climber. The hand of the Infinite is reaching over the battlements of heaven to grasp yours in its strong embrace. The mighty Helper is nigh to bless, lift up, and encourage the most erring, the most sinful, if they will look to Him by faith. But the sinner must look up." – *Our Father Cares*, p. 91

"God calls upon you to believe. Heed His voice. Cease talking of the wrath of God and talk of His compassion and His abundant mercy. Jesus sits as a refiner and purifier of silver. The furnace in which you may be placed may be very hot, yet you will come forth as gold seven times purified, reflecting the image of Jesus. Have courage. Look up, believe, and you shall see of the salvation of God." – *In Heavenly Places*, p. 119

"Keep fast hold on Jesus. Look up to the haven of rest and the home of the blest. Keep your soul in the love of God whatever may betide, and you will grow spiritually strong. Jesus is your loving Friend; He will take your hand and help you over every hard and trying place. A grateful, trustful, habitual recognition of God lies at the very foundation of all right conduct, all true character. You must never lose confidence in God. It were less sinful, less unreasonable, to forget every human friend you have in the world than to forget God." – *The Upward Look*, p. 276

"Look up, look up, and let your faith continually increase. Let this faith guide you along the narrow path that leads through the gates of the city of God into the great beyond, the wide, unbounded future of glory that is for the redeemed." – *Heaven*, p. 161

"Christ is coming with clouds and with great glory. A multitude of shining angels will attend Him. He will come to raise the dead, and to change the living saints from glory to glory. He will come to honor those who have loved Him, and kept His commandments, and to take them to Himself. . . . A little longer, and we shall see the King in His beauty. A little longer, and He will wipe all tears from our eyes. A little longer, and He will present us 'faultless before the presence of His glory with exceeding joy.' Jude 24. Wherefore, when He gave the signs of His coming He said, 'When these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.' Luke 21:28." – *The Desires of Ages*, p. 632

Ellen G. White

Travelling in the Right Direction



Most people love travelling, and they will have a destination as to where they plan to go. A common way to travel is by railroad. When you come to the railway station, the trains go in two directions. You have to decide which direction you want to go. Sister White saw a vision of people travelling in a train. Almost the whole world was in that train; it continued with great speed, and the conductor of that train was Satan.

“I saw the rapidity with which this delusion was spreading. 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.

“I asked the angel if there were none left. He bade me look in an opposite direction, and I saw a little company traveling a narrow pathway. All seemed to be firmly united, bound together by the truth, in bundles, or companies. Said the angel, ‘The third angel is binding, or sealing, them in bundles for the heavenly garner.’ This little company looked careworn, as if they had passed through severe trials and conflicts. And it appeared as if

the sun had just risen from behind a cloud and shone upon their countenances, causing them to look triumphant, as if their victories were nearly won.” *—Early Writings*, p. 88–89

Most of the people choose the train that goes to perdition; even millions of professing Christians are on this train.

Moses pointed out two directions to the people in which they could choose to travel. “See, I have set before thee this day life and good, and death and evil; In that I command thee this day to love the LORD thy God, to keep His commandments and statutes and His judgments; that thou mayest live and multiply: and the LORD thy God shall bless thee in the land whither thou goest to possess it. But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them; I denounce unto you this day, that ye shall surely perish, and that ye shall not prolong your days upon the land, wither thou passest over Jordan to go to possess it. I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.” Deuteronomy 30:15–19

Moses pointed the attention of the people to two trains, and asked them to choose one of them. Of the 600,000 men (20 years old and older) who left Egypt, two of them chose the right train and entered the Promised Land. They were Joshua and Caleb. All the others perished in the wilderness, although many repented and will be in heaven—as we know Moses is in heaven now.

Sister White travelled often in trains, and she did not waste her travelling time. She said, “Let the literature be

distributed judiciously on the trains." *—Testimonies for the Church*, vol. 9, p. 123

Also she sang and preached on the train. **"Experience With Song Service on the Cars.** On Sabbath we had a song service. Brother Lawrence who is a musician, led the singing. All the passengers in the car seemed to enjoy the service greatly, many of them joining in the singing.

"On Sunday we had another song service, after which Elder Corliss gave a short talk, taking as his text the words, 'Behold, what manner of love the Father has bestowed upon us, that we should be called the sons of God.' The passengers listened attentively and seemed to enjoy what was said." *—Evangelism*, p. 503

Let us look into a religious train, 900 years before Christ. Elijah chose the train that went in the right direction. "And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken Thy covenant, thrown down Thine altars, and slain Thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." 1 Kings 19:10. He thought he was alone, but the Lord told him there were others who also chose the correct train. "Yet I have left Me seven thousand in Israel, all the knees which have not bowed unto Baal." 1 Kings 19:18

Elijah also asked the people to choose in which direction they wanted to travel. "And Elijah came unto all the people, and said, How long halt ye between two opinions? if the Lord be God, follow Him: but if Baal, then follow him. And the people answered him not a word." 1 Kings 18:21

Several prophets called the people to choose the right way. For example, John the Baptist called the people to change their travelling direction and to produce good fruit. "And now also the ax is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire." Matthew 3:10

By their fruits we shall know which direction they are going, and in which train they travel. Jesus invited the people, "Come unto Me." Matthew 11:28. But, very few decided to go to Jesus and follow Him.

Paul and the other disciples invited people to enter into the train of God, and travel to heaven. But, what did Paul experience? He writes, "This thou knowest, that all they which are in Asia be turned away from me; of whom are Phygellus and Hermogenes." 2 Timothy 1:15

One more invitation we find in the Bible, to come into the train of God. "And the Spirit and the bride say,

Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely." Revelation 22:17

Why does almost the whole world enter the train of Satan, and so few enter the train of God? Maybe the price is too high to buy a ticket into God's train.

Jesus said, "Again, the kingdom of heaven is like unto treasure hid in a field: the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field. Again, the kingdom of heaven is like unto a merchant man, seeking goodly pearls: Who, when he had found one pearl of great price, went and sold all that he had, and bought it." Matthew 13:44-46

"Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow Me. But when the young man heard that saying, he went away sorrowful: for he had great possessions. Then said Jesus unto His disciples, Verily I say unto you, That a rich man shall hardly enter into the kingdom of heaven." Matthew 19:21-23

Very few people are willing to pay the price for heaven. It is too high for them. Noah paid a high price; he spent 120 years building the ark. To Abraham it cost him his son, Isaac. To millions of martyrs in the Middle Ages, it cost them their lives.

My friend, which train are you travelling on? Are you going towards heaven, in the train where Jesus is the conductor? Today, we can still change trains, but soon it will be too late. Then the travellers on Satan's train will cry out a bitter lamentation, "we are lost, forever lost." Only 144,000 will be saved of those who believe in the Three Angel's Messages because they are choosing the train of Jesus.

Are you willing to pay the price to enter the train of God and travel to heaven, to the New Jerusalem? Let us pay the price, whatever it is, and make sure that our direction is heaven, New Jerusalem. Amen.

Timo Martin





What Are You Afraid Of?

We all have fears from time to time. Sometimes they are real fears, and sometimes anticipated fears of what may happen. Fear can be good as it can save a person from a dangerous situation. Fear can also be negative and can result, in emotional instability, or an inability to perform some needed tasks, or even into sin.

I am sure most of us are familiar with the two definitions of the word, "fear." One being the trembling fear, and the other being reverential fear of the Lord, as Solomon spoke about. "The fear of the LORD is the beginning of knowledge." Proverbs 1:7. Also, the faithful believers in the early Christian church were living by the true fear of the Lord. "Then had the churches rest throughout all Judaea and Galilee and Samaria, and were edified; and walking in the fear of the Lord, and in the comfort of the Holy Ghost, were multiplied." Acts 9:31

When someone asks you though, "What are you afraid of?" what would you answer? This sentence is normally spoken in reference to the trembling fear and can be asked in one of two ways.

Firstly, it can be an encouragement for someone trying something new, something that they feel nervous about. Perhaps it is riding a horse for the first time. Maybe it is public speaking for the first time, or any other situation or activity that the person feels fearful about. Then, someone comes and encourages them with the words, "What are you afraid of?" and then they continue by giving reasons that they do not need to be afraid. This is how Jesus encourages us not to be afraid of the dangers we may meet on our Christian journey.

Secondly, this statement can be spoken in a very taunting and demeaning manner. It can be spoken by a big bully who wants to fight someone smaller, and with a taunting voice, says, "What are you afraid of?" Is this not the way that Goliath spoke to the Israelites? Send someone to fight me. What are you afraid of? All the while, knowing that he had a far greater advantage of obtaining the victory in the fight due to his strength and large stature (1 Samuel 17).

This is also how Satan allures many into sin. Young people who attend public schools are constantly around worldly associates and as they get older, they can be tempted into sin. Their associates may be participating in activities that Christ does not approve of and the Christian can be told by their "friends", "Try it, what are *you* afraid of?" This often comes in a very taunting tone of voice. Some youth, who are not very strong in their faith, succumb to the taunts of the enemy. They do not want to portray any "fear" in the midst of their peers and thus they pick up the bad habits that Satan tempted them into. They have a fear of not being accepted by their worldly peers, so they give in to the temptation, and this can result in life-long sinful habits that are hard to break later in life. Small decisions like this made through social fear of rejection, can lead to habits that will then form character.

Satan has been successful all throughout the ages in making people lose their reverential fear of God. "As he prevailed on the church to receive favors and honors from the world, under the pretense of receiving benefits, she began to lose favor with God. Shunning to declare the straight truths which shut out the lovers of

pleasure and friends of the world, she gradually lost her power." *—Early Writings*, p. 226

Ask yourself, what are you *really* afraid of?

Some people have it all backwards. In the above example, people may fear ridicule or non-acceptance of their peers if they do not participate with them in their non-Christian activities. There are others who are afraid of being late for work, but are not afraid of being late for church. People are afraid of not paying their rent or mortgage, and stress over it, but they are not afraid of withholding tithes and offerings and using it for worldly purposes.

Then there are momentary fears that catch someone off guard and can lead one to deny Jesus, as did Peter at the crucifixion of Jesus. Peter feared ridicule and thus at the spur of the moment did something he may not have done had he taken the time to think it through. Peter repented with bitter tears, and then became a very bold soldier of the cross. Ever mindful of his past failure, he gave this warning, "be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear." 1 Peter 3:15

On the opposite spectrum, we have the example of Balaam who feared losing the treasure offered him and the respect of the heathen king. Initially, he listened to the voice of the Lord and did not go with the king's servants, but his heart's longing was for the treasure and respect, so he asked the Lord again. The Lord read his heart and let him go. In this, Balaam knowingly denied Jesus by choosing to go and try to curse Israel knowing full well that they were the people of God. He was not successful in his attempt, but he did not feel remorse for his sin. He did not repent in bitter tears as did Peter. Yet, once he started down that path of departure from the Lord, unrepentant, he continued. He lost his fear of disobeying God. He became more bold in wrongdoing. Although he was unable to curse Israel, he still wanted the king's favour so he gave advice to King Balak as to the best way to destroy the Israelites. Balaam told the king to send heathen women into the camp to tempt the men to sin against God. He was not afraid to do this. Soon after he lost his life in battle against the armies of Israel with the Moabites. This prophet of God ended up fighting against God and His people. He lost his complete fear of God by taking one step in the wrong direction.

"From the beginning Satan has portrayed to men the gains to be won by transgression. Thus he seduced angels. Thus he tempted Adam and Eve to sin. And thus

he is still leading multitudes away from obedience to God. The path of transgression is made to appear desirable; 'but the end thereof are the ways of death.' Proverbs 14:12. Happy they who, having ventured in this way, learn how bitter are the fruits of sin, and turn from it betimes." *—Patriarchs and Prophets*, p. 720

Who do you fear more? Do you fear man whom you can see, or God whom you cannot see? Unfortunately, many in the world do not fear God because they cannot see Him. Many lukewarm Christians think this way also. They have less fear of displeasing God than they have of displeasing their fellow men.

Then there are sometimes irrational fears; fears that have no solid foundation. These fears are called phobias. What is a phobia?

According to Wikipedia it is defined as: "a type of anxiety disorder defined by a persistent and excessive fear of an object or situation." <https://en.wikipedia.org/wiki/Phobia>. It is an extreme fear or dislike of something without a rational reason for the feeling. Most people who suffer from phobias recognize that their fears are not reflective of reality, such as fear of heights or fear of spiders. Some phobias can be crippling, for example, when a person has a social phobia and is fearful of leaving their own house or a fear that others are judging them.

Can there be religious phobias? Yes, there can.

Regarding spiritual phobias, is there any reason for a Christian to be afraid? We have a very powerful enemy, and it is easy to develop a fear of him and his work. If we are troubled by the work of the devil over and over again, can we develop phobias? Is it an irrational fear to be afraid of Satan? Yes, it is because we have a more powerful ally. Satan is much stronger than we are and if we fear him, we are fighting on our own.

Nonetheless, people do have spiritual phobias. One is called "Doomsday Phobia." These people are very fearful of the end of the world. There was a young woman with two lovely daughters who came to church when I was a child. The mother was convicted of the truth, but she became very fearful of the end times. She was so fearful, it made her sick. She went to the doctor, and the doctor simply told her to go to another church. And sadly, she did. She should have gone on her knees to the Lord in prayer and perhaps counselled with some of the leaders in the church. The world and some false Christian churches are not able to provide true spiritual comfort. Are you afraid when you think of the end time

events of this world? Jesus will be your comfort.

Death-related phobias are extremely common among people of all cultures and religious backgrounds. No matter what your faith, contemplating your own death is generally not a pleasant experience and can cause fear in many people. Again, the Lord's promise is that He will, "deliver them who through fear of death were all their lifetime subject to bondage." Hebrews 2:15. The Apostle Paul compared this fear to bondage.

A phobia, a long-term irrational fear that some have is fear of displeasing man while not caring about displeasing God. They fear loss of health, wealth or comfort if they would obey God implicitly.

The true Christian will draw comfort rather than fear, from their religious faith, as it should be. If you are fearful within your faith, there has been a disconnect between you and heaven. The apostle Paul encourages us to "Be careful [anxious] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Philippians 4:6

One of the best ways to overcome a phobia is exposure therapy, in which the person is introduced to the situation or object in question until the fear resolves. This is how the Lord works. He may ask a task of you that seems fearful. You may think you have a phobia and you cannot do it, as you have no talent or experience in that task. He may ask you to preach a sermon, teach a lesson, go door-to-door canvassing, speak to a specific person about His love, and so on. His requests may seem impossible for you and the thought seems so fearful at the first request, but as you go forward by faith and complete the task, the Lord gives you strength and the next time the task is easier. The fear (phobia) abates as you are exposed to the task over and over again. You see how the Lord has helped and strengthened you for the task and you then trust that He will continue to do so.

When fear is the basis for our decisions, we allow something besides the Holy Spirit to control us. In overcoming a fear of flying, a believer may choose to say, "I am terrified to get on that plane. But I know that God's plan for me is to fly to another location, so I would be disobeying Him to let fear rule me." We may pray throughout the entire flight and close our eyes, but when we choose to obey God, the phobias and fears lose their stranglehold on us.

Satan also uses exposure therapy very well. We all know that sin persistently cherished results in death—eternal death—the second death, but Satan tells you, "try it, you will like the sin." That is what he told Eve, "Try it, you

will like it and you will not die." At first when you give in to sin, you will feel very guilty for having incurred God's displeasure. If you give in to the temptation, Satan will come again and tell you to try again; this time you will not feel so bad. In this he is telling the truth, the conscience is being seared. He will come again and again, and each time it becomes less fearful to a person. One day the person begins to enjoy the sin and thinks they cannot live a happy life without it.

The Christian then becomes like the world. "How is the gold become dim! how is the most fine gold changed!" Lamentations 4:1. In the world many have no fear of Satan and the entertainments he offers. When the Christian backslides and becomes like the world, having no fear of sin, it is a frightening situation when you think about it. The Laodicean spirit is pervading the Christian world today and is even creeping into God's church with unconverted members not being serious about salvation. They do not fear to commit a little sin here or there, and worse still, they feel no remorse. They reassure themselves that God will overlook these minor details. If you have declined into this situation, you should begin to fear and tremble for your salvation. From the first temptation to "Try it", a Christian must say a firm "No!"

Although a true Christian has reverential fear of God, and fears not the devil and his evil hosts because Jesus dwells in his heart, there are trembling fears that are good for a Christian to have, and these will help them in their spiritual life. The Apostle Paul mentions these types of fears when he says, "Be not highminded, but fear." Romans 11:20. And also, "work out your own salvation with fear and trembling." Philippians 2:12. What does he mean? Why fear? Fear and trembling?

While it is a trembling fear, it is a wholesome self-distrust. Paul is not advocating a "slavish terror," a phobia that enslaves a person and keeps them from doing normal things.

The true Christian should fear that they have disappointed God. Fear that they have not fulfilled His purpose for their lives. Fear of not having their character perfected and ready for heaven. They should fear lest they are not continually surrendered to Christ, or lest the carnal traits of character should control the life.

Another healthy fear is that they will have blood on their garments when Jesus comes. "Let not the blood of souls be found on our garments. Let not precious probationary time be squandered in cherishing pride of heart. Are there no poor to be visited? no dim eyes for whom you can read the word of God? no desponding, discouraged

ones that need your words of comfort and your prayers?" –*Counsels on Health*, p. 602

All should have a fear of sin. "Can we not understand that the most costly thing in the world is sin? It is at the expense of purity of conscience, at the cost of losing the favor of God and separating the soul from Him, and at last losing heaven." –*Faith and Works*, p. 17

"God does not bid you fear that He will fail to fulfill His promises, that His patience will weary, or His compassion be found wanting. Fear lest your will shall not be held in subjection to Christ's will, lest your hereditary and cultivated traits of character shall control your life. 'It is God which worketh in you both to will and to do of His good pleasure.' Fear lest self shall interpose between your soul and the great Master Worker. Fear lest self-will shall mar the high purpose that through you God desires to accomplish. Fear to trust to your own strength, fear to withdraw your hand from the hand of Christ and attempt to walk life's pathway without His abiding presence." –*Christ's Object Lessons*, p. 161

Such fear leads to vigilance against temptations, to humility of mind and to taking heed lest we fall. It can only be done by a life hid in Christ.

Even in matters of our secular life, the Lord expects a complete surrender and a healthy fear of failure. "Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ." Ephesians 6:5. Do your work on earth as if God was your immediate boss. And, if you think about it, in reality, He is. Work with this thought in your mind. Paul encourages faithfulness in every duty of life. Great care and earnestness should be used in every responsibility that is given to us.

The apostle Paul had learned that he is weak, but God is his source of strength. "And I was with you in weakness, and in fear, and in much trembling." 1 Corinthians 2:3. Why? "The apostle feared lest his work should stand in the wisdom of men and not in the power of God, and thus his labor prove to be a work which would not produce a harvest." –*The Voice in Speech and Song*, p. 323

None of us can successfully do the work of the Lord if one little element of self is involved. Paul was conscious of his shortcomings and infirmities. He was anxious about the success of his mission in Corinth, for he knew that he had many enemies in the city. The apostle was also concerned lest his work be marked by merely human characteristics. Paul's fear was that the work of God would be hindered whether by external enemies, or by his own weaknesses. He had one focus in life and that was to see the work of God prosper. However, God had

assured him that his work would be successful and that he had nothing to fear. Every true believer in God will ever be conscious of his own limitations and weaknesses. Such an attitude leads him to place a greater reliance upon God for strength and wisdom to do His work. "Our greatest strength is realized when we feel and acknowledge our weakness." –*Testimonies for the Church*, vol. 5, p. 70

All throughout his life, and it is reflected in his writings, we see that Paul's number one fear was seeing the cause of God suffer. "For, when we were come into Macedonia, our flesh had no rest, but we were troubled on every side; without were fightings, within were fears." 2 Corinthians 7:5. There were many struggles and sometimes he had concerns and uncertainty as to how things would work out. This does not mean that Paul suffered abject fear. He had learned to trust in Jesus. He showed complete trust through all his trials, but he was still human and had emotions of uncertainty at times.

After his denial, Peter showed great faith. He no longer feared man. He had learned the fear (reverence) of the Lord. "And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear." 1 Peter 1:17

Today we live in a very fearful time. Many in the world are petrified of the pandemic. Is this fear irrational? As Christians, do we have any reason to fear? No, we do not. We do our part and trust in God. This is one of the signs of the times which tell us that the coming of Christ is near at hand. While it is sad to see so many sick and suffering, we can rejoice that the day of the Lord is near. We can share the good news with those who are sick that Jesus will come soon and put an end to suffering. The Lord can use our courage to strengthen those that fear around us.

The perfect solution to any trembling fear is love. In comforting the faithful Christians, Paul stated, "For ye have not received the spirit of bondage again to fear." Romans 8:15. And John took it a step further when he stated, "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.



“ 1 John 4:18

When the task seems insurmountable and you fear failure, the Lord will encourage you as He did Zerubbabel when they were rebuilding Jerusalem. “Not by might, nor by power, but by My spirit, saith the LORD of hosts.” Zechariah 4:6. “Casting all your care upon Him; for He careth for you.” 1 Peter 5:7. We can choose to cast our care upon Jesus and not let the fears and phobias of this world dictate the choices we make.

In reading Joshua 1:1–9, God commands Joshua to take charge of the leadership of Israel. Three times in that short passage, God tells Joshua to “be strong and courageous, for I am with you.” If he had no fear and courage came naturally to Joshua, God would not have had to tell him three times to fear not. Likely, Joshua was experiencing some overwhelming fears and felt inadequate for the task before him. Who wouldn’t? God did not scold him; God empowered him. And He will do the same for any of His children who are overcome with fears and phobias because the God who strengthened Joshua is the God who will strengthen us.

Are fears and phobias a sign of sin? The answer is, not always. The reality is that many times Christians with fears and phobias struggle with feeling that they are disappointing God because of their fear. Other well-meaning Christians can make this worse by oversimplifying the solution: “Just trust the Lord!” they say, and then go on their merry way, believing they have resolved a complex problem with this simple cliché. Even though this is true, it may not be the best way to handle the situation. There is more to it.

It is true that throughout Scripture we are told to, “Fear not,” and this comes to us as a loving mother comforting her child who has awakened in the night from a bad dream. “I sought the LORD, and He heard me, and delivered me from all my fears.” Psalm 34:4. Here Jesus promised to save us from what? From trouble? From torment? From natural disasters? From the hand of evil men? No, He promised to save us from our fears, whatever they may be. He has not promised a life free of trials, but when those trials create fear in us, He promises to walk with us and deliver us from those fears. “When trouble comes, instead of getting out of patience, instead of fretting and worrying, go to the Lord, and tell Him all about it.” –*The Upward Look*, p. 359

And that trembling fear will turn into a reverential fear as the angels come and assist us. “The angel of the LORD encampeth round about them that fear Him, and delivereth them.” Psalm 34:7

“There are good and evil angels. Satan is ever on the alert to deceive and mislead. He is using every enchantment to allure men into the broad road of disobedience. He is working to confuse the senses with erroneous sentiments, and remove the landmarks by placing his false inscription on the signposts which God has established to point the right way. It is because these evil agencies are striving to eclipse every ray of light from the soul that heavenly beings are appointed to do their work of ministry, to guide, guard, and control those who shall be heirs of salvation. None need despair because of the inherited tendencies to evil, but when the Spirit of God convicts of sin, the wrongdoer must repent and confess and forsake the evil. Faithful sentinels are on guard to direct souls in right paths.” –*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1120

“To know one’s self is great knowledge. True self-knowledge will lead to a humility that will allow the Lord to train the mind, and mold and discipline the character. The grace of humility is greatly needed by the workers for Christ in this period of the world’s history.” –*Fundamentals of Christian Education*, p. 525

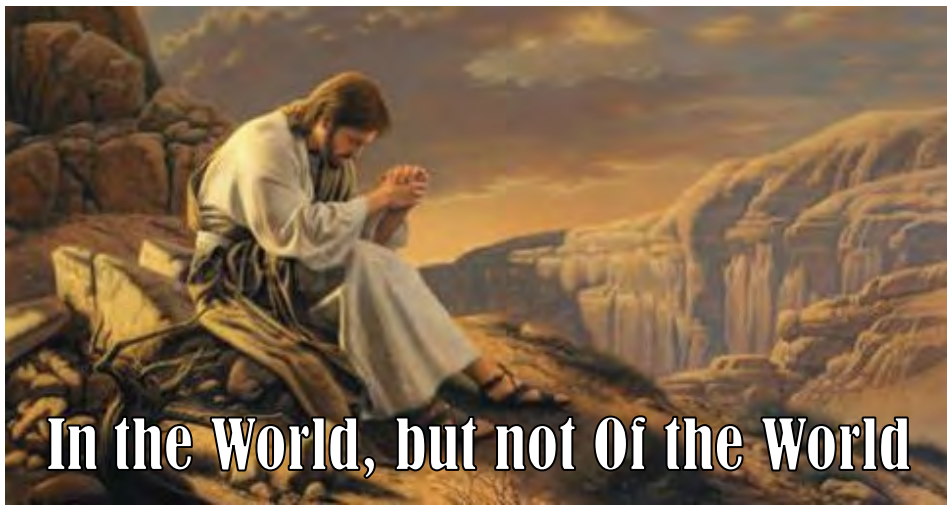
I ask again, what are you afraid of? Are you afraid of the task that the Lord places before you? Are you afraid of what others may think of you? Are you afraid of being late for work, but not afraid of being late to church?

Search your own heart. May you have a genuine fear of walking alone—of thinking yourself self-sufficient, that you are ok. We are all sinners in need of Christ and we should fear to let go of His hand and walk alone. The fear of the Lord is not irrational. It is not a phobia that will force us into obedience because we fear death. It is a love relationship that we have with One who created and redeemed us.

May God help us to develop healthy fears which will lead us to Christ, and surrender our unfounded fears to Him. He will take care of them. He will fill you with His perfect love that will cast out every irrational fear.

Wendy Eaton





In the World, but not Of the World

“Let not the follower of Christ think, when he is no longer able to labor openly and actively for God and His truth, that he has no service to render, no reward to secure. Christ's true witnesses are never laid aside. In health and sickness, in life and death, God uses them still. When through Satan's malice the servants of Christ have been persecuted, their active labors hindered, when they have been cast into prison, or dragged to the scaffold or to the stake, it was that truth might gain a greater triumph. As these faithful ones sealed their testimony with their blood, souls hitherto in doubt and uncertainty were convinced of the faith of Christ and took their stand courageously for Him. From the ashes of the martyrs has sprung an abundant harvest for God.

“The zeal and fidelity of Paul and his fellow workers, no less than the faith and obedience of these converts to Christianity, under circumstances so forbidding, rebuke slothfulness and lack of faith in the minister of Christ. The apostle and his associate workers might have argued that it would be vain to call to repentance and faith in Christ the servants of Nero, subjected, as they were, to fierce temptations, surrounded by formidable hindrances, and exposed to bitter opposition. Even should they be convinced of the truth, how could they render obedience? But Paul did not reason thus; in faith he presented the gospel to these souls, and among those who heard were some who decided to obey at any cost. Notwithstanding obstacles and dangers, they would accept the light, and trust God to help them let their light shine forth to others.

“Not only were converts won to the truth in Caesar's household, but after their conversion they remained in that household. They did not feel at liberty to abandon their post of duty because their surroundings were no longer congenial. The truth had found them there, and there they remained, by their changed life and character testifying to the transforming power of the new faith.

“Are any tempted to make their circumstances an excuse

for failing to witness for Christ? Let them consider the situation of the disciples in Caesar's household--the depravity of the emperor, the profligacy of the court. We can hardly imagine circumstances more unfavorable to a religious life, and entailing greater sacrifice or opposition, than those in which these converts found themselves. Yet amidst difficulties and dangers they maintained their fidelity. Because of obstacles that seem insurmountable, the Christian may seek to

excuse himself from obeying the truth as it is in Jesus; but he can offer no excuse that will bear investigation. Could he do this he would prove God unjust in that He had made for His children conditions of salvation with which they could not comply.

“He whose heart is fixed to serve God will find opportunity to witness for Him. Difficulties will be powerless to hinder him who is determined to seek first the kingdom of God and His righteousness. In the strength gained by prayer and a study of the word, he will seek virtue and forsake vice. Looking to Jesus, the Author and Finisher of the faith, who endured the contradiction of sinners against Himself, the believer will willingly brave contempt and derision. And help and grace sufficient for every circumstance are promised by Him whose word is truth. His everlasting arms encircle the soul that turns to Him for aid. In His care we may rest safely, saying, ‘What time I am afraid, I will trust in Thee.’ Psalm 56:3. To all who put their trust in Him, God will fulfill His promise.

“By His own example the Saviour has shown that His followers can be in the world and yet not of the world. He came not to partake of its delusive pleasures, to be swayed by its customs, and to follow its practices, but to do His Father's will, to seek and save the lost. With this object before him the Christian may stand uncontaminated in any surroundings. . . . *Not in freedom from trial, but in the midst of it, is Christian character developed.* Exposure to rebuffs and opposition leads the follower of Christ to greater watchfulness and more earnest prayer to the mighty Helper. Severe trial endured by the grace of God develops patience, vigilance, fortitude, and a deep and abiding trust in God. It is the triumph of the Christian faith that it enables its followers to suffer and be strong; to submit, and thus to conquer; to be killed all the day long, and yet to live; to bear the cross, and thus to win the crown of glory.” —*The Acts of the Apostles*, p. 465–468

Ellen G. White



Developmental Religion

When Christ calls people, He calls them to live a productive, fruitful life. At the time they are called, they may be in a wretched condition, with little or no vision for their future. Sometimes they do not realize what talents they have. They may start out deeply in the world, even to the point of claiming there is no God.

As He (Christ) views the people living on the earth, He cares for each one as if s/he were the only person living. He takes special notice of those who are soft-hearted, who would likely listen and tremble at His word. He hopes to mould these people's characters for His glory.

Jesus sends His spirit to all people, however, the soft-hearted ones often respond. The Holy Spirit convicts them of their unworthiness and shows them their need of a Saviour, creating in them a longing for something better. He lets them know what they are capable of becoming when they invite Him into their hearts. Drawn by His precious love, many accept the call and come to Him. He then gives them joy, peace and direction in their lives.

There are many examples in history that show how God can take someone from a very sinful estate and transform them into great men for His glory.

Let us think about the apostle Paul. He was actively causing Christians to be tortured and put to death until he was visited by the King of Heaven who called him. Paul accepted the call and was transformed into a saint. What great, unfathomable love Jesus showed him!

"And he fell to the earth, and heard a voice saying unto

him, Saul, Saul, why persecutest thou Me? And he said, Who art Thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks. And he trembling and astonished said, Lord, what wilt Thou have me to do? And the Lord said unto him, Arise, and go into the city, and it shall be told thee what thou must do." Acts 9:4-6

From the moment Paul met Jesus on the Damascus road, he attained a deeper experience, and ended up accomplishing great things for the Lord. Paul then submitted to the moulding of the Lord and became a successful worker for Him. His question: "what wilt Thou have me do?" (verse 6) was asked continuously throughout his life. He sought guidance from the Lord at each step of his life and he grew stronger, developing into a giant in the cause of God.

Life in Christ is not stagnant, dry, and fruitless. A true Christian life is characterized by growth and a peaceful and joyful life, with a dignified bearing, and having a strong missionary zeal. They have a strong passion to work for the salvation of others, as well as bringing relief to the suffering and needy.

Regarding, "Developmental Religion," when a new government assumes power, people expect a significant transformation of the country's appearance. Especially in developing countries, the signs of development could be new road infrastructure, schools, colleges and universities, better hospitals, etc. If years pass and nothing is happening, that government is seen to have failed.

Likewise, within the church, as soon as new a leader

takes over the leadership of the church, on any level, immediately there are expectations that the church will be revived and transformed. New projects are expected to be started by harnessing the current available resources, and employing them for better use. The hope is that life and growth will be seen everywhere.

Developmental Religion is that kind of religion which brings about growth and a meaningful transformation in all areas that make up a person: spirit, soul, and body (1 Thessalonians 5:23). It is very important to take care of all three of these. As a person seeks to continuously improve, with the help of the Lord, it will clearly be seen in all three areas in the person's life.

In most lessons and sermons, emphasis is often given to the first two (spirit and soul); the last is spoken of mostly in terms of health only. The reality is that they all work hand in hand and influence each other. You visit a brother, and then five years later you visit him again. If you find him in the same condition or having gone backwards he will have not grown, but backslidden. It is the same with a church. If you visit a church once and then again five years later, you would hope to have seen growth. If you find it in the same condition, or having deteriorated, then the problem is there was no developmental religion. Things are at a standstill.

As a church, we sometimes hear that the church members in a certain place are very poor and need our help. The cause of poverty in some cases is a poverty mindset. Some believe and often teach that poverty is part of spirituality (or helps us to be spiritual), by making us humble. When these thoughts are entrenched in the mind, the result is perpetual poverty with the person having no desire to grow and improve their situation or provide for their own needs. They expect handouts from the rich. The truth is that faithful people are promised blessings. (Deuteronomy 28). This does not necessarily mean a person will be extremely wealthy, but God will provide for their needs as they diligently work and use their talents for His honour and glory.

“And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all His commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God. Blessed shalt thou be in the city, and blessed shalt thou be in the field. Blessed shall be the fruit of thy body, and the fruit of thy ground, and the fruit of thy cattle, the increase of

thy kine, and the flocks of thy sheep. Blessed shall be thy basket and thy store. Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out. The LORD shall cause thine enemies that rise up against thee to be smitten before thy face: they shall come out against thee one way, and flee before thee seven ways. The LORD shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and He shall bless thee in the land which the LORD thy God giveth thee.” Deuteronomy 28:1-8

It is interesting to note that almost every passage which talks about spiritual advancement also includes physical advancement.

No one is too poor to make a success in life unless they believe they are helpless, and thus make no effort to advance. They accept life as it is and remain in that condition. There is much that can be improved in the physical world if we never harboured any thought that we cannot advance. To some just mentioning the word “rich” is unacceptable and must not be mentioned in context with true Christianity. Some believe that the rich cannot be saved and thus they are afraid to take any step that may bring them out of poverty, even if by honest methods. In most cases, a person with a poor mindset, will not have an understanding of how resources can be gathered to make advancements in life. In such cases they judge rich people as being bad. It is true that riches without Christ will result in loss of eternal life. Jesus, spoke a parable about a rich man (Luke 12:16-20) and concluded by saying, “So is he that layeth up treasure for himself, but not rich toward God.” (verse 21). However, to be poor, refusing to use the available resources to improve one's life is equally poor in God's sight.

Some people misinterpret Bible verses making incorrect conclusions. For example: when Christ said, “Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself,” (Matthew 6:34) He did not substitute work for mere trusting. The problem is not in doing work. The problem is the “worry.” If the mind gets so obsessed with what a person is lacking, then it becomes sin. In the fourth Commandment, the part most seen as a command is that of not working on the Seventh day, but the part before commands us to work for six days. (Exodus 20:9). This part is often ignored, however the truth is that God is commanding us to work.

When Christ says: “God cares for the birds, so He will care for you,” He does not say, do no work. For even the



birds wake up early to seek out food and come back in the evening to roost. So, these verses are not an excuse for us not to work. The truth is that all these things shall be added unto us, if we seek the kingdom of God and His righteousness first (Matthew 6:33).

When the mind is poor, the result is an inability to improve one's situation whether spiritually or physically. "The destruction of the poor is in their poverty." Proverbs 10:15. The first step, therefore, is to begin to use available resources to free one's self from spiritual and physical poverty. Everyone has room for improvement. Even the rich can have a poor mindset if they are not growing. There is a lack of willingness to advance, reaching for higher goals.

You must believe that you can be rich in Christ, spiritually, emotionally and mentally, and if He so desires, you can be rich physically also. However, having physical wealth may not necessarily result from your hard work if the Lord sees that your poverty will bring you salvation. Jesus said, "For ye have the poor always with you." Matthew 26:11. Whether rich or poor, you can rise and do something to provide for yourself and family. All can have self-worth with good honest labour. It is no sin to be rich, and it is not a lack of faith if you are poor. John the Baptist said, "be content with your wages." Luke 3:14. The Apostle Paul said, "for I have learned, in whatsoever state I am, therewith to be content." Philippians 4:11. He was poor in the eyes of the world. He had no home, no family, no material wealth. But he worked hard to advance the cause of God, and he was content. Thus he was spiritually very rich.

In the Spirit of Prophecy we can read how the rich are to help the "worthy poor" (*The Acts of the Apostles* p. 296). These worthy poor are hard workers. Those that are not worthy poor, are in physical poverty and have no mindset to improve their state. They expect the rich to give them handouts.

For some Christians, God sees no risk in giving them physical blessings: children, a good home, and other possessions. Job was a very wealthy man (Job 1:1-3), yet he was not more acceptable in the eyes of God than was the Apostle Paul who had nothing in this world.

When Peter asked what they will have, having left everything, Jesus said, "But he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and

in the world to come eternal life." Mark 10:30

In order to be successful in every aspect of life, both spiritually and physically, you must identify your skills and talents (Matthew 25:14-30) and employ them to work. God gives wisdom to do well if you pray in faith. "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." James 1:5

After praying such a prayer, assess your resources and talents and see what you can do to grow in grace and improve your situation if possible. After time, you will notice a change. There will be an improvement in your character and in your surroundings as you work productively. Set the standard high.

Some are unable to visualize how they can improve. They use the excuse that "I have nowhere to start from". Or "I have too little to make a change." "I do not have a talent to do that work." What did Jesus do using the little food that was available? He fed over five thousand people (Matthew 14:17-20).

Set high goals within a certain time frame. Set some yearly goals, monthly goals, weekly goals, and daily goals. One day at a time be faithful in your work and God will bless you and help you reach your long-term goals and prepare your character for heaven.

Remember to be disciplined. Do what you plan to do no matter what circumstances arise. Some set goals, but give up easily when circumstances prove not to be as favourable as they expected. Do not engage in anything that will destroy your life. When wealth-seeking conflicts with the law of God remember that you cannot serve both God and mammon (Matthew 6:24). In the end, the result will be eternal death.

Everyone can do something. We have seen videos of disabled people, who could easily provide a good reason as to why they have nothing, and can do nothing to improve their situation. They could acceptably rely on alms and people would give to them, feeling pity for them. However, many of these people are seen to be engaged in something useful, like a profitable business, and are able to support themselves and the church. For example, a man with no hands and legs, who could be justified in living by just asking for alms can work to perfect the art of speech making, and then ask his bearers to put him on stage and deliver a motivational talk and then people pay some money, not merely out of sympathy, but to pay for the value he has provided.

In many cases people are just afraid of the unknown.

They are afraid to step out and reach higher. “The slothful man saith, There is a lion in the way; a lion is in the streets.” Proverbs 26:13. In their own minds, by slothfulness, they say they cannot step out because of the lions in the streets. Each one can identify his lion and get rid of it—something which makes one fear of something that, in reality, is not even there.

For some people, the problem is not that they do not work; the problem is that they work while having a poor mind-set. They work slothfully, slowly, with no purpose or desire to improve their situation. Thus there is not much progress in their lives. This can be true both physically and spiritually. Thus they are dormant.

As the Lord blesses your work, do not forget to be very faithful with tithes and offerings. By being very exact in tithing, and being liberal in offerings, you will receive the blessings that God has promised to you (Malachi 3:8–12). Some people are very stingy when giving offerings on the Sabbath, during Sabbath school and the divine service.



They may have a pocket full of larger denominations but they pick out the smallest and this they give as an offering. This is sad. This is a poverty mind-set. They give the Lord a mere pittance. May God help us not to be of this class.

Each member should actively be giving to support the work of God, whether it be funding missionary trips, or producing tracts and banners. They must also take time to meet people in person face to face and share the gospel. However, their missionary work may be the important task of cleaning the church or taking care of the property. With this mind-set in each member, our churches would not struggle spiritually and the work of God would be finished sooner.

It is encouraging to hear how the organization has built a Missionary school in Kibaha, in Dar es Salaam, Tanzania and is working together with the General Conference. Also, the purchasing of Norman College as a new place for the American Union headquarters. And, that a union has built a school with its own resources in Malawi. These projects will be of benefit in the immediate future, and in the long term.

Some hold the view that since Christ is coming soon, such projects are a waste of time and money. It is true that our Lord is coming soon and that we must not be absorbed in earthly pursuits, but these projects mentioned are worthy projects for the furtherance of the gospel—developmental religion, growth.

Just think, if around the year 1993 people had the same mindset, now in 2022, 29 years later we could have benefited from the long-term vision if it had been acted upon.

If you have a farm, plant more fruits. Do not plant just two or three trees, but a large farm. Perfect the farming practice and supply vegetables and fruits to supermarkets for sale to support yourself and the cause of God.

“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in His law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.” Psalm 1:1–3

As you read every verse in the Bible, ponder carefully how this verse can help you advance in all three areas of your life (spirit, soul, and body).

With all that said, let us end with the words of our Lord, “And He called his ten servants, and delivered them ten pounds, and said unto them, Occupy till I come.” Luke 19:13. Amen.

Joel Msiska, Malawi

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



The Circadian Rhythm: Our Body's Internal Clock

Last month we learned about the need to space out our meals to allow the digestive system a time of rest. We also learned that our digestive system works over a period of many hours to days, to digest our food, and to eliminate the waste, thus the focus was on the timing of our meals based on the length of the process of digestion, especially taking into consideration the amount of time that our food remains in our stomach. We also learned that the length of the digestive process also depends on the types of foods we eat. However, there is another very important timing to consider, and that is the way the whole body responds to the timing of our meals over a 24-hour period. We need to be mindful of our meals throughout the day.

I was planning to continue discussing the importance of the timing of our meals, and then my research led me to consider, not only the importance of the timing of our meals in terms of our digestive health, but how our whole body runs on an internal time clock, with implications beyond just our digestion system. Therefore, I decided to segue into a look at our body's internal clock, also known as the circadian rhythm. An understanding of our body's circadian rhythm will better explain the reasons for the timing of our meals and how they impact our overall health.

Our bodies run on a 24-hour circadian rhythm; it is an internal clock, which determines how our physical and mental states, our mood, and behavioural patterns change over a 24-hour period. These patterns include body functions such as our sleep-wake cycle, immune function, digestion, alertness, hormonal activity, and body temperature. This internal clock is not governed by any external factors; it occurs naturally in humans, as well as in other animals, plants, and microbes. Even

without external influences, our circadian rhythm follows closely to a 24-hour period. How marvellous is God's wisdom, to create man so intricately in tune with the rest of nature!

In their findings published on June 11, 2020, in *The Journal of Clinical Endocrinology & Metabolism*, the researchers say eating late could promote obesity if these conditions happen often enough.

"What time you eat could be just as important as what you eat when it comes to metabolic health," says Jonathan Jun, M.D., associate professor of medicine at the Johns Hopkins University School of Medicine. "When people eat identical meals at two different times, their bodies apparently process those calories differently. How an individual responds depends on their particular biorhythms and sleep behaviors."

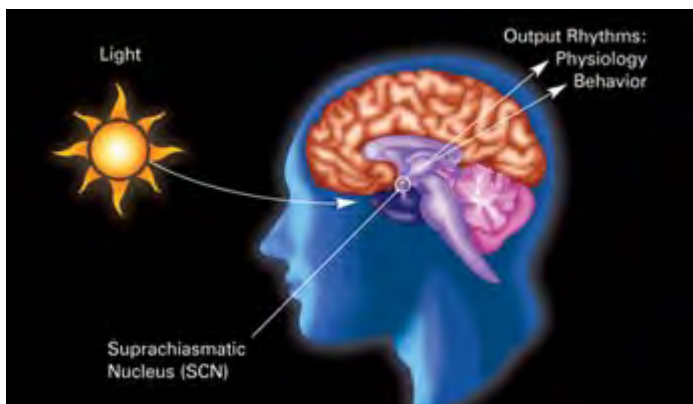
Although we have this internal clock, the circadian rhythm can also be influenced by the external environment. The human body can adapt its own internal clock to the 24-hour period of daylight and night. This relates specifically to the circadian rhythm that controls our sleep-wake cycle. In fact, most people think of the circadian rhythm as the clock that controls when we sleep and when we are awake, but it is so much more, as we will learn.

Disruption of our circadian rhythm has been associated with decreased cognitive (thinking) performance, and increased risk of obesity, diabetes, and cancer. The body can no longer maintain its proper homeostasis (balance). Many of the hormones in the body have rhythms that fluctuate during daylight hours. Two of the most important hormones that are regulated by the circadian clock is cortisol and melatonin. Often it is our

lifestyles which no longer are in tune to the patterns controlled by the circadian clock, that predispose us to metabolic disorders such as diabetes, and cancer. This is specifically seen in the increased incidence of illness in shift workers, who do not adhere to the normal body patterns of sleep/wake and food intake/fasting cycles.

Most organs and tissues in our body also contain biological clocks and are capable of functioning in a circadian fashion. Certain proteins in the body are “time-keepers”, and they interact with cells throughout the body, either telling them to be more active or to slow down. A scientific breakthrough in the 1970s discovered that we have a “master clock” in our brain called the “suprachiasmatic nucleus”, or SCN. The SCN is a tiny region of the brain, contained in the hypothalamus, controlling all the other biological clocks in the body, keeping everything in sync. It works autonomously and is self-sustaining.

The SCN is also partly controlled by the amount of light that comes through our eyes, and thus regulates a 24-



hour rhythm throughout the body aligning its function with periods of daylight and darkness. Other input that the SCN receives from other parts of the brain also assist in its time-keeping functions. Thus, light not only controls our sleep-wake cycle, but many other functions of the body that adjust themselves throughout a 24-hour timespan. Any exposure to light can alter the circadian rhythm, known as a “phase shift”. For example, if you are exposed to light during the night, it will affect sleeping patterns and shift sleep to a later time.

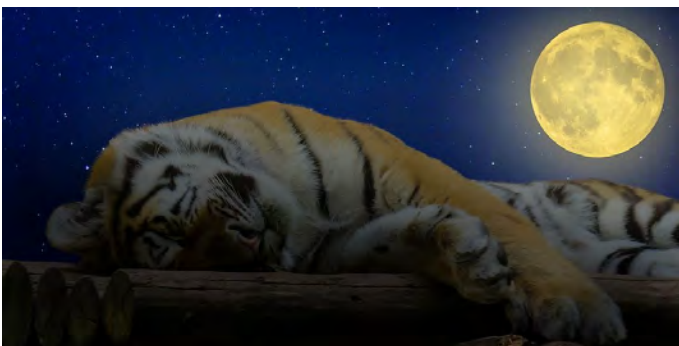
Our body is designed to start to feel sleepy when the sun begins to go down, in response to the decreased amount of light that enters our eyes. When darkness falls, the optic nerve sends a signal to the SCN, which then signals the pineal gland in the brain to start producing melatonin. In terms of its 24-hour rhythm, elevated melatonin levels only happen during periods of darkness. Once melatonin is produced, it leaves the pin-

neal gland, and travels throughout the body, preparing various systems of the body for sleep. Levels of melatonin during the night increase 10–20 times above the levels that are present during the day. Melatonin suppresses certain signals in the brain that keep us awake. It also lowers body temperature and produces a sedating effect, preparing the body for sleep. Melatonin levels peak at about 2–4 a.m., and then slowly drop off to prepare the body for wakefulness in the morning. Levels also change throughout the year, with higher melatonin levels in the fall and winter months, when the nights are longer, and lower levels in the spring and summer.

Artificial light during periods of darkness can interfere with melatonin production, and thus affects the body’s ability to sleep. The blue light from electronic devices mimics sunlight; many people have trouble sleeping if using electronic devices late into the evening. Traveling through multiple time zones, restricting sleep at night, or doing night shift work will result in a mismatch between the internal circadian rhythm of the body and the external light-dark cycle. When this occurs, symptoms include decreased alertness, motor coordination and cognitive performance, sleep disturbances, digestive system disruption and lack of appetite. Sleep restriction and daytime sleep are associated with an increased body mass index (BMI), risk of metabolic syndrome and alterations in insulin, sugar, and cortisol levels.

Taking melatonin supplements can induce sleep at times when the body clock does not normally trigger sleepiness, for example, in people who do night shift work and must sleep during the day, or when needing to reset the sleep-wake cycle when traveling through different time zones to prevent jet lag.

Cortisol is a hormone, which regulates many vital processes in the body, including metabolism in controlling blood sugar levels, influencing the formation of memories, controlling the salt and water balance, influencing blood pressure, acting as an anti-inflammatory, assisting with immune function and lowering sensitivity to pain; cortisol also helps the body respond to stress. Cortisol is





secreted by the adrenal gland, and it also has a circadian rhythm. Cortisol levels are lowest at night, and reach their peak in the morning when we wake up. The levels then drop during the day. In people who do night shift work, cortisol levels are reversed, thus cortisol is affected by one's daily activity and sleep patterns. Cortisol boosts energy production when we wake up and when we exercise, to release glucose into the bloodstream, to be taken up by the muscles as a fuel source. It also suppresses insulin so that the glucose is not stored but is available for immediate use. It also releases fat from adipose tissue, reducing weight. Cortisol increases blood pressure, preparing us for activity. Thus, cortisol release is triggered by our sleep-wake circadian rhythm, it is in lower levels in the body when we least need it during sleep.

Studies show that melatonin decreases the production of cortisol from the adrenal glands. Thus, melatonin and cortisol, working together, appear to stabilize the circadian rhythm of multiple systems in the body. Shift workers doing night work and sleeping during the day had significantly lower levels of melatonin overall than those who worked during the day. Serum cortisol levels were also lower. Chronic reductions in melatonin and cortisol can have a cancer-causing effect.

In relation to digestion, a study was done with participants either eating a meal at 6 p.m. or 10 p.m. Those who had the later meal, had higher spikes in blood sugar (30% more), less breakdown of fat (by 20%) leading to increased fat absorption by the cells, and elevated levels of cortisol, which can lead to weight gain. This study proves that even when eating identical meals, the way the body processes calories is completely different depending on the time of day that the meal is eaten, indicating a circadian rhythm in the efficiency of the digestive process.

Also, extra cortisol is released by the adrenal gland in response to stress, to help the body respond appropriately. Cortisol is known as the "stress hormone." It prepares the body for stress by raising heart rate and blood pressure, to ensure that the body can react with either

"fight or flight". However, if your body is under constant stress, the body continually pumps out cortisol. Ongoing high levels of cortisol can have a negative impact on your health, with impacts that counteract the function of normal cortisol levels, including impaired immune function, leading to more infections and increasing the risk of cancer and auto-immune diseases, increasing inflammation leading to heart attacks and strokes, elevation of blood sugar and blood pressure. Lack of sleep can affect the stress response, and increase the risk of metabolic and cognitive effects due to high cortisol levels. When stress levels are high in response to a threat, the body shuts down less important functions including the digestion of food.

Ghrelin, another hormone, is released by the stomach when it is empty, and is known as the "hunger hormone." It travels through the bloodstream to the brain, and sends signals to increase appetite, thus stimulating food consumption. It also triggers fat absorption. Levels of ghrelin are highest just before a meal, and lowest just after a meal. However, studies have shown that when people eat during the period of time when the body normally rests, ghrelin production remains high instead of dropping off after a meal, which can trigger overeating. Overall ghrelin levels increased by 24% when eating at night. Shift workers who eat at night are at risk for developing weight gain and metabolic illnesses such as diabetes. Ghrelin is involved in the complex processes that maintain a healthy energy balance—energy input, by adjusting hunger signals—and energy output, by adjusting the amount of calories that goes into fat cells and glycogen (sugar) storage.

The body's use of glucose also fluctuates with a circadian rhythm, controlled by the SCN, with the most efficient use of glucose by the liver occurring during normal pattern waking hours. Eating outside of these hours can raise blood sugar to unhealthy levels.

Insulin sensitivity is also reduced when eating at night, which can bring on a pre-diabetic state, with elevated blood sugar levels. It has been shown in studies, when shift workers change their eating patterns to align with normal activity times during daylight hours, blood sugar levels drop and weight gain is prevented.

Metabolism of fat also has a circadian rhythm, with disruptions in the circadian rhythm causing increased accumulation of triglycerides into fat cells, and elevated blood levels of cholesterol and fats.

Leptin is a hormone produced by the fat cells; when this hormone is released, it inhibits hunger, promotes satiety (feeling full), and also decreases the amount of fat that is

taken up by adipose (fat) cells. When melatonin levels rise during the night, it also causes leptin levels to increase. This causes a decrease in appetite during sleep. However, sleep deprivation lowers leptin levels, thus increasing one's appetite at night. When eating at night, leptin levels are 18% lower than they are during the day, thus the hormone's ability to curb hunger is lessened, and typically more food is consumed than would be during the day; also the amount of fat intake into adipose cells increases. Thus, eating late at night can lead to diabetes and obesity. Also, in obesity, a decreased sensitivity to leptin occurs, leading to loss of the sense of satiety (feeling full) despite high levels of leptin in the body and high energy stores.

Not only do hormones fluctuate on a 24-hour basis, but sleep plays a vital role in regulating hormone levels. Lack of sleep itself can trigger increased levels of ghrelin and decreased levels of leptin, leading to increased hunger and appetite. This makes overeating more likely, as staying up late can also increase opportunities for food intake. Then, after a big meal, the body needs to use energy to digest the food, which can take several hours. However, digestion slows during sleep, which puts your normal time for sleeping at odds with the stomach's need to digest food. Late eating has been shown to disrupt normal sleep for this reason. And the more calories that are consumed the worse the sleep becomes. Certain foods also impact sleep more, for example, meals low in fibre and high in sugar and saturated fats; this occurs by increasing body temperature, which goes against the body's typical process of cooling down during sleep.

Disrupting the circadian clock by restricting the amount of sleep is also detrimental to one's health. Studies done in children show that reduced sleep duration was associated with an increased risk of obesity 3–5 years later. These studies may explain increasing rates of obesity in children and teenagers. It has been proven that reduced sleep duration during adulthood (typically less than six hours) increases the risk of diabetes because of reduced insulin sensitivity, and increases in glucose, cortisol, and leptin.

Another interesting fact is that when eating at night, appetite for high carbohydrate foods increased by 43%, thus people consume more calories when sleep-deprived, due to increases in feelings of hunger from elevated levels of ghrelin, and decreased satiety from decreased levels of leptin. Insufficient sleep also affects parts of the brain that determine how we think of food, seeing it as a positive reward, also increasing the chance of eating too much. Persistent eating late at night can

modify the amount and type of food eaten.

Circadian rhythms optimize our health, by coordinating many of the functions of the body. When we eat impacts the health of these daily biological rhythms. Erratic eating patterns can disrupt these rhythms, leading to chronic diseases that are so often part of the aging process. Just maintaining a strict feeding-fasting cycle, even without dramatic changes in the nutritional quality or quantity of food can reverse these chronic diseases. In studies, optimizing eating times, especially with prolonged overnight fasting is connected to protection against breast cancer. Therefore, being mindful to the body's internal clock, and adhering to the optimal timing of sleeping and eating patterns can improve our overall health and prevent disease.

Let us close with a quote from Sister White: "Another pernicious habit is that of eating just before bedtime. The regular meals may have been taken; but because there is a sense of faintness, more food is taken. By indulgence this wrong practice becomes a habit and often so firmly fixed that it is thought impossible to sleep without food. As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death." – *Child Guidance*, p. 389

Next month: we will continue to learn about the health impacts of timely eating

Helen Marttinen





MOSES

Part III The Plagues



Then in Egypt Moses, Aaron called the elders for a meeting,
 Telling, showing them God's words and wonder of the rod
 That God had visited His people, had seen their sore affliction,
 Then with deep conviction, they worshipped Him
 The true and mighty God.

.....

Pharaoh was wroth when he heard them both,
 Aaron, Moses speak the words of God:
 "Let My people go to hold a feast unto Me in the wilderness."
 But he replied with boldness:
 "Who is the LORD, that I should obey His voice, I know Him not,
 And to let Israel to go I will not!"
 "The God of the Hebrews met with us we pray thee thus,
 Let us go three days into the desert to sacrifice unto the LORD our God,
 Lest He fall unto us with pestilence and sword."
 "Why are you taking the people from their work?
 You make them shirk to do their task."
 And he went to the officers: "Command on my demand,
 That the people no more be given straw to make the bricks,
 But gather it themselves, for they are idle, but the bricks
 In numbers be the same, to their own shame, for they are idle."
 The people got in great despair, by his new order so unfair.
 It was impossible to accomplish, giving them enormous anguish,
 They got discouraged to the core, trusting God's and Moses' words no more.
 Moses was perplexed that God allowed them be so vexed
 As it was not like before, now being treated with such rigor.
 But God's ways and plans are not as man is thinking,
 People's faith is so quickly sinking,
 When promises come not to pass their way, but bear the feature of delay,
 Yet God's wisdom does not make mistakes,
 For their sakes whatever it takes,
 By God's mighty hand, Israel will leave this land.
 Being slaves for generations, the Hebrews great in number,
 Have not been a nation, they need for the Exodus to be instructed,
 Taught and organized, their tribes be recognized,
 With a leader of their own to make God's instruction to be known.
 Through hard bondage the Sabbath-day could not be kept
 By the majority, except by a faithful minority.
 Thus the posterity of Jacob became a society of low spirituality.
 But God loved them, He wanted them to be His own,
 As a holy nation to be known,
 To declare God's name to all the world and to all men.

.....

And the LORD spoke to Moses these words:
 "Now shall thou see what I will do to Pharaoh,
 With a strong hand he shall let Israel go..."
 "But Pharaoh shall not hear you, ...
 I will show signs and wonders in Egypt...
 And bring My people, the children of Israel
 Out of Egypt with great judgments...
 The Egyptians shall know that I am the LORD..."
 And Moses and Aaron went to the king,
 They did the very thing, God had commanded
 To cast the rod before Pharaoh on the floor,
 And it became a serpent. The sorcerers and magicians
 In their ambition, did so with their enchantments, but Aaron's rod
 Swallowed up those false serpents.

Yet Pharaoh's heart is hardened, stubborn and resistant.
 God commanded Moses to go to Pharaoh next morning
 To the river, where Pharaoh is coming hither,
 And take the rod there in his hand to stretch it over the Egyptian's land
 To turn all waters into blood. So did Aaron with Moses' rod
 In the sight of the king and entourage, and this was no mirage.
 The river stank from the fish that died,
 The people were mystified, they could not drink the river's water,
 But had to dig to gather it till seven days were past,
 The time the plague would last.



.....
 And God spoke to Moses that he go in to Pharaoh,
 That he let the people to serve Him go,
 And if he will not, this will be his lot:
 That frogs shall come forth in abundance,
 They shall take up residence, in the houses in the palace, and alas,
 In the bed and in the dough, and even though
 Be on the body of the king and on the people,
 In short - on everything.

Then Aaron was to stretch out his rod over the streams and rivers
 To cause the frogs to come up that will give the people shivers
 Of disgust and scare. And so he did, and it was as it were
 The whole land of Egypt with frogs was covered there,
 They were creeping even into kneading doughs.
 Then was in the palace great distress, in all the land uneasiness,
 And Pharaoh said he would let the people go,
 If God remove the frogs from them, he called Moses then
 To intreat the LORD for him.
 But when the petition was then granted and the frogs died off,
 The land stank from the piled-up heaps of myriads of dead frogs.
 Pharaoh then seeing the relief would not do as promised,
 His heart was hardened, his given word dismissed.

.....
 Moses was commanded to tell Aaron
 To stretch out his rod to smite the dust of the land
 And it became lice over all Egyptian land.

Lice on man and beast, on everything and every creature lice did have a feast.



The magicians said to Pharaoh that this is the finger of God,
 But his heart was hardened, and listen he would not.
 Then came swarms of flies throughout the land,
 Very grievous, awful after God's command,
 Everywhere in the houses on the beast and on the face they were.
 Then Pharaoh did say he let the people go, but not too far
 Into the wilderness. Moses may intreat the LORD
 to remove this dreadful insect mess. His petition had been heard,
 But he did not keep his word...
 Because the king of Egypt would not hear,
 More plagues would come and more severe,
 The cattle, horses, asses, camels, oxen of the field
 From murrain died, it was a frightful sight.
 But none of all in Goshen did occur, God kept His people, beasts secure.
 Moses was instructed to take ashes to throw it up to heaven,
 Right before the king and it became small dust,
 That caused boils upon the people and the beast.
 Then God commanded Moses to go to Pharaoh,
 That he let His people go. For He will send His plagues that he may know,
 There is none like Him on earth below,
 So that through all the world His power be declared.
 Next morning God will send rain with great hail,
 So severe Egypt had not ever seen, and tell
 The king all cattle, people home to bring
 from the hail and rain, for they would be slain.
 As Moses stretched forth his rod toward heaven,
 And the LORD sent thunder, rain and hail mingled with fire,
 Very grievous, disastrous, it smote every tree on the field,
 All creatures also got killed.
 This time Pharaoh confessed that he had sinned,
 The LORD is righteous, but he and his people are wicked,
 He will now let the people go.
 But just as before, when the plague had ceased,
 He sinned yet more, as his heart was hardened to the core.

With all the calamities this monarch would not learn,
 Neither was he willing to discern,
 That by his stubbornness all Egypt had to suffer,
 People, nature, every creature,
 He was loath to comprehend,
 Fighting against a power he refused to understand,
 Resisting ever more – he will be the loser at the end...
 Every plague was more severe,
 For then multitudes of locusts did appear,
 A calamity of such degree, that not one green herb and tree remained,
 Their ferocious appetite left nothing eatable behind.
 Alarmed with urgency the king did call for Moses,
 That he had sinned against the LORD, asking for forgiveness,
 Nevertheless, when God had cast the locusts into the Red Sea,
 Pharaoh did not set God's people free...
 Then the LORD did send a darkness over all the land,



Thick and dense one could almost feel it with the hand,
Three days one could not see the other one near by,
But in Goshen was blue sky...
And Pharaoh called Moses to go and serve the LORD,
But let not the flocks and herds go forth,
But they need them for the sacrifice. And God will advise
Which they were to offer.
By now the monarch would not suffer Moses
He drove him out in anger, wanted to see his face not any longer...

End of Part III.

To be continued.

Edda Tedford,

Canada



CHILDREN'S CORNER:



God Can Use A Late Train

David was a young man who was a very devout Christian. He was raised in a small town about two hours away from Los Angeles. After he graduated from University, he found a job in the city. Yet he loved to come home and visit his parents as often as he could. The hours spent with his parents were always treasured moments. He loved to sing and pray and read the Bible with his parents. It was so refreshing for him, and a welcome escape from the big city. Although he was often quite busy when he was in the city, he always took time for his prayer life and was always looking for people to share the gospel with. Everyone always seemed in such a rush and many had a stressed-out, unhappy look on their face. David also carried missionary tracts in his pocket to share with people in his travels.

David always took the train to visit his parents. The traffic in the big city was a headache on weekends and he would rather relax on a train while going to visit them.

This particular weekend had been special. It was a busy weekend as there was a church conference. Friday night and all day Sabbath they spent at church with the believers. Although busy, it was a blessed time for David to spend the weekend with so many other believers, many of whom he had known since childhood.

Sunday afternoon there was a blessed event—a baptism. Three dear souls gave their hearts to the Lord, one of them was David's younger sister. How happy this made David feel as he watched her commit her life to the Lord. She was beaming with joy after the service.

The day was spent in fellowship with family and friends, and they all stayed up late into the night. On most of his visits, David had returned to the city on

Sunday night, but this weekend was so special that he decided to stay home for the night and leave early the next morning. He planned to take the 5:30 a.m. train back into the city. Although he set his alarm clock for 4:00 a.m., he hit the snooze button too many times so that it was at 4:30 a.m. when he jumped out of bed. He quickly gathered all his belongings, had a quick prayer, got dressed and was ran out the door. He had his Bible and would have his morning devotion on the train. His father was there to drive him to the train station. It was a 20-minute drive.

David was in such a rush that he had no time to shave. This would pose a problem because he had planned to go directly from the train station to his office. But he had no choice. He thought that perhaps he could quickly shave in the washroom in his office building.

David bid farewell to his father and quickly ran up the steps into the train station to the ticket window. There was a bit of a line-up and David was tempted to get impatient, so he silently prayed that the Lord would help him to not get upset and to let him make the train.

He got to the ticket window at 5:20 a.m. He knew he had only ten minutes to spare. When he went to purchase his ticket the agent told him that the electric express train was two hours late.

David sighed. At first, he did not know what to do. He purchased the ticket and left the window bewildered. He could have slept another two hours. Should he call his father to come back and take him home, just to bring him back in one and a half hours? No, he did not want to trouble his father. His father was likely just arriving back home and was very tired from the night before. His father was not young any longer, so David

decided to pray and ask the Lord what the purpose of the delay was. David did not get upset at having to rush only to face a delay. He knew God had a reason for it. First, he called his employer to explain the situation. Then he prayed for wisdom from the Holy Spirit. He felt that the Lord had some special work for him to do. Why did he sleep in? Why did he not have time to shave? David then surmised that somewhere the Lord had a barber to whom he was to share the Gospel with that day.

Leaving the train station, David started walking down the street, seeking a barber shop, at the same time praying to the Lord for guidance and direction. Two blocks down the street he saw a small revolving sign which attracted him and so he approached the shop. He had found his barber shop. As he opened the door, a bell rang, arousing the barber, who was then in the rear of the shop, behind a partition.

The two men met near the barber chair and David observed that he was Japanese, a man about 10 years older than himself, about the age of thirty-five. He asked for a shave and the barber politely asked him to sit in the chair. Adjusting the chair to a reclining position, the barber soon had the warm lather on David's face, with a hot towel to soften the beard. While he sharpened his razor, David prayed for wisdom from the Holy Spirit. He wanted to know how to approach this man in a wise way, so that he would be open to hear the gospel message.

When he came back, David asked him if he knew a Mr. Kimura, who was a famous Christian preacher in Japan.

"Where is he from?" the barber asked.

"His home is in Kioto, but he preaches all over Japan."

"Oh, I came from Kioto. I was born there," the barber replied. "Is this Mr. Kimura, a little man who builds big, wooden tabernacles, with sawdust on the ground?"

"Yes," David answered, "that is his method."

David's answer made the barber think deeply. He went and got a clean towel, wiped the lather from David's face until it was dry. He then raised the chair so that David was now in a sitting position, then leaning over the chair, in a serious voice, he said: "I will never forget that little man. I went to one of his meetings in Kioto and heard him preach. When he finished, he came from the platform down the aisle, placed his hand on my shoulder, and said: 'Young man, have you repented of your sins and been forgiven?'"

"Have you?" asked David.

"No," he answered, "I wish I knew how. The man never stopped to help me. He simply kept on walking and talking to other people, but his words have stayed with me. I have been thinking about it over the years. When you rang the bell now, I was walking up and down in my little room at the back of the shop, saying those words over and over again, and wishing that I knew how. Can you tell me how?"

"Yes, indeed, I can," said David. He got up from the chair and went to get his Bible from his backpack. He then began to read to the barber the story of the Saviour's love.

Acts 10:43 impressed the heart of the barber very much. "To Him give all the prophets witness, that through His name whosoever believeth in Him shall receive remission of sins."

"Do you have any sins?" David asked.

"Oh, yes," he answered, "lots of them."

"Would you like to have them put away today?"

"If it could be so," he eagerly answered. "I would get peace in my heart, for now only trouble is there."

"Well, Jesus came to blot out your sins for you. Let me read here in Isaiah 44:22." "I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee."

These passages seemed to deeply affect the heart of the barber. He seemed in deep meditation as David explained the Scriptures to him, and told him about the Saviour of sinners who came to save him. He then turned to 1 John 1:7. "The blood of Jesus Christ His Son cleanseth us from all sin."

David explained it to him, saying, "Do you not see, Mr. Barber, that the Lord Jesus was dying for you? He suffered on the cross the punishment that you should have had." He then read Romans 5:6. "For when we were yet without strength, in due time Christ died for the ungodly."

These Scriptures brought light to this dark and troubled soul. The peace of God came into his heart as he confessed his belief in the work of Christ at Calvary and his acceptance of the person of Christ for his own soul. "If I repent Jesus will most assuredly forgive my sins and wipe them away," he said. "The Bible says so. I believe the Bible. I believe God sent Jesus to save me and I will accept Him into my heart. He is mine." The barber then

asked if David could pray with him right there in the barber shop. And so, David and the barber prayed together, with the barber confessing his many sins. After the prayer, the barber's face was beaming with joy.

David then said to him, "Did none of your customers ever tell you of the Saviour?"

"No," he replied, "they do not talk about Jesus to me."

"Have you not been to any churches here in America?"

"Yes, I went to a few," he said, "but they did not tell me that Jesus blotted out my sins and that I could have Him as my personal Saviour. They only talked about their particular religious beliefs and doctrines and they did a lot of singing. I could not find peace in what they said. I am so glad you have come with your Bible to explain to me how Jesus can be my personal Saviour and He is willing to forgive my sins."

Before finishing the shave, David asked the barber, "Do you believe your sins are forgiven?"

"Yes," he replied, "Jesus has forgiven me, and I believe in Him. I would like to come to your church because I can see that you talk about Jesus as a personal Saviour. I want to learn more about Jesus. Jesus loves me and cares for me."

David explained that he lived in the big city, but he gave the barber the address of the local church where his parents attended. The next Sabbath, the barber was there early at the church, sitting in the front row. He was a faithful attendee for many years and has brought others also to the church. He often speaks to his customers about the love of Jesus and how Jesus can give them peace in their hearts. Jesus will forgive all their sins.

The next time you are delayed, whether your train or plane is delayed, or you are waiting for an appointment, seek for ways to use your time wisely and perhaps to share your faith. The delay is not an accident, it is in God's plan. Do not get upset, but look at it as an opportunity. Ask the Lord for the reason and then seek to do His will. Also, make sure to carry your Bible with you at all times, or a missionary tract. Someone may ask you a question, or someone may need comfort from the Word of God. "But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear." 1 Peter 3:15

Brazil

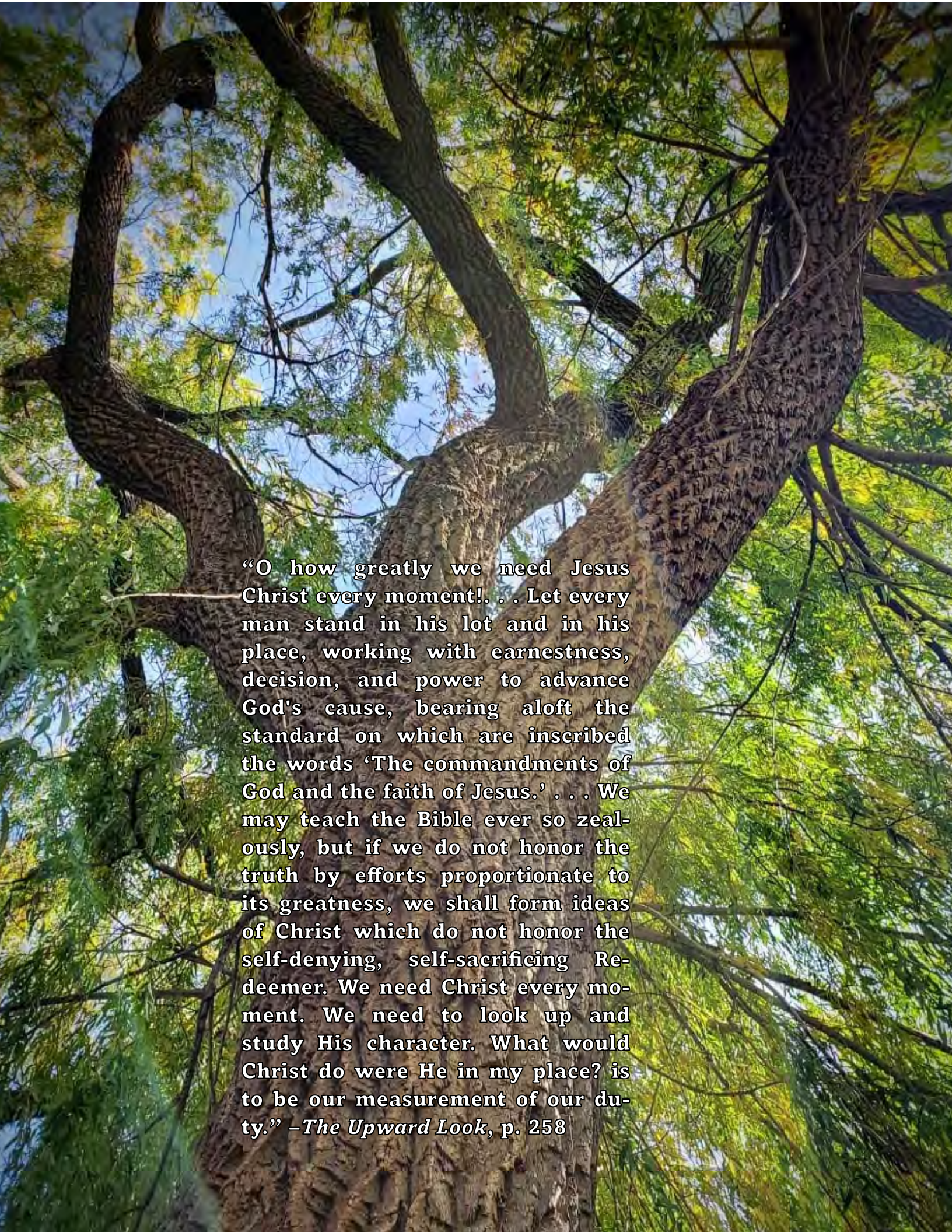


Argentina



Brazil





“O how greatly we need Jesus Christ every moment!. . . Let every man stand in his lot and in his place, working with earnestness, decision, and power to advance God's cause, bearing aloft the standard on which are inscribed the words ‘The commandments of God and the faith of Jesus.’ . . . We may teach the Bible ever so zealously, but if we do not honor the truth by efforts proportionate to its greatness, we shall form ideas of Christ which do not honor the self-denying, self-sacrificing Redeemer. We need Christ every moment. We need to look up and study His character. What would Christ do were He in my place? is to be our measurement of our duty.” –*The Upward Look*, p. 258