



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

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

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

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Be Afraid

“Now, as never before, we need to see the danger of being led unguardedly away from loyalty to God's commands. We need to realize that God has given us a decided message of warning for the world, even as He gave Noah a message of warning for the antediluvians. Let our people beware of belittling the importance of the Sabbath in order to link up with unbelievers. Let them beware of departing from the principles of our faith, making it appear that it is not wrong to conform to the world. *Let them be afraid of heeding the counsel of any man*, whatever his position may be, who works counter to that which God has wrought in order to keep His people separate from the world.” –*Testimonies for the Church*, vol. 7, p. 107

“We can never weary Christ by earnest supplications. We do not depend on God as we should. Let us leave unsaid every word of complaint. Talk faith and courage while waiting for God. . . . *Be afraid to doubt*, lest this become a habit that will destroy faith. The dealing of the heavenly Father may seem dark and mysterious and unexplainable; nevertheless we are to trust in Him.” –*In Heavenly Places*, p. 74

“In regard to the service of the sanctuary, if the speaker has a blemish, *be afraid to mention it*. Talk only of the good work he is doing, of the good ideas he presented, which you should heed as coming through God's agent.” –*Child Guidance*, p. 545

“Never feel that it is your prerogative to humiliate a fellow-worker. If mistakes have been made, learn about them, not from a desire to crush the one who has made them, but from a desire to help, that no one be separated from God's work. Help those who have erred, by telling them of your experiences, showing how, when you made grave mistakes, patience and fellowship, kindness

and helpfulness, on the part of your fellow-workers, gave you courage and hope. Harsh judgment is not becoming. *Be afraid to condemn where God has not condemned*. Remember that your brethren love God, and that they are striving to keep His commandments as verily as you are. You have been in the battle, and you carry the scars of conflict. Will you not deal mercifully with those who are fiercely assailed?” –*Spalding and Magan Collection*, p. 347–348

“We do not ask you to place yourself under the control of any man's mind. The mind cure is the most awful science which has ever been advocated. Every wicked being can use it in carrying through his own evil designs. We

have no business with any such science. *We should be afraid of it*. Never should the first principles of it be brought into any institution.” –*Counsels for the Church*, p. 330

“I have a message of great importance for all: *Be afraid of men who rely on their own wisdom*, their own supposed good works, and who give, by their words and works, the impression that Seventh-day Adventists have entirely changed the principles they once held. Some will never forget words that have been spoken which show a lack of faith in the truth we advocate in our publications and in our ministry.” –*Manuscript Releases*, vol. 10, p. 5

“Wake up, brethren and sisters. *Do not be afraid* of good works. ‘Let us not be weary in well doing: for in due season we shall reap, if we faint not.’ Do not wait to be told your duty. Open your eyes and see who are around you; make yourselves acquainted with the helpless, afflicted, and needy. Hide not yourselves from them, and seek not to shut out their needs.” –*The Adventist Home*, p. 451–452

“We must walk in humility. We want no war garments on, but the garments of peace and righteousness. May the Lord teach us how to wear His yoke and how to bear His burdens. Everything in this cause and in this work may be accomplished with a kind, conciliating spirit. We may be courteous, always, and *never be afraid* of being too much so. We must practice showing good will toward all men.” –*This Day With God*, p. 83

Ellen G. White

(emphasis supplied by editors)



Get Ready for the Coming of Jesus

Get ready, get ready, get ready; our time is running out. We have traveled in the sunshine and in the time of peace for many years, but now the dark clouds are arising all around, as it was in the time of Noah.

The coronavirus disease is killing millions of people. Soon our faith will be severely tested, and the tares will be separated from the wheat. All who do not love the truth will believe a lie, and fall into a strong delusion, which Satan is allowed to bring. The powers of darkness have never been so active as today. Satan is desperately trying to deceive the very elect. All who are not holding fast will be blown away. All who are not sanctified by the truth will be blinded and left in the darkness.

God has been patient with us for a very long time, but soon the time will be up, and all who have a little pride, or a trace of selfishness left, or dissatisfaction, and who still love the world and the things of the world, will leave the people of God and join with the enemy. Also, all who have neglected their duties will do the same.

Do not underestimate the power of our enemy. Do not play with him. He does not come to you in his own form, but as a friend. Satan came as a friend to the angels in heaven, offering them something that God did not give them, and millions of these angels believed that Lucifer really did love them and cared for them.

Satan came to Adam and Eve as a friend, offering them the forbidden fruit, which God did not give them. He said to them, "Ye shall not surely die, ye shall be as God, knowing good and evil." Genesis 3:4-5. Did Adam and Eve die? Yes, they surely did; their children also died, and so it continued for the next 6000 years. So easily was man deceived. One fruit from the forbidden tree, and the price they had to pay for it was very great. They had to leave paradise, and earn their living with sweat in their forehead; sorrow and misery was their lot, until they turned to dust again.

Soon the whole world was deceived. Millions of people gave their allegiance to Satan, and the church of God was down to one family; the Holy Spirit had left everyone else.

Satan triumphed; if he could deceive this last family, the whole world would belong to him, and the plan of salvation would be defeated. But, he was wrong. This one family (Noah and family) survived while all the rest of the millions of people perished in the flood.

After the flood, Satan again deceived the whole world. The church of God was down to a few people.

How did this happen? Did God do nothing to save people? Yes, God did everything possible to save them. The Holy Spirit was striving with people for many years,

but they refused to obey the promptings of the Spirit; finally, God had to leave them alone. He said, "My Spirit shall not always strive with men."

Even though at most times the church of God has been down to a few people, it is still stronger than all the forces of evil and all the powers of darkness.

Later we learn that the salvation of mankind depended on one Man. If He would have failed, all would have been lost. This Man was Jesus Christ. Satan consolidated all his forces against Him. The Roman power joined with Satan to destroy the plan of salvation, by putting to death the children in Bethlehem and the surrounding area. Even the very church of God, the Jewish nation, joined with Satan in his efforts to defeat the plan of God.

Also, His own disciples tried to discourage Him from completing the plan of salvation. If He had committed one sin, even in His thoughts, the whole plan of redemption would have been destroyed, and Satan would have gained complete victory.

But, this one Man could not be defeated. When Jesus cried, "It is done," Satan knew that he had lost the battle.

Yet, he did not give up the battle. He started to fight against the church of God, more than ever. "Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time." Revelation 12:12

The plan of God, no one can destroy. The great world nations have disappeared, but the church of God remains.

Jesus overcame Satan and his temptations. He overcame sin, and through Him we can also overcome and be victorious. If someone says, "I cannot be perfect," he makes God a liar, because the same power that Jesus had is available to us all.

"If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9

Do we believe this? The character of God is possible and available to every human being. The only time when God cannot save us is when we sin wilfully. When Christian Sabbath-keepers wilfully cherish even one known sin or one wrong habit, or one neglected duty, they become blinded, and start doubting the plain truth which they once believed.

In the beginning, Adam and Eve had garments of light,

but the moment they sinned, they lost them and darkness surrounded them. Their understanding became darkened, and they started accusing others and defending themselves. "And the man said, The woman whom Thou gavest to be with me, she gave me of the tree, and I did eat." Genesis 3:12. They did not lose a little of their light, but complete darkness was the result of one sin.

Professed Christians, who for years have resisted the work of the Holy Spirit in their lives, will eventually sin against the Holy Spirit if they refuse to heed His voice and accept His help to overcome every sin. And, as soon as we become thus blinded we become tempters to others, first to the members of our families, and then to the members of the church. All who do not love God will end up in Babylon. All who do not love righteousness will not receive it.

The storm is approaching. Satan is doing his utmost to deceive the children of God. There is one church he is attacking and is angry towards. The rest of the churches belong to him. But, there are honest children of God in the fallen churches, and Jesus said that they will be called out of them. "And other sheep I have, which are not of this fold? Them also I must bring, and they shall hear My voice; and there shall be one fold, and one Shepherd." John 10:16

The work of God will not fail. The church of God will be victorious; the gates of hell cannot prevail against it. There will be a little flock, faithful to God, who love the truth and are faithful, even unto death. But, Satan will not stop deceiving people.

"While Satan is appearing to the children of men as a great physician who can heal all their maladies, he will bring disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exercising his power. He sweeps away the ripening harvest, and famine and distress follow. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations are to become more and more frequent and disastrous. Destruction will be upon both man and beast. 'The earth mourneth and fadeth away,' 'the haughty people . . . do languish. The earth is also defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant.' Isaiah 24:4, 5." -*The Great Controversy*, p. 589-590

In this time of the end, we need God's help more than ever before. We need to pray more and ask for God's help. Without Him we can do nothing. We need the Holy Spirit.

"Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom. And five of them were wise, and five were foolish. They that were foolish took their lamps, and took no oil with them: but the wise took oil in their vessels with their lamps. While the bridegroom tarried, they all slumbered and slept. And at midnight there was a cry made. Behold, the bridegroom cometh; go ye out to meet him. Then all the virgins arose, and trimmed their lamps. And the foolish said to the wise, Give us of your oil; for our lamps have gone out. But the wise answered, saying, No so; lest there be not enough for us and you: but go rather to them that sell and buy for yourselves. And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut. Afterward came also the other virgins, saying, Lord, Lord, open to us. But he answered and said, Verily, I say unto you, I know you not." Matthew 25:1-12



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What is the meaning of this very important parable? "The two classes of watchers represent the two classes who profess to be waiting for their Lord. They are called virgins because they profess a pure faith. By the lamps is represented the word of God. . . . The oil is a symbol of the Holy Spirit. . . . In the parable, all the ten virgins went out to meet the bridegroom. All had lamps and vessels for oil." -*God's Amazing Grace*, p. 214. "But five have neglected to fill their flasks with oil." -*Christ's Object Lessons*, p. 405

"All had lamps, that is, an outward semblance of religion; but only five of them had the inward piety. Five of them were wanting in the oil of grace. The Spirit of life in Christ Jesus, the Holy Spirit, was not abiding in their hearts." -*Sons and Daughters of God*, p. 118

All had lamps with oil. All were studying the Word of God and asking the Holy Spirit to guide them, but only five had invited the Holy Spirit into their life, which is represented by the vessels filled with oil.

"Now if any man have not the Spirit of Christ, he is none of His." Romans 8:9

"Here is the greatest deception that can affect the human mind; these persons believe that they are right when they are wrong. . . . They are found wanting when it is forever too late to have their wants supplied." -*Testimonies for the Church*, vol. 1, p. 417

"The class represented by the foolish virgins are not hypocrites. They have a regard for the truth, they have advocated the truth, they are attracted to those who believe the truth; but they have not yielded themselves to the Holy Spirit's working. They have not fallen upon the Rock, Jesus Christ, and permitted their old nature to be broken up. . . . The Spirit works upon man's heart, according to his desire and consent implanting in him a new nature; but the class represented by the foolish virgins have been content with a superficial work. They do not know God. They have not studied His character; they have not held communion with Him; therefore they do not know how to trust, how to look and live." -*Christ's Object Lessons*, p. 411

"There is a way which seemeth right to a man, but the end thereof are the ways of death." Proverbs 14:12

Sometimes people say, "You make us feel so lost!" Praise God, because there is still time to be purified from sin and receive the Holy Spirit into the life. Can you imagine how these sincere people, represented by the five foolish virgins, will feel when Jesus comes and it is forever too late?

Also, we need the wedding garment. "The kingdom of heaven is like unto a certain king, which made a marriage for his son, . . . And when the king came in to see the guests, he saw there a man which had not on a wedding garment: and he saith unto him, Friend, how comest thou in hither not having a wedding garment? And he was speechless. Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth. For many are called, but few are chosen." Matthew 22:2, 11-14

"Calling and justification are not one and the same thing. Calling is the drawing of the sinner to Christ, and it is a work wrought by the Holy Spirit upon the heart, convicting of sin, and inviting to repentance." -*Selected Messages*, bk. 1, p. 390

We are all called, but only those who have put on the wedding garment will be chosen. What is the wedding garment?

"The parable of the wedding garment opens before us a lesson of the highest consequence. By the marriage is

represented the union of humanity with divinity; the wedding garment represents the character all must possess who shall be accounted fit guests for the wedding.” –*Christ’s Object Lessons*, p. 307

“To the church it is given ‘that she should be arrayed in fine linen, clean and white,’ ‘not having spot, or wrinkle, or any such thing.’ The fine linen, says the Scripture, ‘is the righteousness of saints.’ Revelation 19:8; Ephesians 5:27. It is the righteousness of Christ, His own unblemished character, that through faith is imparted to all who receive Him as their personal Saviour.” –*Ibid.*, p. 310

How do we get this imparted character, which is the righteousness of saints?

“By His perfect obedience He made it possible for every human being to obey God’s commandments. When we submit ourselves to Christ, the heart is united with His heart, the will is submerged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness.” –*Ibid.*, p. 312

“Even your thoughts must be brought into subjection to the will of God and your feelings under the control of reason and religion. . . . If the thoughts are wrong the feelings will be wrong, and the thoughts and the feelings combined make up the moral character.” –*Testimonies for the Church*, vol. 5, p. 310

“Moral perfection is required of all.” –*Christ’s Object Lessons*, p. 330

“Men may now excuse their defects of character, but in that day they will offer no excuse.” –*Ibid.*, p. 317

“God will accept nothing but purity and holiness; one spot, one wrinkle, one defect in character, will forever debar them from heaven, with all its glories and treasures.” –*Testimonies for the Church*, vol. 2, p. 453

What are spots and defects of character? Since the “thoughts and the feelings combined make up the moral character,” defects must be wrong thoughts and feelings, or wrong attitudes.

“By faith and prayer all may meet the requirements of the gospel. No man can be forced to transgress. His own consent must first be gained; the soul must purpose the sinful act, before passion can dominate reason, or iniquity triumph over conscience. Temptation, however strong, is never an excuse for sin. ‘The eyes of the Lord are over the righteous, and His ears are open unto their prayers.’ Cry unto the Lord, tempted soul. Cast yourself,

helpless, unworthy, upon Jesus, and claim His very promise. The Lord will hear. He knows how strong are the inclinations of the natural heart, and He will help in every time of temptation.” –*Messages to Young People*, p. 67

“For in that He Himself hath suffered being tempted, He is able to succour them that are tempted.” Hebrews 2:18

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” 1 Corinthians 10:13

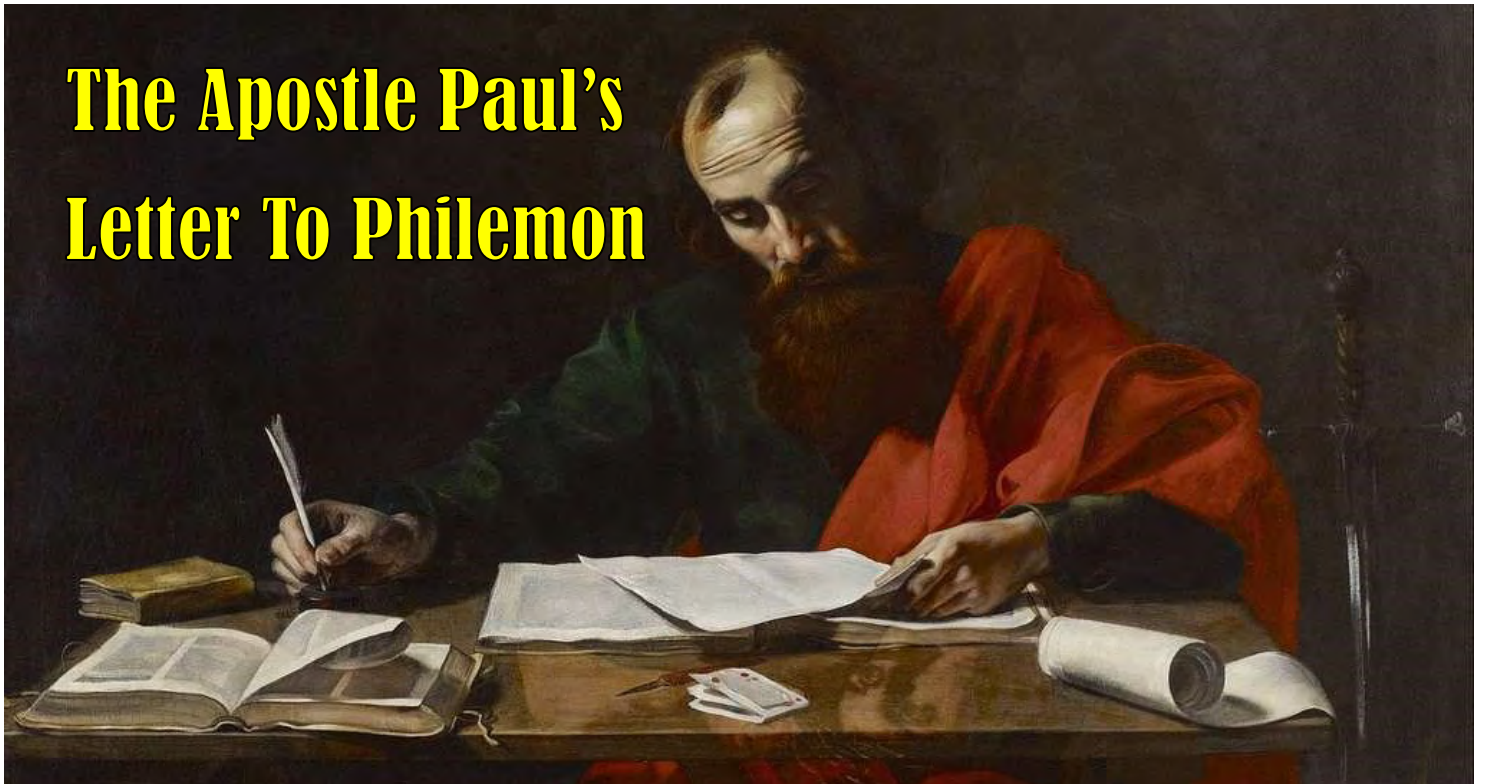
“Our heavenly Father measures and weighs every trial before He permits it to come upon the believer. He considers the circumstances and the strength of the one who is to stand under the proving and test of God, and He never permits the temptations to be greater than the capacity of resistance. If the soul is overborne, the person over-powered, this can never be charged to God, . . . but the one tempted was not vigilant and prayerful and did not appropriate by faith the provisions God had abundantly in store for him. Christ never failed a believer in his hour of combat. The believer must claim the promise and meet the foe in the name of the Lord.” –*Our High Calling*, p. 323

The greatest happiness is to live the life of Jesus, when the Comforter, the Holy Spirit, is with us, and when we are dead to self and we live for Christ. May the Lord help each one of us to overcome the temptations and deceptions of Satan and reflect the image of Jesus fully. Amen.

Timo Martin



The Apostle Paul's Letter To Philemon



There is one book in the Bible that especially impressed me; it is the shortest book. As a matter of fact, it is called a letter, not a book. "THE LETTER OF PAUL TO PHILEMON." It only has one chapter and there are only 25 verses. There is one more letter in the Bible with only 25 verses, "THE LETTER OF JUDE." But, the verses are longer, so if you count the words, the Letter of Paul to Philemon is the shortest.

However, I find there are some very good lessons, also for us today. Philemon verse 6 says in the New Living Translation, "And I am praying that you will put into action the generosity that comes from your faith as you understand and experience all the good things we have in Christ." The Apostle Paul is here talking about generosity and faith, and he says they go hand in hand. Faith must have action; otherwise, it is only dead faith.

According to James 2:17–20, "Even so faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works. Thou believest that there is one God; thou doest well: the devils also believe, and tremble. But wilt thou know, O vain man, that faith without works is dead?"

Let me give you an example: you are sitting in your living room and someone comes in and shouts, "The house is on fire!" You just sit there and do not move. With your action, you show that you do not believe that the house is on fire.

The Apostle James also says in James 2:14–16, "What doth it profit, my brethren, though a man say he hath faith, and hath not works? can faith save him? If a brother or sister be naked, and destitute of daily food, And one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit?"

Generosity means to be willing to do something for others that you are not obligated to do. If you owe someone one hundred dollars and now you say, "I will be very generous and pay him back the hundred dollars," that is not generosity. To be generous is to give something that you are not obligated to give. In the letter to Philemon, the Apostle Paul is trying to soften this man's heart, and to influence him to do something that he is not required to do, according to the existing law.

Sometimes we are impressed to do something that we are not obligated to do; and, if you think about it, those are the times that you feel like life is really worth living. Those are the bright moments in life when you do something good for someone or when someone surprises you with something that you did not expect.

The next two words that we come across in Philemon verse 6 are "understand" and "experience." These are both positive words. It can be very frustrating when there is something which we cannot comprehend. These can be mathematical questions or mechanical problems.

Suddenly the light goes on and you understand what the problem is, and you can correct what is not right. For example, someone may tell you that it is not good to eat just before you go to bed, but how much better it is when you experience for yourself how well you feel in the morning, when you wake up full of energy and are ready to handle the tasks of the day.

The last point in this verse is to understand and experience all the good things we have in Christ. The experience the Apostle had with Jesus, he could never forget. In Acts chapter 22 and chapter 26, we see how the experience he had with Jesus was something that he had to share with all—the Jews, the Greeks, the Romans, the rich and the poor.

Back to the letter to Philemon. Verse 1 tells us of the wonderful relationship between the Apostle Paul and Philemon, “Dearly beloved and fellowlabourer.” It must have been someone that the Apostle Paul knew very well, and that they both had a common goal—to witness for the Lord. Verse 2 tells us that the believers met for worship in his house. That reminds me of when I was a boy; we had no church building. Whoever had the biggest house invited the other families to come for Sabbath School and Service in their home.

In verse 5 we read that Philemon had love towards Jesus and all the saints. What a wonderful testimony. In verse 7, it tells us that Philemon was a generous brother who was always ready to help where help was needed. In verse 8 and 9, the Apostle Paul comes to his point and he says, “I could demand, but I do not want to do that.” Sometimes we feel that we are right and that we can command because we are so certain that we see it the right way, so no discussion is necessary, “Just do as I say.” But, this way is not always the best approach. The Apostle Paul chose another way: I do not want to demand, but please think about what I have to say. How often would we benefit from taking this approach to try, in a nice and polite way, to get others to share our opinion?

In verse 10, the apostle Paul is using straight language: In referring to Onesimus as my son. “I know he was a bad boy when he was at your place but he has changed.” In *The Acts of Apostles*, page 456 it reads “Among those who gave their hearts to God through the labours of Paul in Rome was Onesimus, a pagan slave who had wronged his master, Philemon, a Christian believer in Colosse, and had escaped to Rome. In the kindness of his heart, Paul sought to relieve the poverty and distress of the wretched fugitive and then en-

deavored to shed the light of truth into his darkened mind. Onesimus listened to the words of life, confessed his sins, and was converted to the faith of Christ.” There is only one more place where Onesimus is mentioned in the Bible besides in the letter to Philemon. In Colossians 4:9, he is mentioned as a faithful and beloved brother.

Onesimus was not the only one who ran away. The Bible is full of individuals who ran away, even right back to our first parents, Adam and Eve. We have many examples of people who ran away: Jacob, Elijah, Jonah, the disciples, in the parable of the Prodigal Son, and in the parable of the lost sheep. It is probably something we all have been tempted to do when life gets really tough.

There is a place in Toronto called Covenant House. They invite young people who have run away from home and are in need of help. The organization tries to re-build the young people’s self-esteem and get them back on their feet again. The Bible does not tell us how or where Onesimus and Paul met, but we know that the Apostle Paul was a prisoner in Rome at the time. People who run away often go to the big cities where they can disappear in the crowds and find friends who are in the same situation. Somehow, God brought Paul and Onesimus together.

You would think that Onesimus could have learned about Christ from Philemon, who was his boss and also a believer; and, according to what we have read, he also tried to bring souls to Christ. Sometimes we have to learn the hard way. We do not know what kind of life Onesimus had since he ran away from Philemon. Maybe he had time to think; maybe he would have changed his mind and wanted to go back if he could. I am sure that some of the young people that run away from home in our days regret doing so and wish they would have stayed at home, when they find out what the real world is like.

What we do know is that the Apostle Paul and Onesimus, through Christ, established a wonderful relationship. “Onesimus endeared himself to Paul by his piety and sincerity, no less than by his tender care for the Apostle’s comfort, and his zeal in promoting the work of the gospel. Paul saw in him traits of character that would render him a useful helper in missionary labor.”—*The Acts of Apostles*, p. 457. Onesimus was helping the Apostle Paul in whatever way he could and Paul appreciated this very much.

Our Christian duty is to make things right with whatever has happened in the past. Paul could have said, what

happened so long ago between you and Philemon, that was before you were converted, God will forgive; but no, Onesimus had to travel the long way to meet his former boss and confess what he had done wrong.

Paul sent a letter along with Onesimus and in it he



wrote to Philemon; remember he is a brother in Christ, not your slave. This is a lesson for us. We cannot just push things under the

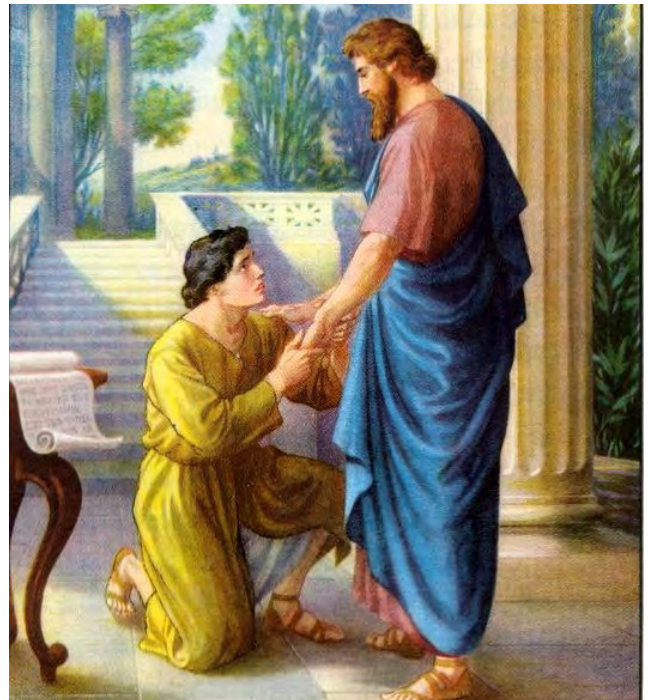
rug and forget what happened in the past. If there is a problem between us and our fellow man, let us straighten it out, confess and forgive, just like all the other overcomers in the Bible. The Bible says, "For all have sinned, and come short of the glory of God." Romans 3:23. We have all run away, but we also all have the invitation to come back. Come home, we all have a place prepared for us. Will we accept this invitation? The Apostle Paul did not just say, go back and straighten things out; but, in his letter he wrote, he is my son. When you see him, imagine that you see me. Please receive him as you would receive me. If he owes you something, I will pay it. Put it on my account.

You may ask: How could the Apostle pay the debt while he was in prison? There is one important thought in Philemon verse 19 (The New Translation). "And I want to mention that you owe me your very own soul." In other words, "I told you about Jesus, the hope of salvation, about the Creator and about the love of God. If I would not have done this, you would be lost." After reading this, how could he not forgive? The Apostle continues, "I am confident you will do even more than I ask of you."

From this letter written by the Apostle Paul, let us learn to make things right, not coldly and formally, not with anger and hard words, but in the spirit of Christ. Paul closes with the wish to see Philemon again. "Please have a room when by the grace of God I have the opportunity to visit you again."

I wish I could tell you the end of this story so we could experience the meeting between Philemon and Onesimus and know whether the Apostle Paul was able to make another visit. The Bible does not tell us. The Spirit of Prophecy does not tell us. There is only one way to find out. If you and I are faithful and are able to meet the Apostle in the kingdom of God, he will be able to tell us what happened. I am confident this story has a good ending, and I cannot wait to hear it.

Evald Pedersen



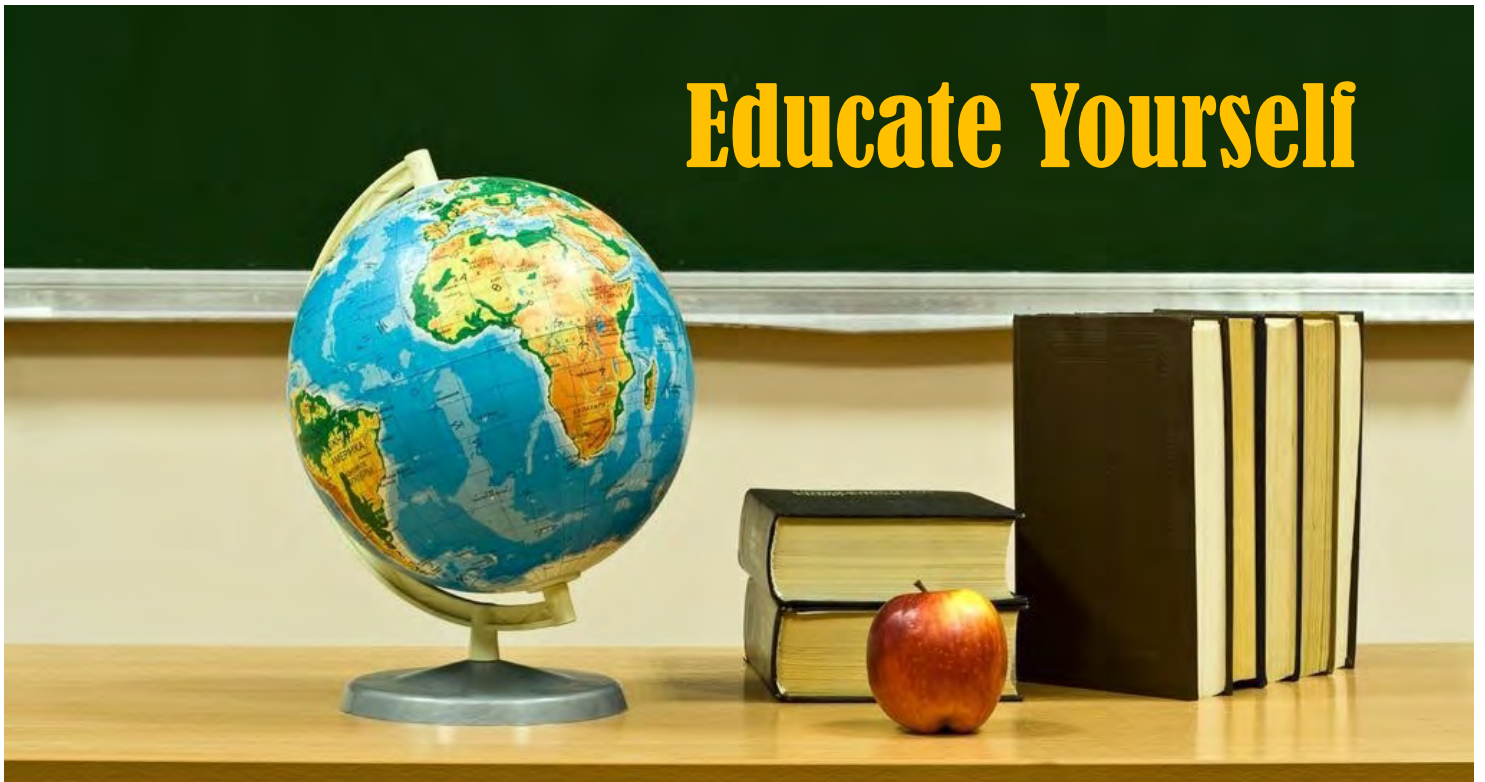
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Educate Yourself



When we speak of education, we know it is one person imparting knowledge to another person. The one imparting knowledge is likely older, or more educated than the one receiving the knowledge.

Education is receiving knowledge that you do not have. If you have knowledge about something, you do not need to be educated about it.

We would all agree that education is very important for survival on this earth, and also in order to obtain eternal life. There is a lot we do not know.

When you think of the word "educate" it often makes you think of children and schooling. When asked, "Where have you been educated? Have you received an education?" The typical answer that the person is looking for is what school did you attend. The word "educate" comes from the Latin word *educare* meaning to "bring up, rear." In the 1500's, Shakespeare borrowed it to mean "schooling." And thus, since then, education has been equated with schooling, but in reality it is more. It is to teach, train, or inform someone in order to develop the faculties and powers of a person, whether in a school setting or not.

Some people want to receive more knowledge than they have, but other people do not. They are satisfied with what they have and do not want more. For example, have you ever met people while doing missionary work who tell you they have their own religion and do not want to learn anything more? Often more knowledge and education will bring increased responsibility, some-

thing which they do not want.

There are times people are expected to accept education whether they want to or not. For example, children who attend elementary school or who are taken to church.

Many people seeking higher education in the world are willing to pay a high price for a university or college education. The benefit gained from education is in proportion to a person's desire to accept and receive the education and put it into practice. According to the strength of the "thirst", will the thirst be satisfied.

Those who thirst for spiritual education are promised, "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." Matthew 5:6

Some have little thirst for spiritual education but a great thirst for a higher education in the world. One type of education can bring success in the world, but the one less valued can bring success in the emotional and spiritual life and lead to eternal life. While there is nothing wrong with higher education in this world as this education can be used to benefit mankind, such as education in health care; however, if this higher education in the world leads to a neglect, or reduced thirst, of the higher education provided in the Word of God, then there is a problem.

To receive an education often requires one to put forth an enormous amount of energy, to task one's mental capabilities to the utmost. However, the reward is worth the effort.

I want to now use some of these concepts and ideas to address the subject of, "Educate yourself." When you are a learner receiving education, you need to have a teacher.

When you hear someone say "educate yourself", one would naturally think that this is education received without the help of any other person. Yes, this is exactly true, but many take it to mean that they can go to the library and take books and read, or look on the Internet; however, you have not fully educated yourself in the truest sense in that you are still taking education from information from another person. You just do not have someone standing over you and providing tests to prove that you have obtained and received the expected knowledge from the education. So, how can you truly educate yourself?

To educate yourself requires discipline since no teacher is physically present to encourage you and give you deadlines. You, yourself are the teacher and you are the student; and thus you must task your energies according to your desire to gain the knowledge by yourself. Your thirst and your effort will determine the outcome.

In the Spirit of Prophecy we read of education that you *must* obtain by yourself. No one else can teach you. You teach—you learn. Think of why she used the word "educate" in the following statements. Ask yourself if you need to educate yourself in these lines because you find yourself lacking.

Firstly, I would like to mention that sin is also a result of education. Adam and Eve had no experiential knowledge of sin when they were created. They were warned of the evil, but they did not heed the warning. They received a knowledge of sin by experience. "And the LORD God said, Behold, the man is become as one of us, to know good and evil." Genesis 3:22. Although God did not know sin by experience, He knew about it and tried to warn Adam and Eve. They chose the wrong pathway and the education they received was not what they wanted. Many make similar mistakes today. They do not heed the warnings given and thus make mistakes that they regret later—mistakes that could have been avoided had they heeded the warnings and learned the lessons others tried to teach them. Some only want to receive education from life's experiences. You have heard the term, "they learn the hard way." These people may be taught what is good and right, and how to avoid making mistakes; however, they refuse to listen and say, "let me learn the hard way." In other words, they will not listen until they have made some of the same negative experiences that their mentors were trying to help them avoid.

"If you *educate yourself* to make your interest first, self-love will become an absorbing passion, and out of it will grow great evils; such as love of supremacy, and the desire to be

thought very good, whether you deserve the good opinion you covet or not. These ambitious desires originated with Satan, and are the ruling principles in his character; and through the fall, and through the influence of his continued temptations, men have become like him in character, in motives, and pursuits. Man has steadily declined in moral excellence, until he has almost lost the image of the Lord, in whose likeness he was created." —*The Youth's Instructor*, May 14, 1884. So, self-love is a learned behaviour. Often children copy their parents and if the parents are living selfish lives, there is a high likelihood that the children will also behave in this manner. They also learn from their peers in school.

Sometimes we may know something intellectually, but to put it into practice is challenging when our heart and feelings are all pointing in the other direction. Thus we must educate our heart to follow what intellect and reason tells us is the right way. There are important areas in which we are told we *must* gain an education in, whether we feel like it or not. In other words, we are to learn something we did not know or experience before, whether by head knowledge or practical knowledge. These are lessons no one else can teach us. We are our own teacher (with the help of the Lord).

True education begins at home. Parents are to receive their teaching from the Lord, from His word. Once they have educated themselves to systematic Bible reading, they can effectively train their children. "*Educate yourself in Bible ways and means*, that you may be a successful worker in your own home, for, you see, they need to be saved, for they are sinners." —*Testimonies on Sexual Behaviour*, p. 47. All need to educate themselves in systematic Bible Study and if you have children they will copy you and will also learn to appreciate Bible Study.

Ellen White wrote to a young woman by saying, "You have neglected to *educate yourself for systematic household labor*. You have not seen the necessity of acquiring habits of industry. The habit of enjoying useful labor, once formed, will never be lost. You are then prepared to be placed in any circumstances in life, . . . You will learn to love activity." —*The Adventist Home*, p. 90. Who enjoys housework? But yet it is a very important education. We are told to not only *do* the housework, but educate ourselves to *enjoy* it. Many people find housework mundane, as with any small tasks that are repeatedly done. They cannot wait to finish the work, so that they can have some time of leisure—to enjoy themselves. But how much happier would one's life be if they could educate themselves to find joy in household labour. Once this habit is formed, she said, it "will never be lost. . . . You will learn to love activity."

We have often heard how it is important to be faithful in the little things and then God will entrust us with greater things—more talents. Household tasks are considered little things by some. “He that is faithful in that which is least is faithful also in much.” Luke 16:10. However, to be faithful in little things is not natural. It requires education. We must educate ourselves in this regard. “You, . . . should *educate yourself to faithfulness in small things*. You cannot please God unless you do this.” —*Mind, Character and Personality*, vol. 2, p. 547

Now we will talk about diet. This requires education for many in the world, and false Christian churches provide little education on the importance of diet and its connection with health and salvation. We are not only to educate ourselves regarding what is good and bad, but educate ourselves to enjoy the good. “*Educate yourself to discard all flesh meat*. Soon butter will never be recommended, and after a time milk will be entirely discarded, for disease in animals is increasing in proportion to the increase of wickedness among men. The time will come when there will be no safety in using eggs, milk, cream, or butter.” —*Manuscript Releases*, vol. 21, p. 286. (This was written over 110 years ago). We are preparing for an eternal world; a relish for the heavenly diet is not obtained when Jesus comes. It is obtained now. Today we are to eat the diet of heaven. These foods mentioned taste very delicious, but are very unhealthy. The time has come for us *to educate our taste* to do without them (meat, milk, eggs and anything else not beneficial for health). This is a very difficult battle for some. Sin entered the world through lust of appetite, and Jesus fasted for 40 days in the wilderness to gain the victory. What will it take for you to gain that victory?

Do you have a habit of complaining about others? Then, “You should *educate yourself and overcome your bigoted and fault-finding spirit*. You need to keep the body under and bring it into subjection, lest, after you have preached to others, you yourself should be a castaway.” —*Testimonies for the Church*, vol. 3, p. 464

“Did you realize how many times the Lord has ordered your way, that the will of Satan should not be done on you and your life extinguished, you would not stumble along complainingly. Walk always before God in humility. Trust fully in Him. Let the words on your lips be pleasant words. Censure no one. *Educate yourself to excuse and pity all who make mistakes*.” —*Manuscript Releases*, vol. 19, p. 151. Although we do not excuse sin, we do not censure the sinner. Thus we will have to learn to speak well of others and have pity on them as we are all sinners.

Missionary work is natural for some, but for others it needs to be learned. Care must be taken when speaking with people about the truth. Some may speak truth, but

the manner in which it is spoken may drive people away. Ellen White wrote to a young missionary. “You are sometimes too formal, cold, and unsympathizing. You must meet the people where they are, and not place yourself too far above them and require too much of them. You need to be all softened and subdued by the Spirit of God while you preach to the people. You should *educate yourself as to the best manner of laboring to secure the desired end*. Your labor must be characterized by the love of Jesus abounding in your heart, softening your words, molding your temperament, and elevating your soul.” —*Testimonies for the Church*, vol. 3, p. 419

While preaching is a talent given to some, the preacher’s work does not end when they leave the pulpit. All members are to be educated to share the truth with others. “As a watchman upon the walls of Zion, constant watchfulness is necessary. Your vigilance must not abate. *Educate yourself to be able to appeal to families around the fireside*. You can accomplish even more in this direction than by your pulpit labors alone. Watch for souls as one that must give an account. Give no occasion for unbelievers to charge you with remissness in this duty, by neglecting to appeal to them personally. Talk with them faithfully, and beseech them to yield to the truth.” —*Testimonies for the Church*, vol. 2, p. 706

In doing missionary work, there is need for education to meet different people in different ways. It is mental work that we are called to do. “You need to *educate yourself, that you may have wisdom to deal with minds*. You should with some have compassion, making a difference, while others you may save with fear, pulling them out of the fire.” —*Testimonies for the Church*, vol. 3, p. 420. This education comes from the Holy Spirit. Each person is different and requires a different approach in missionary work.

“You need to *educate and train yourself in order to become a successful shepherd*. You need to cultivate a good temper—kindly, cheerful, buoyant, generous, pitiful, courteous, compassionate traits of character. You should overcome a morose, bigoted, narrow, faultfinding, overbearing spirit. If you are connected with the work of God you need to battle with yourself vigorously and form your character after the divine Model.” —*Ibid.*, p. 420–421. To be an effective missionary and shepherd, we are called to battle with ourselves vigorously. This is one way we educate our-



selves in the way of the Lord. Sometimes it takes a vigorous battle to be able to subdue self and to follow and do the works of the Lord, and form a character fit for heaven. "Resist the devil, and he will flee from you." James 4:7. It takes perseverance and education to deny the world and its pleasures and do the work that the Lord has laid before you and to do it cheerfully.

"Educate yourself to persevere in receiving grace from Him, and imparting it to others. Thus you can exert a strong influence for good. You can be a great blessing if you will obtain the rich treasures of grace and give them to others, speaking wise, appropriate words, leading, drawing, souls to Christ, teaching them to love and appreciate Him whose they are by creation and by redemption. Lay up treasure beside the throne of God by bringing souls to Christ. This is the work that the Saviour values. Those who faithfully do this work will one day sit with Him on His throne." –*Manuscript Releases*, vol. 13, p. 126. Is not grace free? Why educate to persevere in receiving it? For some, their natural heart of unbelief may be challenged to believe and thus needs educating. Jacob wrestled all night with Jesus. He persevered to receive the desired grace. Shall we not also wrestle and persevere to receive His grace so that we can impart it to others? "The kingdom of heaven suffereth violence, and the violent take it by force." Matthew 11:12

Life is not always easy. Some have more struggles than others, but Jesus says, "My grace is sufficient for thee." 2 Corinthians 12:9. No matter how difficult life is, be happy. This may require you to educate (to teach) yourself, to be happy. Happiness is a choice you make. *"Educate yourself to carry a pleasant countenance, and bring all the sweetness and melody possible into your voice. The angels of God are ever near . . . and your harsh loud tones of fretfulness are not pleasant to their ears."* –*The Adventist Home*, p. 432

It is not only by your actions, but also by your words that can result in your being outside of heaven. You may speak 100%, truth but your manner of speaking may condemn you. "For by thy words thou shalt be justified, and by thy words thou shalt be condemned." Matthew 12:37. *"Educate yourself to speak pleasant words."* –*Manuscript Releases*, vol. 19, p. 70

Being kind and tenderhearted is not natural for many. It needs to be learned as it is a requirement for entrance to heaven. "You have a great and solemn work before you to control and subdue yourself, to become meek and lowly of heart, to *educate yourself to be tenderhearted*, pitiful in your family, and to possess that nobleness of spirit and true generosity of soul which despises everything negligently." –*Testimonies for the Church*, vol. 2, p. 256

When life is very challenging, and you are tempted to give up, fearing that the Lord has left you, remember, "Every promise in the Word of God is for us. In your prayers, present the pledged word of Jehovah and by faith claim His promises. His word is the assurance that if you ask in faith, you will receive all spiritual blessings. Continue to ask, and you will receive exceeding abundantly above all that you ask or think. *Educate yourself to have unlimited confidence in God.* Cast all your care upon Him. Wait patiently for Him, and He will bring it to pass." –*In Heavenly Places*, p. 71. Some doubt very easily and have a very weak faith in God and are ready to give up with every little wrong thing that happens. They need to educate themselves to have more confidence in God. This is experiential. Someone may tell you to have more faith during trials, but, you must experience it yourself—educate yourself. Trust, whether you feel like it or not. Trust, even if you do not see the light at the end of the tunnel. Believe, without a shadow of doubt.

How does your faith grow? "If you would obtain precious victories, face the light that emanates from the Sun of righteousness. Talk hope and faith and thanksgiving to God. Be cheerful, hopeful in Christ. *Educate yourself to praise Him.* This is a great remedy for diseases of the soul and of the body." –*Mind, Character, and Personality*, vol. 2, p. 492. Perhaps praise is not natural to everyone, especially in bad times. We are encouraged to talk faith and praise Him in good and bad times. You may need to educate yourself in this regard, as it may be something you need to learn.

To believe is not natural for some. To believe what they do not see. Jesus told Thomas, "because thou hast seen Me, thou hast believed: blessed are they that have not seen, and yet have believed." John 20:29 *"You must educate yourself to believe, to take your stand on the elevated platform of eternal truth, and welcome reproach and trial for Christ's sake. Jesus will help you; angels of God will help you resist the devil, and he will flee from you. Draw nigh to God and He will draw nigh to you."* –*The Upward Look*, p. 376. To have a strong belief in God takes education and training. And thus once this education is learned, we can "welcome reproach and trial for Christ's sake." How can this be done? "Talk light and faith and hope, and *educate yourself to see light when God reveals it to you.*" –*The Review and Herald*, May 19, 1891

"You need to take heed to yourselves, to watch and pray, to *educate your thoughts to think of heavenly things, to educate your lips to speak on heavenly themes, to become familiar with the heavenly atmosphere, and to be able to teach others that which you have learned of Jesus.*" –*Selections from the Testimonies for the Managers and Workers in our*

Institutions, p. 59. Yes, educate yourself to “Pray without ceasing.” 1 Thessalonians 5:17. Have your thoughts fixed on “heavenly things” every moment of the day and speak on heavenly themes.

“Be sure you understand for yourself what kind of education you need that you may educate others to obtain a fitness of character, that will stand the test that is soon to be brought upon all who live upon the earth.” –*Selected Messages*, bk. 2, p. 314

“As you educate yourself, you are prepared to educate others. True religion is simply to follow Christ. A religion expressing selfishness is worthless; for the sinful heart is the real citadel. Until the heart is surrendered unconditionally, the blessing of God cannot flow into the soul; the sunshine of His righteousness does not illuminate the chambers of the mind or the soul temple, and a new life does not begin.” –*Manuscript Releases*, vol. 18, p. 277

Education is obtaining a knowledge from some source. A knowledge that we did not have before. The essence of this article was to help us understand areas in which we must educate ourselves. An experiential education that is private, between you and God only. It can be obtained from no earthly source. The points brought out were important areas that we need obtain a knowledge by experience which perhaps we did not have before.

In review, we may need to educate ourselves:

- *in Bible ways and means*
- *in systematic household labour*
- *to faithfulness in small things*
- *to discard all flesh meat (and unhealthy foods)*
- *to overcome your bigoted and fault-finding spirit*
- *to excuse and pity all who make mistakes*
- *to the best manner of laboring to secure the desired end (missionary work)*
- *to be able to appeal to families around the fireside*
- *to have wisdom to deal with minds*
- *to become a successful shepherd*
- *to persevere in receiving grace from Him*
- *to carry a pleasant countenance*
- *to speak pleasant words*
- *to be tender-hearted*
- *to have unlimited confidence in God*
- *to praise Him at all times*
- *to believe*
- *to see light when God reveals it to you*
- *to think of heavenly things*
- *to speak on heavenly themes*

Remember: “As you educate yourself, you are prepared to educate others.”

There are likely many more lessons the Lord will ask you to educate yourself with, such as patience and endurance. Just keep in communion with Him and He will guide you. To obtain the required knowledge and education may be very challenging. It may require you to put forth your utmost effort. However, the reward is worth all the sweat and energy you put forth.

“We are to do all that we can do on our part to fight the good fight of faith. We are to wrestle, to labor, to strive, to agonize to enter in at the strait gate. We are to set the Lord ever before us. With clean hands, with pure hearts, we are to seek to honor God in all our ways. Help has been provided for us in Him who is mighty to save. The spirit of truth and light will quicken and renew us by its mysterious workings; for all our spiritual improvement comes from God, not from ourselves. The true worker will have divine power to aid him, but the idler will not be sustained by the Spirit of God.” –*Faith and Works*, p. 48

“The work of gaining salvation is one of copartnership, a joint operation. There is to be co-operation between God and the repentant sinner. This is necessary for the formation of right principles in the character. Man is to make earnest efforts to overcome that which hinders him from attaining to perfection. But he is wholly dependent upon God for success. Human effort of itself is not sufficient. Without the aid of divine power it avails nothing. God works and man works. Resistance of temptation must come from man, who must draw his power from God. On the one side there is infinite wisdom, compassion, and power; on the other, weakness, sinfulness, absolute helplessness.” –*The Acts of the Apostles*, p. 482

When all your feelings point in the wrong direction, the opposite direction, you need to turn about and educate yourself in the matters of God even if it feels so contrary to your human feelings. Stand firm, and make a firm decision to let reason control your heart and emotions. God will give you strength. Let God be your teacher and guide. Amen

Wendy Eaton (Italics in quotes added by author)



HEALTH MATTERS:

**You Are
When
You Eat:**



**Consequences
Of
Unhealthy
Eating
Patterns**

As I had mentioned in previous articles, many people have unhealthy eating patterns, often based on one's lifestyle, or chronic bad habits. In the first of the series of articles, we learned that the healthiest eating pattern is to have at least five hours in between meals. In our second article, we learned that we should avoid eating late at night as this can lead to poor sleep, and ultimately chronic illnesses due to eating patterns that are not consistent with our body's circadian rhythm. This month we will look at several common but unhealthy eating patterns and learn about their impact on our health.

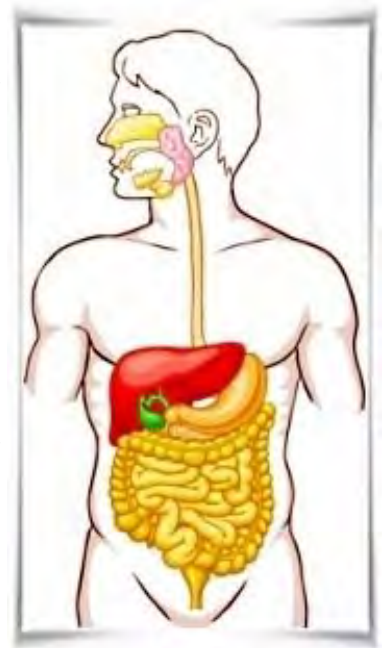
GRAZING

A new fad that has gained in popularity is the theory that eating multiple times in a day helps to keep one's metabolism at a higher level in order to maintain or lose weight. Frequent meals would also prevent feelings of hunger, which can contribute to consuming too many calories at any one time. In fact, this eating pattern appears to be the new norm, with the majority of North Americans snacking two or more times a day in addition to meals. Many people will have a late evening snack while watching television, or will get up from sleep to raid the fridge for a "midnight" snack. But, how does this grazing pattern affect our digestive system? We have already established that it is unhealthy to eat in between meals, so the pattern of grazing must be unhealthy. But, how?

Each time you eat, your body produces insulin to take the glucose from your blood into your cells to be used as energy. However, insulin also works to store excess glucose in your fat cells. Eating frequently will cause

insulin to place any extra glucose into fat tissue. We will learn more about this later in the article. Also, each time food is taken in, it takes energy to process glucose and produce insulin; thus, people can feel fatigued when eating too many meals in a day. When you ingest frequent meals, it provides an opportunity to overeat, to consume too many calories in a given day, thus storing extra glucose as fat. Most people do not have the ability to calculate calories efficiently, to know when enough calories have been consumed, especially when introducing multiple opportunities in a day to eat. And, as we learned last month, eating often does not allow digestion to finish before having to restart the process all over again

When we eat, the food enters our digestive system, through the esophagus, it then travels to the stomach, through the small intestine, and finally to the large intestine. The food moves through the digestive system by a series of contractions called "peristalsis." These contractions assist the stomach to break down the food, they then push the food out of the stomach into the small intestine. The food travels through the small intestine, where its absorbed into the body. After digestion, a se-



ries of contractions called the Migratory Motor Complex (MMC) “cleans” the small intestine by pushing waste, bacteria and undigested food particles into the large intestine. It takes about 90–120 minutes to move these components from the stomach to the end of the small intestine. The large intestine then eliminates these leftovers of our food that our body did not digest. A normal functioning MMC plays a significant role in our overall gut health. It ensures that the bacteria in our gut moves to, or remains in, the large intestine where it belongs.

Only a period of fasting (not eating) allows the MMC to function properly, to move the food along in cleansing waves; thus, preventing food from sitting immobile in the small intestine for any length of time. With the action of the MMC, even bacteria that may have been in our food moves along also, and, does not have time to settle into the small intestine; it passes through it instead to the large intestine. In order for the small intestine to move bacteria along, it must have a rest period of at least 90 minutes. With grazing, every time you eat, the process of MMC stops and needs to reset. The cleansing wave has to start all over again from the stomach. Because of this need to reset itself each time we eat, we may never experience a full wave of cleansing. If we even have a small nibble of food in between meals, there is a good chance we will not have a period of 90 minutes without food passing through the small intestine, and thus waste products remain in the small intestine for longer than it should. What is the result of this?

Our digestive system contains a significant amount of healthy bacteria, not only which contributes to our digestive health, but also affects other areas of health including our immune system. In a healthy gut, most of the bacteria colonizes in the large intestine. Grazing can increase the risk of abnormal amounts of bacteria in the small intestine, typically bacteria that is not normally found in this area of the body. This syndrome is known as SIBO (small intestine bacterial overgrowth). SIBO occurs when something slows down the passage of food; it stays in the small intestine for too long, allowing bacteria to feed on the food and waste, and multiplying, thus creating a breeding ground for bacteria.

When undigested food and waste is not swept through the large intestine properly or fast enough, this can also cause the bacteria present in the large intestine, to migrate back to the small intestine. Therefore, bacteria that is normally found in the large intestine then stays in or migrates back to the small intestine. These bacteria need to be fed, and they compete with the nutrition that our



body needs, disrupting the digestive process, and leading to malnutrition. When this occurs, symptoms such as bloating, diarrhea, nausea, constipation, and acid reflux then result in the digestive system. Symptoms of malnutrition such as fatigue, low energy, brain fog, hair loss and dry skin are also present. Once this overgrowth develops, it can only be eradicated by taking antibiotics. However, antibiotics are also harmful and can upset the balance of our gut flora (microbiome) for up to a year.

Not only is the small intestine impacted by grazing, but the function of the large intestine is also affected. You may notice that you have a bowel movement within an hour of a large meal. This is not a coincidence. A large sized or high calorie meal involuntarily triggers something called the gastrocolic reflex, which causes forward movement (peristalsis) of waste in the large intestine (colon). In order for this reflex to take place, the stomach must be distended and stretched. The stomach has receptors that detect stretch. This stretch, after a large volume intake, sends a signal to the large intestine to empty itself, to make room for the food that is entering the stomach. Eating small amounts throughout the day may not be enough to stretch the stomach enough to trigger this reflex. Thus, it is possible that people who graze will have problems with constipation, as the waste will not move through the colon as efficiently. People who are prone to constipation benefit from eating larger, discrete meals throughout the day to have more regular bowel movements.

Grazing can also result in eating too close to bedtime because grazers like to snack in the evening. The MMC function works while you sleep to allow your gut to go through more cleaning, therefore, eating at night will prevent the MMC from doing its overnight work. Among the other health problems discussed last month when eating too close to bedtime, you can also develop

acid reflux (heartburn), from lying down too soon after eating. Acid reflux occurs when the stomach sphincter relaxes, and gastric acids can enter the esophagus from the stomach. The recommendation is to stop eating three hours before bedtime to allow your stomach to fully empty before lying down. If you get hungry, drink liquid as that leaves your stomach much faster.

Eating causes a state of inflammation in our body; our immune system is very active at the time of eating, deciding what our body should absorb from our food. This immune response causes a temporary state of inflammation in our body. Inflammation occurs for up to four hours after a meal. This level of inflammation is normal. However, if we are constantly grazing, our body is in a constant state of inflammation, which then becomes unhealthy. Chronic inflammation damages our body, leading to an increased risk of heart disease and type 2 diabetes.

EFFECT OF GRAZING ON WEIGHT LOSS

Many people who try to lose weight get very frustrated at the lack of results. Our body only exists in two states:



the fed state and the fasted state. In the fed state, after we have eaten, insulin is released, and we use the calories from our food to supply

the energy that the body needs. However, our bodies need a constant fuel **source** so that basic metabolism can continue to take place, even when not eating. Our heart needs to pump, our lungs need to take in air, our brain, our immune system must still continue to function. Therefore, when we eat, any calories in the form of carbohydrates and protein that are not needed after we eat are stored in our liver and in our fat cells for later use. When we are in a fasted state, we do not produce insulin; therefore, our body takes food that has been stored as glycogen from our liver and our fat to supply the body's metabolic needs. This is known as the fat-burning state. Going into a fat-burning state by fasting is part of our body's natural cycle, helping to maintain the balance between the fed and the fasted states.

What is important to understand is that our body cannot take energy from both places at the same time. It either takes energy directly from food or from food

sources stored in our body. When we eat, it makes sense to use food for energy; thus, fat burning is shut down. The insulin that is produced to use food as energy shuts down the body's ability to burn fat. However, during fasting, our insulin levels drop, signalling the body to release food energy from our liver and fat cells. If we try to lose weight only by decreasing calories, we would assume that automatically the weight will drop off. This does not always happen.

Diet experts recommend that people who want to lose weight should eat frequent, small meals throughout the day, with the idea that constantly eating keeps our metabolic rate higher while consuming less calories overall. What this also does is triggers our body to keep producing insulin to use the calories from the food. Since insulin levels stay high, we never get into a fat-burning state. If we reduce our calories without allowing our body to use our stored food sources, our body's metabolism will slow down to compensate for the lower calorie intake because it only gets its energy from food. We start to feel tired, hungry, and cold from the reduced calorie intake, but we do not lose weight. The only way to successfully lose weight, as well as reducing calories, is to reduce insulin levels, so that our body burns fat for fuel instead, and the only way to do this is to put our body into a fasted state. For example, if we were to fast for 24 hours, that day's energy needs would be supplied by our stored food energy and we would lose ½ pound of fat. For those who do not have periods of fasting, most of the fat burning occurs during nighttime hours when we are not eating. Reducing the amount of time between meals, and eating late at night will prevent our body from burning fat for fuel, thus preventing weight loss.

SKIPPING BREAKFAST

Many of us skip breakfast because we cram so much into our day, that taking the time for eating breakfast is no longer considered important. And if we have eaten late in the evening, we are not going to be hungry yet when we get out of bed. Are there any health benefits



for eating a breakfast meal? Or any negative health effects from skipping breakfast?

“It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.” – *Child Guidance*, p. 390

Often breakfast has been referred to as “the most important meal of the day.” Eating breakfast has a number of health benefits. If supper is eaten three hours before bedtime, by the time we wake up, the body has fasted for about 12 hours and it is ready for food. In fact, with this eating pattern, if we skip breakfast, we can experience headaches, drops in blood sugar, and difficulty concentrating. Then when we have the opportunity to eat, we will be so hungry that we often grab something that is readily available, which tends to be a less nutritious snack.

Eating breakfast will jump start your metabolism for the day. When we eat, it increases our body’s energy use, known as diet induced thermogenesis (DIT). In other words, eating sets in place a number of processes to digest and store food; these actions take energy. Studies show that this energy expenditure is higher in the morning than in the evening. Therefore, eating a hearty breakfast, and reducing the amount of calories taken in at lunch and supper can contribute to maintaining one’s weight. When skipping meals, the opposite effect occurs, our body tends to try to conserve any calories that then come in later in the day. This is one of the aspects of dieting that can be frustrating for people; they may be eating less calories, but the body is also trying to conserve energy as it is perceiving a lack of food intake.

People who skip breakfast are more prone to eating foods later in the day that are more palatable (tastier). Typically palatable foods contain higher levels of fat and sugar, which are unhealthy and can cause weight gain. Studies show that people who eat breakfast generally have a lower BMI than those who skip breakfast. The BMI is a measurement of the amount of total fat in one’s body; a higher BMI is associated with being overweight and obese, risk factors for heart disease and cancers. Overall, those who eat breakfast consume less fat during the day.

Research also indicates that if breakfast is eaten before 8:30 a.m., it can reduce the risk of developing type 2 dia-



betes. Eating an early breakfast lowers blood sugar levels. It also reduces insulin resistance, when the body becomes resistant to insulin which is needed for cells to take in glucose, causing blood sugar levels to rise. Over time, more and more insulin is needed to regulate blood sugar levels. This research indicates that the timing of meals is most important in preventing diabetes, with early meals during the day as most healthy. Our body processes carbohydrates (sugar) better in the morning. Skipping breakfast, even occasionally, can result in higher levels of blood sugar after lunch and supper, increasing the risk of developing diabetes. Even skipping breakfast one day a week increased the risk of diabetes by 6%, with increased risks up to 55% if breakfast was skipped four to five days a week. People who already have diabetes and who eat a big breakfast and a small supper had 20% lower blood sugar levels than those who had a small breakfast and a big dinner.

Eating breakfast also improves memory and attention in school-aged children. Studies also show that children and teenagers who skip breakfast tend to become overweight. Having breakfast also lowers blood pressure and improves cholesterol levels. Late night eating raises cholesterol levels. People who eat breakfast tend to be more physically active during the day as eating improves energy levels. The old adage: eat breakfast like a king, lunch like a prince, and dinner like a pauper holds true when considering timing of meals.

The timing of food intake is so integral to our health, that it has a greater impact even than the type of food that we eat. Erratic eating patterns increase the risk of disease. If we sustain a healthy eating-fasting cycle, we can maintain a healthy weight, and prevent or reduce many of the chronic diseases that plague mankind.

“Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.” – *Child Guidance*, p. 387



MOSES

Part IV Passover and Exodus



While Egypt sorely was afflicted,
God's people would now be instructed,
For their deliverance in some few days,
There will be no more delays.
But that they would leave not empty-handed,
God had for them intended, a reward for lifelong slavery,
They be given silver, gold, and jewelry.
And the Egyptians gave them freely and they respected Moses highly.
One more plague was yet to come
Into every Egyptian's home,
Then Israel would be purged out with an agonizing, desperate shout.

.....
The month they were now in would be the first month of the year to begin,
On day ten every family take then a lamb of one year
Without blemish to keep it in till day fourteen.
Then all Israel shall slay it in the evening,
And of the blood taking, with hyssop strike the lintel
And the side posts of the door,
Then, no one, shall till the morning go out of the house anymore.
They were to roast the lamb with bitter herbs to eat in haste,
Fully dressed and sandaled feet,
It is the LORD's Passover, for He will go over all the land of Egypt,
And when He sees the blood upon the door, He will pass over,
And the plague shall not come near,
When He shall smite Egypt with great fear.
And the children of Israel obeyed the word,
Moses and Aaron were commanded by the LORD.
And this day shall be for a memorial unto Israel
A feast to keep through all generations
To remember with holy veneration,
How God with a mighty hand, delivered Israel
Out of the Egyptian land.
While Israel was waiting for the morning,
For Egypt there would be great mourning,
For at midnight God did smite the firstborn
Of Pharaoh who was sitting on the throne,
Of his servants, and the priests, down to common ones
And of the captive regarded as the least,
To the firstborn of the cattle and the beast.
Egypt heard a cry so sore like never heard before,
There was spared no dwelling place,
The bereaved as they mourned over the dead moved as in a haze.
Egypt was brought to its knees, the land was ruined, there was no peace.
Pharaoh rose up in the night, called for Moses, Aaron so he might
At last let Israel go with haste, and asked that he be blest.
The Egyptians urged the Israelites to leave the land,
For they feared that death to all would be at hand.



Then God's people hurried on, taking their kneading doughs along,
Unleavened bound upon their shoulders,
They were joyous leaving now at last,
For their bondage has now past.
And the Egyptians gave them freely jewelry of gold and raiment,
They feared no ending torment,
Come upon them if these Israelites
Stay on longer at their sites.
There moved a mixed multitude as well along,
With Israel that now was six hundred thousand men strong,
Besides their children, herds of cattle, flocks of sheep and goats
From Rameses to Succoth.
And Moses took the bones of Joseph he required on his death bed,
(Ex. 13:19) For surely God would visit them
As was promised it to Abraham, (Gen. 15:13-14),
His seed be four hundred years in a strange land,
Then by a strong hand be delivered from oppression
To become a special nation.

.....
Four hundred and thirty years the children of Israel
Did live in Egypt, and at the end, on the selfsame day
They came out in the month of Abib.
After Succoth they camped at Etham
At the edge of the wilderness that they may rest.
And the LORD went before them in a pillar of a cloud
By day to shield them from the heat,
In a pillar of fire in the night, to give them light.
The vast, enormous throng of men, women, children,
Moved along with wagons, cattle, flocks and herds,
Like a mighty river close together,
A human flood pressing ever forward, ever moving onward.

.....
Days after the Exodus, the land of Egypt was desolate
Of the Hebrew slaves,
Pharaoh angrily behaves with great regret,
That Israel escaped his net;
With fury he mobilized his army, left behind not any
Of the chariots and horseman
And rushed off in haste, not any time to waste.
And God commanded Moses that they turn
Towards the Red Sea, there to encamp,
For Pharaoh is on the way. And there was great dismay
When they saw the Egyptians coming in the distance,
There was no resistance left but great despair was in the air.
And the people reproached Moses bitterly,
They were here defenseless utterly!
Why had they to leave Egypt to die here in the wilderness?
This did to them just make no sense!
But Moses said to them: "Fear not, you shall see the salvation of God,
Stand still, for the LORD will show to you today,
He will open you the way, and the Egyptians shall you see
Not anymore for evermore!
For God shall fight for you, and you shall hold your peace
And be at ease!"
And God said they should go forward, and Moses to stretch out his rod
Over the sea and they shall see that it divides when they are



Moving onward, and the children of Israel shall go on dry ground,
 Through the sea freedom bound
 Over to a new shore, nevermore to be in bondage
 Led by God's mighty power into a new age.
 And the pillar of cloud moved from before them
 To be behind them, so that it was black night
 Before the Egyptians, but by the Israelites was light.
 And Moses holding over the sea his rod, the LORD God
 Caused a strong wind to divide the waters into high walls
 On the left and on the right all night.
 And the children of Israel with enthusiasm moved forward on dry land
 Over them God's protecting hand.
 In the morning the Egyptians refreshed, rushed into the sea,
 To pursue the Hebrews, and God looked unto Pharaoh's host
 And He caused disturbance to the chariots to brake off the wheels,
 Then the LORD reveals His great might in turning the tide
 Telling Moses to hold his hand over the sea
 So Pharaoh's army cannot turn back to flee,
 For the waters rushing back to their strength as before
 Not able to reach the shore, but drowned the chariots and horsemen,
 Horses and all men, and Pharaoh, they all sank into the deep below.
 And the Israelites were in great awe, as their astonished eye then saw
 The Egyptians dead upon the shore, their enemies them pursue no more.
 And they lifted up their heads and hands, standing upon the new land,
 To joyfully give God thanks and with gratefulness fell on their face,
 And worshipped, honored Him and believed on Him.
 And Moses and the people sang a song to the LORD,
 A song of praise how in triumph He did raise the waters
 Unto Pharaoh's host, and horses and the chariots,
 And the chosen captains He had cast into the sea,
 And drowned them in the Red Sea.
 Miriam, the prophetess, sister Aaron's, Moses';
 And the women with their timbrels, came
 Singing, and with dancing, joining in the praise
 How God had triumphed gloriously,
 For the horse and rider had He cast into the sea....



.....
 Pharaoh was a most peculiar man,
 From all disasters, calamities he refused to learn,
 (Truly, he should have been driven from his throne).
 Defiant, his foolish heart stayed in rebellion,
 Till he bemoaned his firstborn son.
 All joy, prosperity had crumbled,
 Though his dignity was humbled,
 He remained the same, unchanged, hard-cored to his shameful end...

.....
 The long ordeal of Jacob's seed at last
 Was a thing now of the past.
 For God would lead them into a new life and home.
 But till Israel could come into the Promised Land,
 Many things and lessons were to learn and understand,
 Till finally they did give God the glory,
 But this is another story. Amen.

Edda Tedford, Canada



“The Lord does not always choose for His work men of the greatest talents, but He selects those whom He can best use. Individuals who might do good service for God, may for a time be left in obscurity, apparently unnoticed and unemployed by their Master. But if they faithfully perform the duties of their humble position, cherishing a willingness to labor and to sacrifice for Him, He will in His own time intrust them with greater responsibilities.

“Before honor is humility. The Lord can use most effectually those who are most sensible of their own unworthiness and inefficiency. He will teach them to exercise the courage of faith. He will make them strong by uniting their weakness to His might, wise by connecting their ignorance with His wisdom.” *—The Signs of the Times, June 23, 1881*

Every Storm Has A Purpose



Darryl, Fred, Bill and Bob all lived in a small town in the mountains. They had grown up together and gone to the same school. Although Fred, Bill and Bob had grown up in good Christian homes and went to church with their families every Sabbath, Darryl did not, and considered himself an Atheist. No matter how his friends tried to encourage him to give Jesus a try, he refused. They invited him to church, to evangelistic meetings, and prayer meetings, but he did not care to attend. Once in a while he attended the church picnics because he appreciated his friends and it was always nice to have a relaxing day in the park with good friends. All the church people were very friendly, but Darryl just could not get himself to believe. There were other Christian churches in town that went to church on Sundays, but Darryl did not find them as friendly.

As they grew into manhood, the four young men found themselves working for the same cargo airline company. Bob and Bill were pilots, Darryl was the on-board mechanic and Fred was the radio control engineer. They often flew supplies from the big city to their small mountain town. It was quicker than having some essential items delivered by truck. They made regular flights in good weather to pick up supplies as needed.

That day was a day like all others. The weather report said it would be a little windy, but nothing that the men had not faced before. As usual, Fred, Bill and Bob had a prayer together before taking off in their plane. Darryl watched in respectful silence. Sometimes he wished he had the calm faith and trust that his friends did, but he just could not. He saw them so happy and calm all the time, even when things went wrong. But he himself? He would often get angry and curse when things went wrong and he never felt good about it afterwards. Even

his wife attended church, but Darryl kept refusing, although his conscience did bother him at times.

On that particular day, the plane took off as usual. The engines roared to life and the plane lifted easily into the sky. There were a few clouds and a bit of a wind, but the plane flew smoothly up and over the mountains. They had to cross two mountain ranges with a valley in between. As they got over the first mountain range the wind suddenly picked up. The clouds became thicker. Soon they found themselves in the middle of a powerful storm. The engines were fighting loudly against the storm. "What a weather", muttered Darryl, "The weathermen have well and truly have gotten it wrong again. This is the worst storm I have seen in a long time."

"People cannot know everything," answered Fred. "Now I do not see how everything always needs to be so negative."

"Just wait until we are lying under the ruins of this old airplane with broken limbs and see if you have a different attitude about it then," grumbled the mechanic back.

"God will bring us safely to our destination. I trust Him since we did pray and He has promised to send His angels to be around us," the radio engineer tried to calm him.

"God? I don't need Him. I can help myself. That works a lot better anyway. At least I know where I am with myself!" Darryl answered curtly.

"Why are you always so adverse to everything to do with Christianity?" Fred wanted to know.

"Well, it doesn't really have anything to do with you, so don't take it personally. But if you really want to know:

lots of people say that they are Christians but in the next moment they do something to prove that they are definitely not," moaned Darryl.

Fred knew that what his friend was saying is true. There had also been moments in his life where his behaviour had not quite shown that he belongs to Christ. He had occasionally been argumentative with his colleagues when he did not agree with them and he had at times complained about others.

"Fred, there is something wrong with the upper rudder!" Darryl suddenly shouted, pulling him away from his thoughts. "We are losing altitude."

"Radio SOS! Quickly!" Bill, the co-pilot, screamed through to the back of the freight plane. Fred kept sending emergency signals through the radio. The sweat was standing on his forehead. The nearest airport was over an hour away. His message rang through the stormy night like a scream for help but he did not get any contact with earth. "Put your seatbelts on!" called Bob, the commander, and clamped his hands around the control stick. "We will have to perform an emergency landing."

"That means—be ready to die!" grumbled Darryl. "I am not flying for the first time but this is my last."

Fred bowed his head and quietly prayed.

"This is probably the end, Fred," said Darryl's shaky voice. "But I don't think it will be painful. One hit and it's over."

"No, this is not the end. It is not the finale. You, Bill, Bob and I will have to stand in front of God in the judgement one day to receive the reward for our lives," countered Fred, "That will be the end."

Bob stared through the cabin window. His eyes try to look through the fog. His strong hands are lying calmly on the control stick. "Aren't you scared, Bob?" asked Bill.

"I am a bit scared but I know that God will not leave me. He is my Redeemer and I can trust in Him completely." The plane continued to drop lower and lower. Suddenly they came beneath the clouds and see the bubbling of a flowing river. Then the plane crashed.

Darryl was first to wake up from his dizziness. He tried to remember what happened. Oh yes, they crashed. And he is still alive. A wave of relief flowed over him. But he must act quickly because water was flowing in through the ripped open back of the plane. He hurriedly freed himself from the seat belt as Bill came to the back

to check on Darryl and Fred. "We have to help Fred." Shouted Darryl above the noise of the storm." How is Bob?" He asked.

"He is alive but his arm is broken", answered Bill.

After half an hour they all managed to climb out of the plane and onto a wing. The wind was blasting through their wet clothes. How long could they survive? Maybe half an hour? Bill shot off a flare. Will someone see it? And if so, will they be brave enough to come into the middle of the wildly flowing river to help some strangers?

The wrecked plane slowly slipped further and further into the water a centimetre at a time. Suddenly Darryl was blown into the water by a stormy gust. The other three men could hear Darryl's screams of fear through the screaming of the storm. He wildly flapped his arms around, fighting against the deathly cold which was surrounding him from all sides. Then his hands finally found a grip on the back end of the wing. Now he was hanging there in the icy water, but for how long? And he was scared, scared stiff of dying. He did not have the calm assurance that his friends had about death; and now, with the dark waters surrounding him like a grave, he felt very close to death. He knew now he will have to face God as Fred had said and he dreaded the thought.

Darryl's stiff hands were clambering like clamps at the edge of the rudder. He did not want to die. But his energy was failing. Now, finally, when he seemed to be at the end of his strength, he called to God. Will God listen to him, the person who had often mocked Christians and refused to follow and worship Him, and had often taken His name in vain? Despairing with fear and stiff from the cold Darryl hung on to the end of the wreck which was slowly but surely disappearing into the waves. There was no other hope for him. He now puts his complete faith in God. That was his only hope. A few minutes went by and then. . . .

Suddenly he heard a shout of joy. It was Fred's voice. He turned his head a little. Yes, help was on the way. The men on the wing were crying out. A little boat with an old



man in it was slowly approaching. It maneuvered towards the wing where the three desperate men were holding on. As the three men got in the boat it sank down into the water almost up to the rim. "The boat is too small and it is leaky," said the rescuer. "But I don't have another one. You will have to scoop out the water while I row. We are not too far from the bank, but the currents are strong."

Just then a terrible scream pierced through the storm. "Darryl! He is alive!" rejoiced Fred.

"What should we do?" called Bill, turning to the rescuer. "Another one on board and we will all drown. You said it yourself."

Without a word the old stranger started rowing towards the wreck. As soon as he discovered Darryl he skillfully steered the boat to the rear wing and carefully climbed onto the unfortunate machine. Using all of his power he pulled Darryl out of the water and into the boat. The little rowing boat immediately sank down to the rim. "Row in that direction—away from the wreck." He shouted to them above the sound of the raging storm. "That is the right bank to head for and be quick."

"What about you?" stammered Bill, "what will you do?"

"I have a powerful Redeemer. I can die and face God. Your friend cannot—I could see that." Then he gave the boat a strong push.

The men fought silently against the storm. They have experienced something unbelievable and unimaginable together. They finally reached solid ground. Although weak and tired, and shivering from cold, Darryl found new strength and immediately rowed back to the plane wreck.

The waves foamed up around the boat. Despite everything he had gone through he was not tired. He must get back to the wreck, whatever it costs. When he finally reached the spot he sees the side rudder peering slightly out of the water. The old man was... gone. Drowned! He had been ripped away by the violent currents. "O God!" called Darryl throwing his hands over his face. The old man had died for him, for Darryl, the mocker. He confessed his sins and called out to God for mercy.

Darryl silently rowed the boat back to the shore. When he was reunited with his friends in the old man's cabin, he fell to his knees before them all. He confessed his sin, thanked God for the undeserved mercy and grace he had been shown, and promised to give his life to God and live for Him from now on.

Bob, Bill, and Fred watched in awesome wonder at the goodness of God. This storm was not an accident—a result of human error. This storm was sent by God to reveal Himself to their friend. This storm brought salvation to one who had mocked and cursed God many times. Darryl was true to his word. He was not only baptized but became quite active in the church. He preached occasionally and gave Bible Studies. His wife and family were the most kind and generous in town. The church grew as more and more Christians began to act like they were true children of God.

Every storm in life has a purpose. Above the clouds and the storm God is carefully watching and taking care of all His children. He may create a storm to save one person. That person may be you. You just need to trust and believe that He is in control. "Then they cry unto the LORD in their trouble, and He bringeth them out of their distresses. He maketh the storm a calm, so that the waves thereof are still." Psalm 107:28–29



Ukraine



A group of believers from Ukraine who managed to make it safely out of the country. They need our prayers. Also, those that remain in Ukraine, whose lives are in danger, very much need our prayers also.

Australia



On March 7, 2022 John and Karla Altwein (aged 90 and 92) celebrated their 70th wedding anniversary. Originally from Germany, John and Karla have been living in Coffs Harbor, Australia for many years and have been a pillar and support for the church. John has held many offices in the church over the years, such as Field treasurer. They are still in good health and are able to live independently at home. Praise God for health reform and the example of some strong pioneers in the church who are still alive to share their experiences and encourage the younger ones. John and Karla are in the front row surrounded by church family and friends.

“Be not afraid of man, for My shield shall protect you. It is not you that speaketh: it is the Lord that giveth the messages of warning and reproof. Never deviate from the truth under any circumstances. Give the light I shall give you. The messages for these last days shall be written in books, and shall stand immortalized, to testify against

those who have once rejoiced in the light, but who have been led to give it up because of the seductive influences of evil.” –*Selected Messages*, bk. 1, p. 32

