

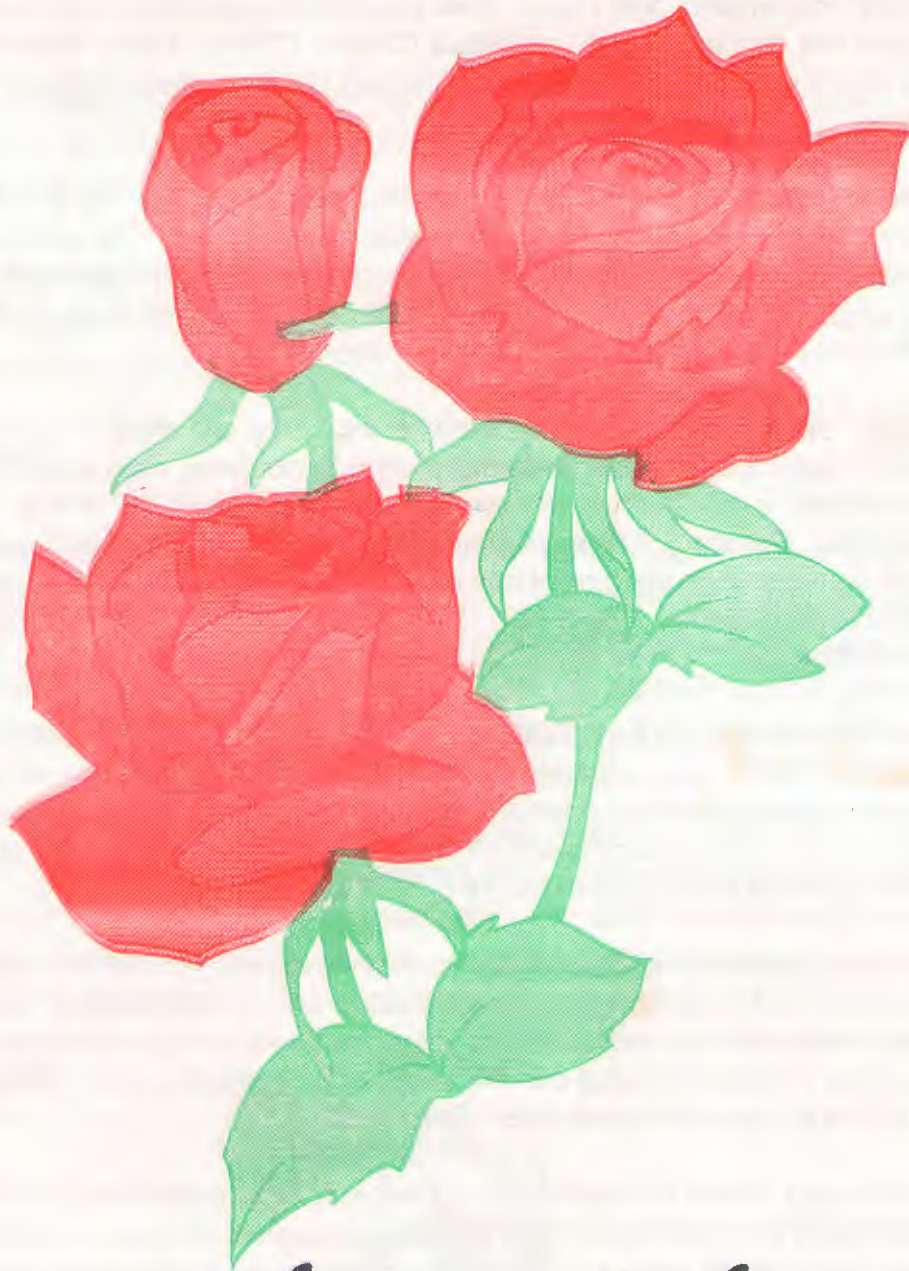
*The Canadian-Caribbean Union*



# Messenger

*Volume 4, Number 5*

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*"I am the rose of Sharon..."*

*Song of Solomon 2:1*



# SANCTIFICATION

## Part 5

### God's Help in Sanctification:

As much as justification is a work of God also so is sanctification. "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thess. 5:23. "Wherefore Jesus also, that He might sanctify the people with His own blood, suffered without the gate." Heb. 13:12.

God knows our sinful condition and He also knows the remedy for it. He is able to purify us from all unrighteousness and to restore His divine image in us. The process may be painful but the results will make it worthwhile. "He shall sit as a refiner and purifier of silver; and He shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the Lord an offering of righteousness." Matt. 3:3.

Silver and gold are purified by fire so intense that they will melt and thus dross is separated from them. Would there be an easier way to purify us, God would use it. But, sin is so embedded in the human nature that nothing less will remove it. Therefore, Apostle Peter writes: "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy." 1 Peter 4:12-13.

The work of sanctification is not a work of a moment, but of a lifetime. Therefore, the fiery trials must last the lifetime also. Jesus said that we are to take up the cross and carry it daily. "The work of transformation from unholiness to holiness is a continuous one. Day by day, God labours for man's sanctification, and man is to co-operate with Him, putting forth persevering efforts in the cultivation of right habits." AA 532.

God's help to us is given on condition that we co-operate with Him. If we do not do our part, God cannot do His part and our sanctification will not take place. God is using many different methods in our sanctification. Often these are not agreeable nor pleasing to us and we may complain about our life being hard, forgetting that, "All things work together for good to them that love God." Rom. 8:28.

Old Israel murmured about the hardships on the way and therefore God said: "Your carcasses shall fall in this wilderness; and that were numbered of you, according to your whole number, from twenty years old and upward, which have murmured against Me."



Num. 14:29.

Sister White writes: "We then thought of those who had not accustomed themselves to privations and hardships. Where were such now? They were not in the company. At every change, some were left behind, and these only remained who had accustomed themselves to endure hardships. The privations of the way only made these more eager to press on to the end." Life Sketches 191.

Professed Christians who complain about normal everyday life being dull and boring and must seek excitement and amusement from the world, how could they cope in the school of Christ where lessons are learned in the trials, imprisonment and persecution? "And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins: being destitute, afflicted, tormented: (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth." Heb. 11:36-38.

God, who loves His children and wants to see them happy had to put them through these fiery trials for their sanctification. "We do not always consider that the sanctification we so earnestly desire and for which we pray so earnestly is brought about through the truth and, by the providence of God, in a manner we least expect. When we look for joy, behold there is sorrow. When we expect peace, we frequently have distrust and doubt, because we find ourselves plunged into trials we cannot avoid. In these trials we are having the answers to our prayers. In order for us to be purified, the fire of affliction must kindle upon us, and our will must be brought into conformity to the will of God... God sees it best to put us under a course of discipline which is essential for us before we are fit subjects for the blessing we crave." Our High Calling 313.

"Afflictions, crosses, temptations, adversity, and our varied trials are God's workmen to refine us, sanctify us, and fit us for the heavenly garner." Test. Vol. 3, p. 115.

Perhaps now we understand why so few only are sanctified. When the fires of affliction come upon the professed Christians they complain and murmur and God has to leave them alone; as the old Israel perished in the wilderness the complainers will perish in their sins.

Dear friend, is it still your desire to be sanctified wholly--body, soul and spirit--then accept the fiery trials as lessons in the school of Christ. He will not give you even one drop of pain more than is necessary. Millions of Christians go to their graves unsanctified, unfit for heaven only to be resurrected in the resurrection of the wicked because they did not want to go through the sanctification process of God. May God have mercy on His people.

AMEN.



# THE NATURAL CHRISTIAN

*"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:16*

What do we mean by the natural Christian? Well, when we think of natural food, we think of food without anything artificial in it - the way God originally made it. When we think of natural beauty, we again think of the opposite of artificial. A woman with natural beauty does not need to add anything artificial to her looks to enhance her beauty. Again - the way God made her. Thinking of the word, natural also leads us to think about nature. There is nothing artificial about nature, it all came from the hand of God. It all grew and came into being without the help of man. "Perhaps man prepares the soil and sows the seed, but it is the life from God that causes the seed to germinate. It is God's rain and air and sunshine that caused it to put forth, "first the blade, then the ear, after that the full corn in the ear." *Desire of Ages*, p. 367 So with these thoughts in mind we can add the word 'natural' also to the Christian life. The natural Christian is the Christian the way God wants to make him. Nothing added by man. Man cannot improve upon what God has made. Our righteousness is as "filthy rags" while the Righteousness of Christ has not "one thread of human devising."

## LET YOUR LIGHT SHINE

The Lord had given to His people, the Jews, a great responsibility. He trusted them with the oracles of His law. What were they to do with them? God's original will was that they would be missionaries to the world. To carry these oracles and laws to heathen lands and bring light to those dwelling in darkness. But the Jews chose a different pathway.

"The Jews thought to confine the benefits of salvation to their own nation; but Christ showed them that salvation is like the sunshine. It belongs to the whole world. The religion of the Bible is not to be confined between the covers of a book, nor within the walls of a church. It is not to be brought out occasionally for our own benefit, and then to be carefully laid aside again. It is to sanctify the daily life, to manifest itself in every business transaction in all our social relations." *Desire of Ages* p. 306 We are to be lights to the world, and this light is to be natural.

If we fully surrender to Christ He will work in and through us to produce His character within us. Some people have a hard time surrendering all to Christ. It goes against the way they feel. They don't always feel like getting up for church, they don't always feel like giving their tithes and offerings, they don't always feel like going canvassing. They have to force a smile when in company with others, have to force themselves to do anything good. In Christ we do not have to force ourselves to do these things. "But Jesus did not bid the disciples, "Strive to *make your light shine*;" He said, "Let it shine." If Christ is dwelling in the heart, it is impossible to conceal the light of His presence. If those who profess to be followers of Christ are not the light of the world, it is because the vital power has left them; if they have no light to give, it is because they have no connection with the Source of light." *Mount of Blessing*, p. 41 Our Christianity should be a joy. We should do all our duties joyfully. If we don't, it will be seen by those around us. Those that naturally help the poor, naturally witness for Christ wherever they go, naturally visit the sick and encourage the discouraged are the ones that are truly following in the footsteps of their Master.

True Christianity is also seen by what we do with our leisure time - when no one else is around. Do we just think of how we can please ourselves or do our thoughts automatically go to Christ and what we can do for Him? Whether it be spending an hour studying and praying, spending time to visit the fatherless, the poor or afflicted, our thoughts will go to Christ who has done so much for us. "The world is full of hurry and disappointment. The words are addressed to you. "Let *your light* so shine before men, that they may see your good works, and glorify your Father which is in heaven."



The words in favour of truth, spoken with the assurance that comes from the possession of a right purpose, and in cheerful hope, from a pure heart, will make the angels rejoice. The Lord would have us spiritually minded, that we may be able to see the working out of His plans in our lives. We are to be labourers together with God in accomplishing the work that He would have done. Wherever we are, we are to reflect light." *Sons and Daughters of God*, p. 276

## FEELINGS

There are times though, that we are asked by God to do a duty that seems disagreeable to us. We really don't feel like doing the task required by God. We don't feel like going out today to work for the Lord. We have to wait until we feel like it. "I was cited the case of Abraham. God said to him, "Take now thy son, thine only son Isaac, whom thou lovest, and get thee into the land of Moriah; and offer him there for a burnt offering upon one of the mountains which I will tell thee of." Abraham obeyed God. He did not consult his feelings, but with a noble faith and confidence in God he prepared for his journey. With a heart rent with anguish he beheld the proud and loving mother gazing with fond affection upon the son of promise. But he led that loved son away. Abraham suffered, yet he did not let his will rise in rebellion against the will of God. Duty, stern duty, controlled him. He dared not consult his feelings or yield to them for one moment." *Test. Vol. 1* p. 454 So Abraham did what he knew to be right regardless of how he felt. The natural Christian will be faithful and stand like a proud cedar tree in the midst of the storms and tempests around it. That cedar has sent its roots deep into the earth and therefore is able to withstand the storms, though it may lose a few weaker branches in the process. So it is with the natural Christian. Though Satan throws his storms and trials around them, they will stand strong for the truth, no matter what the result may be. They may lose a few weaker 'branches' along the way but after the storm they are still standing tall because they are anchored to the Lord.

Sister White gave some counsel in this regard to a brother in the faith. "I feared for you because of what I have been shown of your peculiarities. You moved by impulse. You would pray if you felt like it, and speak if you felt like it. You would go to meeting if so disposed, or stay at home if not. You greatly lacked the spirit of self-sacrifice. You have consulted your own wishes and ease, and pleased yourself, instead of feeling that you should please God. Duty, duty! at your post every time. Have you enlisted as a soldier of the cross of Christ? If so, your feelings do not excuse you from duty. You must be willing to endure hardness as a good soldier." *Test. Vol. 1* p. 692

"To give or to labour when our sympathies are moved, and to withhold our gifts or service when the emotions are not stirred, is an unwise and dangerous course. If we are controlled by impulse or mere human sympathy, then a few instances where our efforts for others are repaid with ingratitude, or where our gifts are abused or squandered, will be sufficient to freeze up the springs of beneficence. Christians should act from fixed principle, following the Saviour's example of self-denial and self-sacrifice." *R & H Dec. 7, 1886.*

## A CHEERFUL GIVER

***"Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver." 2 Corinthians 9:7***

Then when we talk about tithes and offerings, is it a subject that you get tired of? Do you grudgingly give because that is expected of you as a church member? "All our offerings should be presented with cheerfulness; for they come from the fund which the Lord has seen fit to place in our hands for the purpose of carrying forward His work in the world, in order that the banner of truth may be unfurled in the highways and byways of the earth. If all who profess the truth would give to the Lord His own in tithes and gifts and offerings, there would be meat in the house of the Lord. The cause of benevolence would no longer be dependent on the uncertain gifts of impulse, and varying according to the changing feelings of men. God's claims would be welcomed, and His cause would



be considered as justly entitled to a portion of the funds entrusted to our hands." *R & H July 14, 1896.*

### CHANGED BY BEHOLDING

***"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Corinthians 3:18***

If you don't think that you fit this description as the 'natural' Christian; if your Christianity is not as automatic as this, that you have to force yourself, don't despair. No one starts out as a 'natural' Christian. Studies have been done on little children who were raised without any influence on their lives, neither good nor evil. The end result was that the children always chose the evil before the good. That is the natural way that man is born. "The natural man receiveth not the things of the Spirit of God." I Cor. 2:14. We don't want to be a natural man, we want to be a natural Christian so therefore a transformation must be made. Looking at the example of the disciple John, we see one man that was changed by beholding Christ. "All the disciples had serious faults when Jesus called them to His service. Even John, who came into closest association with the meek and lowly One, was not himself naturally meek and yielding. He and his brother were called "the sons of thunder." While they were with Jesus, any slight shown to Him aroused their indignation and combativeness. Evil temper, revenge, the spirit of criticism, were all in the beloved disciple. He was proud, and ambitious to be first in the kingdom of God. But day by day, in contrast with his own violent spirit, he beheld the tenderness and forbearance of Jesus, and heard His lessons of humility and patience. He opened his heart to the divine influence, and became not only a hearer but a doer of the Saviour's words. Self was hid in Christ. He learned to wear the yoke of Christ and to bear His burden.

"Jesus reproved His disciples, He warned and cautioned them; but John and his brethren did not leave Him; they chose Jesus, notwithstanding the reproofs. The Saviour did not withdraw from them because of their weakness and errors. They continued to the end to share His trials and to learn the lessons of His life. By beholding Christ, they became transformed in character." *Desire of Ages*, pp. 295, 296. So we too can be changed by beholding Jesus. Whoever you spend the most time with, that is what you will become. If you spend time in worldly reading and TV watching you become like the world. If you spend time with Christ you eventually become like Christ.

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So the natural Christian is the one who naturally turns, not to man, but to the Lord in every trial and trouble; one who naturally heeds the call to do missionary work; who is naturally kind, naturally loving and caring. It will be noticed by others. Others will look to you and desire the inner peace that you have. It is not a forced Christianity. There are no facades either. Natural Christians have nothing to hide.

I have known Christians over the years, in the various churches that I have attended, who were of such a good spirit that they were always the first to respond when there was any call to duty made. "We shall be willing to be anything or nothing, so that we may do heart service for the Master. We shall rejoice to bear the cross after Jesus, to endure trial, shame, or persecution for His dear sake." *Desire of Ages*, p. 440. This is what we have to be, Minutemen for Jesus.

"Let the Christian graces abound in you. Give to your Saviour your best and holiest affections. Render entire obedience to His will. He will accept nothing short of this. Be not moved from your steadfastness by the jeers and scoffs of those whose minds are given to vanity. Follow your Saviour through evil as well as good reports; count it all joy, and a sacred honour, to bear the cross of Christ. Jesus loves you. He died for you. Unless you seek to serve Him with your undivided affections, you will fail to perfect holiness in His fear and you will be compelled to hear at last the fearful word, *Depart.*" *Test. Vol. 2, p. 237*



"This is the evidence of our connection with God, - that we are merciful even as our Father who is in heaven is merciful. If we are His, we shall do with a cheerful heart just what He tells us to do, however inconvenient, however contrary it may be to our own feelings." *R & H June 27, 1893.*

The natural Christian is naturally full of joy. He keeps the law of God with joy as spoken by David, "I delight to do thy will, O my God: yea, thy law is within my heart." Ps. 40:8. His first thoughts are those of God and how he can help support and further the cause of God. He is thankful and ever cognizant of what God has done for Him. His heart wells up with joy and he can't help but let his light shine. It will automatically shine and people will notice it. Like with the disciples when they began preaching after Jesus ascended to heaven, people remarked that 'these men have been with Jesus'. It will also be noticed by those with whom we come in contact with every day, whether at school or work, that "you have been with Jesus". Amen By Wendy Eaton



## PRAISE

"Make a joyful noise unto the Lord all ye lands. Serve the Lord with gladness, come before His presence with singing." Psalms 100:1,2.

It seems to be that a lot of times we forget to praise the Lord or if we do, it seems to be a burden to us. Why shouldn't we want to praise God when He has done so much for us? If we take a look at the flowers, the trees, the animals, the ocean, the sun, the moon, the stars, the whole world, nothing belongs to us! But why then do we cringe to give an extra penny or an extra minute to God? We should be happy when we are praising God, but yet we should show reverence! If the angels in heaven cover their faces with their wings and they have never sinned, why shouldn't we show more respect and adoration? Yes, we should have reverence and respect, but when we're singing we should be happy and not come as if we were mourning!

Sometimes we forget to praise the Lord when things aren't going that well, when the sun is not shining, when it's raining, or when we are in poor health. Just because it may seem to us that God has deserted us (even though He hasn't) we shouldn't fail to remember that we still have life and that He has had mercy on us! Isn't it time we gave praise to God to show our gratitude to Him for all He has done for us?

Raquel Conde

*"There is nothing that can so weaken the influence of the church as the lack of love." Review & Herald, July 27, 1911.*



# Christian Music-Appropriate and Inappropriate

by Ellen G. White

I have been shown the order, the perfect order of heaven, and have been enraptured as I listened to the perfect music there.....I have seen companies of angels, who stood in a hollow square, everyone having a harp of gold. At the end of the harp was an instrument to turn to set the harp or change the tunes. Their fingers did not sweep over the strings carelessly, but they touched different strings to produce different sounds. There is one angel who always leads, who first touches the harp and strikes the note, then all join in the rich, perfect music of heaven. It cannot be described. It is melody, heavenly, divine, while from every countenance beams the image of Jesus, shining with glory unspeakable. 1 T. 146

Great improvement can be made in singing. Some think that the louder they sing the more music they make; but noise is not music. Good singing is like the music of the birds-subdued and melodious.

In some of our churches I have heard solos that were altogether unsuitable for the service of the Lord's house. The long-drawn-out notes and the peculiar sounds common in operatic singing are not pleasing to the angels. They delight to hear the simple songs of praise sung in a natural tone. The songs in which every word is uttered clearly, in a musical tone, are the songs that they join us in singing. They take up the refrain that is sung from the heart with the spirit and understanding. Ev. 511

Music can be a great power for good; yet we do not make the most of this branch of worship. The singing is generally done from impulse or to meet special cases, and at other times those who sing are left to blunder along, and the music loses its proper effect upon the minds of those present. Music should have beauty, pathos, and power. Let the voices be lifted in songs of praise and devotion. Call to your aid, if practicable, instrumental music, and let the glorious harmony ascend to God, an acceptable offering.

But it is sometimes more difficult to discipline the singers and keep them in working order, than to improve the habits of praying and exhorting. Many want to do things after their own style; they object to consultation, and are impatient under leadership. Well-matured plans are needed in the service of God. Common sense is an excellent thing in the worship of the Lord. Ev. 506

With a song, Jesus in His earthly life met temptation. Often when sharp, stinging words were spoken, often when the atmosphere about Him was heavy with gloom, with dissatisfaction, distrust, or oppressive fear, was heard His song of faith and holy cheer.

On that last sad night of the Passover supper, as He was about to go forth to betrayal and to death, His voice was lifted in the Psalm 113:2,3 and 116:1-8.

Amidst the deepening shadows of earth's last great crisis, God's light will shine brightest, and the song of hope and trust will be heard in clearest and loftiest strains. Isaiah 26:1-4.



The ransomed of the Lord shall return, and come with singing unto Zion; and everlasting joy shall be upon their heads: they shall obtain gladness and joy, and sorrow and sighing shall flee away. Isaiah 35:10 R. V.

They shall come and sing in the height of Zion, and shall flow together unto the goodness of the Lord:...and their soul shall be as a watered garden; and they shall not sorrow any more at all. Jer. 31:12

## The Power of Song

The history of the songs of the Bible is full of suggestion as to the uses and benefits of music and song. Music is often perverted to serve purposes of evil, and it thus becomes one of the most alluring agencies of temptation. But, rightly employed, it is a precious gift of God, designed to uplift the thoughts to high and noble themes, to inspire and elevate the soul.

As the children of Israel, journeying through the wilderness, cheered their way by the music of sacred song, so God bids His children today gladden their pilgrim life. There are few means more effective for fixing His words in the memory than repeating them in song. And such song has wonderful power. It has power to subdue rude and uncultivated natures; power to quicken thought and to awaken sympathy, to promote harmony of action, and to banish the gloom and foreboding that destroy courage and weaken effort.

It is one of the most effective means of impressing the heart with spiritual truth. How often to the soul hard-pressed and ready to despair, memory recalls some word of God's,-the long-forgotten burden of a childhood song,-and temptations lose their power, life takes on new meaning and new purpose, and courage and gladness are imparted to other souls!

The value of song as a means of education should never be lost sight of. Let there be singing in the home, of songs that are sweet and pure, and there will be fewer words of censure and more of cheerfulness and hope and joy. Let there be singing in the school, and the pupils will be drawn closer to God, to their teachers, and to one another.

As a part of religious service, singing is as much an act of worship as is prayer. Indeed, many a song is prayer. If the child is taught to realize this, he will think more of the meaning of the words he sings and will be more susceptible to their power.

As our Redeemer leads us to the threshold of the Infinite, flushed with the glory of God, we may catch the themes of praise and thanksgiving from the heavenly choir round about the throne; and as the echo of the angels' song is awakened in our earthly homes, hearts will be drawn closer to the heavenly singers. Heaven's communion begins on earth. We learn here the keynote of its praise. Education 166-168

The Lord desires us to make mention of His goodness and tell of His power. He is honored by the expression of praise and thanksgiving. He says, "Whoso offereth praise glorifieth Me." Ps. 50:23. The people of Israel, as they journeyed through the wilderness, praised God in sacred song. The commandments and promises of the Lord were set to music, and all along the journey these were sung by the pilgrim travelers. And in Canaan as they met at their sacred feasts God's wonderful works were to be recounted, and grateful thanksgiving was to be offered to His name. God desired that the whole life of His people should be a life of praise. Thus His way was to be made "known upon earth," His saving health among all nations." Ps. 67:2.



So it should be now. The people of the world are worshipping false gods. They are to be turned from their false worship, not by hearing denunciation of their idols, but by beholding something better. God's goodness is to be made known. "Ye are My witnesses, saith the Lord, that I am God." Isaiah 43:12  
COL 298-299

God's promises are all on condition of humble obedience. One pattern only is given to the young, but how do their lives compare with the life of Christ? I feel alarmed as I witness everywhere the frivolity of young men and young women who profess to believe the truth. God does not seem to be in their thoughts. Their minds are filled with nonsense. Their conversation is only empty, vain talk. They have a keen ear for music, and Satan knows what organs to excite to animate, engross, and charm the mind so that Christ is not desired. The spiritual longings of the soul for divine knowledge, for a growth in grace, are wanting.

I was shown that the youth must take a higher stand and make the word of God the man of their counsel and their guide. Solemn responsibilities rest upon the young, which they lightly regard. The introduction of music into their homes, instead of inciting to holiness and spirituality, has been the means of diverting their minds from the truth. Frivolous songs and the popular sheet music of the day seem congenial to their taste. The instruments of music have taken time which should have been devoted to prayer. Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse. It excites, but does not impart that strength and courage which the Christian can find only at the throne of grace while humbly making known his wants and with strong cries and tears pleading for heavenly strength to be fortified against the powerful temptations of the evil one. T 1, 496-497

Protestants have tampered with and patronized popery; they have made compromises and concessions which papists themselves are surprised to see and fail to understand. Men are closing their eyes to the real character of Romanism and the dangers to be apprehended from her supremacy. The people need to be aroused to resist the advances of this most dangerous foe to civil and religious liberty.

Many Protestants suppose that the Catholic religion is unattractive and that its worship is a dull, meaningless round of ceremony. Here they mistake. While Romanism is based upon deception, it is not a coarse and clumsy imposture. The religious service of the Roman Church is a most impressive ceremonial. Its gorgeous display and solemn rites fascinate the senses of the people and silence the voice of reason and of conscience. The eye is charmed. Magnificent churches, imposing processions, golden altars, jeweled shrines, choice paintings, and exquisite sculpture appeal to the love of beauty. *The ear also is captivated. The music is unsurpassed. The rich notes of the deep-toned organ, blending with the melody of many voices* as it swells through the lofty domes and pillared aisles of her grand cathedrals, cannot fail to impress the mind with awe and reverence.

This outward splendor, pomp, and ceremony, that only mocks the longing of the sin-sick soul, is an evidence of inward corruption. The religion of Christ needs not such attractions to recommend it. In the light shining from the cross, true Christianity appears so pure and lovely that no external decorations can enhance its true worth. It is the beauty of holiness, a meek and quiet spirit, which is of value with God.

Brilliance of style is not necessarily an index of pure, elevated thought. High conceptions of art, delicate refinement of taste, often exist in minds that are earthly and sensual. They are often employed by Satan to lead men to forget the necessities of the soul, to lose sight of the future, immortal life, to turn away from their infinite Helper, and to live for this world alone. GC 566-567



I saw that all should sing with the spirit and with the understanding also. God is not pleased with jargon and discord. Right is always more pleasing to Him than wrong. And the nearer the people of God can approach to correct, harmonious singing, the more is He glorified, the church benefited, and unbelievers favorably affected. T 1, 146

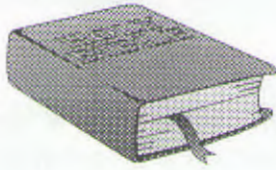
The singing is not always to be done by a few. As often as possible, let the entire congregation join...." Ev. 507

There, when the veil that darkens our vision shall be removed, and our eyes shall behold that world of beauty of which we now catch glimpses through the microscope; when we look on the glories of the heavens, now scanned afar through the telescope; when, the blight of sin removed, the whole earth shall appear in "the beauty of the Lord our God," what a field will be open to our study! There the student of science may read the records of creation and discern no reminders of the law of evil. He may listen to the music of nature's voices and detect no note of wailing or undertone of sorrow. In all created things he may trace one handwriting-in the vast universe behold "God's name writ large," and not in earth or sea or sky one sign of ill remaining. Education 303



MOTHERS WITH THEIR CHILDREN IN HAITI ARE WAITING FOR OUR HELP.





# THE BIBLE

“For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the Scripture might have hope.” Rom. 15:4.

The Bible means “little books” in Greek; other names given to the Bible are The Word, the Scriptures, and the Bread of Life. The Bible is the lamp to our feet and the light to our path in this world of sin.

It is the greatest literature even given to man. These 66 books contain beautiful and impressive imagery, interesting stories, songs, poems, deep wisdom, and sound logic.

God is the author of this wonderful book, in it is revealed God’s character and His great love for man. All scripture is given by inspiration of God. 2 Tim. 3:16.

In the world today people give reverence and honour to William Shakespeare, a playwright who lived in the sixteenth century. He wrote many plays and is

classified as one of the greatest authors of our time.

People have forgotten that there exists a book, inspired by God Himself which is equal to no other. Shakespeare is not worthy of the honour which is due to God alone.

God has two books, the Old Testament of Scripture and the older testament of nature. In the Bible we may read on the printed page of His love for us. In the book of nature we may read His love by pictures of beauty, a kind of pictorial language.

This brings to mind how people pay thousands of dollars for a painting or a work of so-called art. They don’t stop to consider that these artists who are so highly thought of, get their ideas and images from God’s creation. A beautiful landscape or a sunset are but a mere imitation of the beauty of nature.

He who made the flowers and the trees, the sky and the seas, the mountains and the



plains, the sunshine and the rain is not given the glory He should be given. Nature testifies of God's love, which is spoken throughout the whole Bible. It can be seen in His warnings, admonitions and everlasting patience.

God's word should not be taken lightly as another common book. The word of God can do so much for a soul. It broadens the vision, strengthens the mind, elevates the thoughts and ennoble the affections. It gives strength to the character, noble ambition, keenness of perception and sound judgment.

Of all the books ever written, none contain lessons so instructive, precepts so pure, or promises so great as the Bible.

"As a guide the Bible is without a rival. It gives a calm peace in believing, and a firm hope in the future. It solves the great problems of life and destiny, and inspires to a life of purity, patience and well-doing. It fills the heart with love for God, and a desire to do good to others, and thus prepares for usefulness here and for a home in heaven. It teaches the value of the soul, by revealing the price that has been paid to redeem it. It makes known the only antidote for sin, and presents the only perfect code of morals ever given. It tells of the future and the preparation necessary to meet it. It makes us bold for the right

and sustains the soul in adversity and affliction. It lights up the dark valley of death, and points to a life unending. It leads to God and to Christ, whom to know is life eternal. In short, it is the one book to live by and die by." Bible Readings for the Home Circle.

We can see in this paragraph all that one book can do for our lives; it is our map to heaven and without it we would get lost.

Both old and young neglect the Bible. Young minds fail to reach their noblest development when they neglect the highest source of wisdom. We should not be satisfied with a superficial knowledge, but should seek to learn the full meaning of the words of truth. MYP.

The Bible is the sword of the Spirit which enables us to resist temptation. We should try to read it more often, instead of wasting our time reading other books which will not help us spiritually. Let us take the Bible in our hands and ask the Lord to reveal His Word through His Spirit. "Let the word of God dwell in you richly in all wisdom." Col. 3:16.

AMEN.

Reina Esther Conde Guerrara





# TRUE LOVE

ELLEN G. WHITE

"True love is not a strong, fiery, impetuous passion. On the contrary, it is calm and deep in its nature. It looks beyond mere externals and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding. God tests and proves us by the common occurrences of life. It is the little things which reveal the chapters of the heart. It is the little attentions, the numerous small incidents and simple courtesies of life, that make up the sum of life's happiness; and it is the neglect of kindly, encouraging, affectionate words, and the little courtesies of life, which helps compose the sum of life's wretchedness. It will be found at last that the denial of self for the good and happiness of those around us constitutes a large share of the life record in heaven. And the fact will also be revealed that the care of self, irrespective of the good and happiness of others, is not beneath the notice of our heavenly Father.....

Mildness, gentleness, forbearance, long-suffering, being not easily provoked, bearing all things, hoping all things, enduring all things - these are the fruit growing upon the precious tree of love, which is of heavenly growth. This tree, if nourished, will prove to be an evergreen. Its branches will not decay, its leaves will not wither. It is immortal, eternal, watered continually by the dews of heaven.

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

Love cannot live without action, and every act increases, strengthens, and extends it. Love will gain the victory when argument and authority are powerless. Love works not for profit nor reward; yet God has ordained that great gain shall be the certain result of every labor of love. It is diffusive in its nature and quiet in its operation, yet strong and mighty in its purpose to overcome great evils. It is melting and transforming in its influence, and will take hold of the lives of the sinful and affect their hearts when every other means has proved unsuccessful. Wherever the power of intellect, of authority, or of force is employed, and love is not manifestly present, the affections and will of those whom we seek to reach assume a defensive, repelling position, and their strength of resistance is increased. Jesus was the Prince of Peace. He came into the world to bring resistance and authority into subjection of Himself. Wisdom and strength He could command, but the means He employed with which to overcome evil were the wisdom and strength of love. Suffer nothing to divide your interest from your present work until God shall see fit to give you another piece of work in the same field. Seek not for happiness, for it is never to be found by seeking for it. Go about your duty. Let faithfulness mark all your doings, and be clothed with humility.

"Whatsoever ye would that men should do to you, do ye even so to them." Blessed results would appear as the fruit of such a course. "With what measure ye mete, it shall be measured to you again." Here are strong motives which should constrain us to love one another with a pure heart, fervently. Christ is our example. He went about doing good. He lived to bless others. Love beautified and ennobled all His actions. We are not commanded to do to *ourselves* what we wish others to do unto us; we are to *do unto others* what we wish them to do to us under like circumstances. The measure we mete is always measured to us again. Pure love is simple in its operations, and is distinct from any other principle of action. The love of influence and the desire for the esteem of others may



produce a well-ordered life and frequently a blameless conversation. Self-respect may lead us to avoid the appearance of evil. A selfish heart may perform generous actions, acknowledge the present truth, and express humility and affection in an outward manner, yet the motives may be deceptive and impure, the actions that flow from such a heart may be destitute of the principles of pure love. Love should be cherished and cultivated, for its influence is divine." *Testimonies for the Church, Volume 2*, pp. 133-136

## CHILDREN'S CORNER

# HERRINGS FOR NOTHING



The darkness was coming rapidly, as a man with a basket on his head turned the corner of a street in London. He cried loudly as he went, "Herrings! three for a penny, red herrings, good and cheap, at three a penny!"

Soon he came close to me and spoke to me, "Governor, why can't I sell these herrings? I have walked two miles along this dismal place, offering them; and nobody will buy."

"The people have no work at all to do, and they are starving; there are plenty of houses round here that have not had a penny in them for many a day," Was my reply.

"Ah! then, Governor, " he replied, "If they haven't the half-pence, they can't spend them; so there's nothing for me to do but carry them elsewhere."

"How much will you take for the whole basket?" I inquired.

"I'll be glad to get four shillings."

I put my hand in my pocket, took the money out and gave it to him.

"Thank-you Governor, Thank-you," he said heartily pocketing the money. "Where shall I put your herrings, now?"

"Go around this corner into the middle of the street, and shout with all your might, HERRINGS FOR NOTHING!" and give three to every man, woman, and child, that comes to you, till the basket is emptied."

So he proceeded into the middle of the street, and went along shouting, "Herrings for nothing! good red herrings for nothing!"

I stood at the corner to watch his progress; and soon he neared the house where a tall woman stood at the first floor window looking out upon him.

"Here you are missus," he cried, "herrings for nothing! come and take some."

The woman shook her head unbelievably, and left the window.

"What a fool!" he said; "but they won't all be like that. Herrings for nothing!" A little child came out to look at him, and he called to her, "Here, my dear, take these in to your mother, and tell her how cheap they are - herrings for nothing." But the child was afraid of him and them, and ran indoors. So, down the street, in the snow, slush, and mud, went the cheap fish, the vendor crying loudly as he went, "Herrings for nothing!" and then adding savagely, "Oh you fools." Thus he reached the end of the street; and then turning to retrace his steps, he continued his double cry as he came.

"Well," I said to him calmly, as he reached me at the corner.



"Well!" he repeated, "You think you are so smart. When you gave me the money for the herrings as you did, I thought you were crazy. Now I think all the people around here are just as crazy as you are. But what will I do with the herrings if you don't want them and they don't want them?"

"Let's try again together," I replied; "I will go with you and we'll both shout."

Into the road we both went, and he shouted once more, "Herrings for nothing!"

Then I called out loudly also, "Will any one have some herrings for tea?"

They heard my voice, and they knew it well; and they came out at once, in twos and threes and sixes, men and women and children, all striving to reach the welcome food. As fast as I could take them from the basket, I handed three to each eager hand, until they were all gone. When the basket was empty, the hungry crowd was larger than the crowd that had been supplied; but they were too late, there were no more, "herrings for nothing!"

Foremost among the disappointed ones was a tall woman with a bitter tongue, who replied most vehemently, "Why haven't I got any? aren't I as good as they are? aren't my children as hungry as theirs?"

Before I had time to reply, the vendor stretched out his arm toward her, saying, "Why, Governor, that's the very woman I offered them to first, and she turned her nose up at them."

"I did not," she said, angrily, "I didn't believe that you meant it!"

"Well, that is what you get for unbelief!" he replied. "Good-night, and thank-you Governor!"

I told this story to a great crowd that was gathered outside by the seashore on a hot summer Sabbath day. They looked at each other; first smiled, then laughed outright and at length shouted with laughter.

It was my time then; and I said, "You cannot help laughing at the quaint story, which is strictly true. But are you sure you would not have done as they did, and been as unbelieving as they? Their unbelief cost them only a hungry stomach a little longer; but what may your unbelief cost you? God has sent his messengers to you for many years to offer, "PARDON FOR NOTHING!", "peace for no:ning!", "salvation for nothing!" He has sent you the most loving and tender offers that even an almighty God could frame; and what have you replied? Have you taken the trouble to reply at all? Have you not turned away in utter scornful unbelief, like the woman? Or ran away in fear, like the child? You are still without a hope on earth, or a hope in heaven, because you will not believe God's messengers when they offer you all that you need for time and eternity, - FOR NOTHING.

"Take warning by that disappointed crowd of hungry applicants. When they were convinced that the offer was in good faith, and would gladly have shared with their fellows, they were too late!

"Let it not be so with you! Do not be in that awfully large crowd of disappointed ones, who will be obliged to believe when belief will not help them; whose knowledge when it comes, will only increase the sorrow that they put off believing until it is *too late*."

As I looked earnestly upon that vast crowd, the laughter was entirely gone, and an air of uneasy conviction was plainly upon many faces.

"Will you not come to Jesus now?" I entreated. "He is waiting, pleading with you! Here is salvation, full, free, and eternal; help, guidance, and blessing, - all for nothing! without money and without price."





# CHOOSE YOUR READING

Lots of people have a desire for reading books. Legends, fables, and fairy tales are books of imagination and dreams. These books stop you from wanting to read the Bible. Novels are just the same. Some books have lessons they teach but all they teach you are taught in the Bible and other books where the authors were inspired by God.

The Bible has lots of stories that can interest someone, for example history, adventure, mystery, poetry, etc. You can learn about heroes, kings, priests, etc. If you ask God to help you want to read the Bible, understand it, and to put it into practice, a miracle can happen in you. Other books won't tempt you, and it will help you with your bad habits that you have. The Bible is a wonderful book to read. Read it through!

By Debbie Conde

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AMEN.

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# TEMPEH

Did you know that at least half of the world's population gets its protein from soybeans? And for good reason! Soybeans produce more protein per acre than just about any other kind of food, and the protein is of very high quality. The protein in soybeans about equals the protein in beef in quantity and digestibility. When the soybeans are made into tempeh, the nutritional attractions are even better.

Tempeh is a soybean product that originated in Indonesia and gives cooking with soybeans an added dimension. Tempeh is made by incubating soybeans in a friendly bacteria culture (*Rhizopus oligosporus*) just as milk is made into yogurt with the introduction of another beneficial bacteria. The bacterial culture forms a fine white film around the soybeans, holding it together and replacing the beany flavour with a rich, mushroomy flavour. This soybean product can be sliced and cooked much like meat or chicken, to which some like to compare its new flavour. Fermenting soybeans cuts cooking time down to three minutes for stir- or deep-frying and 10 - 15 minutes for simmering or steaming, thus saving time and energy (both fuel and manual) used in the kitchen.

Not being limited to cooking soybeans as a lot of loose beans in a pot makes for exciting new meals with a lot of nutritional pluses added by the fermentation process. Because it is a fermented food, tempeh is a good - actually the best known in the West - vegetable source of vitamin B-12. Though nutritional amounts vary from one manufacturer to the next, a 3 1/2-ounce serving of tempeh contains about 150 - 400 percent of the RDA for vitamin B-12. Enzymes produced by the bacterial culture actually pre-digest the protein in the soybeans, making them much more easy to digest. People who complain about having a hard time digesting soybeans often find they can eat tempeh with no problem. Tofu is another soybean by-product that's made easier to digest in the manufacturing process; unfortunately, when tofu is made the natural fibre of the soybean is removed. In tempeh it is left intact. These are all good reasons to find many new ways to use tempeh in everyday cooking.

Tempeh is available in most health food stores in North America. It has become one of the most important protein foods in North America's move toward a meatless, natural, and nourishing diet.

Following are a few recipes for making the Tex-Mex favourite, Fajitas, with tempeh.

## TEMPEH "FAJITAS"

The word "fajita" means flank steak that has been sliced thin.

1 lb. Tempeh, sliced thin

1/2 Cup soy sauce

1/2 Cup water

2 tsp. garlic powder

2 tsp. oregano

2 Tbsp. oil

4 scallions

2 cups tomatoes, cut in wedges

4 mild chillies, cut in chunks

1 Tbsp. lemon juice

Makes 1 dozen tortillas .Possible Toppings: Guacomole, Salsa, Sour Cream (you may use tofu sour cream) Shredded lettuce and alfalfa sprouts

Slice the tempeh into about 1/8" slices (2" - 3" long).

Marinate Tempeh in second group of ingredients at least 6 hours or overnight.

To cook, remove from marinade, reserving 2 Tbsp of it on the side

Saute strips in a little oil until nicely brown. Add second group of ingredients and saute until vegetables are cooked.

Lay the strip of cooked tempeh down in the center of the tortilla (with the vegetables) and top with whatever topping is desired, then roll up the tortilla. Serve.



Other ways to prepare Tempeh is to broil it, steam or deep-fry it. It can be added to noodles or vegetable dishes, or served as hors d'oeuvres. Many people think that it tastes best pan-fried. To pan-fry, brush frying pan with oil and heat. Slice the tempeh in thin or thick slices - whichever you prefer - then place them in the pan. Brown for about 8 minutes on each side. Natural soy sauce enhances the taste of Tempeh as do other herbs and seasonings. Pan-fried tempeh prepared this way is ready to eat. For a juicier texture, add water and simmer for another 15 minutes.

**Nutritional Analysis Comparing Tempeh "fajitas" with Beef Fajitas.**

Nutrient	Tempeh	Beef
Protein	47.3 gm	52.40 gm
Carbohydrate	103 gm	84 gm
Fat	40.30 gm	68.2 gm
Fiber-crude	10.30gm	7.170 gm
Cholesterol	5.310 mg	110 mg
Potassium	2367 mg	2245 mg
Magnesium	251 mg	195 mg
Calcium	393mg	300mg
Vitamin B12	1.11ug	1.78ug
Iron	10.2mg	10.9mg
Saturated Fat	5.770 gm	19.5 gm



*Our church on the island of Bahamas*



## 30 New Diseases Infect World: U.N.

At least 30 new infectious diseases with no known treatment, cure or vaccine have emerged in the past 20 years, the World Health Organization says.

The U.N. agency blamed the rapid increase in air travel, growth of megacities, and inadequate safe water and sanitation for the increase.

The agency also said more and more people are becoming sick from what they eat because of changing eating habits in favour of pre-prepared foods.

And although some diseases, such as smallpox, had been eradicated, diseases such as malaria, diphtheria and yellow fever were making a comeback in the age of jet travel, slum cities and big population movements.

In a message to mark World Health Day, the agency said humanity's ancient battle with microbes had yet to be won with diseases of the past such as pneumonic plague re-emerging and new bacteria and viruses eluding modern medicine.

AIDS emerged as a global disaster in

the early 1980s and could affect nearly 30 million adults by 2000, the agency said.

The agency's doctors also noted an increase in food-borne infectious diseases such as salmonella and E-coli bacteria, which can be fatal in children and cause abortions in some pregnant women.

"Bacterial and food-borne emerging infectious diseases are on the increase," Klaus Stohr, a doctor at the agency's emergency diseases unit, said.

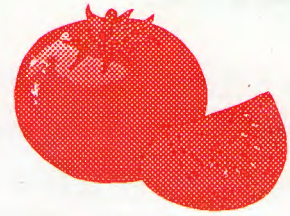
"People don't have much time to cook their own food anymore," Stohr said. "We are changing our eating habits. There is increased demand for pre-prepared food because we are getting more mobile and eating on the run."







## YOU ARE WHAT YOU EAT



Every day, scientists are expanding our understanding of "nutraceuticals" or foods used as medicine.

Oatmeal and oat bran, which have been shown to lower cholesterol, can now be labelled with health claims sanctioned by the U.S. Food and Drug Administration. Other foods have been found to cut the risk of infection, cancer and heart disease. While it may be tempting to entrust your health to certain foods, experts say nothing can replace a balanced diet.

"Adding garlic and broccoli to your diet is only a small part of the picture," says Paul Saunders, chief medical officer of the Canadian College of Naturopathic Medicine in Toronto. "You've got to eat well all the time."

Toronto dietitian Leslie Beck agrees. "People tend to look for magic bullets," says Beck. "You cannot rely on one food. Nothing can make up for a diet that is high in fat, low in fibre and lacking in variety."

To benefit from the latest research, try a pizza with an oat bran crust, topped with tomato sauce, tofu, broccoli and freshly chopped garlic. Follow with low-fat yogurt mixed with cranberries and blueberries. The benefits bread down as follows:

### TOMATOES

In 1995, researchers at Harvard University found that men who ate 10 or more servings of tomato-based foods, including pizza, each week lowered their risk of prostate cancer by 35 per cent. That's because tomatoes contain lycopene, a natural cancer-fighting agent related to beta carotene. Lycopene is found in raw tomatoes, cooked tomato sauce, tomato paste and tomato juice. Grapefruit is an alternative source.



## BROCCOLI

Broccoli, along with fellow cruciferous vegetables cabbage and brussels sprouts, contains sulforaphane, a natural anti-cancer compound. Studies at Cornell University and the University of Illinois have linked eating broccoli with a lower incidence of colon and lung cancers, even in smokers.

Broccoli is also rich in antioxidants. Antioxidants neutralize free radicals, the shrapnel-like byproducts of oxygen consumption; otherwise, free radicals can cause cellular damage that could lead to cancer. Natural antioxidants are vitamins C and E, and beta carotene, converted by the body into vitamin A. One cup of cooked broccoli contains 141 milligrams of Vitamin C, more than three times the Canada Food Guide recommended daily intake.

## GARLIC

More than 100 different health benefits have been claimed for garlic, many of them controversial.

While studies prove that garlic kills harmful bacteria and cuts the risk of certain cancers, current research into garlic's ability to lower cholesterol and high blood pressure has been less conclusive.

How garlic heals is still largely unknown.

Scientists point to allicin, a compound produced when fresh garlic is crushed or chewed. Allicin has been linked to a lower incidence of stomach cancer in China and Italy, countries where garlic is traditionally used in cooking.

Along with another garlic compound, ajoene, allicin may also help to reduce cholesterol and lower high blood pressure. One study showed that eating a single clove of garlic a day could decrease total serum cholesterol by about 9 per cent. To date, however, garlic has not been shown to prevent heart attacks or strokes.

Whether to consume fresh garlic or garlic pills is the big question, according to Dezso Kadar, a professor of pharmacology at the University of Toronto.

"Garlic does have merit," Kadar says. He recommends eating as much fresh as you can



"Garlic does have merit," Kadar says. He recommends eating as much fresh as you can tolerate. Garlic pills may contain only trace amounts of allicin, he says.

Eating raw, chopped garlic may not be to everyone's liking. But you could try one of the following: Mix it into yogurt or honey before swallowing; add it to salad dressings; rub it into toast or sprinkle it over pizza and pasta dishes before serving. Chew fresh parsley to get rid of garlic breath.

## TOFU

Diets high in soybean products are associated with low rates of colon, breast and prostate cancers. Soy foods contain genistein, a natural anti-cancer agent and lignans, which block the tumour-growing effects of the hormone estrogen.

To boost your intake of soy products, try substituting soy flour (found in health food stores) for approximately a quarter of the amount of all-purpose flour called for in baking. Firm tofu works well in stir fries, pasta sauce and chili.

## CRANBERRIES

For years, those suffering from urinary tract infections were told to drink cranberry juice to prevent recurrences of the infection. Until recently, it was thought that the high acidity of cranberry juice was responsible for flushing out the harmful bacteria. Now we know that cranberries, like blueberries, contain anthocyanin, a natural antibiotic that prevents bacteria from growing on bladder walls.

To enjoy the healing properties of cranberries, experts suggest drinking 2 cups of commercially prepared cranberry juice every day. Cranberries are also a good source of vitamin C, an antioxidant. You can add frozen or dried cranberries to muffins and baked goods; mix into breakfast cereal; eat as a snack; or cook it up into a sandwich spread.





# Power of the Holy Spirit

Our blest Redeemer, ere He breathed  
His last farewell,  
A guide--a Comforter, bequeathed,  
With us to dwell.

He came in tongues of living flame  
To teach, subdue;  
All-powerful as the wind He came,  
As viewless too.

He comes, His graces to impart;  
A willing guest,  
While He can find one humble heart  
Wherein to rest.

He breathes that gentle voice we hear  
As breeze of even;  
That checks each fault, that calms each fear  
And speaks of heaven.

And all the good that we possess,  
His gift we own;  
Yea, every thought of holiness,  
And vict'ry won.

Spirit of purity and grace,  
Our weakness see;  
O make our hearts Thy dwelling-place,  
And worthier Thee.

