

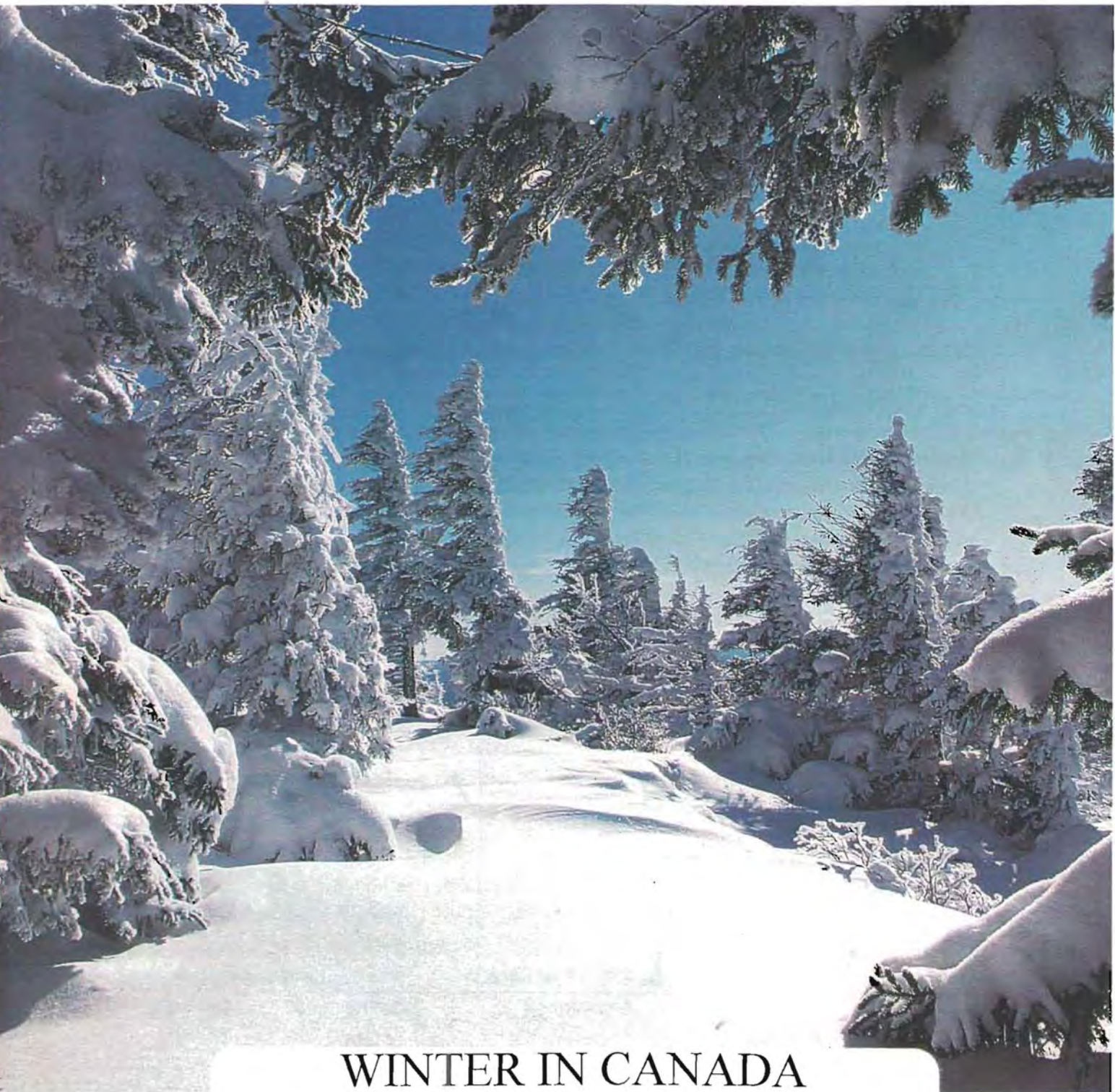
The Reformation 

Messenger

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WINTER IN CANADA



EDITORIAL

Two months have passed of the year 1999 and we should stop to see what have we accomplished. Have we made progress during this time? Have we kept our resolutions what we made at the New Year? If we have failed in some point, are we going to fail the rest of the year?

Would we but understand the value of this time, we would not waste even one moment, because suddenly it will be too late for salvation.

We need special messages in The Messenger paper to waken our people from sleep. Anyone who is concerned about the end and the preparation for it should write articles that will stir the people from their spiritual slumber. This is what it means to sigh and cry "for the abominations that be done". The cry will be heard in 27 different countries because we have been sending The Messenger to that many countries.

For the enjoyment of our readers we have been putting in colour pictures on the covers with the help of a friendly photocopy machine dealer. To buy our own colour photocopier would be too expensive. As you noticed, our January and February editions had 44 pages each; this was due to the number of articles we received. One writer said, "the pen is mightier than the sword". That means more can be accomplished by the printed pages than fighting a war. Therefore, we must continue with our publications as long as it is possible.

Sister White wrote: "Terrible is the struggle that takes place between the forces of good and of evil in important centres where the messengers of truth are called upon to labor... At the present time, when the end of all things earthly is rapidly approaching, Satan is putting forth desperate efforts to ensnare the world. He is devising many plans to occupy minds, and to divert attention from the truths essential to salvation." A. A. 219

If Satan is working desperately to ensnare the world, should our efforts to counteract his devices be any less desperate?

May the Lord help each one of us to wake up to the seriousness of our time and to see the signs of the end being fulfilled rapidly.

"When the professed people of God are uniting with the world, living as they live, and joining with them in forbidden pleasures; when the luxury of the world becomes the luxury of the church; when the marriage bells are chiming, and all are looking forward to many years of worldly prosperity - then, suddenly as the lightning flashes from the heavens, will come the end of their bright visions and delusive hopes." G.D. 338

AMEN

THE EDITORS

REFORMATION PART 1



REFORMATION IN OUR PERSONAL LIFE

The most urgent need in our world is reformation. It is the solution to all problems that are existing in our world today. If Sodom and Gomorrah had had even 10 reformers they would not have been destroyed.

The churches that exist today are in need of reformation. The lukewarm condition has lulled people to sleep and they do not see their lost condition.

Individually we all need reformation. It is the only chance we have to escape the coming doom.

A call for reformation was given by Sister White 97 years ago to the Seventh-Day Adventist Church. Yet until today we see no reformation taking place among them, but instead there is further apostasy.

“God calls for a spiritual revival and a spiritual reformation. Unless this takes place, those who are lukewarm will continue to grow more abhorrent to the Lord, until He will refuse to acknowledge them as His children.” Review and Herald, Feb. 25, 1902

Where do we begin the work of reformation? Is it not in our personal lives? Before we try to reform others, we must work out a reformation in ourselves.

The first thing is to examine yourselves. Compare your life to the life of Christ and to the law of God. Make a list of all areas where you come short. Then present this list to God and ask in prayer for His help to overcome all these weaknesses. And make confession to God and, when necessary, to your fellow men.

Next, cast out all idols from your house. This includes worldly literature, magazines and books. Also unwholesome foods and drinks. Throw out all items of vanity including: worldly music tapes and videos, even clothing that is not modest. All these items give Satan the right to enter your home because his property is found there.

Then restore true Sabbath keeping. This means guarding the edges of the Sabbath and watching our conversation that it stays spiritual. Even our thoughts must not wander into forbidden channels. Sister White wrote strongly against sleeping on Sabbath afternoons. “The Sabbath is not intended to be a period of useless inactivity.” D.A. 207

“It is displeasing to God for Sabbath keepers to sleep during much of the Sabbath. They dishonor their Creator in so doing, and, by their example, say that the six days are too precious for them to spend in resting. They must make money, although it be by robbing themselves of needed sleep, which they make up by sleeping away holy time.” Test. Vol. 2: 704.

The fourth area for reform is to begin systematic Bible reading and along with reading the Spirit of Prophecy books. Bible study purifies our minds and gives us the knowledge that is necessary

for our warfare against the devices of Satan. The Bible is called the bread of life which will sustain our spiritual condition.

Check your prayer life. Make sure that it is continuous. Sister White said, "One hour without prayer and we fall into sin." Miracles happen as a result of prayer. Jesus said: "Ask, and it shall be given you." Luke 11:9.

The sixth area is to select your friends with whom you associate carefully. Your best friend may be Satan's agent to tempt you. Relatives and family members may also bring you down if they are not faithful to God. Lukewarm professors of religion can put you in a spiritual sleep. It is very contagious. In the company of true Christians you get the right influence to sustain your faith.

Health reform has much to do with our sanctification; to gratify our appetites and desires will weaken our will power.

There are sins that we can overcome only by fasting and prayer. Not only are we to eat wholesome foods, but also at proper times and in proper amounts. Many will be lost by indulging their appetites. Paul writes that to many, "God is their belly." Phil. 3:19.

The eighth area is missionary work. If you have neglected this you may be accountable as the servant with one talent, who hid it and did not use it. By saving others we can save ourselves. "Jesus went about doing good," and if we neglect it we are not His followers, but we will be guilty of the blood of the sinners around us. "When I say unto the wicked, O wicked man, thou shalt surely die; if thou dost not speak to warn the wicked from his way, that wicked man shall die in his iniquity; but his blood will I require at thine hand." Hez. 33:8.

Also how you spend your money is part of the reform. Check if you have faithfully paid tithes and offerings. No true reformer is unfaithful in tithes. This would mean to rob God and break the eighth commandment. If there is nothing else wrong in our lives this alone will keep us out of heaven. It is a lack of faith when people do not trust God, that He really will open the windows of heaven and pour out a blessing, so much that there is not enough room to receive it, if we only are faithful to Him in tithes and offerings.

The tenth area for reform is our love to God and to our fellow men. We may have faith to move mountains, but without love, it does not benefit us. True reformers are the only ones who know divine love; who are willing to sacrifice for others; whose love is extended even to their enemies.

Many other areas for reform could be mentioned. But if we begin with these 10 and are found to be faithful in all of them, then we could take the next step and start reforming others. "The great reformatory movement must begin in the home. Obedience to God's law is the great incentive to industry, economy, truthfulness, and just dealing between man and man." C.G. 489.

If parents will do a thorough reformation in their personal lives, there is a great chance that they may save their children also.

The best time to begin these reforms is today. Tomorrow is not in our hands. May God help us to accomplish this true reformation before it is too late. AMEN

Timo Martin

“NO MAN IS AN ISLAND”



There is a famous poem that goes, “No man is an island.” This is a very famous saying, and although some may try to live for themselves only, it is impossible to not have some sort of influence for those around you. “The influence of every man’s thoughts and actions surrounds him like an invisible atmosphere, which is unconsciously breathed in by all who come in contact with him.” T5, p. 111. You simply cannot avoid it. You will have an influence on others whether you try to or not. I heard one minister say that in the course of an average life, you will influence approximately 1,000 people one way or another.

We cannot be reminded too many times about the importance of our influence. It is so easy to get caught up with our regular round of duties that we are oblivious to those around us. We end up becoming drifters. Drifting routinely through our busy schedule. Yes, we may be very organized and get a lot of work done efficiently, but if that is our only concern in life then we become like Martha in Bethany. Martha was a good cook and a great house cleaner, but the most important matter of learning from Him of heaven was almost lost to her, until Jesus reproved her.

Or perhaps in our rush, we are driving down the street and see someone broken down at the side of the road in distress. What do we do? While we may think that we are not influencing anyone negatively if we ignore them, in reality we are missing a golden opportunity to influence someone positively. Those Bible cards and religious pamphlets neatly piled in your car, underneath the seat, can be used to great advantage as you place one in the hands of the grateful person you have just helped out.

Also while waiting at the bus stop, or walking through the shopping malls, we may seem to be in a world of our own, ignoring all those around us as we go our own ways. Whether we realize it or not, we have left

behind a silent witness. A witness for the truth, or a witness against it. We have a young man in our church considering baptism because another member in the church decided to strike up a conversation with him while they were both observing a construction site where a building had recently been demolished. Just a friendly conversation about something simple and light, but God used that simple opportunity for good. We don’t have to preach a sermon to everyone we meet, just be friendly. If we are shy, then a quick prayer to our heavenly Father will give us the help we need to have the right words to use at the right time. The conversation may not lead to a spiritual conversation but just being friendly can be a great influence. Having a pamphlet or tract in your pocket and praying for opportunities to share it, while going about our daily business, is a very simple type of missionary work that all can do.

When I was working in an office in the United States, I didn’t preach to my fellow employees. I didn’t even speak much about religious topics. They all were into the ways of the world. I simply dressed nicely in a skirt every day, while they wore their blue jeans and T-shirts. That was my silent witness. Oh yes, they did ask me if I went to church because they saw I was different in my dress. We spoke lightly and briefly about that. I began to wonder how I could witness better to my fellow employees since I am a very shy person. After I had been there for about one year I had an experience that surprised me. I was in the office alone and the boss was there also. All the rest of the employees had gone to lunch. I was on late lunch that week so I could answer the telephones while the others were on lunch. Suddenly the boss turned to me and asked me, “Wendy, how can I find happiness?” What a great opportunity. Now why would a boss of a large company, who had a lot of money be asking me that question? I was the newest employee

to date. I had never spoke much to him at all. I mostly got my orders through the General Manager. I believe it was my silent witness. My dress, the way I acted, my words, my patience when things got hectic etc. all showed the boss that I had something he didn’t have – and that influence of the Holy Spirit was something that he wanted. I was privileged to share with him the book *Steps to Christ*. I didn’t have much of an opportunity to follow up since he then went on an extensive business trip and then I quit the job because we moved to Canada. I can only leave him in God’s hands now. Had I dressed like everyone else, he would not have noticed a difference and I would not have been able to share the book with him. Just by living for Christ, our influence will be seen.

THE WATCHMEN

The true Christians are described as Watchmen in Ezekiel. “Son of man, I have made thee a watchman unto the house of Israel: therefore hear the word at my mouth, and give them warning from me. When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked man shall die in his iniquity; but his blood will I require at thine hand. Yet if thou warn the wicked, and he turn not from his wickedness, not from his wicked way, he shall die in his iniquity; but thou hast delivered thy soul. Again, When a righteous man doth turn from his righteousness, and commit iniquity, and I lay a stumblingblock before him, he shall die; because thou hast not given him warning, he shall die in his sin, and his righteousness which he hath done shall not be remembered; but his blood will I require at thine hand. Nevertheless if thou warn the righteous man, that the righteous sin not, and he doth not sin, he shall surely live, because he is warned; also thou hast delivered thy soul.” Ezekiel

4:17-19. Just like a Watchman is strict in his duties in keeping an eye out for the enemy, so also the spiritual watchmen are keeping a spiritual eye out for a very real and dangerous enemy – the devil. The Watchmen in these last days are diligently looking for souls who are searching for truth – souls who are buffeted by Satan, not knowing which way to turn and the Watchmen will show them the way to safety, which is to bring them to Christ.

The question can be asked, "Is it fair for God to permit the salvation of a soul to be dependent upon whether another person does his duty?" The watchman is like a military sentinel. When some co-operate with God in His effort to save souls, there is an immediate influence for good beginning to spread. You may only influence one person directly but that person will influence more and they others, according to your initial influence. The same can be true for a negative influence. Yes, God is fair. Sin is unfair.

THE DRIFTERS

A false Christian is considered a drifter. The opposite of a Watchman. "Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip." Hebrews 2:1. This slip can also be translated, "lest we should float past them," or "lest we should drift away from them." "Drifting is one of the easiest and most pleasant means of locomotion, but it is also a most treacherous and dangerous one. No effort is needed to drift, and as one glides down the river toward sure death, the feeling is that of well being and contentment, even of drowsiness. The downward movement is hardly perceptible, for as the boat moves down the river it seems to remain motionless. The water moves with the boat and thus appearances are deceitful." SDA Bible Commentary, Vol. 7, p. 402. These drifters are those who are oblivious to those around them. Oblivious to the needs of others. They claim to be Christians and keep the commandments well, but in reality

they are like the Scribes and Pharisees in Jesus' day. He described them as "Whited Sepulchres" "full of dead men's bones." They have no care or concern for others.

TO WHICH GROUP DO YOU BELONG?

Some have great concern for friends and relatives but strangers are left alone. Jesus said, "Whatever you have done to the least of these my brethren, ye have done it unto me." Many of us, I am sure have heard stories of angels coming in the form of men in need and asking for bread and the family that helped them was doubly blessed in return. That is well and good, but we are not only to wait until people come to us asking help. In the parable of the marriage supper, the king sent his servants to the highways and hedges to compel them to come in. That is our duty, to compel them to come in. Many are hesitant at first because they are looking at what they will have to give up in the world, but when we introduce them to Christ and show them what Christ wants to give them, they will feel compelled. The drawing power of the love of Christ is so great.

Oh yes, people do try to live for themselves but they really don't find true happiness. The happiness is fleeting – but for a moment. "No man can live for himself and yet enjoy the approbation of God." T5, p. 113

We may never even speak to some people to whom we are a silent witness for. If we dress modestly, have a smile on our face, and carry ourselves as Christ would, people will notice it. We are then Watchmen. Consequently if we look just like the world and act like the world, we will not have a beneficial influence on anyone. We are a drifter. "You may never know the result of your influence from day to day, but be sure that it is exerted for good or evil. Many who have a kind heart and good impulses permit their attention to be absorbed in worldly business or pleasure, while the souls that look to them for guidance drift on to a hopeless wreck. Such persons may have a high profession and may stand

well in the opinion of men, even as Christians, but in the day of God, when our works shall be compared with the divine law, then it will be found that they have not come up to the standard. Others who saw their course fell a little below them, and still others fell below the latter class, and thus the work of degeneracy went on." Counsels on Health, p. 413

"Throw a pebble into the lake and a wave is formed, and another and another; and as they increase, the circle widens until they reach the very shore. Thus our influence, though apparently insignificant, may continue to extend far beyond our knowledge or control." RH, Jan. 24, 1882.

"We all have an influence, and that influence is telling upon the destiny of others for their present and future good or for their eternal loss." T3, p. 528. "Our influence is a blessing or a curse to others." 3T, p. 526. There is no neutral ground as far as your influence is concerned. "Beware how your influence turns souls from the truth which God has sent His servants to declare, for a heavy woe hangs over you." T4, p. 228

I compare these two types of Christians (the Watchmen and the Drifters), to the Y2K problem in society today. Some are very careful about the matter and making sure to warn others and do their part in spreading the word and making great preparations for this supposed great disaster that they see coming. On the other side there are others who see no real lasting danger and are doing very little in preparation. The same is true in God's church, as seen in the parable of the 10 virgins. Some are wise and are preparing for the final crisis on this earth and others are foolishly drifting along. Yet, no man is an island, living only for self. One way or another the Drifters and Watchmen will have an influence on others around them. It cannot be avoided.

COMPANIONS

"The influence of association is very great. . . . Everyone will find companions or make them." CH, p. 414. We are social creatures and as we

seek for companions it should not be just for the purpose of finding someone to have a good time with. Someone who will make us laugh and go places with us. We are also not to isolate ourselves and make ourselves as islands of good in the midst of an evil world, as did Ancient Israel. We are to go and find souls through social contact.

"The true Christian does not choose the company of the unconverted for love of the atmosphere surrounding their irreligious lives or to excite admiration and secure applause, but for the purpose of communicating light and knowledge, and bringing them up to a noble, elevated standard, the broad platform of eternal truth." T5, p. 112.

"The society of unbelievers will do us no harm if we mingle with them for the purpose of connecting them with God and are strong enough spiritually to withstand their influence.

"Christ came into the world to save it, to connect fallen man with the infinite God. Christ's followers are to be channels of light. Maintaining communion with God, they are to transmit to those in darkness and error the choice blessings which they receive of heaven. Enoch did not become polluted with the iniquities existing in his day; why need we in our day? But we may, like our Master, have compassion for suffering humanity, pity for the unfortunate, and a generous consideration for the feelings and necessities of the needy, the troubled, and the despairing." T5, p. 113

Those who put on the whole armor of God and spend time each day in prayer and meditation will be "changed by beholding" and have a saving influence on those around them.

HOW CAN WE PROVIDE A GOOD INFLUENCE?

"There is nothing in us of ourselves by which we can influence others for good. If we realize our helplessness and our need of divine power, we shall not trust to ourselves. We know not what results a day, an hour, or a moment may determine, and

never should we begin the day without committing our ways to our heavenly Father. His angels are appointed to watch over us, and if we put ourselves under their guardianship, then in every time of danger they will be at our right hand. When unconsciously we are in danger of exerting a wrong influence, the angels will be by our side, prompting us to a better course, choosing our words for us, and influencing our actions. Thus our influence may be a silent, unconscious, but mighty power in drawing others to Christ and the heavenly world." COL, p. 341.

"Character is power. The silent witness of a true, unselfish, godly life carries an almost irresistible influence. By revealing in our own life the character of Christ we co-operate with Him in the work of saving souls. It is only by revealing in our life His character that we can co-operate with Him. And the wider the sphere of our influence, the more good we may do. When those who profess to serve God follow Christ's example, practicing the principles of the law in their daily life; when every act bears witness that they love God supremely and their neighbour as themselves, then will the church have power to move the world." COL, p. 340

Here is a description of a worldly person. "With worldly youth, the love of society and pleasure becomes an absorbing passion. To dress, to visit, to indulge the appetite and passions, and to whirl through the round of social dissipation appears to be the great end of existence. They are unhappy if left in solitude. Their chief desire is to be admired and flattered, and to make a sensation in society; and when this desire is not gratified, life seems unendurable." T5, p. 112. It is unfortunate when we see nominal Christians imitating the world and having similar goals, lifestyle, dress, and desire for pleasure. Their influence is a great harm for the cause of Christ. Many have turned away from Christianity by the influence of false Christians. If Christians are just like the world why bother becoming one? Also if you dress and act like the world, how will anyone know that you have been privileged to be given the last saving message for this world?

The truth is that they will not know and if they are lost because of our bad influence or our "drifter" influence (not making an effort to imitate Christ), their blood will be upon our garments. "Many there are who will fear to meet at the bar of God the results of their influence." COL, p. 341

"Our time here is short. We can pass through this world but once; as we pass along, let us make the most of life. The work to which we are called does not require wealth or social position or great ability. It requires a kindly, self-sacrificing spirit and a steadfast purpose. A lamp, however small, if kept steadily burning, may be the means of lighting many other lamps. Our sphere of influence may seem narrow, our ability small, our opportunities few, our acquirements limited; yet wonderful possibilities are ours through a faithful use of the opportunities of our own homes. If we will open our hearts and homes to the divine principles of life, we shall become channels of currents of life-giving power. From our homes will flow streams of healing, bringing life, and beauty, and fruitfulness where now are barrenness and death." AH, p. 32

So now is the time to wake up and make sure we have oil in our lamps. We must be Watchmen, watching out for others, living for Jesus and not for ourselves. Jesus is coming sooner than we may expect; let us do our part in warning the world, remembering that "No man is an Island." No matter how hard you may try – you cannot avoid the fact that you will have an influence on others whether you like it or not. It is my wish and prayer that none of us will be ashamed of the influence we have communicated to others in our lives when we have to face our life record before the great, white judgement throne in heaven.

Wendy Eaton





METAMORPHOSIS



"...who for the joy that was set before Him endured the cross, despising the shame..."
Hebrews 12:2.

Jesus loved us so much that not only did He accept to be hung on a cross, but He despised the shame. He took upon himself our shame, and He did it with joy because at that moment He was not thinking of Himself. You and I were in His thoughts and in His heart. "The travail of His soul..." (Isa. 53:11). (In Greek it says, "the fruit of the pain of His soul). We often think and never too often of the physical pain of Jesus as he was crucified, but we should meditate upon His psychological torture, upon the agony of a soul loaded with the sins of the whole world. He who was sinless! Let us follow Him to the Praetorium and see how He was mocked, struck with a rod, spat on the face. (Mark 15:16-19). It was then that His look was very far away, His mind and heart were with you, with me, and with each person in this world. Yes, He took upon Himself our shame, our lies, our covetousness, our evil-surmising, our ambitions, our selfishness, our vanity, our pride, our self-righteousness and thus... he became a worm.

"But I am a worm, and no man; a reproach of men, and despised of the people..." we can read in the prophetic Psalms 22:6. Because of our shame he became a worm so that we would not have to be ashamed of what we have thought, of what we have said, of what we have felt, of what we have done, so that we can become kings and priests for eternity! And he says, *"Fear not ye worm Jacob, I will help you."* Isa. 41:14.

There are many kinds of worms and they all look pretty disgusting. This is what we are in our natural condition, and when Jesus carried our shame

upon Himself, He became a worm like us.

In 1 Corinthians 15:51, 53 we read, *"Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed... for this corruptible must put on incorruption, and this mortal must put on immortality..."* This is the promise of the Lord for the believers who will be alive when He comes. They will be transformed. But before this miracle takes place, another greater wonder has to occur. Let us read Romans 12:2. *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."* In Greek the word used in this verse is "metamorphosis", which means change of form. For us to be able to understand the will of God, to be able to have spiritual discernment, our mind, our way of thinking should go through a metamorphosis, and that can only happen if we are taught by God. (Observe that the word "morfosis" in Greek means education). We should be educated by God Himself so that our mind, our mentality may change.

We can now turn back to nature and see what may happen to those ugly worms. They spend their lives crawling on the earth and eating green leaves. They eat a lot and the more they eat, the faster they grow. In warm places they develop quite fast and at the end they turn into beautiful butterflies. This process is called "metamorphosis". This change does not happen in the blink of an eye. At a certain moment, this caterpillar wraps itself into a cocoon and stays

there quietly. It does not eat, and while it rests, it is transformed into a butterfly.

Going back to our spiritual life, before our bodies are transformed to be translated our mind has to change. We should have the mind of Christ. *"But we have the mind of the Lord."* (1 Cor. 2:16). Now, if we compare this with the life of a butterfly, we shall see that the most important time in this process of transition is the time spent in the cocoon, before the caterpillar turns into a chrysalis. This is exactly what Isaiah advises us. *"In returning and resting you shall be saved; in quietness and confidence shall be your strength."* Isa. 30:15.

In think we are living in this period. All those who want to be translated when the Lord comes should remain quiet,

resting in the Lord, in His righteousness, in His mercy, in His power, in His faithfulness, in His wisdom, in His love. We should digest His Word, fast and pray more. This metamorphosis is a mystery that we accept by faith, but through nature the Lord has shown us that it is possible for Him to work such a miracle and He will do it.

For more than a year, I felt like a worm as I became aware of the disgusting traits in my human nature, but now I know that I will be transformed into a butterfly because the Lord Jesus became a worm for me, taking my shame upon Him. Thank you, my Saviour, Lord and Master Jesus Christ! To all future butterflies, with His love,

Teresa Corti
Greece



Sisters Francis and Kitty from Fiji
with their children.



SIN AGAINST THE HOLY SPIRIT

“Wherefore I say unto you, All manner of sin and blasphemy shall be forgiven unto men: but the blasphemy against the Holy Ghost shall not be forgiven unto men. And whosoever speaketh a word against the Son of man, it shall be forgiven him: but whosoever speaketh against the Holy Ghost, it shall not be forgiven him, neither in this world, neither in the world to come.” Matt. 12:31-32

Every person who will be lost has committed sin against the Holy Spirit, sooner or later. Many professed Christians do not even know that they have committed this unpardonable sin.

John writes to us of this kind of sin, “If any man see his brother sin a sin which is not unto death, he shall ask, and he shall give him life for them that sin not unto death. There is a sin unto death: I do not say that he shall pray for it.” 1 John 5:16

It is of utmost importance for us to know what is this unpardonable sin and how we can commit it.

MOST COMMON UNPARDONABLE SIN:

“The most common manifestation of the sin against the Holy Spirit is in persistently slighting heaven’s invitation to repent. Every step in the rejection of Christ is a step toward the rejection of salvation and toward the sin against the Holy Spirit.” D.A. 324

Of this kind of sin Felix was guilty. “A ray of light from heaven had been

permitted to shine upon Felix, when Paul reasoned with him concerning righteousness, temperance, and a judgment to come. That was his heaven-sent opportunity to see and to forsake his sins. But he said to the messenger of God, ‘Go thy way for this time; when I have a convenient season, I will call for thee.’ He had slighted his last offer of mercy. Never was he to receive another call from God.” A.A. 427

Often we see this happening with people. They receive Bible studies and they are convinced of the truth, but they delay obedience. Suddenly they lose their interest to study the Bible. What they once understood, now they are questioning and doubting. They may then go to a church which is far out from the truth or to the world. After that, we cannot reach them anymore.

This may also happen to a member of the church who has a sinful habit that he is not overcoming. It may be a secret sin in his life that others do not know about. Yet the end result will be the same.

This also includes the sin of neglect. The man with one talent sinned against the Holy Spirit by not using it in God’s work.

Hazen Foss in 1844 received a vision from God but refused to relate it to others. When he finally decided to tell it to the people he cried out in despair, “It is gone from me; I can say nothing. The spirit of the Lord has left me.”

The Bible message is clear, "Today if ye will hear His voice, harden not your hearts." Heb. 3:15

WILLFUL SIN:

"If we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, But a fearful looking for of judgment and fiery indignation, which shall devour the adversaries." Heb. 10: 26-27

The ones who are mostly guilty of this willful sin are the people who have knowledge, especially members of the church and also the Bible teachers and ministers. They cannot plead ignorance. Their knowledge of the truth makes their sin so much more grievous.

It is dangerous to sin when we know it is wrong. Many trust that God will always forgive. They reason that sin is so easily forgiven that all they have to do is to say the words, "Lord forgive me" and all is again forgiven. The next day then they repeat it again.

These people are not forgiven; they play with religion. The sign that we have been forgiven is when we stop sinning.

REFUSING TO LISTEN TO THE MESSENGERS OF GOD:

"When we refuse to listen to His delegated messengers." D.A. 325

Jesus said, "And whosoever shall not receive you, nor hear your words, when ye depart out of that house or city, shake off the dust of your feet: Verily I say unto you, It shall be more tolerable for

the land of Sodom and Gomorrah in the day of judgment, than for that city." Matt. 10:14-15

What was their sin that called so great punishment upon them? They refused to hear the words of God's messengers.

Our publications are messengers of God, and if we neglect to read them, we sin the same way.

When we go in the name of God witnessing to the people and if they reject our words, they reject God Himself, and seal their eternal destiny.

An even greater sin, and greater punishment will come upon those who try to hinder the work of God's servants. Leaders often do this sin by trying to control the missionary efforts of the members and workers.

EVIL WORDS:

"Closely connected with Christ's warning in regard to the sin against the Holy Spirit is a warning against idle and evil words." D.A. 323

By condemning someone who is working for the Lord, we can sin against the Holy Spirit. Maybe he is not working according to our own ideas, but, if the Lord is with him, he receives directions from the Lord and not from the people. Korah did not approve the method Moses used in working with the people, yet by condemning Moses he sinned against the Holy Spirit.

Evil speaking can become sin that is not forgiven.

**RELIGIOUS PROFESSION
CONTINUES AFTER
COMMITTING UNPARDONABLE
SIN:**

The Jewish leaders sinned against the Holy Spirit by rejecting Christ, yet they held on to their religion and continued even as leaders and teachers of the Bible.

Seventh-Day Adventist leaders committed sin against the Holy Spirit by rejecting the Christ's Righteousness message in 1888, yet they continued as leaders in the very church of God. "They began this satanic work at Minneapolis. Afterward, when they saw and felt the demonstration of the Holy Spirit testifying that the message was of God, they hated it more, because it was a testimony against them. They would not humble their hearts to repent, to give God the glory, and vindicate the right. They went on in their own spirit, filled with envy, jealousy, and evil surmising, as did the Jews. They opened their hearts to the enemy of God and man. Yet these men have been holding positions of trust, and have been molding the work after their own similitude, as far as they possibly could." T.M. 80

When the Reformation came in 1914 how many of these leaders joined in it? Not one - Instead, they became bitter enemies of the church of God.

In past shakings, when did the previous leaders enter into the new church of God? This is a solemn warning to us all. Even children can commit the unpardonable sin. In the time of Elisha 42 children were killed by bears when they mocked the man of God. No time for repentance was allowed to them.

God is merciful and gracious to the repentant sinner. He pardons multitudes of sins but, when someone commits sin against the Holy Spirit, there is no more mercy. In the next shaking, such members of the church will be shaken out, even though they may be strict and fanatical as the Pharisees in the time of Christ. The Lord will not make a mistake in the shaking process.

"For lo, I will command, and I will sift the house of Israel among all nations, like a corn is sifted in a sieve, yet shall not the least grain fall upon the earth." Amos 9:9.

This is the reason why we are still on the earth today and not in heaven. So many professing Christians sin against the Holy Spirit and prove to be as foolish virgins, without oil, without the Holy Spirit. Out of all the professed Christians, the Lord has not found 144,000 faithful ones yet.

The standard is high, may the Lord help us to reach it. AMEN

TIMO MARTIN

I lay down my pen and lift up my soul in prayer, that the Lord would breathe upon His backslidden people, which are as dry as bones, and they shall live. The end is near, stealing upon us stealthily, so imperceptibly, so noiselessly, like the muffled tread of the thief in the night to surprise the sleepers off guard and unready. May the Lord grant to bring His Holy Spirit to bear upon the hearts of all who are now at ease, that they may no longer sleep as others but watch and be sober.

E.G. White: Camp Meeting Appeal

How to receive a weak brother, if you are strong?

If you had to think of one of the most difficult Bible texts to understand- what would it be for you? For me about the most difficult one has to be in Romans 14. The whole chapter presents us with some hard things to explain. This scripture has often been used against health reform for Christians, against the Sabbath or in fact any kind of definite personal standards of morality, purity or decency. But what would you do if you were very strong in the faith and health, and someone came to you weak spiritually, mentally or physically? Would you say, "Oh, just be like me and then you will be fine. Oh, just do this and this and then you will get over your little sickness." – or whatever it might be. This is really the point of the Apostle's argument, the weak and the strong as we can see from reading Romans 15:1-5.

I was talking recently to a soul preparing for baptism and he said something about his action not being sin for him but that would be sin for me – which may be true about someone who is ignorant or weak, but when the light has come, as it has to this fellow, we have an obligation to live up to that light. Rom. 2:11-15. Now it's true that we cannot pass judgment on anyone over non-essentials, but when it comes to open sin, how can we say that we love someone in the faith, and permit them to go down the pathway to destruction and avert our eyes, telling ourselves that they know better? We must try and win them out of that pathway of destruction.

Think of how many things are wrong in modern-day Christianity : a spirit of ecumenical compromise and hypocrisy that has disgusted many thinking people with any and all religion. Religion today has become a strange mix of emotion and tradition: one thinks that he can have the approval of God if he just claims the name of Jesus, another thinks that as long as he works himself up to a certain flight of feeling, then he must be saved. But in everything that God calls upon us to do in our faith – what is He really after? Isaiah 55: 1, 2

He is trying to get at our hearts, isn't it? This is the language and the money of heaven – the language and currency of the heart. In Romans 14, the Apostle Paul is trying to get at self-righteous condemnation of others over ceremonial, non-essential things. Or, Is he saying that we cannot discern between true and false, righteousness and sin? If he was saying that, every Christian would be

left on the very uncertain ground of human pride, passion or the mere opinions of man. Don't miss this now: what is Paul really talking about in Romans 14: the essential things of salvation or non-essentials?

Even some who do not believe in the Sabbath or health reform have agreed that Romans 14 is talking about non-essentials like the ceremonial feast days, which some of the Gentiles were keeping in the 1st century, and ceremonially unclean foods, which the Jews had as a restriction in the ceremonial law.

Actually, this question of the ceremonial distinctions of the Jews caused quite a stir within the 1st century Christian church, didn't it? That was the whole reason that the first general conference was convened.

Acts 15:24-29 (Do you notice what the sentence of the conference was? Two kinds of law are referred to and upheld in this sentence - Health and moral requirements....)

Since the book of Romans has been building the argument about Christian standards in the light of the cross, first with the individual's responsibility to others, then the individual Christians' responsibility to the government in chapters 12 and 13, respectively, now the Apostle Paul addresses the spirit of self-righteous condemnation over unimportant issues, which was so common amongst the nominally converted Jews in the 1st century.

Vs. 1-5 Paul does point out the necessity of following our conviction of right and wrong. We can only stand or fall, be saved or lost as individuals

Vs. 7-13 What do these verses say about exposing someone new in the faith to our own doubts? Something that you say cannot be taken back, so be very careful before you say it. Maybe you have definite doubts, but that should motivate you to study, fast and pray, not to bring those doubts to someone new in the faith to see how you can influence them. We have a responsibility to guard those new in the faith from the ugliness and wrong of error and falsehood as much as we possibly can. Anything that is controversial and under question in the Bible should not be a subject of question and debate in front of new souls.

But today, in the name of unity, there is a weird, ecumenical spirit in Christianity which would do away with personal standards of piety,

and even doctrine itself to bring everyone to a lowest common denominator.

This is well pleasing to the carnal mind and the attitude of ecumenism in the religious world today. It is also well pleasing to the Pope. Because if he can get everyone to be disunited on personal piety and doctrine, then he will pick up the pieces of what's left in a disunited state and bring it together in the universal, or catholic church.

Vs. 4,13,15 *How many people have been discouraged from Christianity because of this spirit of shooting the wounded and weak ones. Or, for that matter, how many sincere people have been put off Christianity because of the hypocrisy of the professed followers of Jesus?*

We have to have an individual experience and knowledge before a personal God. But our influence on others we have to consider as well, don't we? And then the Apostle Paul again addresses the self-righteous condemnation in the next verses.

Firstly, it seems that Paul is addressing the same problem that the Corinthians had with eating things offered to idols and thus wounding the consciences of the weak brethren. 1 Cor. 8:7,8,12,13 This writing of Romans was within a year of his writing 1 Cor. And of course this was a very common problem within the ancient world because most all of the foods available to the poor were first offered to an idol.

You notice how he mentions the same principle here that he ends Romans 14 with (our influence over others in every area of life –even our diets?) So let's go over a few of the things that we have learned in this chapter.

1. No self-righteous condemnation of the weak or those lacking the same level of spiritual attainment that we have.
2. We need to consider our influence upon the weak.
 - a. In attitude
 - b. In diet
3. We must have individual faith before God (while considering the faith of the body as well.)
 - a. Whatever is not of faith is sin.
 - b. If we have doubt about any article in our diet or any thing really –we're condemning ourselves if we allow that thing. (Why do you think that Paul mentions diet – what we eat especially? Just like in 1 Cor. 10: 31 he knew that people would have a problem with what they ate and drank, right?)

Happy is that man that does not condemn himself in what he allows.

Let every man be fully persuaded in his own mind...Upon what is he to base this persuasion? The opinions of the rabbis, the government or a majority of his family and friends? Acts 17:11

(Sr. White first wrote in 1858 that the eating of pork was okay, if that was all you had to eat. That God would show *His church if there was anything wrong with it.* And then five years later she received a vision when God showed the whole church that pork was not something to eat at all.) Prov. 4:18 With all of the light on the dangers of animal flesh as food, how can God's people eat it? Certainly, with all of the information on those dangers in the media today – the Christian must have some doubts in his mind about it being good for him.

Now let's take a look at verse 17. That is, every and any form of food is to be given up in favor of not wounding someone else's conscience. We must take into account the physical, mental and spiritual health of all of those over whom we have influence. If what I'm eating or drinking is going to be a bad example and have a bad influence over them, I better give it up. Food is absolutely insignificant in comparison with righteousness, peace and joy in Christ.

Vs. 23 The one who has to argue with his conscience and justify himself to himself in eating a particular food is condemned. This condemnation is of God as well as his own conscience.

What is Christianity all about? Having a clean conscience before God and man. Knowing peace, joy and righteousness in Christ. How can we know this experience if we are wounding our consciences with what we are allowing in our attitudes and actions? Of course, we will be very unhappy. Anxiety is unresolved inner conflict; this is exactly what Christ came to help us to overcome.

So if you have faith, well and good before God. **Watch out for the tender lambs that are new in the faith, and let your love for the body of Christ hide a multitude of sins.** The Lord will be with you in your spirit to give you insight and understanding as to how you can be a blessing for the church and reach out to the world. And when Jesus comes again, He will say, "well done thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things."(vs. 21) Matt. 25: 34-40 By Jerry Eaton

WHAT TO DO WITH THESE
TALENTS



By: Mike Newby

another word for talents can be gifts. All good things come from one source, that is God. We read in the word of God that the Holy Spirit also gives gifts as He wills, only to those who keep a close connection with God. In 1st Cor. 12: 8-11 we see some of the gifts that the Holy Spirit gives which helps in the perfecting of the work of God in the church.

Talents are also given freely by God as gifts or endowments to individuals. Talents can be acquired or originate, for example in a family line and be passed on as an inheritance. All should be used in the service of God and for the benefit of mankind. In the parable of the talents we see that everyone is given talents to improve; as the Master will request this at His return. Some are given more than others, for it is seen that such individuals could manage and be responsible with more.

We will look at five main talents that do not readily come to mind. The talent of (1) Mental Faculties, (2) Kindly impulses and affections, (3) Health, (4) Strength (5) Influence.

Mental Faculties: God requires the training of the mental faculties. The Lord bids us love him with all the heart and with all the soul and with all the mind. This lays upon us the obligation of developing the intellect to its fullest capacity, that with all the mind we may know and love our Creator. There are before us possibilities which our feeble faith does not discern. Our minds should be so trained that if necessary we can present the truths of His word before the highest earthly authorities in such a way as to glorify His name. We should not let slip one opportunity of qualifying ourselves to work for God. Procure every advantage within your reach for strengthening the intellect. Let the study of books be combined with useful labor, and by faithful endeavor, watchfulness and prayer secure the wisdom that is from above. True education means more than the colleges can give. While the study of science is not to be neglected, there is a higher training to be obtained through a vital connection with God. Those who hunger for knowledge that they may bless their fellow men will themselves receive blessings from God. Through the study of His word their mental powers will be aroused to earnest activity.. There will be an expansion and development of the faculties, and the mind will acquire power and efficiency.

Kindly Impulses and Affections: Kindly affections, generous impulses and quick apprehension of spiritual things are precious talents, and lay their possessors under a weighty responsibility. All are to be used in God's service. But here many err. Satisfied with the possession of these qualities, they fail to bring them into active service for others. Those who possess large affections are under obligation to God to bestow them not merely on their friends, but on all who need their help. The mere possession of unused qualities only increases their responsibility."

Health: It is said that our health is a talent and a blessing that only a few of us understand and appreciate. Without proper health, "We become less capable of choosing the good and have less strength of will to do that which we know to be right "

By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting physical exercise, by overworking mind and body, we unbalance the nervous system.

Those who thus shorten their lives and unfit themselves for service by disregarding nature's laws are guilty of robbery towards God. The physical life is to be carefully preserved and developed that through humanity the divine nature may be revealed in its fullness.

Strength: We are to love God not only with all the heart, mind, and soul, but with all the strength. This covers the full intelligent use of the physical powers. It was Christ who gave to the building of the tabernacle wisdom to execute the most skillful and beautiful workmanship. The skillful touch of the physician's hand, his power over nerve and muscle, his knowledge of the delicate organism of the body, is the wisdom of divine power, to be used in behalf of the suffering. The skill with which the carpenter uses the hammer, the strength with which the blacksmith makes an anvil ring, comes from God. He has entrusted men with talents, and he expects them to look to him for counsel. Whatever we do, in whatever department of work we are placed, he desires to control our minds that we may perfect work. Divine and human agencies are to combine in temporal as well as in spiritual achievements. They are to be united in all human pursuits, in mechanical and agricultural labors, in mercantile and scientific enterprises. There must be co-operation in everything embraced in Christian activity.

The case of Daniel has a lesson for us - His history shows what may be accomplished by one who consecrates the strength of brain and bone and muscle, of heart and life to the service of God.

Influence: No man can be independent of his fellowman; for the well being of each affects others. It is God's purpose that each shall feel himself necessary to others welfare, and seek to promote their happiness. Every person is surrounded by an atmosphere of his own - by the atmosphere surrounding us, every person with whom we come in contact is consciously or unconsciously affected.

This is a responsibility from which we cannot free ourselves. Our words, our acts, our dress, our deportment, even the expression of the countenance (face) have an influence. If by our example we aid others into the development of good principles, we give them power to do good. In their turn they exert the same influence upon others, and they upon still others. Thus by our unconscious influence thousands may be blessed."

If you throw a small stone in a lake a ripple will form causing a larger ripple to form and so on. " So is our influence beyond our knowledge or control it tells upon others in blessing or cursing.

But never should it be forgotten that influence is no less a power for evil. To lose one's soul is a terrible thing; but to cause the loss of other souls is still more terrible.

Many there are who will fear to meet at the bar of God the results of their influence. There is nothing in us of ourselves by which we can influence others for good. If we realize our helplessness and our need of divine power, we shall not trust to ourselves. We know not what results a day, an hour, or a moment may determine, and never should we begin the day without committing our ways to our heavenly Father." [Excerpts from Christ Object Lessons.]



REVEALING TRUTH

(Series 2 - 7)

How many realize that a reformation is not from error to truth? **Revealing Truth** Series 2 reviews this question, other concerns and outlines the following subtitles; Messengers Watching, A Reformatory Movement Proclaiming Present Truth, Teaching Home Religion, and Hidden Banner?

Revealing Truth only presents the scriptures and the testimonies. Your solemn challenge is "study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." 2Tim.2.15. Proceed with prayer and the discernment of the Holy Spirit. May the Lord abundantly bless each reader.

Messengers Watching

I saw that the mysterious signs and wonders and false reformations would increase and spread. The reformations that were shown me *were not reformations* **from error to truth**. My accompanying angel bade me look for the travail of soul for sinners as used to be. I looked, but could not see it; for the time for their salvation is past. (12)

Nevertheless the foundation of God standeth sure, having this seal, **The Lord knoweth them that are his**. And, let every one that nameth the name of Christ depart from iniquity. (13)

Ministers who have preached the truth with all zeal and earnestness may apostatize and join the ranks of our enemies, but does this turn the truth of God into a lie? "Nevertheless," says the apostle, "the foundation of God standeth sure." The faith and feelings of men may change; but the truth of God, never. **The third angel's message is sounding; it is infallible.** (14)

I saw the necessity of the messengers, especially, watching and checking all fanaticism wherever they might see it rise. Satan is pressing in on every side, and unless we watch for him, and have our eyes open to his devices and snares, and have on the whole armor of God, the fiery darts of the wicked will hit us. There are many precious truths contained in the Word of God, **but it is "present truth" that the flock needs now. I have seen the danger of the messengers running off from the important points of present truth, to dwell upon subjects that are not calculated to unite the flock and sanctify the soul.** Satan will here take every possible advantage to injure the cause.

But such subjects as the sanctuary, in connection with the 2300 days, the commandments of God and the faith of Jesus, are perfectly calculated to explain the past Advent movement and show what our present position is, *establish the faith of the doubting, and give certainty to the*

glorious future. These, I have frequently seen, were the principal subjects on which the messengers should dwell. (15)

The third angel has lighted up the past, the present, and the future, and they know that God has indeed led them by His mysterious providence. (16)

We have nothing to fear for the future, *except as we shall forget the way the Lord has led us*, and His teaching in our past history. (17)

A Reformatory Movement Proclaiming Present Truth

In visions of the night, representations passed before me of a great reformatory movement among God's people. Many were praising God. The sick were healed, and other miracles were wrought. A spirit of intercession was seen, even as was manifested before the great Day of Pentecost. Hundreds and thousands were seen visiting families and opening before them the word of God. Hearts were convicted by the power of the Holy Spirit, and *a spirit of genuine conversion* was manifest. On every side doors were thrown open to the proclamation of the truth. The world seemed to be lightened with the heavenly influence. Great blessings were received by the true and humble people of God. I heard voices of thanksgiving and praise, and there seemed to be a reformation such as we witnessed in 1844. (18)

Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and *be established in the present truth.* (19)

Present truth leads onward and upward, gathering in the needy, the oppressed, the suffering, the destitute. **All that will come** are to be brought into the fold. In their lives there is to take place a reformation that will constitute them members of the royal family, children of the heavenly King. By hearing the message of truth, men and women are led to accept the Sabbath and to unite with the church by baptism. They are to bear God's sign by observing the Sabbath of creation. They are to know for themselves that obedience to God's commandments means eternal life. (20)

Howbeit when he, **the Spirit of truth**, is come, he will **guide you into all truth**: for **he shall not speak of himself**; but whatsoever he shall hear, that shall he speak: and **he will show you things to come.** (21)

And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen. (22)

The **different parties of professed Advent believers** have each a little truth, but God has given all these truths to His children who are being prepared for the day of God. *He has also given them truths that none of these parties know, neither will they understand. Things which are sealed up to them, the Lord has opened to those who will see and are ready to*

understand. If God has any new light to communicate, He will let His chosen and beloved understand it, without their going to have their minds enlightened by hearing those who are in darkness and error. (23)

Thy righteousness is an everlasting righteousness, and thy law is the truth. (24)

For **we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end;** (25)

The law of God is the foundation of all enduring reformation. We are to present to the world in clear, distinct lines the need of obeying this law. **Obedience to God's law is the greatest incentive** to industry, economy, truthfulness, and just dealing between man and man. (26)

Teaching Home Religion

Those who bear the last message of mercy to the world should feel it their duty to instruct parents in regard to home religion. The great reformatory movement **must begin** in presenting to fathers and mothers and children the principles of the law of God. **As the claims of the law are presented,** and men and women are convicted of their duty to render obedience, show them the responsibility of their decision, not only for themselves but for their children. Show that obedience to God's word is our only safeguard against the evils that are sweeping the world to destruction. Parents are giving to their children an example either of obedience or of transgression. By their example and teaching, the eternal destiny of their households will in most cases be decided. In the future life the children will be what their parents have made them. (27)

"The law of the Lord is perfect, converting the soul." Psalm 19:7. Without the law, men have no just conception of the purity and holiness of God or of their own guilt and uncleanness. They have no true conviction of sin and feel no need of repentance. Not seeing their lost condition as violators of God's law, they do not realize their need of the atoning blood of Christ. **The hope of salvation is accepted without a radical change of heart or reformation of life. Thus superficial conversions abound, and multitudes are joined to the church who have never been united to Christ.** (28)

Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life. (29)

Then Jesus said unto them, Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you: for he that walketh in darkness knoweth not whither he goeth. (30)

For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life. (31)

Here is the **patience** of the saints: here are they that keep the commandments of God, and the faith of Jesus. (32)

On every hand we see those who have had much light and knowledge deliberately choosing evil in the place of good. Making no attempt to reform, they are growing worse and worse. But the people of God are not to walk in darkness. They are to walk in the light, for they are **reformers**. (33)

Hidden Banner?

A company was presented before me under the name of Seventh-day Adventists, who were advising that the banner or sign which makes us a distinctive people should not be held out so strikingly; for they claimed it was not the best policy in securing success to our institutions. **This distinctive banner is to be borne through the world to the close of probation.** In describing the remnant people of God. John says, 'Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus'(Rev 14:12) (34)

In the time of the end every divine institution is to be restored. The breach made in the law at the time the Sabbath was changed by man, is to be repaired. God's remnant people, standing before the world as reformers, are to show that the law of God is the foundation of all enduring reform and that the Sabbath of the fourth commandment is to stand as a memorial of creation, a constant reminder of the power of God. In clear, distinct lines they are to present the necessity of obedience to all the precepts of the Decalogue. Constrained by the love of Christ, they are to co-operate with Him in building up the waste places. They are to be repairers of the breach, restorers of paths to dwell in.. See verse 12. (Isaiah 58:12) (35)

But the cloud of judicial wrath hangs over them, containing the elements that destroyed Sodom. In his visions of things to come the prophet John beheld this scene. This demon worship was revealed to him, and it seemed to him as if the whole world were standing on the brink of perdition. But as he looked with intense interest he beheld the company of God's commandment-keeping people. They had upon their foreheads the seal of the living God, and he said: "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." (36)

And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree.

And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads.

And I heard the number of them which were sealed: and there were sealed an hundred

and forty and four thousand of all the tribes of the children of Israel. (37)

"I saw as it were a sea of glass mingled with fire: and them that had gotten the victory . . . stand on the sea of glass, having the harps of God. And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvelous are Thy works, Lord God Almighty; just and true are Thy ways, Thou King of saints." Revelation 15:2, 3.

"And I looked, and, lo, a Lamb stood on the Mount Sion, and with Him a hundred forty and four thousand, having His Father's name written in their foreheads." Revelation 14:1. (38)

Let us strive with all the power that God has given us to be among the hundred and forty-four thousand. And **let us do all that we can to help others to gain heaven. We are to have an intense interest in Christ Jesus**; for he is our Saviour. He came to this world to be tempted in all points as we are, to prove to the universe that in this world of sin human beings can live lives that God will approve. (39)

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Current Scene

The End of the World as we Know it? From *Time*, Jan. 18, 1999

“...The year just getting under way will bring 12 months of millennial thinking, hoping and, in many circles, worrying. Especially worrying – about the end of the world as we know it (or TEOTWAWKI, the acronym in use on some Internet gloomsites). Apocalyptic fantasies, which have always been freely available in an atomic-age Christian culture, are about to reach another climax. Beyond the obvious reason that the year 2000 is at hand, there’s the end of the cold war, which threatened for a while to deprive us of the sheer glamour of imagined annihilation.

“The Y2K problem is this. Many of the world’s computers and microchip circuitry, the ones that run everything from cash machines and VCRs to interstate electric-power grids and intercontinental ballistic missiles, contain a programming oversight that makes them incapable of reading the date 2000.

“The problem is that there is no clear agreement, even among sober experts, of how bad the Y2K computer problem will be. Mike McClure, who is in charge of making sure that Georgia’s electric-power giant, Southern Company is compliant, has the attitude of a lot of the techno-savvy elite. In safeguarding his personal affairs, McClure says he will be “very diligent” in keeping bank and stock records for the months prior to January 2000. He will file away his retirement-account statements and buy plenty of candles and water and withdraw several week’s worth of cash. “But,” he says, “I don’t plan to buy a portable power generator. I don’t think we’re going to need it.”

“To the extent that there is some consensus among sensible experts, it is that the dire predictions of major social disruptions are way overblown. The most likely problems involve temporary glitches, especially overseas, in billing and invoice systems, that could cause some disruptions in business and government.

“Nothing should be taken at face value when it comes to government assurances,” warns Dr.

Mark Neuenschwander. He and his wife Betsy, also a physician, head the AD2000 Crisis Relief Task Force, a conservative Christian humanitarian effort based in Colorado Springs, Colo. Because of what he expects to be potential problems in anesthesia machines, intravenous pumps and intensive-care monitors – like many complex devices, they contain tiny “embedded” computer chips – he warns against elective surgery in the first six months of 2000. “Health care will be the least prepared.”

“It’s that kind of uncertainty that some religious millennialists are seizing upon, and in the process moving quickly from the plausible to the hyperbolic. In pulpits and on videotapes, on Christian radio stations and Internet websites, they are dedicated prophets of doom. They warn of a cascade of Y2K calamities – massive power blackouts, the failure of hospital, factory and fire equipment, the collapse of banking, food shortages, riots. A Y2K article posted last year on the website of the Christian Coalition speculated that President Clinton might use the chaos that Y2K unleashes as an opportunity to seize dictatorial powers. The televangelist Pat Robertson is marketing a video called *Preparing for the Millennium: A CBN News Special Report*, which summarizes both the Y2K problem and Robertson’s novel, *The End of an Age*, in which Armageddon is triggered by a meteor crash.

“Then there’s the popular series of novels by retired minister Tim LaHaye and Jerry Jenkins, a former sportswriter. Set in the immediate future, their four “*Left Behind*” novels chronicle life on the eve of the Second Coming. Genuine Christians disappear to heaven. Everyone else is abandoned to suffer a terrible earthquake, wars and the whims of the Antichrist, alias U.N. Secretary-General Nicolae Carpathia of Romania. Collectively the books have sold more than 3 million copies. LaHaye also offers maximalist warnings about Y2K. It “very well could trigger a financial meltdown,” he warned recently in an on-line chat even, “leading to an international depression, which would make it possible for the Antichrist or his emissaries to establish a one-world currency or a one-world economic system, which will dominate

the world commercially until it is destroyed.” (How strange that they cannot see the Pope setting the stage to do exactly that today, with the full cooperation of the American religious leaders who have been yielding their doctrines to the Papacy for years to achieve political unity.)

“In the coming year, as Y2K becomes a more familiar problem, the ranks of secular Y2K survivalists may grow. But most early “roosters” – people who see apocalypse on the millennial horizon – came to their conclusions through a prism of religious belief. Though millennialism hinges upon the notion of Christ’s return, there are pockets of religious Year 2000 cultism even in nations that are mostly non-Christian.

Target: Jerusalem

“Like no other place on earth, Jerusalem is ground zero for the apocalypse. The city is the center of biblical prophecy and esoteric lore, with the Mount of Olives and the Temple Mount, the site of Solomon’s Temple, as possible touchdown sites for the Lord. That is almost certainly why the followers of Colorado cult leader Monte Kim Miller were in Israel – and why Israel, increasingly wary as the millennium approaches, ordered the expulsion of as many of them as it could find last week.

“Miller, who had disappeared with more than 80 of his Denver-based Concerned Christians last September, has cast himself as one of the prophets prefigured by the 11th chapter of Revelation – one who would be killed on the streets of Jerusalem and then, Christ-like, be raised from the dead three days later. “Prepare to follow me and die,” Miller exhorted his followers before the mass disappearance.

“Warned by the FBI, Israel spotted the first arrivals from Denver a few months ago. In contrast to the messianic Christians who wander around in biblical robes and hang around Jerusalem’s Old City, the cultists were well-dressed, clean-cut individuals who easily passed for tourists. But an Israeli security official contends that the Concerned Christians were preparing for a “big provocation” on the Temple Mount aimed at instigating a war between Arabs and Jews that would culminate in Armageddon. Deciding not to wait for the end of the world, the Israelis raided two houses where 14 cult members lived, taking in three men for investigation of conspiracy to commit a crime and to bomb holy places. Though they asked to go to

Greece to join their fellow believers, all 14 Concerned Christians were deported to Denver on Saturday. Some cult members indicated last week that Miller was in London. Says Colorado-based cult watcher Hal Mansfield: “He can run them by phone from anywhere.” Miller considers himself the Trinity and has set himself against black helicopters, the new world order and the Y2K bug.

“The next war can come not from our borders but from here in Jerusalem, from the Temple Mount,” says an Israeli security official. Both the Mossad and the Shinbet, the country’s external and internal spy agencies, have become involved in monitoring and managing threats posed by the millennium. Says a source familiar with Israeli security issues: “It must be your first assumption that these people are not logical or reasonable. They can do almost anything at any time.” For instance, he says, Dec. 31, 1999, is not necessarily D-day. “It could happen in February 2000 or in June 1999.”

“The authorities have their eyes not only on Miller and his cult but on another U.S. group consisting of about a dozen people living in monasteries in the mountains around Jerusalem, mostly in the West Bank. Less organized than the Denver cult, the group expects its leader to give the members instruction involving the Temple Mount. Each of them, says an Israeli official, expects to play a major role in the end-day events. Says the official: “Everybody is feeling he is the chosen man for the mission.” Members have assigned portfolios: one is in charge of justice in the world to come; another is in charge of tranquility.

“Still, says a security source, “the most dangerous group so far is the Denver cult.” Israeli authorities are afraid that undetected members may go underground. Last week the Concerned Christians were described by their lawyer as being nice people who, like other pious foreigners, were simply awaiting the return of Jesus. And, oh yes, they expect the U.S. to be destroyed by the end of the year.”

Grace Halsell, in her excellent book, *Prophecy and Politics*, argues the Biblical point very well that we are not to look to the physical nation of Israel to fulfill the prophecies given to spiritual Israel. And yet, every President since Ronald Reagan have felt that prophecy had to fulfill with that nation that has put its faith in the force of arms, and what a force of arms they have with billions of dollars of U.S. aid flowing to them every

year. Ronald Reagan even went so far as to think that he could force the last days upon planet earth by bringing provocation to the Arabs over their holy sites in the Jewish state – not unlike those wild-eyed groups of psuedo-Christians are apparently prepared to do in Jerusalem today.

The year 2000 (Y2K) - Should we panic? Or, How to be certain in an uncertain world.

God's people have always had to be a ready people, an attuned people ready for any thing that comes their way whether it be a physical, mental or spiritual trial. (Described by the Pen of Inspiration as minute-men.) And yet this attitude of readiness cannot be an overwrought following of our own emotional impressions, as is the case with this Year 2000 hyperbole. Some take inspiration out of context and say that Jesus has to come back exactly 2000 years after He was born. If we were really looking at 2000 years since Christ came, that would have to have been about 1997 at the latest because we know that Christ was born about 3 or 4 B.C.

Now there are many Christian leaders that are making lots of money selling their latest book or video on emergency preparedness and how to "not be left behind" when the rapture (Christ's secret coming to snatch the "faithful" away) happens because the year 2000 is coming. (How absurd. Jesus is coming for those who have purified their souls in obedience to the Ten Commandments and have resisted and overcome the deceptions of the Mark of the Beast – the Papal institution of Sunday worship enforced by statute.)

Ask yourself: how was my life before computers came along? Maybe a little slower, maybe not quite so convenient, but life still went on, right? Of course, most of the panic comes from people who spend most of their days in front of a computer screen and feel that life will really be different for them. Perhaps it will be, but the end of the world? I doubt it. Not in terms of fulfilled prophecy, except perhaps "men's hearts failing them for fear of those coming on the earth." Luke 21:26 "But ye, brethren, are not in darkness that that day should overtake you as a thief." 1 Thess. 5:4

Whatever God does, it shall be forever...The Bible says, "Let God be proven true and every man a liar"...Romans 3:4 **Since this crisis is going to be totally a man-made one, it**

strains our belief in and Biblical knowledge of the mark of the beast movement going forward in the National Sunday Law and the people of God receiving the Latter Rain to preach the fullness of the truth to the end of the world. In fact, the Latter Rain is what God's people are to look for and hasten by our preaching and living the straight truth, which we know will cause the shaking amongst Adventists and the world. Also, there will be many *real disasters and catastrophes* to face in the near future that inspiration warns us about.

This state of uncertainty is a vacuum that Satan and His right hand man, the Pope or man of sin has created so he can step into it. And be sure that all of the fallen churches will be exploiting this man-made crisis for their own benefit. God's people alone can be resting in His love and secure in their knowledge of His mercy and truth.

How can we be Christians eaten up with worry? The privileged knowledge that we have of fulfilled prophecy gives the right foundation with which to deal with any belief or for that matter, unbelief, like what we see today in this worry over Y2K computer worries. Yes, there may be much uncertainty about logistical details for everyday necessities, but God's people have the insight of where it is all going – the Papacy's mark of authority in Sunday exalted by the apostate powers of Protestantism.

If any vacuum of uncertainty or even a real crisis can be stepped into by the powers of Catholicism or apostate Protestantism they will. They are exploiting for their own advantage economically this panic today, will they exploit spiritually the crisis tomorrow?

Of course, the answer is yes.

"The Lord calls for minute men, men who will be prepared to speak words in season and out of season that will arrest the attention and convict the heart. The kingdom of God consisteth not in outward show. Light will not be received by following selfish plans, but by looking unto Jesus, following Christ's leadings, not the suppositions of men. The kingdom of God is righteousness and peace and joy in the Holy Ghost." Special Testimonies, Series B, pg. 27 By Jerry Eaton



TESTIMONY

1988

I want to introduce you to my new friend. What is her name? Soledad (loneliness). Yes, I know I have spoken to you about her several times in the past, and I have given you the impression that I did not love her, that I did not get on well with her. You are right! I often felt that way towards her. She was always after me, imposing her presence in my life, and that bothered me immensely. I used to come back home, and many times, as soon as I opened the door, I would see her, sitting in the living room, waiting for me with her big smile that I hated so much. Most times I ignored her and did other things. I would read, cook, put things in order or write letters to my friends. I have to confess that many times I criticized her in my letters. Other times I came back home, deciding to face her. I would greet her and spend my free time with her, but always when I paid attention to her she managed to make me upset. If I was disappointed she would look at me with her big eyes full of compassion and not say a word. Her silence disturbed me enormously. I wanted her to comfort me, to be on my side, but she wouldn't do it. She remained there as a shadow, and would not move an inch. How much did I hate her then! Sometime, in order to avoid her, I would go out with many people. How well did I feel being with people who laughed, told their experiences and were interested in listening to mine!

But when I least expected it, I could see her face among the crowd, looking at me with her innocent eyes and smiling calmly. And I have to admit that I used to feel a mixture of love and hate. It bothered me that she always managed to find me and make herself present in

my life. But in a certain way I was also happy to see such a familiar face. So, after a while, I would go back home with her. In a certain way I felt she had come to rescue me, and since deep down I trusted her very much, because she knew me well, I would let her take me home, and once there we would chat for a long time.

I should confess that I liked telling her everything, even if I knew she could not answer me. But I felt she understood me and loved me. She wanted very much to be with me that even when I traveled far away, sure that she would give me a break for some time, she managed to reappear where I least expected to see her, completely adapted to the new environment as if she had always lived there. How she always managed to deceive me like that I will never find out. So, what could I do? I allowed her to take me by the hand and lead me to the museums, to the parks, for a walk, just the two of us: my loneliness and I. And I have to say that we had a very good time together when I allowed her to keep me company and treated her kindly.

She always took me where I liked to go—to see the flowers, to the zoo. She even came with me to visit my friends. She would take me to the door and would disappear very discretely and I would not see her for days. She knew where she could leave me alone. She was not jealous of my friends and she was happy to leave her place to them. And to tell you the truth, when I spent too many days without seeing her, I would wonder: What is the matter with her? Where has she gone? Why has she abandoned me? But, there she was

again, when I least expected her and how much did I hate her then! While a few minutes before I was wondering where she was, when I saw her again, the same contradictory feelings!

There were moments in which she was a life belt that led me to a serene haven, other times she was a chain that would wrap around me and paralyze me. What should I do? How could I deal with her? After all, I should acknowledge that I needed her. She had become a part of myself, and it was foolish to continue insisting that lack of friendliness and enmity towards her. I knew this, but I could not put it into practice. How is it that now I introduce her to you as my good friend and I don't even mention her any more in my letters. It is very simple. I met Jesus,

and he filled me with His love, and since Christ says, "Love your enemies", without any effort I started to love her, because the love I receive from Jesus is enough for everyone.

Now we have a very good time together, we continually speak about Jesus and His love, I run home to meet her and speak with her because I know that she understands and likes the same things I do. Do you want some advice? If you have a friend that disturbs you as much as this one used to disturb me, look for Jesus. Get to know Him and you will see.

With His love,
Teresa Corti
Greece



Men who have large opinions of themselves are often in error, but they will not confess this. Envy and jealousy are diseases which disorder all the faculties of the being. They originated with Satan in Paradise. After he had started on the track of apostasy, he could see many things that were objectionable. After he fell he envied Adam and Eve in their innocency. He tempted them to sin, and to become like himself, disloyal to God. Those who accept of his attributes will demerit others, misrepresent and falsify in order to build up themselves. These persons are generally incurable, and as nothing that defileth can enter heaven, they will not be there. They would criticize the angels. They would covet another's crown. They would not know what to do, or what subjects to converse upon unless they could be finding some errors, some imperfections, in others. O that such ones would be changed by following Christ. O that they would become meek and lowly of heart by learning in the school of Christ. Then they would go forth, not as missionaries for Satan, to cause disunion and alienation, but as missionaries for Christ, to be peacemakers to work with Christ in restoring, not to bruise and mangle the character. Let the Holy Spirit of God come and expel this unholy passion, which cannot in the slightest degree survive in heaven. Let it die. Let it be crucified. Open the heart to the attributes of Christ, who was pure, holy, undefiled, without guilt.

E.G White Dec. 28, 1896.

A SUMMARY OF THE REPORT OF THE SESSION OF THE GENERAL CONFERENCE IN 1951

May 7, 1951.

Opening of the Conference.
The Business Session.
Order of the Delegates.
President's Spiritual Report.

May 8, 1951.

Investigation of the Delegates.
Qualification of the Delegates.

May 9, 1951.

Kissener's Resignation.

May 10, 1951.

The delegation Order again in question.

May 11, 1951.

Final Decision of the delegation that Brother Kissener may be in the delegation,
but without the right to speak or vote.
Brother Kozel's financial report.

May 12, 1951.

Sabbath.

May 13, 1951.

Reading of the minutes of the General Conference of 1948.

May 14, 1951.

Discussion about the financial report.
Report of the union conferences.
Report of the American Union Conference.

May 15, 1951.

Report of the Australian Union Conference.
Report of the Brazilian Conference.

The list of delegates was read and it is as follows:

G. Fronz, J. Hartmann, V. Cimera, E. Laicovski, C.T. Stewart,
D. Nicolici, D. Devai, A. Lavrik, A. Cekan, A.F. Braga,
B. Hohenreiner, Y. Escusa, A Ringelberg, A. Craviotto, C. Kozel,
O. Luft, Y.Tsotetsi, W.TH. Buyes, E. Stark, L. Luscher, R. Kozel,
H. Mandemaker, S. Gutknecht, A. Muller, Bro. Helgerud.

May 16, 1951.

The meeting with Brother Doerschler.

May 17, 1951.

Unions' Report Continued.
Report of the Argentinian Union Conference.
Report of the Peruvian Union Conference.
Report of the West European union Conference.
Report of the South-African Union Conference.
Report from Denmark, and from Spain.

May 18, 1951.

The case of Brother Korpmann. The case was not finished.
"The meeting came to an end in the early afternoon in order to make preparation for Sabbath."

May 19, 1951.

Sabbath.
The completion of the declaration. (on the evening).

May 20, 1951.

The presentation of the declaration.

"In the opening of the session on the 20th of May at 9 a.m with hymn and prayer, the business was opened for discussion. The Chairman Requested that the report be read. Two reports were accepted by the delegation and immediately following this Brother Stewart began to read the declaration from the eleven delegates. He was hindered , however by the chairman."

"Brother Ringleberg promised that the declaration would be read at some later time but the case of Korpman must first of all be reviewed."

This question was voted on two times. The first time, 13 delegates were in favor of reading the declaration then while 8 were opposed, the rest remained neutral. It was evident that the delegates did not understand the issue involved, and the chairman explained that the delegates should vote wheather the declaration should be read either immediately or at some later time. The second voting brought the decision of 13 against 12 that the declaration should be read at some later time.

At this resolution, eleven delegates were dissatisfied and left the session.



THE SHOES WE COULDN'T LOSE

One Sabbath morning my mother and I were going to church. Mother got out of the car like she usually does. We got in and we were on our way.

About six miles down the road my mother suddenly cried out, "My shoes!" Well, poor mom had put her shoes on top of the car, as she usually did when she opened the car door; and as she sometimes has in the past, she forgot them – until six miles down the road, that is.

So . . . around we turned and back our steps we did retrace. As we neared home we eagerly searched the road expecting every moment to see Mother's favourite, irreplaceable shoes lying scattered by the road as had sometimes occurred in the past.

No shoes!

In our yard again Mom was distraught. I thought that perhaps she had not taken them at all and suggested we look in

her house. So I got out and walked around the car – and what do you think I saw?

Mother's shoes, sitting on the trunk of the car exactly where she had placed them.

Jesus had watched over them. We should learn to trust in Him at all times for everything, shouldn't we?

By Kathleen Ross



When God Made the Creatures

When God made the creatures
He must have had fun
Inventing the features
He gave every one:

He made the eels flat
And hippos quite wide,
Made monkeys to climb
And eagles to glide,
Taught ducklings to waddle
And bullfrogs to jump,
Gave walruses tusks
And the camels a hump,
Taught donkeys to bray and
the bees to go buzz,
Made cardinals red
And dressed geese in soft fuzz,
Chose pink for flamingoes,

Made elephants gray,
Taught owls to hoot nights
And sleep every day;
He made the crabs round and
worms very long;
Gave crickets their chirp and
bluebirds their song;
He made chipmunks small
And giraffes He made tall,
Gave rabbits big teeth and
clams none at all.

To each of the creatures God
gave useful things
Like legs and antennas
And eyeballs and wings
And backbones and feathers
And fingers and toes

And muscles and shoulders
And stomach and nose;
And then He gave many their
own special spot
For penguins it's icy,
For Lizards it's hot.
For gophers cool burrows
For robins green trees
For raccoons the forest,
For dolphins the seas.

When God made the creatures
I know He had fun
Inventing the features
He gave every one.

Author Unknown



FRUIT FACTS

DO YOUR BODY A FAVOUR AND EAT MORE FRUIT!

Top dogs

Here are the top fruits according to the Nutrition Action Healthletter, published by the Center for Science in the Public Interest. The fruits were evaluated according to the highest total scores of beta carotene, vitamin C, folate, potassium and fibre. At the top of the list is papaya, followed by cantaloupe, strawberries, oranges, tangerines, kiwis, mango, apricots, persimmons and watermelon.

Eat more

All fruits, not just the top 10 list, offer good nutrition. Eat a variety and you can't go wrong. Try to eat three to five servings of fruit a day. Branch out and eat fruit in all its shapes and forms, whether it is juice, dried fruit, a cooked dessert, or part of an entree.

The berry patch

Turn to berries for vitamin C, potassium and fibre. Strawberry is the best berry for vitamin C, containing 86 mg in a single cup. Ounce for ounce, strawberries contain more vitamin C than oranges. While all berries are high in fibre, blackberries and raspberries offers the most, both containing more than six grams per cup! Meanwhile, berries are full of fabulous phytochemicals that protect your health in many ways.

Big beta boys

Pick more fruits with orange-yellow colouring and you will reap the benefits of beta carotene, a powerful antioxidant vitamin that offers protection against cancer, heart disease, cataracts and premature aging of the skin. Top players include apricots (dried and fresh), papaya, cantaloupe, mango, peaches, nectarines, persimmons and prunes.

Potassium players

Potassium helps maintain proper fluid balance in the body, regulating blood pressure. Increasing dietary potassium may reduce the need for medication in people suffering from hypertension or high blood pressure. The best source is dried fruit. Reach for dried peaches, apricots, prunes, figs, raisins and dates. Fresh sources include bananas, kiwis, cantaloupe and honeydew melon.

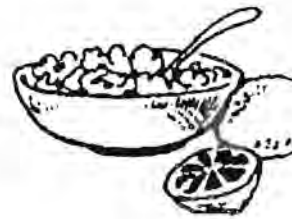
Full of fibre

There are certain fruits that don't contain a lot of different nutrients but are a good source of fibre especially soluble fibre in the form of pectin which helps to lower cholesterol. Fruits to focus on are apples (eat the skin), grapefruit (eat the walls and membranes), pears (eat the skin), prunes, figs and berries. Oranges, mandarins and tangerines are a good source too, if you eat them whole, by the section, not juiced.

Vitamin C

Vitamin C speaks for itself. Get this powerful antioxidant in guavas, oranges, grapefruits, mandarins, berries, papaya, kiwi, cantaloupe, mangoes, honeydew melon, feijoa and cherimoya.

TIPS FOR HEALTHY EATING



Whole grains

Make carbohydrates the biggest part of your diet. Fill your plate with such whole grains as whole-wheat bread, pasta and couscous, brown rice, oats, barley, buckwheat, quinoa and amaranth.

More fruits

Find ways to eat more fruit. Sprinkle fresh berries or dried fruit on your cereal or yogurt in the morning. Pack some raisins or a banana in your briefcase. Try some of the exotic fruits available now.

Veg out!

The sky is the limit when it comes to vegetable consumption. Remember that dark, leafy green and orange-coloured vegetables pack a valuable beta-carotene punch. And cruciferous vegetables like broccoli, kale and cabbage can help reduce your risk of cancer.

Calcium conscious

Women of all ages need to maintain a high calcium intake: choose almonds, black strap molasses and soy flour.

Bean it up

We all need to eat more fibre and beans are an excellent source. Go for bean dips and the wide world of bean cuisine found in many ethnic foods.

Drink water

Your body needs lots of water to operate effectively, especially if you are trying to lose a few pounds and/or are eating lots of fibre. Aim for eight glasses a day.



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I am Persuaded

**My heart is resting, O, my God,
I will give thanks and sing;
My heart is at the secret source
Of every precious thing.**

**I thirst for springs of heavenly life,
And here all day they rise;
I seek the treasure of thy love,
And close at hand it lies.**

**I have a heritage of joy;
That yet I must not see;
The hand that bled to make it mine
Is keeping it for me.**

**There is a certainty of love
That sets my heart at rest;
A calm assurance for today,
That yet to be alone is best;**

**A prayer, reposing on his truth,
Who has made all things mine,
That draws my captive will to him,
And makes it one with thine.**