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The Assyrian Gilgamesh Epic Part III

The Flood

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"And the Lord said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation.... For yet seven days, and I will cause it to rain upon the earth forty days and forty nights; and every living substance that I have made will I destroy from off the face of the earth." **Genesis 7:1,4,**

A Waiting Time: Seven days

The Gilgamesh Epic's eleventh tablet records each of the significant events as occurring within a period of seven days. It took seven days to build the ark. The deluge ravaged the earth for seven days. The ark found a resting place on Mount Nisir and anchored there for seven days. "[On the sev]enth [day] the ship was completed... Six days and [six] nights blows the flood wind, "as the south-storm sweeps the land. When the seventh day arrived, the flood(-carrying) south-storm subsided in the battle, which it had fought like an army.... On Mount Nisir the ship came to a halt... When the seventh day arrived, I sent forth and set free a dove...." (1). .

This recurrent seven day week cycle in the Gilgamesh Epic serves as a witness to two very important spiritual and historical matters:

First, the seven day week cycle had its origin during the week of creation and stands as its enduring memorial. Although every other major time measurement has an astronomical basis, the weekly cycle does not. The year is a product of the earth's rotation around the sun. The four seasons are the product of the earth's position around the sun at the equinoxes and soltices. The month is a product of the moon's rotation around the earth. The day is the product of the earth's rotation on its own axis in space. Yet the seven day week is the product and memorial of creation.

"Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." **Genesis 2:1-3.**

Secondly, the seven day emphasis in the Gilgamesh Epic serves as another proof of its similarity with the Genesis record. Although Genesis does not give the same time elapsed between events, the chronology of those events are identical. The ship is built first. The floods do not come until the ship is finished. The ship is swayed to and fro in the midst of the deluge and storm wind. It is not until the storm subsides that the ship is

anchored on a mountain top. Thereafter, two species of birds (dove and raven) are sent out from the ship to inspect the earth's surface.

Genesis does record several seven day week events like the Gilgamesh Epic. Genesis twice states that Noah had a seven day waiting time in the ark between the time elapsed in its completion and the first rain drops upon the earth. For seven days, Noah, his family, and the animals waited inside the ark for the coming deluge. Their faith was tried. Their spirits were tested in the midst of mockery and insults from the surrounding skeptics and mobs which feasted aloud around the ark on dry land. They claimed it was all a big circus and hoax. Noah or his family could have opted to abandon ship during that week, but they decided to endure and take advantage of the tarrying time.

Noah must have kept the Sabbath inside the ark during that week. It also gave him and his family the opportunity to test their skills in feeding and nurturing the animals in the ark before the tempest arrived.

"For yet seven days, and I will cause it to rain upon the earth forty days and forty nights; and every living substance that I have made will I destroy from off the face of the earth." **Genesis 7:4.**

"And it came to pass after seven days, that the waters of the flood were upon the earth." **Genesis 7:10.**

Thrice, Genesis later states how Noah waited three seven-day periods before leaving the ark after the flood waters subsided. Thrice, He sent out birds to fly over the land and see if it was dry. First it was a raven and then a dove. During each of those weeks, Noah must have also kept the Sabbath for the last three times inside the ark with his traveling zoo. Upon reading the text, please notice how scripture mentions "other seven days" implying that these were the second and third weeks of waiting to leave the ark. Time was kept by counting holy Sabbath days, or seventh days.

"And it came to pass at the end of forty days, that Noah opened the window of the ark which he had made: And he sent forth a raven... And he stayed yet **other seven days** and again he sent forth the dove out of the ark... And he stayed yet other seven days; and sent forth the dove ; which returned not again unto him any more." **Genesis 8:6,7,10,12.**

After stating that His coming would be like in the days of Noah, Jesus told a parable of a Jewish wedding feast and "ten virgins" who like Noah had to endure and make wise use of a waiting time. Do we not have a tarrying time today? The Jewish wedding feast usually lasted seven days. The virgins were the bridesmaids who waited outside the home of the bride until the bridegroom came to the feast. The "bridegroom tarried" in his arrival. The virgins "all slumbered and slept" waiting for him. Only some had kept enough extra oil for a possible tarrying time, and these were the ones who could light their lamps at midnight when "the bridegroom came." Only these who "were ready went in with him to the marriage: and the door was shut." The others who lacked the oil,

the light, and had gone to buy oil, arrived too late to be allowed into the seven-day marriage feast. **Matthew 25:1-12.**

Take heart in your tarrying time. Use it as a preparation time to draw nigh to God and His word. Our bridegroom, Jesus Christ, seems to be tarrying for our own benefit and self-preparation. The coming deluge appears to be held back by the angels of God till we finally get ready. As the prophet Habakkuk writes in his introductory chapter to the return of the Messiah in glory, "For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry." **Habakkuk 2:3.**

The Deluge

Both the Gilgamesh Epic and Genesis use the terms "flood," "wind," and "rain," in describing the deluge in Ut-Napishtim and Noah's time. Both described an unusual calamity of weather which struck and injured our planet. Both attest that the deluge was supernatural. Both declare that "all mankind" died, except those on the ship or ark.

The Gilgamesh Epic adds that the flood was accompanied by "dark clouds," "thunders," "storm," "shower," "moans," and "tempest." It gives a moving narrative as told by Ut-Napishtim to Gilgamesh of how the monsoon came about.

Clay tablet XI of the Gilgamesh Epic states: "That stated time had arrived: 'He who orders unease at night, showers down a rain of blight.' I watched the appearance of the weather. The weather was awesome to behold... With the first glow of dawn, A black cloud rose up from the horizon. Inside it Adad thunders... Forth comes Ninurta and causes the dikes to follow... [Everything] is turned to blackness all that had been light. [The wide] land was shattered like [a pot]! For one day the south-storm [blew], Gathering speed as it blew, [submerging the mountains], Overtaking the [people] like a battle... The gods were frightened by the deluge... Ishtar cried out like a woman in travail, The sweet-voiced mistress of the [gods] moans aloud... Six days and [six] nights blows the flood wind, as the south-storm sweeps the land. When the seventh day arrived, The flood(-carrying) south-storm subsided in the battle, Which it had fought like an army. The sea grew quiet, the tempest was still, the flood ceased. I looked at the weather: stillness had set in, And all of mankind had returned to clay" (1).

The fear of the "gods" mentioned in Ut-Napishtim's narration of the flood is also mentioned by E.G. White. The Gilgamesh Epic states that the "gods were frightened" and they even "moaned" in despair. In Patriarchs and Prophets, Mrs. White writes that Satan "feared for his own existence" during the flood. "The terror of man and beast was beyond description. Above the roar of the tempest was heard the wailing of a people... Satan himself, who was compelled to remain in the midst of the warring elements, feared for his own existence" (2).

Like in many other extrabiblical ancient writings, the Gilgamesh Epic implies that humanity was made from the clay of the earth. After the flood subsided, the epic stated

that "mankind returned to clay." Such language is similar to the statement which appears in Genesis as God speaks to Adam. "In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto the dust shalt thou return." Genesis 1:19. Or as Job clearly states, "I also am formed out of the clay." Job 33:6.

The flood event from which Ut-Napishtim survived in a ship destroyed "all mankind." The Gilgamesh Epic leaves no doubt that it was a worldwide event and none survived besides Ut-Napishtim and his crew. Hence, it corroborates the testimony of scripture on the global effects of the deluge.

Genesis uses slightly different phrases to describe the catastrophic worldwide event like "waters of the flood," "fountains of the great deep broken up," and the "windows of heaven... opened." Yet its effects are similar to the ones described in the Gilgamesh Epic.

"And it came to pass after seven days, that the waters of the flood were upon the earth... the same day were all the fountains of the great deep broken up, and the windows of heaven were opened. And the rain was upon the earth forty days and forty nights.... And the waters prevailed, and were increased greatly upon the earth; and the ark went upon the face of the waters.... and all the high hills, that were under the whole heaven, were covered. Fifteen cubits upward did the waters prevail; and the mountains were covered." Genesis 7:10,11,18-20.

Jewish commentators state that the flood was "a seismic upheaval; the earth was swept by a gigantic tidal wave, and simultaneously there was a torrential downpour of rain.... The vast reservoirs of water thought of as stored above the sky were coming down through special openings, and constantly and in resistless strength" (3).

"There followed the muttering of thunder and the flash of lightning. Soon large drops of rain began to fall.... Darker and darker grew the heavens, and faster came the galling rain. The beasts were roaming about in the wildest terror, and their discordant cries seemed to moan out their own destiny and the fate of man. Then 'the fountains of the great deep' were 'broken up, and the windows of heaven were opened.' Water appeared to come from the clouds in mighty cataracts. Rivers broke away from their boundaries, and overflowed the valleys. Jets of water burst from the earth with indescribable force, throwing massive rocks hundreds of feet into the air, and these, in falling, buried themselves deep in the ground" (2).

It was not just a deluge. It was a total upheaval of the ancient world. The flood gates of heaven's ancient canopy and the underground water ways of earth were loosed, massive earthquakes occurred, volcanos erupted, hurricanes ripped through the earth, gigantic tidal waves greedily tore away all constructions, tornadoes added their dizzy chaos, meteorites showered from the skies, and huge hail stones fell from above which all poured upon the face of the earth so that it eventually formed one large mountainless sea. The works of men's hands were destroyed. Their idols, their splendid buildings, beautiful

gardens, groves, and altars were torn down. The ancient hills were broken down. Entire forests were uprooted. Landmasses were moved and shifted from their original place.

According to Genesis, the deluge was a worldwide flood, because the waters covered all the high hills and mountains under the the whole heaven. There are no high hills nor mountains on our planet which are not under the heavens or sky above. Archeology has unearthed fish bones and sea shells on high mountains, far away from the sea and ocean.

Perhaps two striking examples of a past worldwide flood are:

(a). The presence of inland lakes of high elevations and located at large distances from the sea;

(b). The presence of ancient ocean floors, such as limestone and coral formations, above sea level.

In America, we have a huge salty lake known as Great Salt Lake in Utah. It is 1,600 square miles in area with a depth of 15 feet, or 5 meters. Mountain lakes are usually sweet water, yet this one is one of the most saline inland bodies of water in the Americas (4).

The highest mountains were broken down at the time of the flood due to mud slides, monsoon floods, volcano eruptions, and earthquakes, so that all high lands were at least 15 cubits under the level of the flood waters. By our earlier conversion scale, 15 cubits would be nearly 24 feet high. The highest land level was submerged 24 feet below the level of the flood waters. This is by no means impossible, given the amount of water on earth today, and the lower levels of mountain ranges before the flood.

John C. Whitcomb, from the Institute of Creation Research, states that "if the earth's surface were made completely even, it would everywhere be covered by approximately 12,000 feet of water. Thus, when we read that 'the fountains of the great deep' were broken up in the early phase of the Flood year (**Genesis 7:11**) in such a way that the ocean basins pushed their waters over the highest mountains of the continents within sk weeks, we have a clear indication that the mountains before the Flood were much lower that those of our present world" (5).

Back in the 1980's, I toured the Yucatan peninsula of Mexico which separates the Gulf of Mexico from the Caribbean Sea. It covers over 75,000 square miles or 194,000 square kilometers (6). I learned that it is an ancient ocean floor which was raised above to its present above-sea level. The Yucatan "peninsula is a low, rolling tableland of coral and limestone covered by a thick layer of soil" (6). Coral and limestone are geological formations found in the ocean floor. Both can be formed from the shells and bones of aquatic animals. Limestone is primarily composed of calcium carbonate and it is formed from water evaporation. As the flood waters evaporated, many limestone deposits formed

on earth's surface above the new sea level. Thus, the Yucatan peninsula serves as a clear example of how land masses were shifted up and down with the global flood.

Gone with the Wind

The ancient world was not pardoned because they did not seek forgiveness while the door of the ark was opened, which served as a prototype of the door of grace. The ancient world was not willing to confess their sins and abandon their vices, so they perished with their sins and vices. Only Noah, a preacher of righteousness, with his family and representatives of the animal kingdom were saved in the ark. There was no salvation outside the ark, only inside the ark.

The apostle Peter lists the ancient antediluvian generation in his hall of doom together with the great fall of the heavenly angels who rebelled with Lucifer, with the cities of Sodom and Gomorrah, and Balaam who loved the wages of unrighteousness. Like the Gilgamesh Epic, Peter attributes the fail of the antediluvian world to a supernatural act of God upon the ungodly. Only the eight who sought righteousness, believed God's word, and prepared an ark were saved.

Peter writes, "For if God... spared not the old world, but saved Noah the eighth person, a preacher of righteousness, bringing in the flood upon the world of the ungodly..." **n Peter 2:4.** Peter is trying to say, if God forgave not the old world who repented not, do you think God will make an exception with you or me if we do not repent and seek righteousness and become preachers of righteousness?

After the flood, God sent a powerful whirlwind which buried the dead bodies of the ancient unrighteous world in the midst of the earth. "And God made a wind to pass over the earth..." **Genesis 8:1.** Buried were the idolatrous works of their hands, their adulterous mates, their companions in violence, and their hopes of conversion. That ancient way of life was to be no more and to serve as an example to subsequent generations that if any pursue such habits and lifestyles, they will face a similar and sure doom.

You see, the apostle Paul writes a list of the "hall of righteousness by faith" and Peter wrote a list of "the hall of doom." Neither list was completed nor finished. New names are still being added to both. Those who believe and work the works of righteousness are added to the book of life and will eventually receive eternal life. Yet those who disbelieve and work the works of unrighteousness are inscribed in the book of death and will eventually receive eternal doom. The choice like in Noah's day is up the individual. We have the right to choose and make a reservation on either list, in either book. Which will you choose?

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Kenny and Brian presenting a violin duet.

And all the way up the steep road leading to eternal life are well-springs of joy to refresh the weary. Those who walk in wisdom's ways are, even in tribulation, exceeding joyful. MB 140

We must do our work with cheerfulness and hopefulness. We are in no case to become discouraged. Let us keep our eyes off the disagreeable parts of our experience, and let our words be full of good cheer. SD 218.

CONDITIONS FOR SALVATION



The Bible gives us clear instructions what we must do in order to be saved and all who are saved will receive the gift of eternal life.

One of the first things we need to do is to believe. The faith what we need is not just knowledge. The old Israel perished in the wilderness for the lack of faith. By faith we can move mountains, and nothing shall be impossible for us.

"Every failure on the part of the children of God is due to their lack of faith." PP. 657

We can increase our faith by exercise, prayer and Bible study. We can also lose our faith by carelessness, discouragement, neglected duties and disobedience.

OBEDIENCE

Next comes the keeping of the commandments. Jesus said to the rich young man, "If thou wilt enter into life, keep the commandments." Matt. 19:17 Not only are we to keep the letter of the law, but the spirit of the law which goes much further. If we have not killed anyone we have kept the letter of the sixth commandment. But Jesus said if we hate someone we have broken the law. We can break the commandments by our thoughts; also by our intentions.

Sister White wrote that Ministers should preach more on the commandments. (E.W. 63) David wrote that we should meditate in the law of God day and night. (Ps 1:2)

"If parents or children are ever welcomed into the mansions above, it will be because they have in this world learned to obey the commandments of God." C.G. 84

HEALTH REFORM

How important is Health Reform for our salvation?

"The light God has given on health reform is for our salvation and the salvation of the world." C.H. 446

"Temperance in eating and drinking at our tables, as well as the exercise of temperance in every other respect, is essential if we would overcome as Christ overcame. God has given us light, not to be treated indifferently, but to be our guide and help." Test. V 4 p. 215

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character." C.D. 59

If we want to make it to heaven, we must overcome our perverted appetites and follow the health reform in all points.

PRAYER

Many will fail from the eternal life for the lack of prayer. The Bible gives us an instruction to "pray without ceasing" 1 Thess. 5:17

Jesus said, "watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." Matt. 26:41

When we are in prayer connection with heaven Satan has no opportunity to influence our thoughts into wrong channels.

James writes to us, "Ye have not, because ye ask not" James 4:2 Jesus said, "Verily, verily, I say unto you, Whatsoever ye shall

ask the Father in My name, He will give it to you." John 16:23

"Satan well knows that all whom he can lead to neglect prayer and the searching of the Scriptures, will be overcome by his attacks." G.C. 519

The men of prayer are the men of power. The prayer is not just a ceremony or a form that is practiced in the churches. It is a key that opens the storehouses of heaven and provides all our needs.

CHURCH MEETINGS

Some have a habit to stay home from the religious meetings for any little reason. Maybe feeling tired or busy with daily work. But this they do at risk of their salvation.

"It is a serious mistake to neglect the public worship of God. The privileges of divine service should not be lightly regarded." M.H. 511

"Some have failed to see the real importance, not only attending religious meetings, but also of bearing testimony for Christ and the truth. If these brethren do not obtain spiritual strength by the faithful performance of every Christian duty, thus coming into a closer and more sacred relation to their Redeemer, they will become weak in moral power. They will surely wither spiritually unless they change their course in this respect." Test. Vol. 4 p. 539

"Not forsaking the assembling of ourselves together, as the manner of some is." Heb. 10:25

The church meetings are mediums to help us into salvation. The church is a school where we learn the science of salvation. We need to come together to learn and also to teach others.

BIBLE STUDY

The Holy Bible is the bread of life to us. The more we read and study the stronger we get. Many will be lost in the end for the lack of Bible study. We read, "My people are destroyed for lack of knowledge." Hosea 4:6

"No man, woman, or youth can attain to Christian perfection and neglect the study of the word of God." CSW 17

Jesus said, "Search the Scriptures; for in them ye think ye have eternal life: and they are they which testify of Me." John 5:39

"We are not safe if we neglect to search the scriptures daily for light and knowledge. Earthly blessings cannot be obtained without toil, and can we expect that spiritual and heavenly blessings will come without earnest effort on our part? 1 Sel. Mes. 359

Bible reading has a sanctifying influence. It purifies our minds and thoughts. Let not one day pass without earnest Bible study.

TITHES AND OFFERINGS

Does our salvation depend on faithfulness in tithes and offerings? According to Malachi 3:8-11 we receive a blessing by faithfulness or a curse by neglecting to pay faithful tithes and offerings to the treasury of God.

"To defraud God is the greatest crime of which man can be guilty; and yet this sin is deep and widespread." R.H. Oct. 13, 1896

"With these words of light and truth before them, (Mal 3:10-12) how dare they disobey God when obedience to His requirements means His blessing in both temporal and spiritual things, and disobedience means the curse of God? Satan is the destroyer. God cannot bless those who refuse to be faithful stewards. All He can do is to permit Satan to accomplish his destroying work." Vol. 6 388

No one will be in heaven who willfully neglects to be faithful in tithes and offerings.

MISSIONARY WORK

Love to God and to our fellow men will not permit us to neglect the missionary work. We read in Isaiah, "Ye are My witnesses, saith the Lord" Isa. 43:10

Before leaving this world Jesus gave the gospel commission to His followers "Go ye therefore, and teach all nations." Matt. 28:19

By saving others we save ourselves. In His wisdom God left the salvation of men to His people. It is a great blessing to us to have the opportunity to work for the perishing souls.

"There are many who would work if urged into service, and who would save their souls by thus working." Test. Vol. 5 p. 390

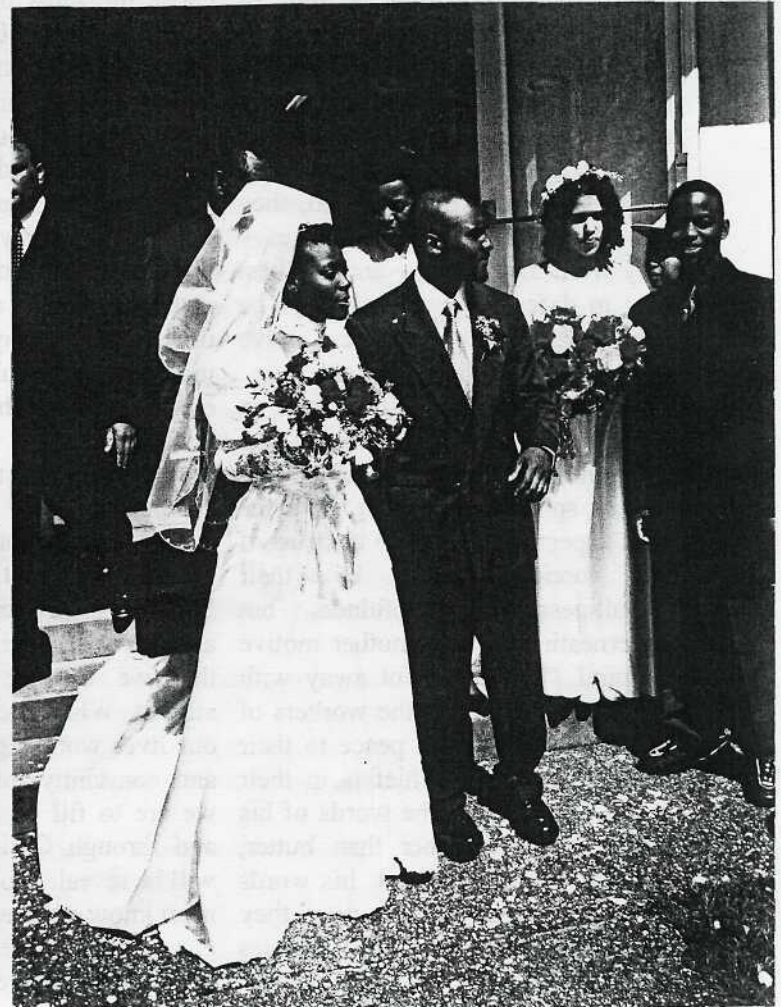
"It is labor that keeps the strong man strong. And spiritual labor, toil, and burden bearing, is what will give strength to the church of Christ." L.S. 188

Many other conditions for our salvation could be added to this list. But if we are faithful in these eight points the rest would follow with the help of God. We would learn humility, forgiving spirit, patience and love.

By neglecting even one point of these would be dangerous. Is not eternal life worth every sacrifice? May the Lord help us in this solemn preparatory time to fulfill all required conditions that we would not fail of this great salvation.

AMEN

TIMO MARTIN



Wedding of George and Linnet in England.

THE INVISIBLE SPY

In today's world amidst all the political turmoil that is rife, it is not uncommon for one government to send spies to a government in another country to discover the secrets of the foreign country and report their findings back to their original country. Especially during the years of the Cold War, when the Iron Curtain was strong in Eastern Europe and the U.S.S.R., spies were constantly busy. Some were not careful and were caught and paid dearly for their deceit. For a while there was considerable tension between the two "super powers" of the U.S.A. and U.S.S.R. Everyone was holding their breath, hoping that this thin thread of peace would remain unbroken. Today the strength of one of those "super powers" has been broken in a peaceful manner and the world seems to be breathing a sigh of relief. During those years of political tension, each country was sending spies to other country. Could they not have ignored the other country and simply continued with life in their own country? No, they did not trust the other countries - they were the enemy - and the best way to defeat your enemy is to be able to anticipate their next move and be one step ahead of them.

It was very important to know the secrets of the enemy and often the most unlikely people were sent as spies. People who were the least expected - they won the trust of the foreign nation by their friendliness and helpfulness, but underneath they had another motive in mind. "Draw me not away with the wicked, and with the workers of iniquity, which speak peace to their neighbours, but mischief is in their hearts." Ps. 28:3. "The words of his mouth were smoother than butter, but war was in his heart: his words were softer than oil, yet were they drawn swords." Ps. 55:21. Spies were not always the large, tough-looking man dressed in a black coat

that we may imagine. They were ordinary looking men and even beautiful women. People were chosen who could do the best job of deception, both in intellect and in appearance.

Today we have a very powerful enemy, who is seeking to devour as many Christians as he can. He is invisible and this makes him even more deadly. Since he is not seen, he is not taken as seriously as he would be could we see him. Sister White was given a vision of his true appearance and it was horrifying. As Christians, it is far more important to know our "invisible" enemy. He is an invisible spy. While his true appearance is not pleasant to behold, when he appears to man, he will come looking like an angel of light. He will come in the least way we expect it. In the Garden of Eden, he did not choose any animal - he chose the most beautiful animal in which to tempt Eve. Today, many times he will come in the form of beauty or something that looks very good and right, but underneath he is deadly. Paul told Timothy to "flee also youthful lusts" 2 Tim. 5:22. The youth today are tempted by influences that look good. It appears that their friends are having a good time and enjoying life while indulging in sinful habits - but "the end thereof are the ways of death." Pr. 14:12.

The best way we can become a victor over this deadly enemy is through surrendering yourself to Christ. We are to be as Spiritual spies - knowing our enemy, anticipating some of his tactics so that we can be ready when he attacks. While we are not to spend our lives worrying about our enemy and constantly thinking about him, we are to fill ourselves with Christ and through Christ this knowledge will be revealed to us as needed. We must know our enemy.

The Bible tells us that there are several different ways in which Satan works. He works by

accusation, affliction, persecution and deception. The first three are openly seen as the work of Satan, however the final one - deception is very subtle. He has the most success with this method because he comes as an angel of light. He comes in his evil form when he uses accusation, affliction and persecution, but with deception he comes with love. False love. "Faithful are the wounds of a friend, but the kisses of an enemy are deceitful." Proverbs 27:6.

When sin looks good

Spies like to pretend they are on your side; they are all for you, when they are in reality against you.

"The enemy is preparing for his last campaign against the church. He has so concealed himself from view that many can hardly believe that he exists; much less can they be convinced of his amazing activity and power. They have to a great extent forgotten his past record; and when he makes another advance move, they will not recognize him as their enemy, that old serpent, but they will consider him a friend, one who is doing a good work. Boasting of their independence they will, under his specious, bewitching influence, obey the worst impulses of the human heart and yet believe that God is leading them. Could their eyes be opened to distinguish their captain, they would see that they are not serving God, but the enemy of all righteousness. They would see that their boasted independence is one of the heaviest fetters Satan can rivet on unbalanced minds." 5T, p. 294.

"God reveals His will to us in His word, the Scriptures. His voice is also revealed in His providential workings; and it will be recognized if we do not separate our souls from Him by walking in our own ways, doing according to our unsanctified heart, until the senses have become so confused that eternal things are not discerned, and the voice of Satan is disguised that it

is accepted as the voice of God." 5T, p. 512.

"The bait which he has found will avail in bringing souls into his net, that he may fasten his hellish grasp upon them, he will clothe with every possible good and make as attractive as possible. All who are thus ensnared will learn at a dreadful expense the folly of selling heaven and immortality for a deception that is fatal in its consequences." T2, p. 172.

"His most successful scheme in deceiving man has been to conceal his real purposes and his true character by representing himself to be man's friend - a benefactor of the race." *Confrontation*, E. White, p. 36. While we know he is a real enemy, he is able to appear as men and women, who become our friends - or he uses men and women only to deceive us and cast doubt in our minds regarding the truth, the Spirit of Prophecy and who God's church is today. When we hear these doubts, we must leave the presence of these people. They have no desire to learn truth, they only want to deceive and lead others away from the path of truth to their own way of thinking.

"He is too cunning to come openly, boldly, with his temptations; for then the drowsy energies of the Christian would arouse, and he would rely upon the strong and mighty Deliverer. But he comes in unperceived, and works in disguise through the children of disobedience who profess godliness." 1T, p. 341.

"Sin is made attractive by the covering of light which Satan throws over it, and he is well pleased when he can hold the Christian world in their daily habits under the tyranny of custom, like the heathen, and allow appetite to govern them." *Confrontation*, p. 57/58.

We see this very clearly in the case of Samson. A beautiful woman deceived him. But despite all counsels and reproofs from his parents and elders, he chose to continue in his erroneous way never dreaming that this beautiful woman that was so kind and loving to him

would deceive him. The end result was deadly.

"In every temptation he will present some bribe, some apparent good to be gained." *Conf.* p.72.

Presumption

"The sin of presumption lies close beside the virtue of perfect faith and confidence in God. Satan flattered himself that he could take advantage of the humanity of Christ to urge Him over the line of trust to presumption. Upon this point many souls are wrecked. Satan tried to deceive Christ through flattery. He admitted that He was right in the wilderness in His faith and confidence that God was His Father under the most trying circumstances. He then urged Christ to give him one more proof of His entire dependence upon God, one more evidence of His faith that He was the Son of God, by casting Himself from the Temple." *Confrontation*, p. 48.

We don't need to prove that God loves us. Many are looking for tangible proof. We believe it because God said it in His Word. He has never broken any promises in the past and He surely will not do so in the future. Those looking for tangible proofs are copying Satan in the wilderness.

Spies often like to give advice in an attempt to deceive a country into making an irrational decision that will ultimately benefit the enemy. Satan also tells us that we can do irrational things and continue in little sins and God will still love us. We don't have to be that strict in our lives. A little sin here or there won't hurt anyone. Souls will be lost because of those little things. God means what He says to the tiniest detail.

"God has given man precious promises upon conditions of faith and obedience; but they are not to sustain him in any rash act. If men needlessly place themselves in peril, and go where God does not require them to go, and self-confidently expose themselves to danger, disregarding the dictates of reason, God will not work a miracle

to relieve them. He will not send His angels to preserve any from being burned if they choose to place themselves in the fire." *Conf.* p.85.

Dwelling too much on Satan:

Some people simply spend too much time thinking about Satan. All they do is remember the dark parts of their history, when Satan and his agents buffeted them and they are morose. They are worried about Satan's present activities in their life. They are so busy worrying about the enemy, that they can't make a definite plan to go forward. Once a country finds out about an enemy plan, they have to make their counter plan. They can't keep dwelling on the enemy's plan or their past defeats to their enemy. They have to plan for the future - how the enemy will not fool them again. We are to connect ourselves with Christ and dwell upon Him, as this is the only sure way we can defeat our enemy.

"It is by beholding that we become changed. By dwelling upon the love of God and our Saviour by contemplating the perfection of the divine character and claiming the righteousness of Christ as ours by faith, we are to be transformed into the same image. Then let us not gather together all the unpleasant pictures - the iniquities and corruptions and disappointments, the evidences of Satan's power - to hang in the halls of our memory, to talk over and mourn over until our souls are filled with discouragement. A discouraged soul is a body of darkness, not only failing himself to receive the light of God, but also shutting it away from others. Satan loves to see the effect of the pictures of his triumphs, making human beings faithless and disheartened." 5T, p. 744.

Still Time

Another tactic that spies like to use is delay. When King David was fleeing Jerusalem during his son Absalom's conspiracy, he sent his trusted counsellor Hushai back as a spy to try to thwart the advice of the

wise counsellor Ahithophel. When Absalom was ready to fight, he sought advice from his counsellors. He first asked of Ahithophel who advised him to take immediate action with 12,000 soldiers. Ahithophel himself offered to lead them and leave Absalom safely in Jerusalem. This sounded like a good plan to Absalom. However he wanted more advice so he sought the advice of Hushai, thinking that Hushai also was on his side. The first thing that Hushai said was, "The counsel that Ahithophel hath given is not good at this time." 2 Sam. 17:7. He then goes on to explain why. David and his men are angry "as a bear robbed of her whelps in a field." He also reminded Absalom that David's faithful soldiers were among the best in Israel, "thy father is a mighty man, and they which be with him are valiant men." So in order to win this war, Absalom would need a much larger army and also that he should personally go and fight. He counselled, "That all Israel be generally gathered.. from Dan to Beersheba, as the sand that is by the sea for multitude; and that thou go to battle in thine own person." The time it took to gather men from all Israel would be time enough for David and his followers to cross the Jordan River to safety. Hushai knew that this would cause defeat for Absalom and it would be best for David's cause if Absalom was killed in battle and that is why he suggested that Absalom go. If he was not in the battle, the problem would still not be solved because he would still be sitting on David's throne, even if he lost that battle. This delay was deadly for Absalom's army, but salvation for David and his army. Fortunately for David, Absalom did not see through Hushai's deception. He said, "The counsel of Hushai the Archite is better than the counsel of Ahithophel." Hushai's plot was eventually found out by Absalom, but it was too late, the outcome of the battle was inevitable - David's army won. (Verses taken from 2 Sam. 17). Delay caused the defeat.

Satan sees how effective delay can be and so he uses it in his favour.

"Satan tells the young that there is time enough yet, that they may indulge in sin and vice this once and never again; but that one indulgence will poison their whole life. Do not venture on forbidden ground." 2T, p. 409.

"We may be off our guard, but our adversary is never idle. Knowing his tireless vigilance, let us not sleep, as do others, but "watch and be sober." The spirit and influence of the world must be met, but they must not be allowed to take possession of the mind and heart." 5T, p. 409.

Don't get caught asleep like the ten virgins, thinking that there is plenty of time. There is not plenty of time and that is a fact.

Spiritual Budget

Spies also like to see the financial condition of the enemy and then counsel them to spend their money foolishly causing them financial crises.

"In the wilderness of temptation Christ overcame appetite. His example of self-denial and self-control, when suffering the gnawing pangs of hunger, is a rebuke to the Christian world for their dissipation and gluttony. There is at this time nine times as much money expended for the gratification of appetite and the indulgence of foolish and hurtful lusts as there is given to advance the gospel of Christ." *Conf.* p. 59. It might be good to make a spiritual budget sometime just to compare how much you put into the offering plate and how much you spend on non-essentials (items purchased merely for self-gratification of appetite or materialism) and see where your heart is. Jesus said, "For where your treasure is, there will your heart be also." Mat.6:21. Hopefully, we don't find an unbalanced budget with nine times as much being spent on self as on the Lord and His work. Satan makes us think we need all these other things

and we can only spare the Lord a few coins on Sabbath.

Christ parlayed not with Satan

When a country discovers a spy, they realize he has been lying all the time. It is no time to try to reason with them as he will take your words and report them to the enemy country. He is sold out to the enemy and it is best not to say anything anymore for fear of revealing more secrets, or that your words will be misconstrued.

"Christ knew that Satan was a liar from the beginning, and it required strong self-control to listen to the propositions of this insulting deceiver and not instantly rebuke his bold assumptions. Satan was expecting that the Son of God would, in His extreme weakness and agony of spirit, give him an opportunity to obtain advantage over Him by provoking Him to engage in controversy with him. He designed to pervert the words of Christ and claim advantage, and call to his aid his fallen angels to use their utmost power to prevail against and overcome Him. The Saviour of the world had no controversy with Satan." *Conf.*, p. 44/45.

Jesus saw that it was useless to enter into a debate or controversy with Satan. Today also, we must have the wisdom to see when Satan comes to us with controversial people, who do not want to follow the truth, but who only want to attack the church expecting us to defend it. They have no sincere desire to follow the Lord by joining with His church and marching with His people. They are Satan's agents to try to take as many as possible away from the church. Jesus saw the uselessness of it and simply had nothing to say. When He was in Herod's judgement hall, He spoke not a word. He knew that again, it would be useless, so it was best to leave things unsaid. He had said all He needed to say in the past and they refused to listen and follow. Herod had no desire to humble himself and confess his sin. He had an opportunity when John the Baptist

rebuked him, but he turned away from the truth. The words of Jesus would not have been of any value. They would have been twisted and perverted to suit Herod's own ideas and purposes. In the wilderness "Christ did not appear to notice the reviling taunts of Satan. He was not provoked to give him proofs of His power, but meekly bore his insults without retaliation. Jesus did not condescend to explain to His enemy how He was the Son of God, and in what manner as such He was to act" *Con.*, p.41/42.

We can learn from this. We don't need to explain every detail as to why this is God's church, to those who have no ears to hear the truth. Their desire is not to humble themselves and follow the Lord, but simply to demand proofs as Satan did of Jesus in the wilderness. They have their minds made up, they won't believe you anyhow. Their goal is to confuse you into their way of thinking. They don't believe this is God's church and they don't think you can prove it. Even if you did, they would not believe. It is dangerous to remain in the company of such people as we could eventually be deceived and it is such a waste of time. There are other sincere souls who are hungry and thirsting for truth that we could be taking time with. Satan wants us to waste our time with these souls that are not sincere so we will neglect to find and share the light with those who are.

Love of the world

The spy likes to tell the country he is deceiving that the enemy country is not really that bad and they should lighten up a little and not be so secretive. He encourages them to be a little slacker on their security.

Satan loves to tell us that the world is really not as bad a place as we first may have thought. There are many good things in the world that we should participate in. Things we have been strict about in the past, he likes to have us slacken up a little bit on.

"It seemed to me, as these things were presented before me, that Satan had possessed such power to blind minds through a love of the world, that even professed Christians forgot, or lost all sense of the fact that God lives and that His angels are making a record of all the doings of the children of men; that every mean act, every small deal, is placed upon the life record. Every day bears its burden of record of unfulfilled duties, of neglect, of selfishness, of deception, of fraud, of overreaching. What an amount of evil works is accumulating for the final judgment! When Christ shall come, "His reward is with Him, and His work before Him," to render to every man according as his works have been. What a revelation will then be made! What confusion of face to some as the acts of their lives are revealed upon the pages of history!" 2T, p. 160.

"And he has been successful in tempting man to indulge appetite, regardless of the result." *Conf*, p. 57.

The Solution

Let the light in. "The best way to deal with error is to present the truth, and leave wild ideas to die out for want of notice. Contrasted with truth, the weakness of error is made apparent to every intelligent mind. The more the erroneous assertions of opposers, and of those who rise up among us to deceive souls, are repeated, the better the cause of error is served. The more publicity is given to the suggestions of Satan, the better pleased is his satanic majesty; for unsanctified hearts will be prepared to receive the chaff that he provides for them." *TM* p. 165

Don't fight the darkness. Let the light in and let the Lord do the fighting.

"Satan knows better than God's people the power that they can have over him when their strength is in Christ." 1T, p. 341.

"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ." In the near future we shall see these words fulfilled as the Protestant churches unite with the world and with the papal power against commandment keepers. The same spirit which actuated papists in ages past will lead Protestants to pursue a similar course toward those who will maintain their loyalty to God.

"Church and state are now making preparations for the future conflict. Protestants are working in disguise to bring Sunday to the front, as did the Romanists. Throughout the land the papacy is piling up her lofty and massive structures, in the secret recesses of which her former persecutions are to be repeated. And the way is preparing for the manifestation, on a grand scale, of those lying wonders by which, if it were possible, Satan would deceive the very elect." 5T, p. 449,450

This was written more than 100 years ago. How much closer are we to the time of the end today? Closer than we think. Sister White says that the last events will be rapid ones and in the end some will cry that they knew that it would be quick, but not THAT quick. They will not be ready. Let us search our hearts to see if there are any hidden sins and not let Satan and his invisible spies come in to deceive us into believing we are ok, when we are really not. Only through strict obedience to the Word of God will we be saved. While God does not overlook one sin, He loves the sinner and will save all who come to Him in penitence and confession. Not one will He reject or cast away. May God help us to connect ourselves to the love of Christ today.

AMEN

Wendy Eaton



THIS DAY IS A DAY OF GOOD NEWS

**"We are not doing what is right. This day is a day of good news, and we remain silent."
2 Kings 7:9**

Four lepers sat at the entrance of the city of Samaria as it was being besieged by the Syrian army and suffering famine to the point that women were eating up their children.

The lepers decided to surrender to the enemy in the hope of getting something to eat. As they entered the camp, much to their surprise, they saw there was nobody there. They could freely enter the tents and help themselves to food and water until they were full. After they had enjoyed their meal they said to one another: "We are not doing what is right. This day is a day of good news, and we remain silent."

The good news was that the enemy had fled and they felt the moral obligation to communicate it to their people, not to remain silent. They said further: *"If we wait until morning light, some punishment will come upon us."* (2 Kings 7:9)

We also have good news to give and we are not doing right if we keep silent. We do not have to wait until morning breaks, but in these dark hours in which the whole of humanity is sunk in deceit, degradation and hopelessness, we who have found the bread and water of life, we who are not any better than they and whose flesh has also been corroded by the leprosy of sin are the most appropriate to bring the good news of salvation, of healing, of deliverance from the siege of the wicked one.

The Syrians had fled because the Lord had made them hear the sound of chariots and they thought the Israelites were getting help

from Egypt. The Lord has the power of making our enemy flee and leave us in peace if only we trust in his power. *"This day is a day of good news"*. Every day is a day of good news since we are still living in the time of grace, but if we remain silent we are not doing right. Paul says in his letter to the Romans: *"If you confess with your mouth the Lord Jesus Christ and believe in your heart that God has raised Him from the dead, you will be saved."* Romans 10:9.

The beautiful message of salvation, of the cleansing of sin through Jesus Christ's blood and of deliverance from eternal death by the power of His sacrifice of love has not only to be believed in the heart but also confessed with the mouth, and we know that the mouth speaks of what is in the heart. So we should ask ourselves what our main topic of conversation is.

If we have tasted salvation, if we have drunk from the water of the fountain of everlasting life, then our duty is to spread out the good news. Paul says, *"Woe of me if I do not preach the gospel."* Jesus said to the Pharisees who asked Him to rebuke the disciples who were rejoicing and praising God: *"I tell you that if these should keep silent, the stones would immediately cry out."*

One way or the other the good news will reach the four corners of the world and then the end will come, an end that to those who believe and trust in God means the beginning of eternity. Isn't this a joyful message? *"If we wait until morning light some punishment will come upon us"* said the lepers. We know

what the Bible tells us about Moab: *“Moab has been at ease from his youth; he has settled in his dregs; and has not been emptied from vessel to vessel nor has it gone into captivity. Therefore his taste remained in Him, and his scent has not changed.”* (Jeremiah 48:11).

The gifts the Spirit has given us are to be shared. Just as the widow who had been left with so many debts that she feared her sons would have to be given as slaves followed the prophet's advise to gather all the vessels in the neighbourhood and fill them with the little oil she had. By doing this she was witness of a great miracle: the oil did not stop flowing until she had filled up the last vessel. In the same way we should spread the good news.

The Lord has made us to be an aroma of life for those who will be saved (Cor. 2:36). But

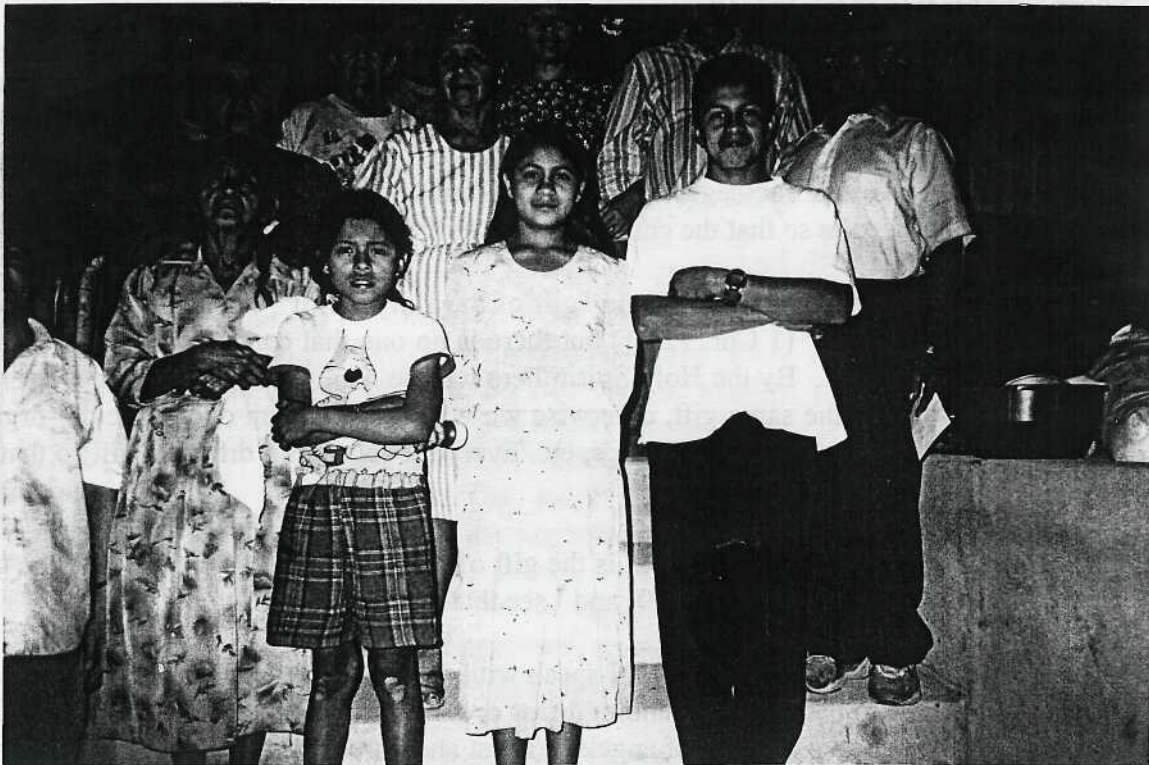
if we keep the light under a bushel it will happen to us as it did to Moab, whose scent did not change, who remained his old self. We shall not resurrect to a new life in the spirit but remain with our stinky putrefying flesh clinging to our bones.

Let us go into captivity, let us become prisoners of Jesus' love, and then we won't be able to remain silent and every day we shall say: "This is a day of good news."

May the Lord give us the grace of keeping fresh in our minds what He did for us and to share it with others.

AMEN

Teresa Corti



Brothers and Sisters at Miraflores, Cuscatlan
Waiting for help.



THE GIFT OF TONGUES

1. The Holy Spirit was poured upon the disciples after Jesus left to heaven. (John 16:7). That helps us understand why they had to pray so they could receive the Holy Spirit (Acts 8; 15-17).
2. The Holy Spirit as we read in the book of Acts helped them spread out the message. That's why they needed a gift, the gift of tongues so they could teach those that could not understand the Greek language. That was the case in Acts 2. At this moment we find people from different parts of Asia who probably didn't know Greek otherwise it was not necessary for them to have that gift at that specific moment. In Acts 2, the gift of tongues or of languages was necessary to help others understand the message. At that very moment there was a diglossia problem. The language of the temple was Hebrew, and therefore the services were done in that language. Peter needed to speak in the "other tongues" (Acts 2:4), so every visitor at the feast of pentecost could understand. (Consider the word "other tongues" in Is. 28:11; Jer. 5:15; Deut. 28:45-50, which refers to other languages that they would have to learn from the nations who would submit to them. For them the Greek language was an "other tongue" and therefore was not used at the services in the temple. Nevertheless the Greek language was wide spread and was the official language. In Acts 2:6 the people could "hear them speak in his own language". From here we can see that this gift was not an "ecstatic utterance", but it was a human language and the purpose of it was the spreading of the gospel, not just to speak to God.
3. The Holy Spirit's work is to teach us, and remind us of the word in moments when we need to witness of Christ (Jn 14:26), to convince of sin, of righteousness, and of judgment (Jn 16:7-10), to talk to our spirit, making a link between our spirit and God, so that we could receive confirmations and messages from Him (Rom. 8:16), help us in the process of sanctification, grant us gifts so that the church may be edified (1 Cor. 12), etc.
4. Notice that in the list of gifts, there is no "gift of the Holy Spirit", I mean the Holy Spirit gives the gifts "as He wills" (1 Cor. 12:11) but there is no one that can say I have the gift of possessing the Holy Spirit. By the Holy Spirit there will be manifested gifts, not necessarily everyone needs to have the same gift, otherwise we would all be then one particular organ. Not everyone needs to be the eye or the legs, etc. Everyone receives a different gift so that in union the whole body may be edified.
5. One of the gifts mentioned in 1 Cor. 12, is the gift of "divers kinds of tongues" and the gift of "interpretation of tongues", (verse 10) and I see that they are interrelated.
6. In 1 Cor. 13:1, Paul mentions: "Though I speak with the tongues of men and of angels, and I have not charity, I am become as sounding brass or a tinkling cymbal." With this he is not trying to say that he speaks tongues of angels, it's just an expression to let people understand that the gift of tongues, no matter which one or how much the person may speak them is worthless if he has no love. It is just a conditional tense, therefore is not an affirmation. He

goes on in verse 2 with the comparison, naming several gifts. Besides, the gift of speaking in angelic tongues is not listed in chapter 12 of 1 Corinthians, which means that this one doesn't exist. He who possesses the gift of tongues is able to make himself understood in other languages, bringing therewith God's message of salvation, while he who has the gift of interpretation, can in this way translate from a person who may not know a language or doesn't have the gift of tongues.

7. (1 Cor. 14) There was a multilingual environment at Corinth, even though the official language was Greek. So we find a problem that ONLY the church at Corinth was facing. The gift of tongues and of interpretation was needed at this church.
8. The word "unknown" does not appear in the original Bible.
9. Paul, (in 1 Cor. 14), prefers that people may have the gift of prophecy over the gift of tongues (v. 1), but if the message presented in another tongue was interpreted, then it was considered at the same level as the gift of prophecy, because the church was thus edified
10. 1 Cor. 14:2-4 "For anyone who speaks in a tongue does not speak to men but to God. Indeed, no one understands (or hears) him; he utters mysteries with his spirit. But everyone who prophesies speaks to men for their strengthening, encouragement and comfort. He who speaks in a tongue edifies himself, but he who prophesies edifies the church." (NIV) "Speaking in a tongue" is speaking in a language that the church cannot understand, while "prophesying" is sharing a message from God, speaking in the language of the people. That's why he who speaks in a tongue edifies himself with the message God has given him, because for the rest of the church he is like "uttering mysteries with his spirit". Once again I reiterate that the tongues here are not just "ecstatic utterances" because those languages could be interpreted (14:5, 13, 27)
11. (14:6) "Now, brothers, if I come to you and speak in tongues, what good will I be to you, unless I bring you some revelation or knowledge or prophecy or word of instruction?" It made no sense for Paul to speak in tongues they did not understand, at his visit to Corinth, because they could get no profit of his visit, while if he would bring them a word of instruction or of knowledge or of revelation, then the church could learn something and take advantage of his visit. It would be just like a flute or a harp out of tune, or when there was no distinction of the notes (14:7-9)
12. Therefore in prayers, it was then necessary for the interpretation. "For this reason anyone who speaks in a tongue should pray that he may interpret what he says." (NIV) (v. 13) The spirit would be praying when somebody was praying in tongues, but the person would not understand what the other was saying (v. 14). In this verse, it's not talking about that the person who prays in tongues does not understand what he is saying, but rather than when prayers were done in tongues, the people who were present would just pray in the spirit, meaning that they would accompany the prayer but they could not understand a word of what was being said. That's why in verse 16, it is mentioned the importance of the hearers' approval by saying "Amen". In verse. 13, Paul makes an introduction to verses 14 and 15 mentioning the importance of interpretation when someone would pray in tongues. And look

at verse 17 now "You may be giving thanks well enough, but the other man is not edified." Once again it is referring to the person praying in another language; he could be giving thanks but the hearers wouldn't be edified. Look for example what versel 1 says "If then I do not grasp the meaning of what someone is saying, I am a foreigner to the speaker, and he is a foreigner to me" (NIV) and then... comes verse 12 advising to be eager to have spiritual gifts that "build up the church" and then verse 13 which begins with "For this reason...." Look at verse 18 and 19 "I thank God that I speak in tongues more than all of you. But in the church I would rather speak five intelligible words to instruct others than ten thousand words in a tongue" Verse 21, is refering to Is. 28:1 1-12,When God means that not even with the lips of other people or in other tongues 'they would return to him, they wouldn't hear. This was a stiffnecked people, who would hardly be ready to obey. 12. Paul then advises them (verses 22-25) to prophesy so that others may come to worship God, but if they would all speak in tongues, they would be considered "out of mind." Notice that the person would fall "down on his face" and worship God. It's NEVER written that people would fall BACKWARDS.

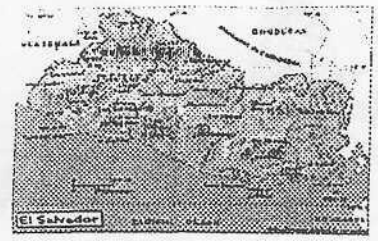
13. When there was no interpreter, the person who spoke another language had to keep silence, otherwise whatever he said had to be interpreted (verse 27, 28)
14. From verses 26 on, Paul talks about the order during worships and he ends up the chapter with "Let all things be done decently and in order." If you followed the context of the chapter, there is no room for "ecstatic utterances", or disorder. There is neither the obligation that everyone should speak in tongues. The chapter is centered in the edifying of the church by receiving messages from the Lord rather than by people speaking in their own languages. Let's not forget the historical background of the book neither the fact that Corinth had the presence of many people who did not understand the Greek language or that they could better express themselves in their own language especially when it came to spiritual things. We have to ask ourselves now, does my gift edify the church? Can anyone in the hall interpret what I'm saying? Is it really necessary that I speak in another language when everybody speaks one same language? Isn't prophesying better than an "ecstatic utterance"?

In His Love, Gabriel Porras



House of Brother Rivas was destroyed in the earthquake at Tequira, Usulután.

GREETINGS FROM EL SALVADOR



Dear brothers and sisters,

May the peace and the blessings of the Lord be with you all, and that you may also be in good courage and continue to publish the truths in this blessed magazine.

Chapter 24 in the book of Matthew tells us that many things will be happening in these last days before the coming of our Lord, Jesus Christ. The time in which we live is very important. There is still time for those who have not accepted the Lord to make their decision for Him. "For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences and EARTHQUAKES, in divers places." Matt. 24:7

Thanks to God we are alive and able to write briefly what happened in our country, El Salvador in January and February of this year.

We were returning from Guatemala with Pastor Ruiz to give help to the brethren who suffered from the first earthquake in El Salvador. But suddenly we were attacked by heavy winds; so strong that we had to reduce the speed of our car to be able to stay on the road. Brother Pedro Ruiz said to me, "These winds bring hurricanes." I answered him, "The Lord will save us from any storm." After a while the storm abated, but just at that time came the second destructive earthquake which in less than one minute killed about 900 people and children and the elderly.

When we arrived at the mission house we learned what had happened. We heard ambulance and police sirens that were attending to people who got hurt and to the dead. Immediately we started out to visit our church members in the areas that had been hit the hardest, but who were still alive in Usulután, Cuscatlán, San Salvador and Puerto de la Libertad. The scene was impressive, streets and highways were blocked by walls of fallen building, stones, mud and fallen trees, also deep cracks in the pavement of the roads. One section of the road that would have taken us to Miraflores in Usulután was blocked off by debris and broken houses. This all caused Brother Ruiz to be so overtaken emotionally that he could not continue to

drive the car anymore. He had such an attack on his nerves when he saw the destruction and the children and older ones buried under the rubbish. After waiting some time, the road was opened again and we could continue our journey. After a while we arrived to the place to meet our brothers and sisters about 7:00 p.m. on this cruel day the 13th of February. We saw that the whole community had fallen in the place where we had a good number of our believers living. Also our church building had fallen. The brothers and sisters were weeping, seeing that they had lost everything. Their homes were broken in pieces and fallen to the ground. Some of their children had been hurt severely. Everything was in chaos and that night was spent in crying and lamenting. We tried to comfort them and give them some help.

Then we continued our travels to visit our brothers and sisters in Miraflores. The scene was the same. The church buildings were almost completely destroyed, some walls that were still up seemed to be in danger of falling also. All the members and visitors were left without homes and furniture and without beds to sleep in. The atmosphere was all crying and desolation. In each broken homes, they had 2 or 3 coffins and condoles burning. Mothers wept for their lost children. Others who were hurt cried from the pain. Our brethren had to sleep on the bare ground under the trees, which few still remained standing. After this storm came the calm.

Now three months have passed and things are getting back in order. Thanks to our God and to our brothers and sisters around the world who gave us a little help to ease the pain. Some brethren have helped to build simple homes. The Lord has not forsaken His children.

God is our fortress and protection. We are asking that all would send fervent prayers to God for our brothers and sisters in these places and if it seems good, please send financial help to these poor brothers and sisters.

Your co-workers in the Lord,
Oscar Archila



HOW TO STRENGTHEN YOUR MIND WITH FOODS

How many times have you forgotten:

- An appointment?
- A name that should be familiar?
- A telephone number that you have dialed a hundred times?
- An address of a relative you have visited several times?
- What you went to the store for?
- Your keys?

How many times have you said:

- I just can't remember!
- I just read 10 pages of a book and can't remember a single bit of information!
- I'm afraid- I'm losing my mind - I'm so forgetful and fog-headed!
- Maybe I'm getting old and senile!
- Do I have Alzheimer's disease?
- Why am I so depressed?
- Why am I so tired always?
- Why can't I learn a Bible verse or its location?

Are there available to us "mind foods" - foods or substances that can make our minds alert and responsive? Can we retard senility? Can we increase our mental capacity, or at least use more fully the mental faculties that we have at our disposal?

Scientific evidence has found that there are specific factors that could assist our retention and recall ability.

There are certain substances that have been found to be effective in increasing animal and/or human intelligence. These are various nutrients, including vitamins, amino acids, nucleic acids, and a natural hormone or two.

As far as we know the substances discussed and listed do not have any serious side effects under normal circumstances. But, with all substances, including simple foods, reactions or side effects can occur. Therefore, before undertaking any

dietary program or change, it's wise to consult with your physician, dietician, nutritionist, or some one qualified in the health field services.

It might be of interest for some to know that in addition to increasing the alertness factor, some aspects of aging in the brain can be slowed or even reversed. Furthermore, mental performance can be improved in young people as well as old, with nutrients.

Firstly, the brain is very complex, and delicate. It needs special attention, care and nutrition.

One has to, consequently, change his lifestyle, diet and some habits. This, however, can change your life into one with more happiness, energy, direction and the exciting ability to solve certain problems more easily, to think more clearly, and stay younger, no matter what age you are.

You'll be a better husband, wife, student, teacher, and worker. In essence, you'll be more human, productive, and successful in any endeavour. You'll even learn to be more calm, and spiritual.

Now, most importantly the brain requires **OXYGEN** and **NUTRITION!** Where do we get the oxygen from? The blood! Where do we get the nutrition from? The blood!

But, first we have to have clean blood, not full of toxins. So, we need to clean our blood of all impurities. How?

By **WATER!** Water consists of hydrogen and oxygen, H₂O, chemically. See, it's the oxygen or water that is so critically important for the brain.

Consequently, **DRINK 8-12 glasses of WATER DAILY.** This does not mean soft drinks, coffee, tea, milk, soup or other liquid foods, like honey etc. The water must be clean and pure, and a

little on the cold side, as you thereby drink more and it is absorbed quicker. Remember, that when you drink water only when you are thirsty, it is already too late. Your body has already become dehydrated. This can be dangerous, and one could even die if it goes on too far.

Try fasting only on water once a week, and three days a month if possible; but again check with your physician first. If difficult at first, try fasting on fresh fruit, only on these fast days. For example, only grapes, watermelon, grapefruit, but only of one fruit. Your nutritionist, or dietician, can also advise you further.

Secondly, EXERCISE!

For those that have no time or "hate exercise", just do a few simple exercises IN BED before you "roll-off. Cats, and dogs stretch, don't they after getting up? So, first, STRETCH! Start from your toes, bending them up and down as far as possible (a little reflexology), then tighten your muscles, from legs, hips, stomach, chest, arms neck up. Then bring both legs up to your chest, and hold with your arms crossed, and hold for 3 seconds and then let them down flat. Then sit up in bed (sit-ups) with knees up, and then the next is to tighten your buttocks, and press down into the mattress. Do all of these exercises 10 times, holding each one for 3 seconds.

While still in bed, do *the* "fire-hydrant" dog-lift; while on your knees now facing down lift one leg up to the side, then the other, "dog-style". The next is the donkey-kick; still on the knees kick one leg back then the other, alternately, and then repeat this but this time stretch one arm out to the left and then the other alternately with the right arm. Do all of these 10 times.

Now, you can "roll-out" of bed, but now onto your knees, and PRAY! Give thanks to God for the miracle of another day of LIFE! Praise the Lord.

The KEY here now is CIRCULATION. All efforts should be with this in mind. Additional beneficial exercises are; walking, jogging, swimming, tennis, walking up the stairs (so no elevators), walking to your house (No more parking in front of your house), bicycling, and if all of this is not too appealing, then get a dog

and walk him (Vigorously) 2 times a day! Again, its all in the circulation - increasing the flow and speed of the brain. The Bible says there is "life in the blood"! Don't be a couch potato. Video games, and computers can be "time-robbbers" and can lead to poor circulation; which means, then "poorer thinking"!

Thirdly, before we decide which foods are "mind-foods", let's concentrate on foods that block the arteries and veins, impeding flow of blood to the brain, and, thereby, starve the brain of essential nutrients. This also includes harmful substances and habits that further destroy the brain cells.

Some HARMFUL FOODS:

Refined sugars (white sugar), brown sugar, sugared breakfast cereals, chocolates, chewing gum, marmalades, hard cheese, butter, eggs, dried fruits; all being "glycemic", which produce hypoglycemia, or low blood sugar, affecting the brain severely.

BENEFICIAL FOODS (Brain-Foods)

All fresh fruits and vegetables (rich in antioxidants) varieties daily. Grains; whole grains - oatmeal, barley, buckwheat, millet, wheat, etc. Nuts, seeds; walnuts, almonds, pistachios, brazil nuts, pumpkin seeds, sunflower sesame, etc. (eat seeds and nuts together for complete protein) (Also eat seeds of all fruits, apple, citrus, and pears etc. - hormone rich) Complex carbohydrates; calm the brain and nourish it; beans, lentils, brown rice, whole grain pasta, soya etc. Garlic, figs, black raisins, goat's milk, yogurt (low-fat)

SUPPLEMENTS and Condiments (Beneficial)

Kelp, Brewer's yeast, nutritional yeast, Vitamins E, C,A, B-complex, B12, B6, B-1, B-5, Flax seed powder or liquid, Wheat-germ oil, Gingko Biloba, Tumeric, Aloe Vera, Folic acid, Ginger (fresh), Calcium, Magnesium, Iron, Zinc, Garlic, Potassium, Fat -oils (olive, corn, sunflower, peanut, soy, etc.) Avocados, Sprouts (alfalfa, mung beans, lentils, soy etc.), Selenium, Bee pollen, Royal Jelly, Beta Carotene, Boron

RULES TO REMEMBER

Fruits are cleansers - Vegetables are builders
Fruits - blood. Nuts - fats. Vegetables - minerals. Grains - muscles and energy.
Legumes - winter for calories (with brown rice)
Carbohydrates - calm the brain. Proteins - energy.

IMPORTANT Nutrients aiding learning, memory and intelligence: Choline, Phenylalanine, Ribonucleic Acid, and Tyrosine

BIBLICAL CONNECTION

In Biblical times, people didn't have all the conveniences, fast foods, microwave ovens, frozen dinners etc., yet they survived - and thrived - on tasty nourishing food. And they did it by following the dietary and health guidelines set down in the Bible itself!

The first three chapters of the Book of Genesis outline a clear, timeless set of rules for eating, drinking and generally healthful living. Modern nutritionists and other scientists are now finding to their surprise that the Biblical prophets who recorded these rules were way ahead of their time. Today for example, only recently began learning the extreme importance of low-fat eating and fiber diet, based on fruits, vegetables, and grains.

Studies in the past 20 years showed that the human physiology works best when fueled by lots of fiber and little fat. The way to get those ideal nutritional elements is to favor plant foods - fruits, vegetables and grains.

All you have to do is read Genesis 1:29; "I (God) have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit, you shall have them for food." (a vegetarian diet)

It's easy to understand why the Bible contains information and recommends plants before any other. Animal food contains a great deal of saturated fat, a culprit in heart disease, cancer, arthritis and other deadly maladies.

During the 1980's all the major health and medical organizations in the United States adopted low-fat, high-fiber dietary guidelines.

But the Bible made those same recommendations some 4,000 years ago.

You can achieve and maintain glowing health by following the simple guidelines found in the Bible. The legendary healing quality of many foods has their roots in Biblical tradition. Modern science has confirmed that.

A LAST WORD

"A rebellious son who is a glutton and a drunkard is to be stoned to death," it says in Deuteronomy 21:20, 21. These are harsh words, true, but the effects of overindulgence are just as harsh.

Excess can be deadly. "Be though not over much wicked...Why shouldn't thou die before thy time?" The Bible asks in Ecclesiastes 7:17.

"Blessed is the land where the princes eat in due season, not for drunkenness," adds Ecclesiastes 10:17.

And 1 Corinthians 3:16-17 and 6:19 inform you that you have a sacred obligation when it comes to diet and your health. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy, for the temple of God is holy, which temple ye are."

"He that striveth for mastery is temperate in all things." 1 Cor. 9:25

Dr. John S. Theodorou

**Our happiness comes
not from what is around
us,
but from what is within
us;
not from what we have,
but from what we are.
YI 23 January 1902**

EZEKIEL'S BREAD

Nutritionists have discovered that bread made from a variety of grains delivers more food value and higher quality protein than breads made from a single grain. They call this the principle of augmentation, according to Reuben Hubbard and Don Hawley, nutritionists and authors of *Health Secrets of the Bible*. (Loma Linda University school of Health, 1979)

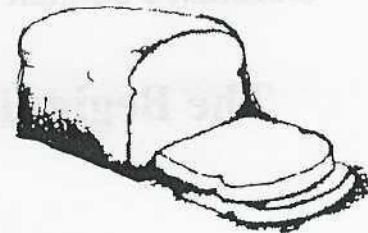
They say the prophet Ezekiel seems to have known this fact thousands of years ago. "Take thou also until thee wheat, and barley, and beans, and lentils, and millet and fitches (rye) and put them into one vessel, and make bread thereof." Ezekiel 4:9

Ezekiel's Bread Recipe:

4 packets yeast
1 cup warm water
8 cups wheat flour
4 cups barley flour
2 cups soy flour
½ cup millet flour
1 cup lentils, cooked and mashed
½ - 1/3 cup honey
4 cups water
4-5 tbs olive oil
1 Tbs Salt

Dissolve the yeast in 1 cup warm water and 1 tbs of honey. Set aside for 10 minutes. Combine the next five ingredients. Blend lentils, oil, remaining honey and small amount of water in blender. Place into large mixing bowl with remaining water. Stir in two cups of (mixed) flour. Add yeast mixture. Then stir in remaining salt and flour. Place on floured breadboard and knead until smooth. Put in oiled bowl. Let rise until double in bulk. Knead again, cut dough and shape into loaves. Place in greased pans. Let rise. Bake at 375 degrees for 45 minutes to one hour. Yields 4 loaves.

This bread will supply protein, fat, calcium, phosphorus, iron, sodium, potassium, vitamins A and C, thiamin, riboflavin and niacin. Plus, it tastes great!



OPTIONS:

You may substitute lentil sprouts (raw)
You may substitute molasses (unsulphured) for honey

For added body and increased nutritional values:

Add - 1 Tbs. Raw sunflower seeds
1 Tbs. Raw millet seeds
1 Tbs. Whole flax seeds
1 Tbs. Sesame seeds - raw (brown)
1 Tbs. Kelp, Kombou - dried seaweed, or other

Use whole wheat flour (stone-ground) or whole rye flour (stone ground) or corn.

Use all or any combinations, to suit your tastes and availability

Use spring or clean well water, not tap water, if possible

Use sea salt if available

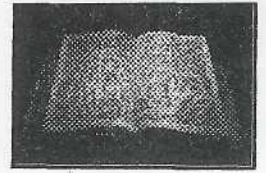
Dr. John Theodorou
Greece

*Have faith...
God is always with you
Though it may not seem so.*

*Have hope...
God's love surrounds you
Much more than you know.*

*Have peace...
God has a special plan
Just for you.*

*Have joy...
For always come what may,
God will help you through.*



The Beginning of the Seventh-day Adventist Message in South Africa

This experience was told by Dr. van Niekerk, the Great Grandson of John Wessels, who is the first Sabbath keeper known in South Africa.

Before I boarded the ship that would bring me to the United States of America I thought, "What would be appropriate to do in that last afternoon? Should I quickly run down to Heidelberg College and visit some of my friends, see my teachers one last time? Should I take a tour of Capetown, a city which I knew quite well? Or perhaps rent a car and go around the Cape Point with its beautiful, magnificent scenery? Then a thought struck me.

I decided to take a bus and go to a certain spot on the slope of Table Mountain where I got off the bus and walked a few yards into what we called the velt, or a piece of land that was unoccupied. And as I stood there amidst the ruins of a building, tall grass and tall trees the following quotation from Ellen G. White came to mind, "Upon this land will never again be another building. Only the wind will rustle the grass and blow through the tall trees as a mute testimony to what might have been." But let me start from the beginning.

It was before the turn of the century (1900) that my great grandfather, Peter Wessels, while studying his Bible, became convinced that the seventh day Sabbath was the right day on which to worship. So, after studying diligently for several more weeks, he finally decided that he was going to keep the seventh day as the Sabbath in spite of what his friends or his neighbours might think. One evening he gathered his

family together at worship, (it was their custom to have worship every evening after supper) and he told them that he had become convinced that this was the Sabbath to keep, and so they kept it. And when he left his Christian Reform in his Dutch Reform church, (which was the state church in South Africa), many of his friends and neighbours came to him and said, "You are crazy! What has gotten into you? You know that you cannot do this." But he was determined to keep on.

Next, he talked to one of his neighbours by the name of Henry van Druitten about his belief, and the two families together kept the Sabbath. For many months they thought they were the only people in the whole world keeping the seventh day Saturday Sabbath.

One day Great Grandpa thought, "I am going to visit my very good friend, Dr. Andrew Murray." Dr. Murray was, at that time, the leading theologian in the country of South Africa. So one Friday evening Great Grandpa got into his buggy and drove it over to Andrew Murray's home in Wellington, about 30 miles from Capetown. There the two started chatting. They were old friends. They had known each other for years. Their families had been friends for years. And so they started discussing the newfound faith that Grandpa had found.

They talked through the night and as the sun came up the next morning it found the two of them walking down the little path with rose trees on each side. As they reached the garden gate, Dr. Murray turned to Great Grandpa

and said, "John, you have found the truth. Because of my position in the Dutch Reform Church I cannot make a stand at this point, but if you feel this is what you have to do, then do it because you are right." And so more determined than ever, in spite of what his friends and even his relatives were saying, he went back home and started anew to study the Bible and to keep the Sabbath.

Then something happened. There was the discovery of diamonds in the country and very close to one of the ranches that Great Grandpa owned was this one field of diamonds that they had discovered. He decided that it was about time for one of his periodic trips to see how things were going on his ranches and then also at the same time to stop off and see what was going on at the diamond diggings.

He took a train from Capetown up north to near Blume Fountain and there he got off and visited his three ranches and then went over on a Thursday to the diamond fields. There he saw how people were prospecting and staking claims and how they were digging furiously and frantically, trying to become wealthy overnight. He was wondering about this because he was a wealthy man already and then he thought, "Well I'll stay a little longer." He became intrigued with what was going on at those diamond fields, and pretty soon he realized it was Friday evening so he decided to stay over the Sabbath.

As his custom was on the Sabbath day, he took out his Bible in the morning and sat in the sun

next to the tent where he was staying on the diamond diggings and started reading. Pretty soon he noticed something very strange. About three tents over instead of feverishly digging and staking claims, trying to get some wealth like everyone else, there was another gentleman sitting, reading his Bible. He went over to the gentleman and said (in Afrikaans): "Good morning Sir." The gentleman didn't answer him, so he said: "What are you doing?"

Then the gentleman said, "Do you speak English?"

"Yes I do, what are you doing?" asked Great Grandpa again.

"Well, I'm reading my Bible."

"Isn't that a little strange, you are reading your Bible while everyone else is trying to stake claims and find wealth?"

"Well, this is the Sabbath and I am a Seventh-day Adventist," the gentleman added.

Great Grandpa looked at him and said, "You're a what??"

"I'm a Seventh-day Adventist," he repeated.

And so the two of them started talking. Grandpa found out that his name was John Hunt. He had been baptised in California by Elder Loughborough and he belonged to a company of people who called themselves Seventh-day Adventists. James White had just been elected as the first president of the newly established General Conference whose headquarters were in Oakland California.

How thrilled Great Grandpa was. All this time he thought that they were alone in the world, and here he found a man that represented a company of people across the ocean who believed just as he did. He spent days with this man who had come to the diamond fields to tell people about Christ.

When it was time for John Hunt to return to the United States, Great Grandpa sent a letter back with him with a cheque in it. The letter said, "Please send us a missionary." After many weeks, finally a letter came back, not from James White, but from Ellen White stating, "We do not have enough funds, your letter does not cover enough funds and we do not have the personnel. We are a young organization."

Undaunted Grandpa wrote back and included another cheque and he said, "Send us a missionary." After several months of negotiation, finally a letter came back telling them what day a certain ship would be sailing for Capetown, South Africa with a missionary family on board. How they waited for that ship to come.

Finally the day arrived and the whole family was down at the docks waiting for the missionaries to come. They finally disembarked and stayed with the family for about a week. During that week Great Grandpa went to the governor of the Cape, Sir George Gray, and said, "I want you to help me find some land because these missionaries want to go up north and establish a mission station." Great Grandpa offered to pay for whatever land they would give. Not telling Grandpa anything, Sir George Gray, went into his office, wrote a letter, sealed it, and handed it to him and he said to him, "When you get up north, go to the governor of Rhodesia and give this to Cecil John Rhodes.

They trekked for four months by ox wagon. Two of their company died on the way, but finally they reached the north country. There they found the governor of Rhodesia and Great Grandpa handed him the letter. He opened the letter, read it and he looked at Great Grandpa and said, "How much land do you want?"

"Well, maybe 800 to 1000 acres would be very good." Great Grandpa replied.

"Well I'll do you one better. I've been told in this letter by Sir George Gray to give you all the land you want. I'll tell you what, you take a horse and you ride that horse. Once you've found the place you want to settle go for one hour in each direction of the compass and the land that you've covered, you can have."

Great Grandpa then took a horse, the freshest the fastest horse he could find. When he found the place they wanted to settle, he rode - one hour north, one hour east, one hour south and one hour west and with the horse frothing at the mouth, he finally arrived at the point of origin and they had covered an area of 4000 acres. Today, Soluthi Mission Station, belonging to the SDA church still stands on that property. From that small beginning the work started.

As mentioned before Great Grandpa was a man of great means. He would be considered a millionaire in today's terms, and he decided he wanted to do something special, something of his own. He solemnly said, "I have heard, about the medical work. And the climate here in the Cape is such that it could be a marvellous place for a sanitarium." So out of his own pocket he built the sanitarium; a beautiful place on the slopes of the mountains, just a little ways from his own beautiful mansion.

He was called the Earl of Lansdowne because he was so wealthy. When they furnished the rooms in his house, he and his family with Great Grandmother went over to Europe and had special furniture made for the special rooms and had them shipped over. Then a strange thing happened.

TO BE CONTINUED!

To all our relatives and Friends

Warm greeting with Proverbs 25:25

" As cold water to a weary soul, so is good news from a far Country."

It is our hope that you are all in good health and pressing forward well both in your daily endeavours and spiritual battle. Thank the Lord for us too we are fine. It is wonderful to be together after a long time of separation and now the Lord has finally blessed.... It was a matter of waiting for the right time.

We are very delighted to write this to you though a bit late and we have the pleasure to inform you that we are already married. We had a civil ceremony on the 3rd of May and the Church Blessing on the 4th of May 2001 - which was on a Friday.

We missed you all on our day. It is unfortunate that we got married far from home but the Lord has a purpose for everything and we thank Him. The Chimba families who've been like our parents in this country played a major role to our success and we thank them - especially Br Chimba, we are very much obliged.

We write this to share with you our joy even though it is three weeks since we wed, bearing in mind the limitations we had i.e. time and Distance. Nothing is as beautiful as seeing your long time sweetheart walk down the aisle all adorned for you! We will treasure the memory!

We take this time to thank each and everyone of you who in one way or another made it possible for us to be together in England...either by word of advice, something encouraging spoken, a word of prayer, maybe ran an errand for us - took even greater part to at least boost our being together...from the bottom of our hearts, we are really grateful....the Lord bless you and of course when dealing with these issues sometimes we differ or cross one another's lines, we sincerely apologise in case we did offend somebody.

Wishing you the very best and we will be in touch....so long, and God bless.

Linnet & George

George & Linnet
The Linngeorges



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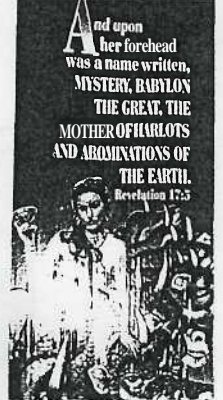
On April 1st five dear souls gave their lives to Jesus through Baptism
Conducted by Brother H.Y. Karinda.



On left is Brother A. Kalengkongan, the Field secretary and treasurer.
Second from left is Brother A. Goni.



DANIEL AND REVELATION SEMINAR IN TORONTO



For five evenings the prophecy seminar was held in Toronto, May 23 to May 27, 2001. Brother Henry Dering was the main speaker and he explained the prophecies of Daniel and Revelation on topics: Who will be the next world ruler? Who is the anti-Christ? One minute after death. Where is the modern Babylon?

With special songs and music the listeners were delighted and various books were given to the visitors.

Let us hope and pray that the seed sown in this seminar will grow and produce a harvest of souls to the Kingdom of God. AMEN

Timo Martin



We are sustained every moment by God's care, and upheld by His power. He spreads our tables with food. He gives us peaceful and refreshing sleep. CS 18

There are many who, though striving to obey God's commandments, have little peace or joy. This lack in their experience is the result of a failure to exercise faith....The Lord would have all His sons and daughters happy, peaceful, and obedient. AA 563, 564



House of Brother Jose Carpio at Miraflores was destroyed

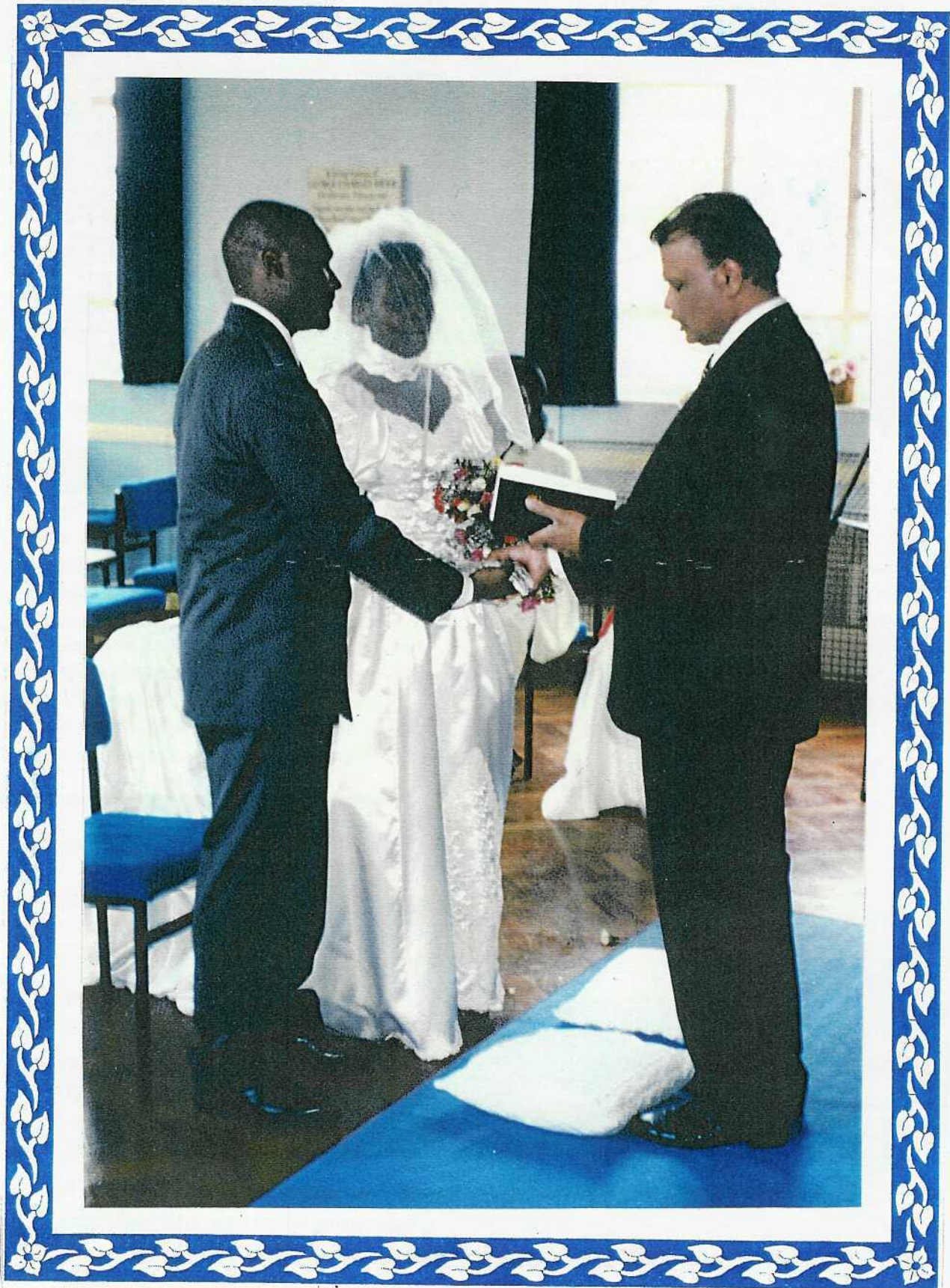
The joy that was set before Jesus was that of seeing souls redeemed by the sacrifice of His glory, His honor, His riches, and His own life. The salvation of man was His joy. 2T 686



James and Tiffany

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Wedding of George & Linnet in England.