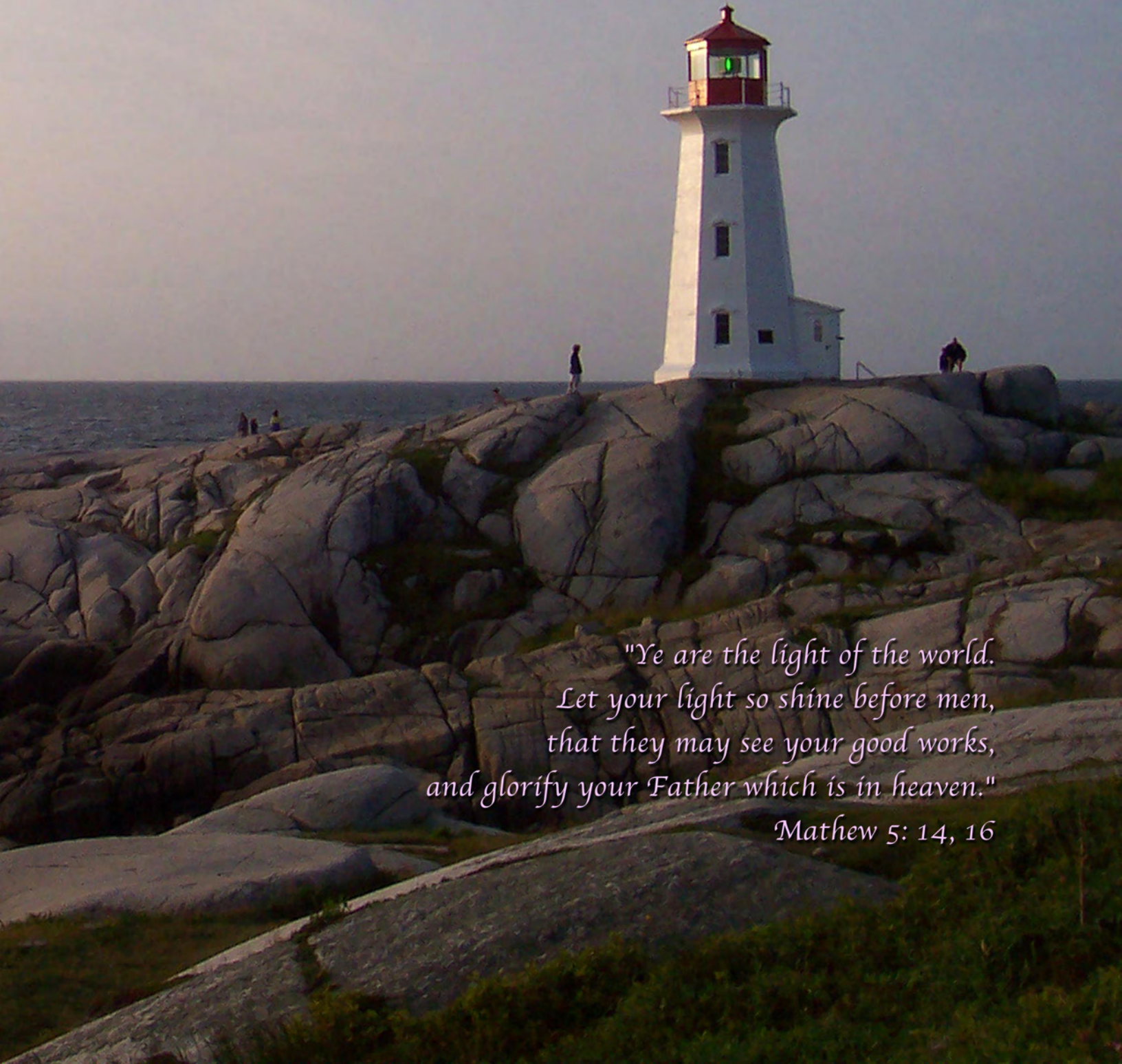


The Reformation **Messenger**

VOLUME 11, NUMBER 10, OCTOBER 2004



International Missionary Society of S.D.A. Church Reform Movement



*"Ye are the light of the world.
Let your light so shine before men,
that they may see your good works,
and glorify your Father which is in heaven."*

Mathew 5: 14, 16



We Believe

The all-wise, loving God created all things in the universe by His Son, Jesus Christ; He is its Owner and Sustainer.

He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh.

The Holy Spirit, Jesus' representative on earth, convicts of sin, guides into truth, and gives strength to overcome all unrighteousness.

The Bible is the record of God's dealings with mankind and the standard of all doctrine; the Ten Commandments are the transcript of His character and the foundation of all enduring reform.

His people, in harmony with God's word and under the direction of the Holy Spirit, call all men everywhere to be reconciled to God through faith in Jesus.

Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

Official Publication of the International Missionary Society of the Seventh Day Adventist Church Reform Movement, Canadian Field.

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In This Issue

<i>A SERVICE OF LOVE</i>	3
<i>ANNOUNCEMENT</i>	5
<i>YOU ARE AN INDIVIDUAL</i>	6
<i>OUR LOVE FOR OTHERS...</i>	9
<i>PRAYER</i>	12
<i>THE VOICE OF THE CONSCIENCE</i>	15
<i>YOUR PLACE IN TIME</i>	18
<i>YOUTH ANCHOR GUIDE</i>	21
<i>CROHN'S DISEASE</i>	24
<i>CHILDRENS CORNER: THE DREAM</i>	25

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A SERVICE OF LOVE

LOVEST THOU ME?

“A distinct work is assigned to every Christian,” meaning that, “To EVERY ONE work has been allotted, and no one can be a substitute for another. Each one has a mission of wonderful importance, which he can not neglect or ignore, as the fulfillment of it involves the weal of some soul, and the neglect of it the woe of one for whom Christ died.” Christian Service, p. 9, 10.

The bottom-line of the whole matter as to offering a service of love lies in the question raised to Peter and the subsequent commission given as, “Simon, son of Jonas, lovest thou me? Feed my sheep.” John 21: 16. Hence, to all that call upon the name of the living Saviour, as their personal Saviour is the inquiry made, “Lovest thou me more than these?” If my/your answer be yes, our first condition of entry into the vineyard of the Lord would have been fully met. This is the expectation of the Lord to all that have enlisted themselves as under-shepherd with their chief Shepherd on the lead.

THE SPIRIT OF LOVE

Nevertheless, few have truly decided to devote all their strength and skill that their service may be approved of the Lord. They have nothing to withhold back in order to have a soul salvaged from the bondage of sin. To such ones is a constant realization that, “It was through the spirit of love that the gospel was brought you (them) and to all men who have a knowledge of God. We are required not merely to admire men whom God has used, to wish that we had such men now, but to yield ourselves to be used of God or His human agents. It was His spirit that inspired their efforts, and He can abundantly bestow upon His workers today the same courage, zeal, earnestness, and devotion. It was Jesus who gave these men, power, fortitude, and perseverance, and He is willing to do the same for everyone who would be a true missionary.” FE 211

We are more surely determined to fail in our own post of duty than we are determined to excel, should we not awake from the stupor of indolence and neglect of duty that is marked out clearly to all that Jesus has died for. The apostle Paul certainly feels a sense of duty when he testifies saying; “Yeah, and if I be offered upon the sacrifice and service of your faith, I joy and rejoice with you all. For the same cause also do ye joy and rejoice with me.” Philippians 2:17, 18

In Paul’s testimony, nothing was more precious in his sight, not even his own life but that the faith of the believers in Phillipi in faith would behold the Lamb of God that taketh away the sins of the world. Certainly, Paul’s labour at the end with the church of Phillipi will soon tell his service of love when they meet in immortal bodies to hug one another in an untold joy. Dear reader, will your current service earn you the tears of joy as with Paul and the Philippian brethren?

“Let everyone take hold of this work, determined not to fail nor be discouraged, and the Lord will work wonders among us. If at this time we fail to make a determined effort to enlarge and uplift the work, and draw back because matters are not managed according to our own ideas, the Lord will surely pass us by, and choose other agencies who will take hold of His work in His way, and follow the leadings of His Spirit.” FE 206

SUBTLE HINDERANCES

We have always had a good wish to sacrifice all if possible that we may glorify our God. With our good wishes, Jesus unearths some human sentiments that become a barrier to fulfilling our in-built good wishes in the parable of the two sons. He says; “But what think ye? A certain man had two sons; and

he came to the first, and said, Son, go work to day in my vineyard. He answered and said, I will not: but afterward he repented, and went. And he came to the second, and said likewise. And he answered and said, I go, Sir: and went not.” Matthew 21:28 – 30

It is for our profit that Jesus brings into view what we feel but cannot explain. It is at this point that many of us are imprisoned. The imprisonment has no boundary as to the caliber/status of one. The Ministers, bible workers, priests, bishops, nuns, the pope, the professed believers are all at stake to this snare. As to the second son in the preceding parable we’ve made a number of excuses to ourselves as to why we can’t live to achieve our spiritual goals and good wishes.

As with the second son who said, “I will go” and went not, what might have taken the place of “I will go?” Inspiration answers. “Some ministers have their minds too much on the wages they receive. They labour for wages and lose sight of the sacredness and importance of the work.” IT 467.

“Some ministers linger about their homes, and run out on the Sabbath, and then return and exhaust their energies in farming or in attending to home matters. They labour for themselves through the week, and then spend the remnant of their exhausted energies in labouring for God. But such feeble efforts are not accepted of Him” IT 471.

“The preachers are not all given up to the work of God as He requires them to be.

Some have felt that the lot of a preacher was hard because they had to be separated from their families.” IT 370

“If the chosen messengers of the Lord should wait for every obstacle to be removed out of their way, many never would go to search for the scattered sheep. Satan will present many objections in order to keep them from duty. But they will have to go out by faith, trusting in Him who has called them to His work, and He will open the way before them, as far as it will be for their good and His glory.” EW 63

SELF-SUPPORT IN SERVICE

Our claims for an effective service in the Lord’s vineyard is, and will always be annulled with the reflections of our Christian predecessors. For instance, who paid the apostle Paul in his gospel ministry? Who paid the Waldenses, John Wycliffe, Martin Luther, Huss and Jerome and many other vocal wrestlers of truth to continue in the gospel Ministry? Hear their testimonies:

Paul: “I have coveted no man’s silver, or gold, or apparel. Yea, ye yourselves know, that these hands have ministered unto my necessities, and to them that were with me. I have shewed you all things, how that labouring you ought to support the

weak, and to remember the words of the Lord Jesus, how He said, ‘It is more blessed to give than to receive.’” Acts 20: 33 – 35

Luther: “How precious to him was the knowledge of truth revealed in the word of God! His mind was starving for something sure upon which to build his hope that God would be his father and heaven his home... He raised his voice zealously and in the power of the Holy Spirit cried out against and rebuked the existing sins of the leaders and people.... Earthly treasures he knew would fail; but the rich truths opened to his understanding, operating upon his heart, would live, and, if obeyed, could lead him to immortality.” GC 372

Waldenses: “By patient untiring labour, sometimes in deep dark caverns of the earth, by the light of torches, the sacred scriptures were written out, verse by verse, chapter by chapter. Thus the work went on, the revealed will of God shining out like gold; how much brighter, clearer, and more powerful because of the trials undergone for its sake only those could realize who were engaged in the work. Angels from heaven surrounded these faithful workers.” GC 69

“The pastors not only preached the gospel, but they visited the sick, catechized the children, admonished the erring, and laboured to settle disputes and promote harmony and brotherly love. In times of peace, they were sustained by freewill offerings of the people; but, like the

tentmaker, each learned some trade or profession by which, if necessary, to provide for his own support.” GC 68

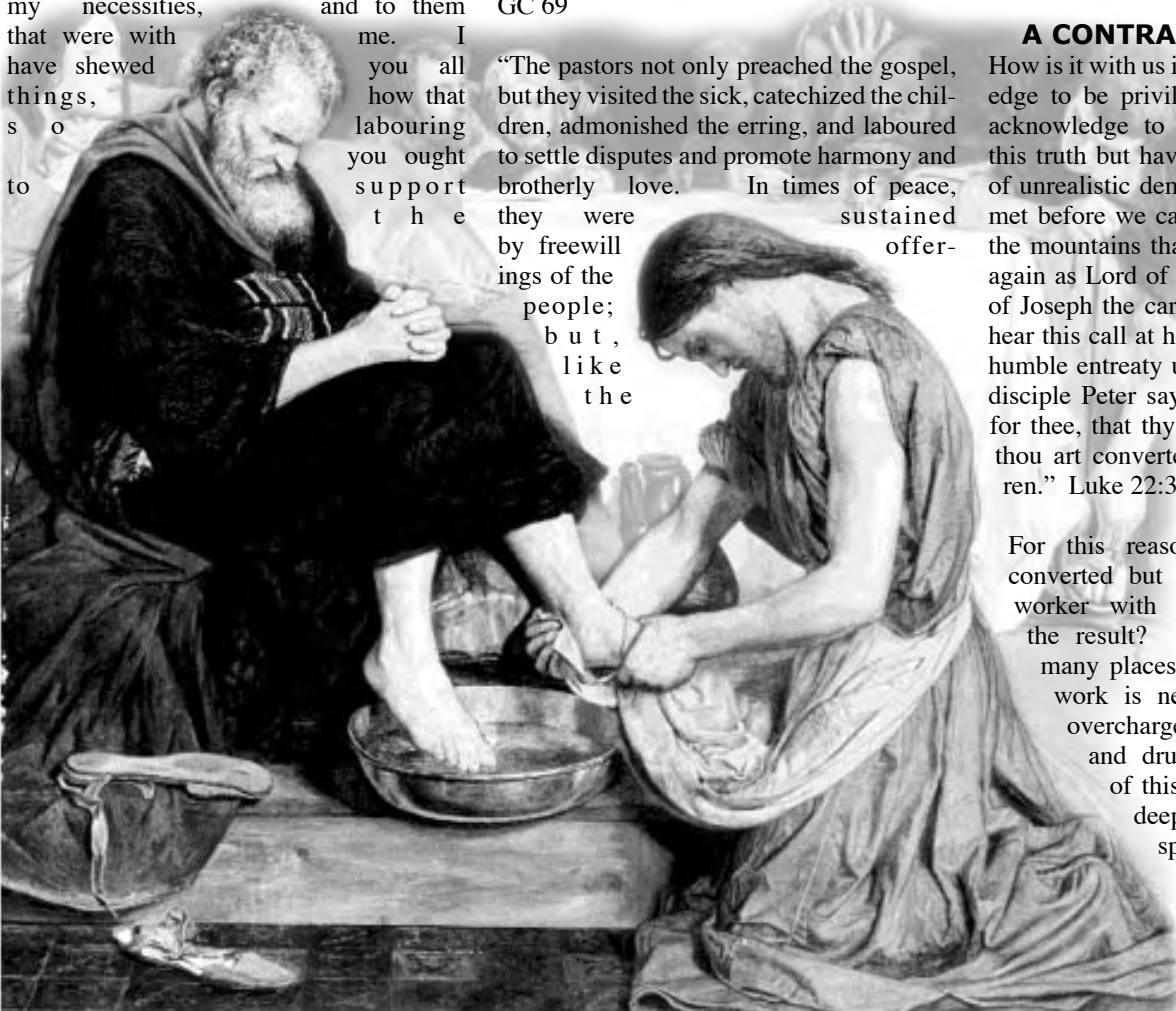
S. Wycliffe: “Wycliffe began to write and publish tracts against the friars, not, however, seeking so much to enter into dispute with them as to call the minds of the people to the teachings of the Bible and its Author.” “Wycliffe, like his Master, preached the gospel to the poor. Not content with spreading the light in their humble homes, on his own Parish of Lutterworm, he determined that it should be carried to every part of England. To accomplish this he organized a body of preachers. Simple devout men, who lived the truth and desired nothing so much as to extend it. These men went everywhere, teaching in the market places, in the streets of the great cities, and in the country lanes. They sought out the aged, the sick and the poor, and opened to them the glad tidings of the grace of God.” GC 84, 87

With more numerous examples of Godly services given at will and at the cost of self-denial as given in inspiration, we read and wonder what was accomplished through personal labours.

A CONTRASTING PICTURE

How is it with us in our time? We acknowledge to be privileged to know the truth, acknowledge to know what to do with this truth but have never done so because of unrealistic demands that we wish to be met before we can arise, go and tell it on the mountains that Jesus Christ is coming again as Lord of Lords and not as the son of Joseph the carpenter. In order that we hear this call at heart, Jesus is making this humble entreaty unto us; as He did to His disciple Peter saying; “But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.” Luke 22:32

For this reason of not being truly converted but found and known as a worker with Christ, what has been the result? “The cause of God in many places is not improving. Soul work is needed. The people are overcharged with over surfeiting and drunkenness and the cares of this life. They are entering deeper and deeper into a spirit of worldly enterprise. They are ambitious to get gains. Spirituality and devotion are rare. The spirit that prevails is to work,



to accumulate and to add to that which they already possess..." "The exalted work of God is made to connect too closely with common things." IT 469

A REFORMATION IN OUR SERVICE

In this regard, "Will God send out a man to rescue souls from the snare of Satan when his own feet are entangled in the net? God's servants must not be wavering. If their feet are sliding, how can they say to those of a fearful heart: 'Be strong?' God would have His servants hold up the feeble hands, and strengthen the wavering. Those who are not prepared to do this would first labor for themselves and pray until they are endowed with power from on high." IT 369

"The ministers must be converted before they can strengthen their brethren. They should not preach themselves, but Christ and His righteousness. A reformation is needed among the people, but it should first begin its purifying work with the ministers." IT 469

It's unfortunate that in our day to day life, we have in place well defined economic, academic and social goals to be achieved but not so with spiritual goals. We flatter and excuse ourselves, in this line of duty and ask God of the same. Would this be the will of God? The good wish of Christ is ever to call us friends as long as we do whatsoever He commands us. As He ascended into the clouds of heaven the last command to His friends can and will never be mistaken, it was and is clear to date as we read the lines, "Go ye therefore, and teach all nations... to observe all things whatsoever I have commanded you." Matthew 28:19 - 20.

OUR DEBT OF LOVE

With this remark and commission, a work for every soul whom Christ has rescued is called for in saving the lost. This work had been neglected in Israel. Is it not neglected today by those who profess to be Christ's followers? Hence Christ commits to His followers an individual work - a work that cannot be done by proxy. Ministry to the sick and the poor, the giving of the gospel to the last, is not to be left to the committees or organized charities. Individual responsibility, individual effort, personal sacrifice is the requirement of the gospel. May the Lord help us to render each one of us the service of love and not out of fear because of the coming judgment. *Amen*

*John Rianga Obwocha
Nairobi - Kenya*

INTERNATIONAL YOUTH CONFERENCE

WHEN: DECEMBER 27, 2004 to JANUARY 2, 2005.

WHERE: SYDNEY, AUSTRALIA

The Australian Field would like to invite young people from around the world to attend a Youth Conference in the middle of our summer at the end of this year.

Spaces are limited in Sydney as our facilities can only accommodate approximately 60 young people. Therefore it is recommended that you reserve your space early.

Reservations must be received by September 1st, 2004.

Payments can be sent to:
International Missionary Society
P.O. Box 54,
Toongabbie, NSW 2146
Australia

For detailed information:
jerryeaton@smartchat.net.au or
markus@justinternet.com.au
or call by telephone: Tel. (+61) 2-9670-2886



We look forward to seeing as many of you as we are able to do so at the end of this year.

NEW BOOK ANNOUNCEMENT: *Get Involved!*

In Australia, we are compiling a new health book. It will be about individual experiences with natural healing. While there are many excellent health books currently available, most provide natural remedies for specific illnesses. This new book will be from a unique perspective, based solely on your personal experiences.

If you know someone who has been ill, whether yourself, a friend or relative, and found healing by using natural remedies, we would like to include your experience in the book. Please state the illness, methods that were used and the length of time it took to complete the healing process. It should be written as an experience in a couple of paragraphs. Provide not just the illness and remedy, but the entire experience involved.

We hope to print this book in September. If you could send your experiences by the end of August it will be greatly appreciated. We will then make the book available for everyone who wants one. If you miss this printing, you may still send your experiences for inclusion in a subsequent edition. Your experience could be a help and comfort to others!

Please forward experiences to:
International Missionary Society
P.O. Box 54
Toongabbie, NSW 2146
Australia

or as an e-mail to: jerryeaton@smartchat.net.au

Thank you - we pray that the Lord will use this book to be a blessing for many people.
Wendy Eaton, Australia



YOU ARE AN INDIVIDUAL



Who are you? Some people can't answer this question honestly because they don't know themselves. They know their name, address, birthdate and various other vital statistics, however many don't know who they are as a person. This is especially true as young people are going through their teenage years. They are trying to find their identity; who they really are and where they are going with their life. To be accepted by society the peer pressure is very strong. In order to be popular or to even have a friend, many youth feel they must change the way they are. They change the way they act, the way they dress and even the way they look, i.e. their hair colour and use of cosmetics. They try to be someone different and unfortunately many times it leads them to violate their conscience in order to be accepted. They are not content with the way God created their appearance, therefore they feel they must improve on God's handiwork. Many are not happy with the way their parents brought them up, especially if they have a distinctive heritage or religious or cultural customs. They attempt to change, to be someone different. They want to bury the past and become an individual – distinct and separate from their family.

Maybe they have some idol of a person that they copy such as a singer, athlete or movie star, in order to find identity.

What God wants from you is first of all to be honest and recognize who you really are. You are an individual. God created you distinct and different from anyone else on this earth. He took special care to create you and is sad when you don't appreciate His handiwork and try to change your individuality to imitate some faulty example or by conforming to the customs and habits of this world, rather than trying to imitate the perfect example of Jesus. They forget how important they are to Jesus. He cares for them very much and knows their identity.

“But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.” Isaiah 43:1. You are special to Him.

What does the word individuality really mean? Is it character? No, it is not. Our character needs to be changed in order for us to be ready for heaven, since our character is all that we will take with us to heaven.

Individuality is distinguished by peculiar and marked characteristics; a distinct individual.

Since we are individuals each of us must be saved as an individual. No person on this earth can save us therefore we should be seeking to conform to Christ and not to the world, since only Christ can save us.

“There are rights which belong to every individual. We have an individuality and an identity that is our own. No one can submerge his identity in that of any other. All must act for themselves, according to the dictates of their own conscience.” TM 422. Now as we read this last sentence, does that mean that we all have different standards because we are told that we must follow the dictates of our own conscience? Paul says, “Let every man be fully persuaded in his own mind.” Romans 14:5.

Nothing could be further from the truth. We do not have a variety of

standards – there is only one standard of truth and yet we each are still to maintain our own individuality under that umbrella of truth. We are not built from the same mould.

“The life of each one must be hid with Christ in God. Men are under God’s control, not under the control of weak, erring human beings. They are to be left free to be guided by the Holy Spirit, not by the fitful, perverse spirit of unsanctified men.” UL 227

“As regards our responsibility and influence, we are amenable to God as deriving our life from Him. This we do not obtain from humanity, but from God only. We are His by creation and by redemption. Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us every moment; He keeps the living machinery in action; if we were left to run it for

one moment; we should die. We are absolutely dependent upon God.” TM 422/423. Unfortunately many do not appreciate what God has done for them. They turn their backs on God and conform to the world.

HUSBANDS AND WIVES

Here is where many make mistakes, especially if their spouse does not accept the truth. Many have been lost since they did not have the courage of their convictions to stand up for the truth in the family circle. They chose to conform to the worldly ways of their spouse for fear of losing their spouse and disrupting family unity. They decided that the best way to maintain family unity was to give up their individuality and merge it into their spouse.

“Neither the husband nor the wife should merge his or her individuality in that of the other. Each has a personal relation to God. Of Him each is to ask, ‘What is right?’ ‘What is wrong?’ ‘How may I best fulfil life’s purpose?’ Let the wealth of your affection flow forth to Him who gave His life for you. Make Christ first and last and best in everything. As your love for Him becomes deeper and stronger your love for each other will be purified and strengthened.” IMCP 154

“We have an individuality of our own, and the wife’s individuality is never to be sunk into that of her husband. God is our Creator. We are His by creation, and we are His by redemption. We want to see how much we can render back to God, because He gives us the moral power, He gives us the efficiency, He gives us the intellect; and He wants us to make the most of these precious gifts to His name’s glory.” IMCP 154

COUNSEL TO A SISTER

“My beloved sister, cling to the truth. Obtain an experience for yourself. You have an individuality. You are accountable only for the manner in which you, independent of all others, use the light that shines upon your pathway. The lack of consecration in others will be no excuse for you. The fact that they pervert the truth by their wrong course of action, because they are unsanctified by it, will not render you less responsible. A solemn obligation rests upon you to exalt the standard of truth, to bear it aloft. Even if the standard-bearer faints and falls, do not leave the precious standard to trail in the dust. Seize it, and bear it aloft, even at the peril of your good name, your worldly honor, and your life, if required. My much-respected sister, I entreat you to look up. Cling fast to your heavenly Father’s hand. Jesus, our Advocate, lives to make intercession for us. Whoever may deny the faith by their unholy lives, it does not change the truth into a lie. Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are His. ‘Watch ye and pray, lest ye enter into temptation.’ At times I fear that your feet will slide, that you will refuse to walk in the humble, straight, and narrow way which leads to eternal life in the kingdom of glory.” 2T 490

CHILDREN

We all raise our children with the hope that some day they will commit their lives unto the Lord. Sometimes it is difficult to find the line between letting our children have their own individuality as we expect them to conform to the ways of the Lord while they are living under our roof. It is said of Abraham that, “For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him.” Genesis 18:19. We are to do as Abraham did, but

preserve the individuality of our children.

“Allow the children under your care to have an individuality, as well as yourselves. Ever try to lead them, but never drive them.” 5T 653. This is something that we all as parents need to strive to attain.

IN THE CHURCH

“With earnest solemnity the Speaker declared: ‘The church is made of many minds, each of whom has an individuality. I gave My life in order that men and women, by divine grace, might blend in revealing a perfect pattern of My character, while at the same time retaining their individuality. No one has the right to destroy or submerge the individuality of any other human mind, by uttering words of criticism and faultfinding and condemnation.’ UL 216.7 The Lord does not want a church full of robots. He wants intelligent service from His followers.

“Each one has an individuality of his own, which he is not to sink in that of any other man. Yet each is to work in harmony with his brethren. In their service God’s workers are to be essentially one. No one is to set himself up as a criterion, speaking disrespectfully of his fellow workers or treating them as inferior. Under God each is to do his appointed work, respected, loved, and encouraged by the other laborers. Together they are to carry the work forward to completion.” AA 275/6

AMONG GOD’S PEOPLE

Here is a very important counsel about individuality. How far should we go? “The Lord would not have us yield up our individuality. But what man is a proper judge of how far this matter of individual independence should be carried?” 3T 360

“Peter exhorts his brethren: ‘Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.’ 1 Peter 5:5. The apostle Paul also exhorts his Philippian brethren to unity and humility: ‘If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, fulfil ye my joy, that ye be like-minded, having the same love, being of one accord, of one mind. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other

better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus.' Phil. 2:1-4. Again Paul exhorts his brethren: 'Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectioned one to another with brotherly love; in honor preferring one another. Romans 12:9, 10. In writing to the Ephesians he says: 'Submitting yourselves one to another in the fear of God.' Eph. 5: 21." 3T 360

"My brethren, let us put all this aside. We have no right to keep our minds stayed on ourselves, our preferences, and our fancies. We are not to seek to maintain a peculiar identity of our own, a personality, an individuality, which will separate us from our fellow laborers. We have a character to maintain, but it is the character of Christ. Having the character of Christ, we can carry on the work of God together. The Christ in us will meet the Christ in our brethren, and the Holy Spirit will give that union of heart and action which testifies to the world that we are children of God. May the Lord help us to die to self and be born again, that Christ may live in us, a living, active principle, a power that will keep us holy." 9T 187/8

"Under the figure of the vine and its branches is illustrated the relation of Christ to His followers and the relation of His followers to one another. The branches are all related to one another, yet each has an individuality which is not merged in that of another. All have a common relation to the vine and depend upon it for their life, their growth, and their fruitfulness. They cannot sustain one another. Each for itself must be centred in the vine. And while the branches have a common likeness, they also present diversity. Their oneness consists in their common union with the vine, and through each, though not in just the same way, is manifested the life of the vine.

"This figure has a lesson, not only for individual Christians, but for the institutions that are engaged in God's service. In their relation to one another each is to maintain its individuality. Union with one another comes through union with Christ. In Him each institution is united to every other, while at the same time its identity is not merged in that of another." 7T 171

FEARFUL

While the Lord does not want us to conform to the world, He does desire us to be distinct and separate from the world. We are called to be individuals, rather than conformists to the world.

Some are afraid of being an individual for the Lord. They are conformists. They feel they must be like everyone else. Witness the love of fashion that exists in our world today. Thousands of dollars are wasted on unnecessary clothing, simply for the sake of fashion – not necessity. But people feel they must conform to the changing fashions for fear of being an outcast from society, or not be as popular.

JOHN THE BAPTIST

John was definitely an individual. He did not conform to the society of his day. He was distinctive... many people knew of him and his ministry and flocked to him, and how was he described?

"And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey." Matthew: 3:4

John was noticed by society because of his diet and his dress. He did not conform to society in his day, but he was very popular.

ELIJAH

How was Elijah recognized? He didn't conform to society in his time either. In fact there was a time that he thought he was the only one who was a worshipper of the true God, however he still refused to turn from his service to the Lord.

When King Ahaziah was given a description of this man that his messengers had met on their way to Baalzebub, he knew right away it was Elijah. No name was mentioned, but this was the description that the messengers gave.

"And he said unto them, What manner of man [was he] which came up to meet you, and told you these words? And they answered him, He was an hairy man, and girt with a girdle of leather about his loins. And he said, It is Elijah the Tishbite. 2 Kings 1:7,8.

Only his dress and physical appearance was mentioned. He apparently must have dressed different from the rest of society.

From that description alone, King Ahaziah was able to identify him. Elijah was an individual for the Lord, he was not a conformist into society.

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:2

IN BABYLON

Daniel and his three friends were captives in Babylon and most of us know the story of how he and his friends decided not to eat food off the king's table (Daniel chapter 1). It is important to remember



that these four young men were not the only ones who were taken captive from Jerusalem. There were many princes and nobles who also ended up in the king's court, however the others did not have the courage to stand for their individual rights and faith. They conformed to the customs of the land. Only three are seen standing tall when King Nebuchadnezzar set up his statue in the Plain of Dura. They chose to be individuals. They were tried and tested, but they came off victorious. In the end they received more honour in the kingdom than did the conformists.

May God help each one of us to have the courage to maintain our individuality in Christ and not conform to the customs and habits of the world, or to other people. God not only made you as a special individual, He also has a special plan for your life and may you fulfil His plan in your life. **Amen.**
Wendy Eaton, Australia

OUR LOVE FOR OTHERS MEASURED BY CHRIST'S LOVE



Christ has expressed His love for man in that He has given His life for the ransom of the world. And this love is to measure the love that His disciples shall manifest for one another. “These things have I spoken unto you,” He says, “that my joy might remain in you and that your joy might be full. This is my commandment, That ye love one another, as I have loved you.” RH Nov. 9, 1897.

While we were yet unloving and unlovely in character, “hateful and hating one another,” our Heavenly Father had mercy on us. “After that the kindness and love of God our Saviour toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us.” (Titus 3:3-5). His love received will make us in like manner, kind and tender, not merely toward those who please us, but to the most faulty, erring and sinful.” MB 75.

Responsibilities To Widows

Ruth 1:3-5, “And Elimelech, Naomi’s husband died and she was left with two sons. (4). “And they took them wives of the women of Moab; the name of the one was Orpah, and the name of the other was Ruth; and they dwelled there about ten years. (5). And Mahlon and Chilion also died; and the woman was left without her two sons and her husband.”

“Among all whose needs demand our interest, the widow and the fatherless have the strongest claims upon our tender sympathy and care. ‘Pure religion and undefiled before God and the Father is this, to visit the fatherless and widows in their affliction and to keep himself unspotted from the world.’

“The father, who has died in the faith, resting upon the eternal promise of God, left his loved ones in full trust that the Lord would care for them. And how does God provide for these bereaved ones? He does not work a miracle in sending manna from heaven; He does not send ravens to bring them food; but He works a miracle upon human hearts. He expels selfishness from the soul; He unseals the fountain of benevolence; He tests the love of His professed followers by committing to their tender mercies for the afflicted and bereaved ones, the poor and the orphans. Those are in a special sense the little ones whom Christ looks upon, whom it is an offence to Him to neglect. Those who do neglect them are neglecting Christ in the person of His afflicted ones. Every kind act done to them in the name of Jesus, is accepted by Him as if done to Himself, for He identifies His interest with that of suffering humanity, and He has entrusted to His church the grand work of ministering to Jesus by helping and blessing the needy and suffering. On all who shall minister to them with willing hearts the blessing of the Lord will rest.

“Many a widowed mother with her fatherless children is bravely striving to bear her double burden, often toiling far beyond her strength in order to keep her little ones with her and to provide for their needs. Little time has she for their training and instruction, little opportunity to surround them with influences that would brighten their lives. She needs encouragement, sympathy, and tangible help.” WM 214, 215-219.

Naomi, An Almost Irresistible Influence (Ruth 1:8-14)
Kind words, pleasant looks, a cheerful countenance, throws a charm around the Christian that makes his influence almost irresistible. This is the way to gain respect, and extend the sphere of unselfishness, which costs but little. It is the religion of Christ in the heart that causes

the words issuing therefrom to be gentle and the demeanor condescending, even to those in the humblest walks of life. A blustering, faultfinding, overbearing man is not a Christian; for to be a Christian, is to be Christlike. It is no mark of a Christian to be continually jealous of ones dignity. In forgetfulness of self, in the light and peace and comfort he is constantly bestowing on others, is seen the true dignity of the man.” RH Sept. 1, 1885.

“Those who truly receive Christ are given power to become the sons of God. As they look to Jesus, they catch the divine rays of light, and are attracted by the loveliness, and purity and goodness of the Saviour. They seek to copy His pleasantness, rather than the harsh violence manifested by those who disregard the laws of God. And as they keep before them the fear of God, and walk as obedient children, others will mark their Christlikeness of character, and will be drawn to the Saviour by the revelation of their love, their justice and their mercy. Yet some will refuse to come to the Saviour, choosing darkness rather than light, because their deeds are evil.” RH Aug. 31, 1905.

“The truth is not merely to be spoken by those who

work for Christ; it is to be lived. People are watching and weighing those who claim to believe the special truths for this time. They are watching to see where in their life represents Christ. By humbly and earnestly engaging in the work of doing good to all, God’s people will exert an influence that will tell on all with whom they are brought into contact. If those who know the truth will take hold of this work as opportunities are presented, day by day doing deeds of love and kindness in the neighbourhood where they live, Christ will be revealed in their lives. Those with whom they associate will see that they have been with Jesus, and have learned of Him. The Gospel will be proclaimed with living power. It will be seen to be a reality, not the result of imagination or enthusiasm. The lives of such Christians will have more power to convict and convert sinners than sermons, professions or creeds.” RH June 2, 1903.

“Ye are the light of the world—Let your light so shine before men, that they may see your good works and glorify your Father who is in heaven.” “We are labourers together with God; ye are God’s husbandry, ye are God’s building.” No man liveth unto himself. God has linked humanity together that everyone who follows Christ, the light of life will have the influence for good upon the lives of others. If we have indeed
b e c o m e

Christians, and are partakers of the divine nature, we shall review it in our characters.” RH Oct. 16, 1888.

Faith To Trust His Guiding Hands

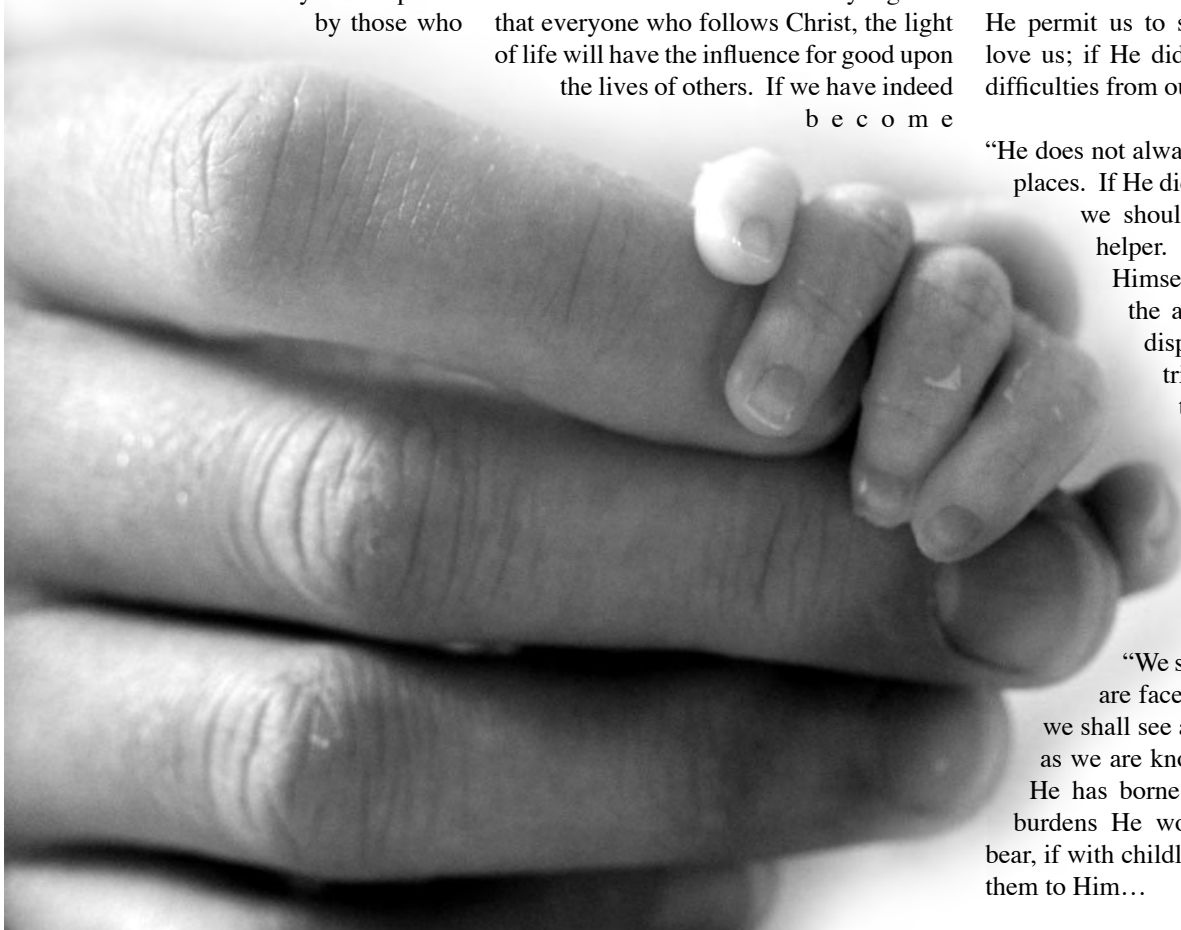
Ruth 1:13, “Would ye tarry for them until they were grown? Would ye stay for them from having husbands? Nay, my daughters; for it grieveth me much for your sakes that the hand of the Lord is gone out against me.”

God’s love is revealed in all His dealings with His people; and with clear, unclouded eyes, in adversity, in sickness, in disappointment, and in trial we are to behold the light of His glory in the face of Christ and trust to His guiding hand. But too often we grieve His heart by our unbelief.” ML 12.

“Life is not all made up of pleasant pastures and cooling streams. Trial and disappointments overtake us; privation comes; we are brought into trying places. Conscience stricken, we reason that we might have walked far away from God, that if we had walked with Him, we should not have suffered so. Doubt and despondency crowd into our hearts, and we say, the Lord has failed us and we are ill used. Why does He permit us to suffer thus? He cannot love us; if He did, He would remove the difficulties from our path...

“He does not always bring us into pleasant places. If He did, in our self-sufficiency, we should forget that He is our helper. He longs to manifest Himself to us, and to reveal the abundant supplies at our disposal, and He permits trial and disappointment to come to us that we may realize our helplessness, and learn to call upon Him for aid. He can cause cooling streams to flow from the flinty rock.

“We shall never know until we are face to face with God, when we shall see as we are seen and know as we are known, how many burdens He has borne for us, and how many burdens He would have been glad to bear, if with childlike faith we had brought them to Him...



“God loves His children and He longs to see them overcoming the discouragement with which Satan would overpower them. Do not give way to unbelief. Do not magnify your difficulties. Remember the love and power that God has shown in times past.” ML 12.

“The Lord has permitted misfortunes to come to men, poverty to press upon them, adversity to try them, that He may thus test those whom He has placed in more favoured circumstances; and if those to whom He has entrusted His good are faithful, He declares them to be worthy to walk with Him in white, to become kings and priests unto God. ‘He that is faithful in that which is least is faithful also in much.’” TM 287.

See also 2 BC 1003, 4T 543-544.

Determination

Ruth 1:16, 17, “And Ruth said, Entreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge; thy people shall be my people, and they God my God: (17) “Where thou diest, will I die, and there will I be buried: the Lord do so to me, and more also, if ought but death part thee and me.” We need the earnest desire of the importunate widow and the syrophenecian woman, *a determination that will not be repulsed.*

“Many, very many, are making a fatal mistake by failing to heed this lesson of God’s providence. Peace and rest can be secured only by conflict. The powers of light and darkness are in array, and we must individually take a part in the struggle...

“Resolution, self-denial, and consecrated effort are required for the work of preparation. The understanding and the conscience may be united; but if the will is not set to work, we shall make a failure.” YI May 24, 1900.

“Some persons make their religious life a failure because they are always wavering and do not have determination. They are frequently convicted and come almost up to the point of surrendering all for God; but, failing to meet the point, they fall back again. While in this state the

conscience is hardening and becoming less and less susceptible to the impressions of the spirit of God. His spirit has warned, has convicted, and has been disregarded, until it is nearly grieved away. God will not be trifled with. He shows duty clearly, and if there is a neglect to follow the light, it becomes darkness.” 2T 263.

Challenge to Improve: Think it Through

“Ministers should stop to consider whether they are performing their life work in such a manner as to accomplish the best and greatest results, or whether they are cutting their lives short by spasmodic efforts, without regard to the laws of health. God is pleased with men who do not think that they have attained to perfection, but who are constantly trying to improve. He would have us come into connection with Him, and increase in understanding and reform our habits, ever rising higher, and approaching nearer the standard of perfection.

“The minister of Christ should continue to search the Scriptures. He will never know so much of Bible truth that he needs to search for more. A true Bible Christian will not find anything in the word of God justifying him in disregarding the laws of life and health...

“We are to make daily improvements; our ways and manners are to become more like the ways and manners of holy angels. Every uncouth gesture and coarse and uncultivated expression should be put far away. Every

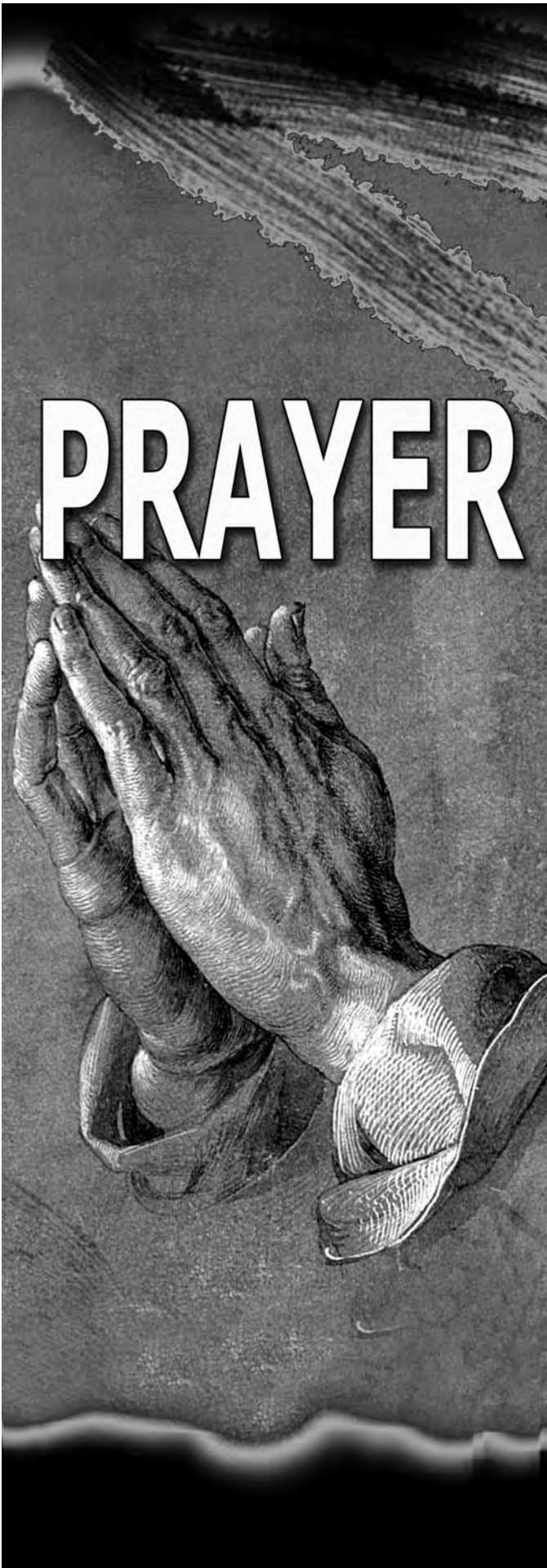
imperfection may be overcome if we learn of Jesus and closely follow His example...

“Some reason that the Lord will qualify a man by His spirit to speak as He would have him; but the Lord does not propose to do the work which He has given man to do. He has given us reasoning powers, and opportunities to educate the mind and manners. And after we have done all we can for ourselves, making use of the advantages, within our reach, then we may look to God with earnest prayer to do by His Holy Spirit that which we cannot do for ourselves.” RH Feb. 5, 1907.

“God designs that improvement shall be the life work of His followers, and that this improvement shall be guided and controlled by correct experience. The true man is the one who is willing to sacrifice his own interests for the good of others, who forgets himself in binding up the wounds of the broken hearted. But many fail of understanding the true object of life. Under the influence of cherished errors, they sacrifice all in life that is really valuable.” RH July 11, 1907.

“Improve is the word I have for all. Use a purpose the capability God has given you. Let the love of God lead you to strive for victory. You can if you will do His will, reach the ideal, which He has set before you. Let joy, and love and the grace of Christ perfect your character. Let a willingness to obey make your path bright. Believe and receive to impart. Without a murmur or complaint lift the cross. In the act of lifting it, you will find that it lifts you. You will find it alive with mercy, compassion and pitying love.” YI Sept. 12, 1901. *Amen.*

Golden Kayawa Hingabantu, Zambia



“And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly”
Mathew 6:5,6.

Dear young people I would like to share with you something very important in our Christian life. **Prayer** is the way we become friends with Jesus. There are many people who are afraid of living a Christian life; the guilty ones are the Christians. We as Christians give the impression that a Christian is the most boring period of life. Being a Christian is to carry a book full of forbidding things, “I can’t do this, I can’t do that, I can’t smoke, I can’t drink, I can’t dance, I can’t go to the movies. **I can’t, I can’t, and I can’t.**” There are people that ask themselves, what type of life is it, that I can’t do anything. I can’t eat anything, everything is bad and sinful. Sometimes we even give the impression that being a Christian is something so hard and horrible, that no one wants to be a Christian or a member of the S.D.A. Church Reform Movement (to be more specific).

Nevertheless, the Christian experience is a life of friendship with Jesus. A marvelous experience, Jesus said, “I have come that you might have life and life more abundant,” a life full of meaning and of happiness. There are people who think, to be a good Christian is a person who is sad, with his or her Bible held to the chest, singing and praying all the time. I tell you right now, that is not being a Christian.

The Christian participates in life, he or she exercises, and works honestly, grows, progresses, and makes money honestly. If the Christian finishes a master’s degree, he or she will study a Doctor’s degree. The Christian does not fear the experience of friendship with Jesus, they see it as beautiful. To have a friendship with Jesus we are to talk with Him and the vehicle to speak with Him is through prayer.

Nevertheless the text we read at the beginning talks to us of a danger; it says when you pray don’t be like the hypocrites. I would like to ask you, do you think that the hypocrites displease God? Be very careful how you answer, God loves the hypocrite; nevertheless, he is displeased with hypocrisy. We are to make a difference between the sinner and sin; the sinner is sacred to God. Jesus came to this earth and died for the sinner; Jesus even came together with sinners, and He ate with them and walked with them. The sinner is very valuable to Jesus; nevertheless, He does not approve sin and detests hypocrisy. I believe that you agree with me that Jesus doesn’t approve hypocrisy.

The beginning text says that many people when they pray are being hypocrites; if they are being hypocrites in prayer they are not coming closer to Jesus but are further from Him. This means that many people who are sincere do not know how to pray, and because they do not know how to pray, they become hypocrites in their prayer.

Let us apply some logic; if the prayer of a hypocrite furthers him or her from God it would be better not to pray; this is tragic. What is the condition of the prayer that makes one a hypocrite? The verse tells us “do not be like a hypocrite when you pray, do not use vain repetitions.” The hypocrisy of the prayer consists in **repeating vain repetitions**. Now we will talk a little Greek. You may know that Matthew did not speak Spanish, Portuguese or English. Matthew spoke Greek, and

when he wrote the gospel of Matthew in Greek, it was the language he spoke. In order for us to understand the Bible, it was necessary that men, who knew both the Greek language as well as English and Spanish, would translate the Bible from Greek, to English and Spanish. Translating the Bible from Greek to English is a difficult task, to translate from an abundant language to a language that is limited, like English. It is a poor language and limited. I will give you some examples.

In English you have only the word "love". I express myself and say, "I love my daughter, I love my wife, I love God;" I say to a congregation, "I love you all." Nevertheless in Greek it is different. When I express "I love my daughter", it is one word; "I love my wife", it is another word; "I love God", is another word. The Greek language is rich; there are no limits like in English.

Another example is, "I am talking". You may say the young man is talking. Then as you go walking there is a drunken man in the street and he is speaking foolish things and you may say the drunken man is talking. The young man is talking and now the drunken man is talking; in the English language everyone talks. You go to a house and there is a baby, it is 8 months old and begins to say baby words, you may say "look the baby is talking already". When you go out on the porch and there is a parrot, it may know how to say a few words and you may say the parrot is talking. The English language is very limited; everyone talks, the young man talks, the drunken man talks, the baby talks and the parrot talks. In the Greek language it is different when a person knows what he or she is saying, that they think about what they are saying. That person in Greek is "laleando," the verb is "Laleo". When a person speaks without out any sense like the drunken man or the parrot which just repeats another's words, then it is called "batologeo". Now we can understand the verse better, "when you pray do not be like the hypocrites" do not "batologes".

The Greek word means, not to repeat without thinking, don't do like the parrot does, don't do like the drunken man does, don't just talk the talk, don't express what you don't feel, don't say things just to say them. Think about what you will talk about, **do not "batologes"!**

I have never been there when you pray in the morning or in the evening, nevertheless you may pray every day when you rise up and before going to sleep. Even though I have not been there when you pray in the morning and in the evening, I will tell you how you pray, something similar to the following: "Dear Father who art in heaven (some may add) Holy be Thy name. (This is at night) I give you thanks for the day you gave me, I give you thanks for your care and protection, forgive my sins (some may add) by word, thought or act, give me a good night rest, in the name of... Amen"

When you eat, the prayer is better learned, "Dear Father in Heaven (we do not even add) Holy be Thy name (because we are hungry). Bless this food (some may add), bless the hands that prepared it, in the name of Jesus, Amen" If I take a parrot and teach the prayer "Dear Father who art in Heaven" the parrot may learn it after some time. Do you think that will save the parrot? What the Lord is telling us here, when you pray do not be like the hypocrite, don't do what the parrot does don't "Batologes". When you rise up in the morning and pray "Dear Father in heaven, thank you for a good night rest (you may have passed the whole night with colic, bothered by it) nevertheless you say, thank you Lord for a good night rest (you may have had nightmares the whole night) you say, thank you Lord for the good night of rest (you may have a mattress with the springs coming out and they hurt your back) nevertheless you pray thank you Lord for the good night of rest.

Do you see who are you deceiving, when you pray for the good night of rest you have had? If you have not slept well the entire night, what good night are you talking to God about? Who are you deceiving? You do not want to deceive anybody; the problem is you have learned to "Bataloges," you have learned the prayer of the parrot. The Word of God calls me a **hypocrite!**

The tragedy is we don't know how to pray and that is why we are all lost in this world all alone. Young People, the Spirit of Prophecy tells us the definition of prayer. "Prayer is the act of opening the heart to God as to a friend." To pray means to talk to a friend; what do friends talk about? Do they always talk about the same things? How are you? Good, and how are you? Good also. The next day the same thing,

is that how friends talk to each other? No, friends sit down and talk about basketball, soccer, about the girlfriend, work, or the opposite if you are a girl. I ask myself, why don't you talk about the same things to God? Oh Brother, that is heresy, first we need to take this to the committee of the church, how will I tell God what I talk with my friends? You tell your friends what you like and don't like, why don't you tell God the same things? You know why? **Because your friend is your friend but God is not your friend.**

God is all Sovereign who is in heaven, someone has placed it in your head that when you come close to God you feel like a small ant with much carefulness, you come like a worm before God. Why are you unworthy of God? The Spirit of Prophecy tells us, "Prayer is the act of opening the heart as to a friend."

What do you talk with your Friend about? Just holiness, sanctification, forgiveness, repentance and consecration; why don't you try talking to God about lunch, about the girl, about the game, about the boy, the test, the lack of money, the hair, the fashion, the music? Why would you only speak about spiritual things to God? God wants to come into our life, but we say, no Lord, stay way up there in heaven. You are only for the spiritual things. In my daily life I don't have need of you and all alone we live a lonely life. We need Jesus in our daily life here on earth, when the darkness comes at night and I am afraid, when my father is very sick and I am concerned of losing him, when a moment in my life there is sadness and I can't cry. I want someone next to me in these moments of my life.

The worst enemy in our life is formalism; we live our Christian life in formalism, and I want to tell you, young people, to be a Christian is life, you can fall in love, you can play, and you can drive, go and climb a mountain, run. A Christian is not a strange animal, a Christian has flesh and we go through happy moments and sad moments. Nevertheless formalism is our worst enemy in the spiritual life.

I would like to describe what it means to be a hypocrite in prayer. A young girl of 12 years old (Mary) begins to fall in love with a young boy (Peter); he is 14 years old. The father tells Mary, you can't fall in love with the boy. In this life it seems that the things

that are forbidden are the most attractive. Mary is behind a tree kissing Peter. The mother sees them together and she calls Mary into the house and tells her, wait until father comes home, I will tell him what you where doing. The father comes home late that evening. In the morning at 5:30 a.m. before going to work he walks into Mary's



room, wakes her up and begins to give her a sermon, I TOLD YOU... an advice, Father's, when you get angry and furious, go out and hit a tree or a bottle, to let go of the anger. Later when you feel better, come back and sit with your daughter. When you scream and get furious it only leaves the family sad. The father tells Mary, if I see you with that young man again you will see what will happen, then the father walks out the door.

Mary is sad, she is not even hungry for breakfast, she has a test at school. She takes a look at the test and doesn't even know where to start, she can only think about Peter, she didn't even study. There is

the problem with falling in love at an early age; there is no emotional balance. You can't concentrate on the studies in school. Mary comes back home and the mother asks, how did it go in school and in the test? Mary says, not too good. The mother now explodes and begins to give her another sermon, I AM HERE Sacrificing MYSELF FOR YOU... NOW YOU WILL GO AND WASH THE CLOTHES BY HAND.

At 5:00p.m., Mary hears a whistle from behind the house. There is Peter. She goes to the back of the house behind the trees to hide with Peter, which is another problem. Why do they need to hide if what they are doing is good? Peter tells her words of love and hugs her and kisses her. Why does a 12-year-old girl fall in love? Does she want to marry? No, she only wants to kiss, that is the problem. There are no serious plans.

Mary and Peter are together and suddenly the father comes and begins to rebuke Mary, go inside the house. And to Peter he tells him, I do not want to see you again with my daughter. Father goes inside the house and gives another sermon to Mary; she is not hungry for dinner. She goes to her room and she is ready to lie down in her bed, and go to sleep. Then she remembers to pray, but she doesn't want to pray. Nevertheless her conscience is talking to her and she can't go to sleep without praying. She makes an effort and prays, "Dear Father in heaven, Holy be thy name, thank you very much for the beautiful day you have given me." (what beautiful day?) Why does she pray like that? She has been taught that way.

I would like you to understand one thing; hypocrisy hurts a lot, and when somebody is a hypocrite with you it hurts. If you discover one day that somebody you love is being a hypocrite with you that even hurts more. Imagine, Jesus loves Mary; He died for her and she is being a hypocrite with the one that loves her. Imagine how Jesus feels. Mary should say, Lord I am sad, this was the worst day. My father screamed at me this morning and did not let me speak, he just left the room. I went to school sad, you saw my mom when I came home; she gave me another sermon. I am sad, please forgive me Lord; I really don't want to pray. I will just go to sleep and tomorrow I will speak more with you.

This is a true prayer. You are opening the

heart to Jesus as a true friend.

Remember, young people, Jesus is your friend. We need to spend time with him. How can I spend a ½ hour or one hour speaking with Jesus? The secret is to talk to Jesus as I talk with my friend. Your prayer shouldn't only be, Lord I ask you, bless me, keep me, heal me, give me. It is not only asking; talk to him about your breakfast you didn't like, the granola, about your friend going through a difficult moment, about your mother going through an operation, about your boyfriend, about the teacher, the exam, tell Him about everything. Talk to Jesus and you will see how you spend a ½ hour or even one hour praying.

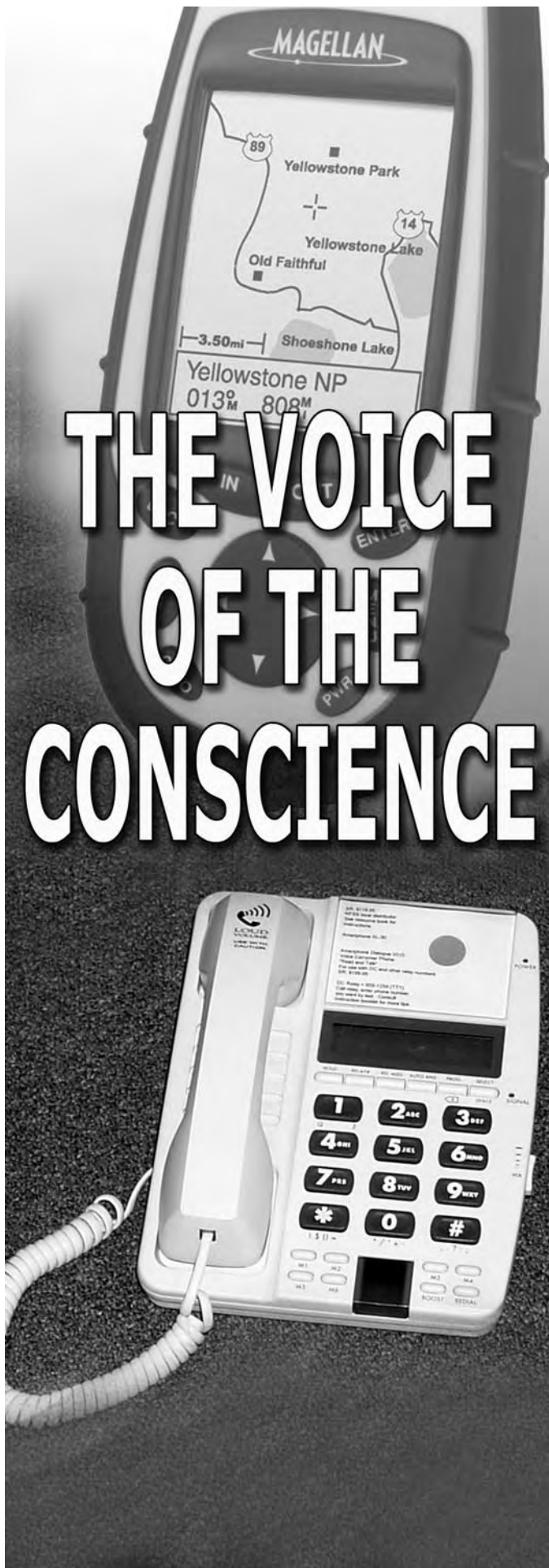
To pray is the greatest privilege, to talk with the king of the Universe. Young man, young lady come to him as you are, tell Him what you feel. The Christian life is a life of friendship with Jesus. Pray without ceasing.

There are people that say if you don't pray kneeling down it is a sin; may the Lord forgive those people. If you are in the street walking, pray; if you wake up in the middle of the night and you want to talk to Jesus, do it. God is not as worried with your position as He is with your HEART. I try to personally pray kneeling down; don't let the position be a stumbling block for you not to pray. As your relationship with Jesus grows, also your love to Him will grow, your respect, your admiration and your reverence will also grow. By yourself you will have the desire to pray kneeling down before God Almighty. Pray in a natural way. Do not wait too long.

There is a story about a Vietnam soldier who died with a paper in his hands that read, "Oh God, I have never talked with you, but today I see my friends are all dead. For the first time I want to talk with you. He finished by saying how unfortunate it is that it is too late.

Young man, young girl, today tell the Lord to enter into your life. Tell Him, I want to be your friend, without formalism. The Lord is able to lead your life. Tell Him something natural, not like the **parrot**, something from a friend to a friend. I am praying for you. **Amen.**

Joshua Martinez
American Union Youth Leader



One of the most precious gifts that God has given us is the conscience. The Holy Spirit works with us through our conscience; it is the voice of God speaking to us.

It is like a telephone which is within us and its cable is connected to God through which He speaks to us all day long, telling us what to do and what not to do. Yet, sadly, many people do not want to hear the voice of God, because it rebukes them of their sins and therefore they cut the cable and by so doing, they silence the voice of God within them, and the greatest enemy of our conscience, which is our will, gains the victory.

Sister White writes that our will must be submitted to the voice of our conscience (Test. Vol. 3:84), but often the opposite happens and the voice of God becomes quieter every time we violate our conscience, until it will die out completely.

Even the Gentiles who have never seen or read the Bible obey the law of God and find salvation by the voice of their conscience.

“For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: which show the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another.” Rom. 2:14, 15.

According to the dictionary, the word, “conscience,” comes from the Greek word “sunei desis,” meaning “moral consciousness”. It is an inward faculty of consciousness that sits in judgment on the moral rightness of thoughts, words, and actions independent of individuals’ desires or inclinations.

Our conscience is like a compass, always pointing in the right direction.

As soon as you tempted to do sin, your conscience will tell you to stop, but then Satan comes along and tells you to go against the voice of your conscience and if you do, the voice of your conscience becomes quieter and if you continue to sin, the voice of God will die completely. Then you can continue to commit sin without your conscience bothering you.

“My brother, your soul must be quickened and your faith enlarged. You have so long excused yourself in your disobedience on one plea or another that your conscience has been lulled to rest and ceases to remind you of your errors.” Test. Vol. 4, p. 254.

“When a person once neglects to hear the invitations, reproofs, and warnings of the Spirit of God, his conscience becomes seared, and the next time he is admonished, it will be more difficult to yield obedience than before. And thus with every repetition.” Test. Vol. 5, p. 120.

Judas continued to go against the voice of his conscience until he sinned against the Holy Spirit. Then his conscience condemned him and caused him agony that he could not bear.

“As the trial drew to a close, Judas could endure the torture of his guilty conscience no longer... ‘I have sinned,’ again cried Judas, ‘in that I have betrayed the innocent blood’... and in despair went out and hanged himself.” DA, p. 721-722.

Pilate decided to go against his conscience. He was convinced that Jesus was innocent but the high priest and other Jewish leaders demanded the death of Jesus and he decided to please them rather than obey the voice of his conscience.

“Pilate yielded to the demands of the mob. Rather than risk losing his position, he delivered Jesus to be crucified. But in spite of his precautions, the very thing he dreaded afterward came upon him. His honours were stripped from him, he was cast down from his high office, and, stung by remorse and wounded pride, not long after the crucifixion, he ended his own life.” DA 738.

The highest religious leader, the high priest, told him to go against his conscience and he did, only to cause his own ruin in the end.

At the coming of Jesus all the wicked suddenly realize the mistake they had committed by refusing to obey the voice of their conscience.

“It is impossible to describe the horror and despair of those who have trampled upon God’s holy requirements.” GC 639.

There is a war in each person between their conscience and their will. And most of the time, the will wins and the voice of the conscience is silenced. The results of not obeying the voice of the conscience is misery, depression and, Sister White writes, that even our physical health is ruined by a guilty conscience.

“A person may have property and intellect, and yet be valueless, because the glowing fire of goodness has never

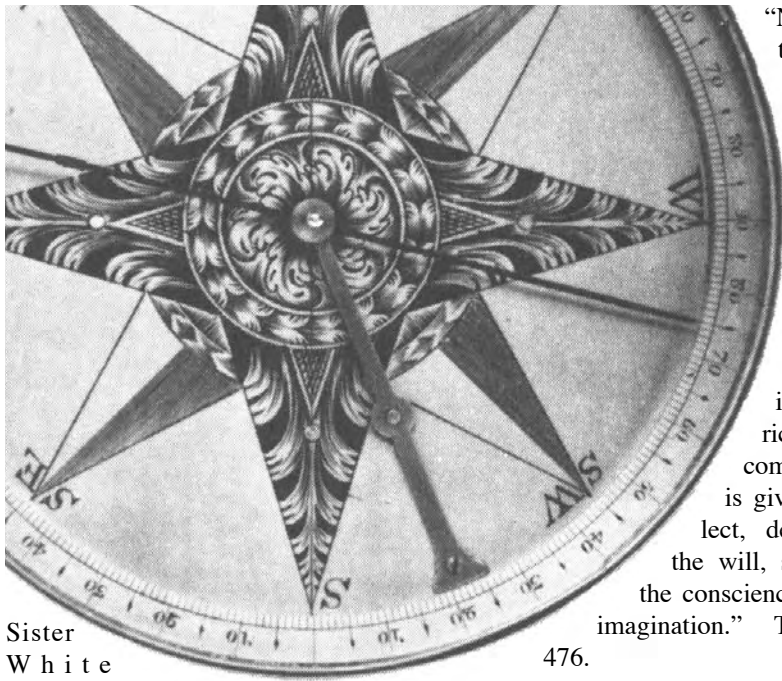
burned upon the altar of his heart, because his conscience has been seared, blackened, and crisped with selfishness and sin.” Test. Vol. 2, p. 305.

“You have sought your own pleasure and selfish gratification at the expense of conscience and the approval of God.” Test. Vol. 3, p. 82.

“The people have not erected graven images, yet their sin is no less in the sight of God. They worship mammon. They love worldly gain. Some will make any sacrifice of conscience to obtain their object. God’s people are selfish and self-caring... They are idolaters and are worse, far worse, in the sight of God than the heathen, graven image worshippers who have no knowledge of the better way.” Test. Vol. 2, p. 440-441.



Pilate decided to go against his conscience.



Sister
White
writes that children

can destroy their conscience by vanity, wrong diet and eating habits, by worldly company, day dreaming and wrong thoughts.

Therefore many children lose their interest in religion and turn to the world. They have learned the truth in their early years, but willfully give it up.

“For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins.” Heb. 10:26.

Without the voice of the Holy Spirit speaking to our conscience we may remain religious, even fanatical as were the Pharisees, but without the joy and peace of heaven in our hearts. No one is so miserable and wretched as the proud Laodiceans who feel themselves spiritually rich.

Satan is working with all his power and cunning deceptions to blunt, quiet, and to destroy our conscience that the connection with heaven will be broken and we cannot hear the voice of God anymore. If our conscience has been blunted by sin, there is still hope to make it sensitive again.

476.

“The result of such Bible study will be well-balanced minds. The understanding will be quickened, the sensibilities aroused. The conscience will become sensitive; the sympathies and sentiments will be purified; a better moral

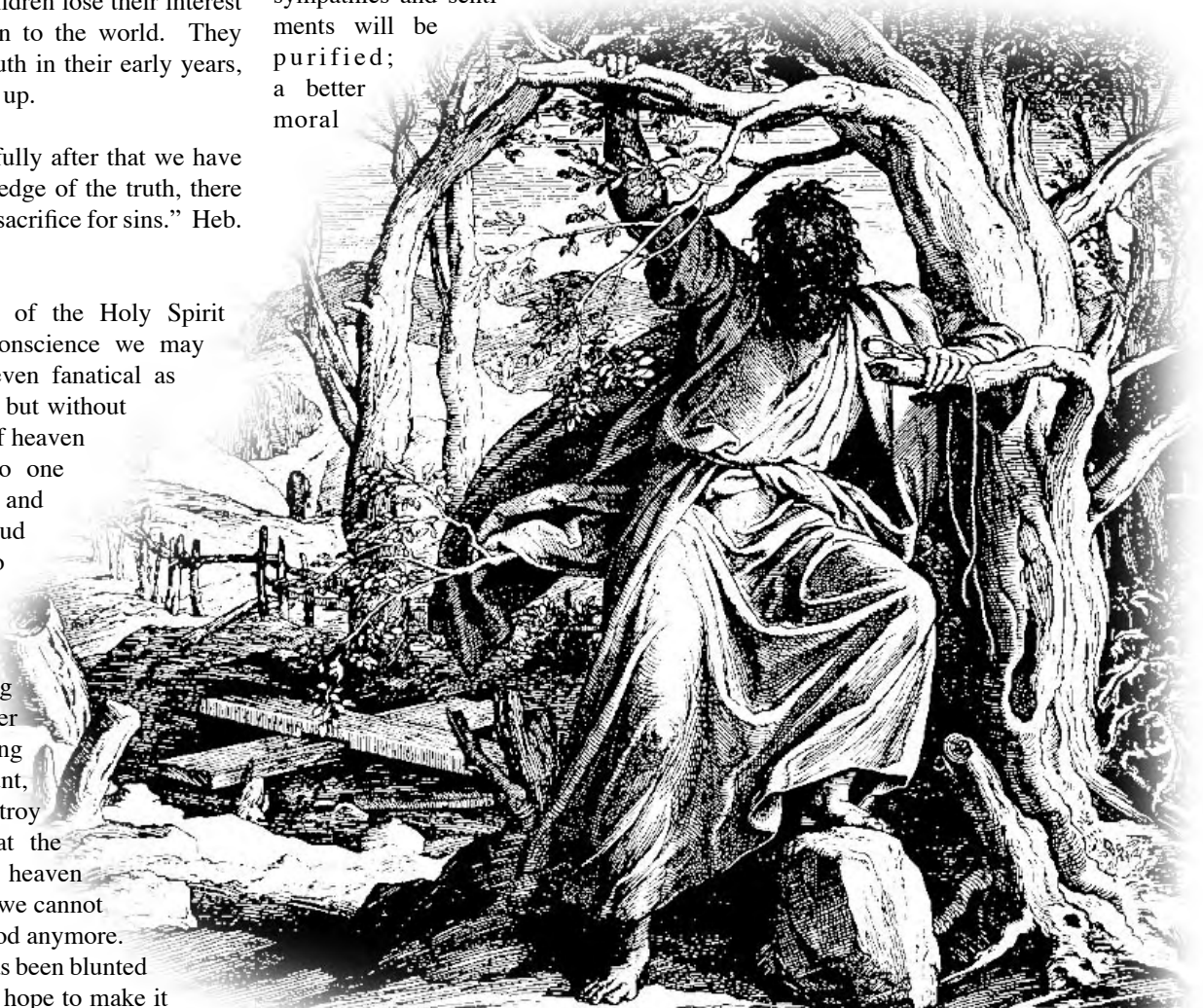
“No one can be truly united with Christ, practicing His lessons, submitting to His yoke of restraint, without realizing that which he can never express in words. New, rich thoughts come to him. Light is given to the intellect, determination to the will, sensitiveness to the conscience, purity to the imagination.” Test. Vol. 6, p.

atmosphere will be created; and new power to resist temptation will be imparted.” CT 357.

Pray to God daily for strength to submit your will to the voice of your conscience. Rather choose death than violating your conscience. Stand for the truth, even that it may cost you your position, your possessions or even your life. Be not like the city of Meroz (Judges 5:23), which chose to remain neutral in the time of crisis, or like Pilate who listened to people and violated his conscience. Take the voice of your conscience as you take the rest of the word of God in the Bible. The cowards who dare not speak up when there is time for it, are the first ones mentioned who will be cast to the lake of fire. (Rev. 21:8).

May the Lord help us to count the cost if we violate our conscience and make a firm resolution to submit ourselves to the voice of God speaking to the telephone within us, our conscience. *Amen.*

Timo Martin, Canada



Judas could endure the torture of his guilty conscience no longer

YOUR PLACE IN TIME



Esther 4:14

“For if thou altogether holdest thy peace at this time, then shall there relief and deliverance arise to the Jews from another place, but thou and thy father’s house shall be destroyed. And who knoweth whether thou art come to the kingdom for such a time as this?”

When we look back on world events and history, we often have a nostalgic view of what it must have been like to live in certain times in those days, but especially in Biblical times. Some, when looking back, talk of the “good ol’ days”. I often thought about this and arrived at an inescapable conclusion that though we cannot choose the period of history in which we live, we must decide “how” we will live during our place in “time”.

We all have a place in time. Be it troublesome, precious, exciting, stirring, perilous, solemn, woeful, or sacred, we have a place in time. We will learn more of this topic in a practical, useful manner for us today... a lesson, a message for living in your time.

This truth is shown by the courageous action of the young and beautiful Queen Esther, and a relative, her cousin Mordecai. Esther (the name means “star” in Greek), “was a young Jewess maiden who feared God and communed with Him.” (PK 601) As queen of Persia, she was used by God to deliver her people from certain massacre. The king, called Ahasuerus in the book of Esther, was Xerxes, who reigned from 486-465 B.C.

Esther was actually the queen of the powerful kingdom of Medo-Persia (now Iraq). The Medo-Persians were known as a rude and uncultivated race, who joined with Babylon to destroy the Assyrian kingdom about 612 B.C. King Ahasuerus (Xerxes I) was a mad-man, and a pagan king, who unsuccessfully tried to conquer Greece. His prime minister, Haman, was also cruel and a man filled with a fierce and consuming hatred for the captive Jews. He plotted to destroy all the Jews, a racial minority, in the Medo-Persian empire because, Mordecai, Esther’s cousin, would not bow to him. (Esth. 3:2). A death decree was subsequently issued.

Mordecai urged Esther to risk approaching the king and appeal to him on behalf of the Jews. Mordecai said to Esther, “who knows whether you have come to a royal position and to the kingdom for such a time as this”? (Esth 4:14). Mordecai asked a very interesting question, and a very important question that every believing Christian should consider and think about as we proceed.

Esther, in her time, was used by God to deliver her people from a bloody, treacherous massacre. Like Esther, each of us is a unique individual, too, in history and time. Our birth was no accident and neither is God’s call to be His representatives.

It is a privilege to belong to Christ and a high calling to stand boldly for Him during our “place in time.” So, what is your place in time? Sis. White (1T 16; 5T 321) was very impressed by the lesson and the experience of Esther. We can be encouraged by it also, by reading Esther. She said, furthermore, “there’s a work to do in this age, and parents should educate their children to share in it, and to participate in it...” meaning, get involved!

The words of Mordecai to Esther may apply to the men and youth of today: “Who knows whether thou art come to the kingdom for such a time as this”? Young men should be gaining or building a solid

character so that they can be fitted up or prepared to be useful in their time. Daniel and Joseph were youths of firm principles, whom God used to carry out His purpose. Look into their history. They both had many experiences that tested their courage and uprightness to the limit. Joseph, for example, was sold as a slave, unjustly accused, and cast into prison. But, he wasn't discouraged, and trusting in God reached the throne of Egypt.

Daniel's life, also, was no accident. It was providence. His talents from a child and his early training, were improved and cultivated. Study the Scriptures, I urge you, to be strong and wise as Joseph and Daniel. Yes, it is possible.

Sis. White was further encouraged with the words of Esther, "I will go in unto the king, even if it is against the law, and if I perish, I perish." (Esth 4:16) But, with these words, we can easily see that many today think the same way. How is that? Well, they are drifting, wavering between hope and fear. They want to be saved and have the love of God, but are lacking, in doubt, and are in bondage (slaves) by timidity, or shy, and lack confidence, much as Moses did at one time early in his life. But, above all, fear of failure!

They need to surrender without delay and find a gracious Saviour, ready to present His mercy, as the scepter king Ahasuerus (Xerxes I) offered to queen Esther of his favor.

"All that is necessary of a sinner, trembling in the presence of His Lord, is to put

your hand of faith out and touch the scepter of Jesus' grace. That touch ensured His pardon and peace." (1T 16).

"All things work out for the good, we know, for those who love God." (Rom 8:28). This is God's great design for us. He orders our steps



ESTHER BEFORE THE KING

below here on earth for purposes that are divine. Every child of God has a special place in time you can now see.

When one claims to be a man; manhood, it's determined by what? Prowess; bravery, fighting capacity, skills? Not exactly. But, by the use of powers that God has given him, the talents are for the good of others. What does God require? Well, that we love God supremely with His might, mind, strength, and our neighbour as well. So,

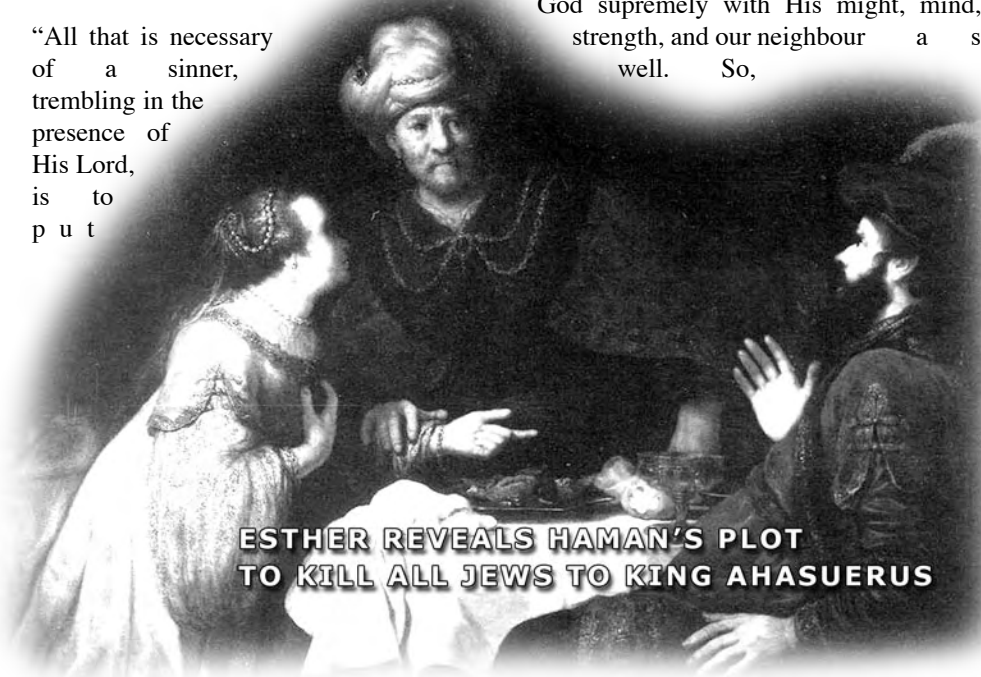
"examine yourselves, whether ye be in the faith; prove your own selves." (2 Cor. 13:5) But, how, one asks? By denying yourself! This means doing good instead of pleasing self. It means, simply, selflessness. It

means, further, patiently working for the good of others, even if our efforts don't seem appreciated. "Is the word of God the rule in your life? As long as you look to Jesus you're safe; but if in yourself only, you're in grave danger." (In Heav. Pl. 222-230).

The crises of the ages are right upon us. The signs are all there. It's stealing gradually upon us. The temptations of the enemy are stronger. He knows his time is short. God speaks to us, "gather my saints together unto me." (Ps 50:3-5) He's gathering them now, from far parts of the world for that great spiritual battle.

Let your prayer be; let your earnest inquiry be, "Lord, what wilt thou have me to do?" He has already told you! "Go into all the world, and preach the gospel to every creature, go to all classes, cities, highways and byways." (Mark 16:15). And, "know ye not that ye are not your own. You're bought with a price." (1 Cor. 6:19, 20).

"The voice of duty is the voice of God." (Eccl. 9:10) Look upon every duty as sacred, because it's God's service. Say, "God, please help me to do my very best... give me energy, a clear mind, cheerfulness, strength, and then your life will be filled with brightness, and thanksgiving." (In Heav. Pl. pg, 226)



ESTHER REVEALS HAMAN'S PLOT TO KILL ALL JEWS TO KING AHASUERUS

“The season of distress and anguish is just before us and requires a faith that can really endure. Endure what? Weariness, delay, hunger... a faith that won’t fail when tested. The “time of trouble” will soon involve the whole world. God’s people can expect great tribulations. Who are the people of God that will suffer the most during the “time of trouble”? Well, those with little faith now! They never made it a habit to trust God. But, conforming, compromising, and complicity with the evil of the world. Jesus Christ is our pattern.” (GC 932). “He was holy, harmless, undefiled, separate from sinners.” (Heb 7: 26).

But, “He was in contact with them for their salvation, but the Pharisees judged Him as losing His Nazarite character.” (HC 7:39; 1Cor. 9:19-23; 10:27). “Now is the time to become perfect in Christ.” (GC 623)

“Everyone must stand for himself before God.” (Ezek 14:20). There will be no High Priest in Heaven. The probationary period will be closed. No more intercessory prayers. No pleading. No forgiveness. “He that is unjust, let him be unjust still; and he that is filthy, let him be filthy still; and he that is righteous, let him be righteous still; and he that is holy, let him be holy still.” (Rev 22:11). God’s people will flee from the cities and villages, from angry mobs.

“The Sabbath will be proclaimed more fully at the pouring out of the Holy Spirit, just before the
l a s t

plagues fall. Some of God’s people will be in prison, some in forests and mountains. Some will be in the courts and martyred, in the news media and in public view. (Rev 6:9-11). All of this and more will begin in the U.S.A. with the passing of the Sunday Law.

What will be the reaction of many? And, a sign for the believers? We can read an unknown prophecy soon to be fulfilled in Isa. 59:19... “So shall they fear the name of the Lord from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him.”

The leaders, the saints, the children of God shall be like, “a city that is set on a hill and cannot be hid.” (Matt. 5:14) They will be at war. As church members, we’re in the Christian army, enlisted and serving. Armour; breast plates of righteousness, helmets of salvation, swords of truth.

These will be their formidable weapons. There’s no possibility of



HAMAN ASKS ESTHER TO SPARE HIS LIFE

mistaking them. But, the “salt of the earth,” in order to preserve from corruption and wickedness has to be placed in the middle of it and before it can do its work causes excessive irritation, which spells... persecution.

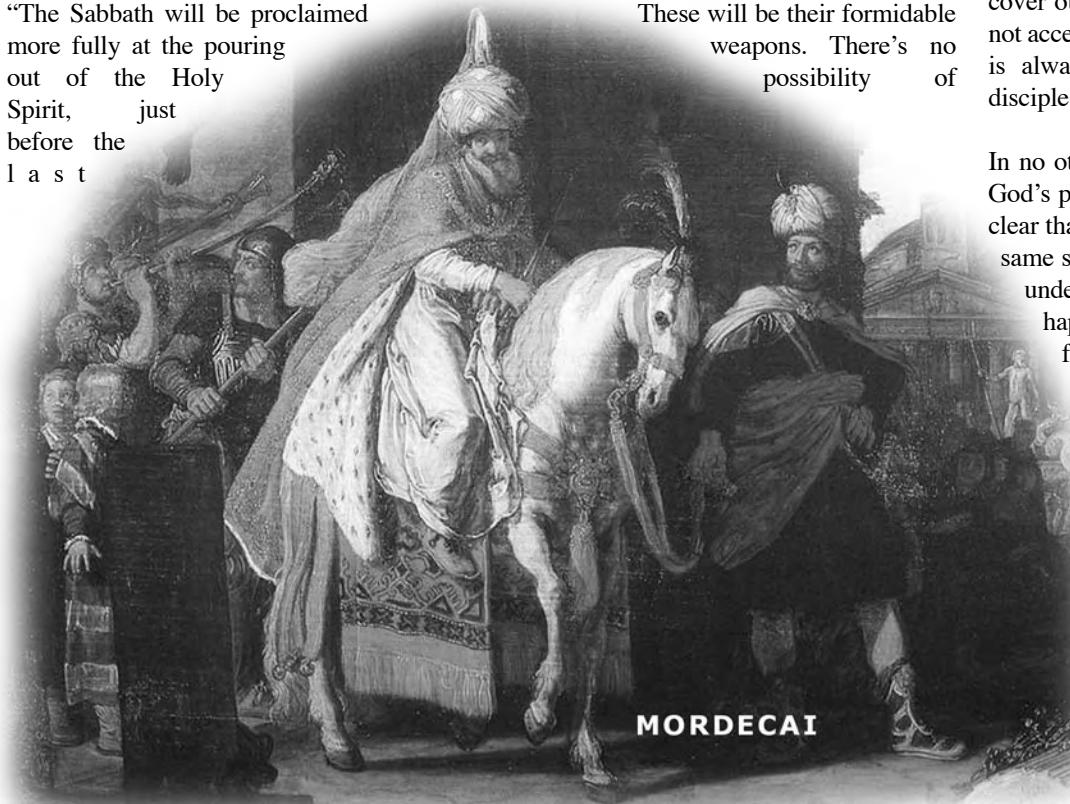
Light attracts bats, night moths, mosquitoes and burglars, as well as honest people. Jesus warned us, many will be deceived, betrayed, cheated (defrauded). Cities, too, attract the vilest, and are gathering places for the wicked, lazy, parasites, and ungrateful.

All these considerations and factors can make many believe we are not salt, or to make us put our light under a basket, or cover our city with fog. But, no, Jesus will not accept this practice or teaching, for there is always the faithful remnant... faithful disciples.

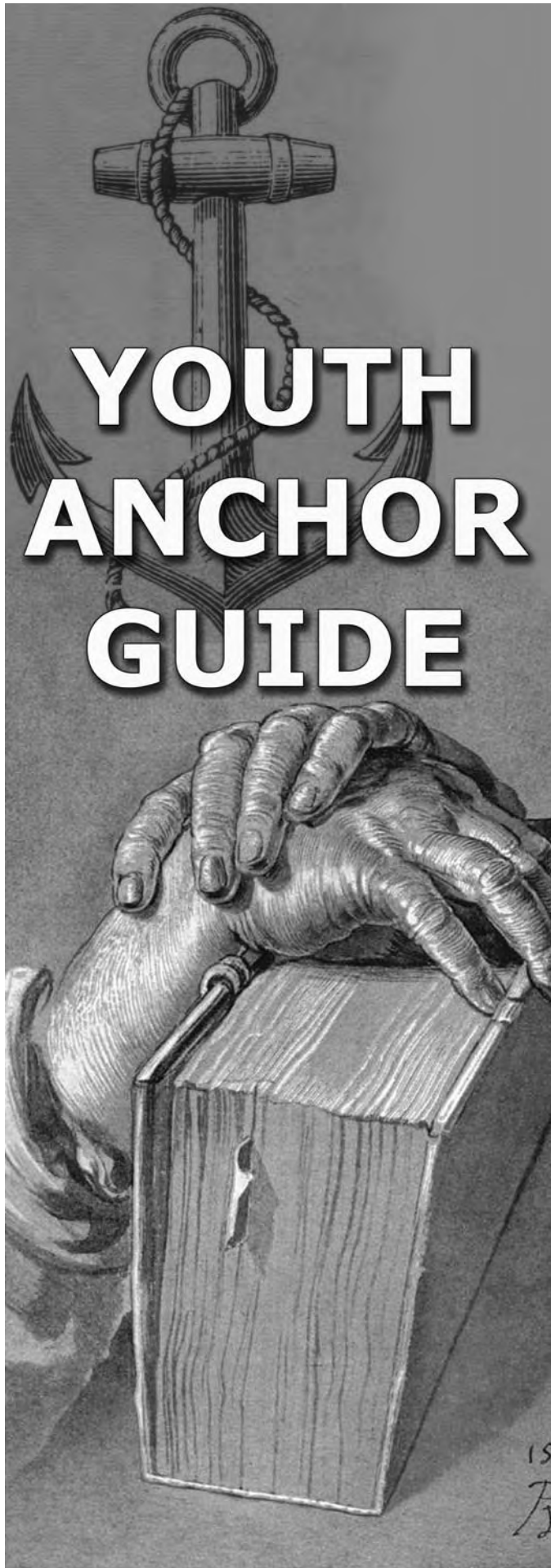
In no other book or portion of the Bible is God’s providential care of His people more clear than in the book of Esther. We are that same spiritual Israel of today. All of life is under God’s command. Nothing “just happens”! It was all part of God’s plan for the Jews in their time and place.

God’s people will be delivered again in the time of trouble, every one that shall be found written in the Book of Life. (Dan 12:1). “And they shall be mine, saith the Lord, in that day when I make up my jewels.” (Mal. 3: 17) “Set a crown (mitre) upon their heads.” (Zech 3:4, 5)

This could be YOUR PLACE IN TIME! **AMEN.**
John Theodorou, USA



MORDECAI



“Let no man despise thy youth: but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith and in purity. Take heed unto thyself and unto the doctrine; continue in them: for in doing this thou shalt save both thyself, and them that hear thee.”
1 Tim. 4:12,16.

“Keep your heart with all diligence, for out of it spring the issues of life, put away from you a deceitful mouth and put perverse lips far from you. Ponder the path of your feet, and let all your ways established. Do not turn to the right or the left; remove your foot from evil.” Prov. 4:23-27.

My fellow youth, it is now when we have power, energy, that we are able to preach the gospel, and accomplish everything which needs to be done in the ministry. God is lacking people who have power enough to campaign for the soon coming of the Saviour. Why? Because the youth are very busy with the pleasures of this world. They forget that they were bought with a high price, the blood of the only Son of the Most High. They are all enveloped in darkness. But God is calling His honest youths to come out of the darkness. Rev. 18:4.

There are some youth who are very busy with today’s pleasures of this soon-perishing world. When they fall sick, without any work, it is now when they come and say, “I am a repentant sinner.” Repentance out of fear is not acceptable to God. God doesn’t want rejects. He wants you now when you can work, when you are still strong.

It is the privilege of parents to take their children with them to the gates of the city of God, saying, “I have tried to instruct my children to love the Lord, to do His will, and to glorify Him.” To such the gate will be thrown open, and parents and children will enter in. But all cannot enter. Some are left outside with their children, whose characters have not been transformed by submission to the will of God. A hand is raised, and the words are spoken, “You have neglected home duties. You have failed to do the work that would have fitted the soul for a home in heaven. You cannot enter.” The gates are closed to the children because they have not learned to do the will of God, and to parents because they have neglected the responsibilities resting upon them.

Light has been shining from the word of God and the testimonies of His spirit, so that none need err in regard to their duty. God requires parents to bring up their children to know Him and to respect His claims; they are to train their little ones, as the younger members of the Lord’s family to have beautiful characters and lovely tempers, that they may be fitted to shine in the heavenly courts. By neglecting their duty and indulging their children in wrong, parents close to them the gates of the city of God.

These facts must be pressed home upon parents; they must arouse and take up their long neglected work.

IMPORTANCE OF THE HOME SCHOOL

Upon all parents there rests the obligation of giving physical, mental and spiritual instruction. It should be the object of every parent to secure to his child a well-balanced, symmetrical character. This is a work of no small magnitude and importance, a work requiring earnest thought and prayer no less than patient, persevering effort. A right foundation must be laid, a framework, strong and firm, erected;

and then day by day the work of building, polishing, perfecting must go forward." CG, p. 17. Prov. 22:6.

I cannot promote the studying of novels of this world, because their influence is not good for our spiritual life. Let us study the Bible and the Spirit of Prophecy. To those who do not believe in the Spirit of Prophecy, here is a certain fact: A certain pastor lived somewhere in the town of Ephesus. Now, this pastor was transferred to go to Pergamos. His fellow believers in Ephesus loved him so much that they didn't want him to go. He said, "No, someone will come and replace me." The people asked, "How will we know that someone has really replaced you? What will verify that he is the one?" Then the pastor said, "Bring me a stone." He then broke that stone and took one half. He left the other half with the people. When leaving, he said, "If any one will bring a half of the stone which will fit this half which I will leave with you, know that he is the one that has replaced me." So the Bible and the Spirit of Prophecy fits together without a gap or a corner. Rev. 19:10. Isa. 8:20.

THE BIBLE AS YOUR TEXTBOOK

The lessons of the Bible have a moral and religious influence on the character, as they are brought into the practical life. A noble, all-around manhood does not come by chance. It is the result of the molding process of character building in the early youth and a practice of the law of God in the home. God will bless the faithful efforts of all who teach their children as He has directed.

"The children in every family are to be brought up in the nurture and admonition of the Lord. Evil propensities are to be controlled, evil tempers subdued; and the children are to be instructed that they are the Lord's property, bought with His own precious blood, and that they cannot live a life of pleasure and vanity, have their own will and carry out their own ideas, and yet be numbered among the children of God. The children are to be instructed with kindness and patience... Let the parents teach them of the love of God in such a way that it will be a pleasant theme in the family circle, and let the church take upon them the responsibility of feeding the lambs as well as the sheep of the flock." CG, p. 41, 42. Josh. 1:8.

JESUS OUR PATTERN

"Wonderful in its significance is the brief record of His early life: 'The child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon Him.' In the sunlight of his Father's countenance, Jesus "increased in wisdom and stature and in favour with God and man." Luke 2:52. His mind was active and penetrating with a thoughtfulness and wisdom beyond His years. Yet His character was beautiful in its symmetry. The power of mind and body developed gradually, in keeping with the laws of childhood." DA, p. 68.

"Every child may gain knowledge as Jesus did. As we try to become acquainted with our heavenly Father through His word, angels will draw near, our minds will be strengthened, our character will be elevated and refined. We shall become more like our Saviour. And as we behold the beautiful and grand in nature, our affections go out after God. While the spirit is awed, the soul is invigorated by coming in contact with the infinite through His works. Communion with God through prayer develops the mental and moral faculties and the spiritual power strengthens as we cultivate thoughts upon spiritual things." DA, p. 70, 71.

BEST EDUCATION & ITS PURPOSE

The youth should be educated by precept and example that they are to be agents for God, messengers of mercy, ready for every good word and work, that they are to be blessings to those who are ready to perish. We are in great need of educated ability, and the talents entrusted to our youth should be consecrated to the service of God, and employed in His work. There should be men and women who are qualified to work in the churches and to train our young people for special lines of work, that souls may be brought to Jesus. Youths should be not after the order of worldly seminaries and colleges. They are to be altogether of a higher order, where no phase of infidelity shall be originated or countenanced. The students are to be educated in practical Christianity and the Bible must be regarded as the highest, the most important textbook. Josh. 1:8. FE 231.

WHAT SHALL WE PLAY?

Some of our youth are in government

schools, mission schools, etc., where there are a lot of games which are contrary to our faith. Now we want them to defend their faith. They have a lot of trials to undergo, but God wants them to be as faithful as a needle in a compass to the pole where defending the law of God is concerned. Youths, wherever you are, stand firm on the platform of the Decalogue as did Shadrack and his companions in the plain of Dura.

Substitute the innocent for the sinful— There are amusements, such as dancing, card playing, chess, checkers, etc., which we cannot approve of because heaven condemns them. These amusements open the door for great evil. They are not beneficial in their tendency, but have an exciting influence, producing in some minds a passion for those plays which leads to gambling and dissipation. All such plays should be condemned by Christians and something perfectly harmless should be substituted in their place.

While we restrain our children from worldly pleasures that have a tendency to corrupt and mislead, we ought to provide them innocent recreation to lead them in pleasant paths where there is no danger. No child of God need have a sad or mournful experience. Divine commands, divine promises, show that this is so—wisdom's ways "are the ways of pleasantness and all her paths are peace." AD, p. 498. Deut. 6:5.

DRESSING

The Blessing of Proper Dress

In dress, as in all things, it is our privilege to honour our Creator. He desires our clothing to be not only neat and healthful, but appropriate and becoming.

I want to inform my fellow youths field-wide, instruction from God. There is a problem in dressing. In our denomination we don't allow see-throughs, mini skirts, or dresses with slits and anything else that is in contrast to our fundamental beliefs and principals of our faith. 1 Tim. 2:9.

The dress and its arrangement upon the person is generally found to be the index of the man or woman.

We judge a person's character by the style of dress worn. A modest, godly woman will dress modestly. A refined taste, a cultivated mind, will be revealed in the choice of

simple, appropriate attire. The one who is simple and unpretending in her dress and in her manners shows that she understands that a true woman is characterized by moral worth. How charming, how interesting is simplicity in dress, which in comeliness can be compared with the flowers of the field. CG, p. 413, 414.

Danger in Love of Dress

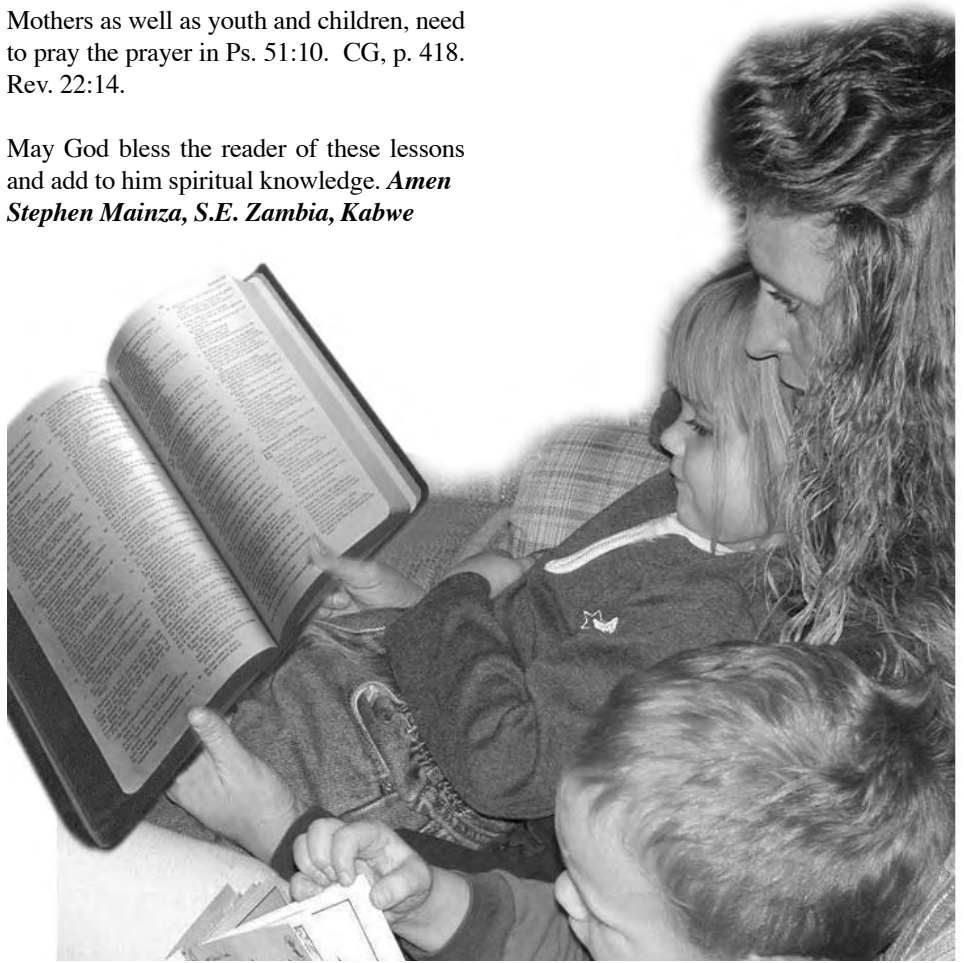
The love of dress endangers the morals and makes a woman the opposite of a Christian lady, characterized by modesty and sobriety. Showy, extravagant dress too often encourages lust in the heart of the wearer and awakens base passions in the heart of the beholder. God sees that the ruin of the character is frequently preceded by the indulgence of pride and vanity in dress. He sees that the costly apparel stifles the desire to do good.” CG, p. 416. 1 Pet. 3:3, 4.

The Only Dress Admitted into Heaven

There is a dress which every child and youth may innocently seek to obtain. It is the righteousness of the saints, if they will only be as willing and persevering in obtaining this as they are in fashioning their garments after the standard of worldly society. They will very soon be clothed with the righteousness of Christ, and their names

will not be blotted out of the book of life. Mothers as well as youth and children, need to pray the prayer in Ps. 51:10. CG, p. 418. Rev. 22:14.

May God bless the reader of these lessons and add to him spiritual knowledge. ***Amen***
Stephen Mainza, S.E. Zambia, Kabwe



**Br. Henry Dering
Conducts An
Evangelistic Series.**

CROHN'S DISEASE



SYMPTOMS

Loss of energy, appetite and weight. Chronic diarrhea, fever, chronic rectal bleeding, malabsorption, pain in the entire abdomen, excess fat in the stool (resulting in pale, bulky stools that float). Malnutrition results.

CAUSES

Crohn's Disease is also known as regional enteritis. Ulcerative colitis is a different disorder, but similar enough in symptoms and treatment that we will list them together.

The difference is that ulcerative colitis only involves the first two layers of the intestinal wall (the mucosa and sub mucosa); whereas Crohn's Disease also affects the next two layers (the connective tissue and the wall muscles).

Crohn's Disease is a chronic ulceration of one or more sections of the digestive tract. Three special facts are: 1) the ulceration reaches into all layers of the gastro-intestinal (GI) wall, 2) the entire GI tract can be involved, from mouth to the anus, and 3) this is usually a long-lasting condition.

As the inflamed portions heal, scar tissue remains, which keeps narrowing the channel. Many puzzles still surround this condition. The origin is not clearly understood, and certain racial groups contract it more than others (Jews have it more than anyone else).

But certain facts stand out:

Food allergies may help it start, and identifying and avoiding them helps reduce it. A lack of Vitamins C & E in the diet aggravates the problem.

People in Europe and North America have it far more than those living elsewhere in the world. Jews in America have it much more than Jews in Israel. Caucasians have it less often than Jews, but more often than other races.

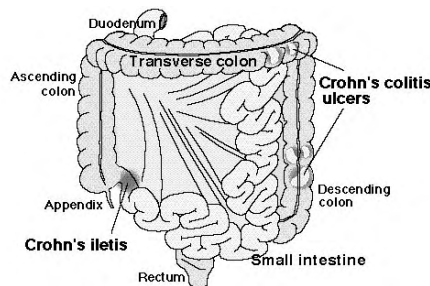
Therefore it is likely that the modern, Western diet is a significant factor. Eating simple, nourishing food is an important

aspect of dealing with this problem.

Rarely does the disease strike once and go away. Most of the time it recurs for years. When this happens, the ongoing scarring keeps reducing bowel function.

If ignored, eventually Crohn's Disease can lead to cancer.

No definite cure is known, but certain things tend to alleviate the problem.



CROHN'S DISEASE

It is believed that Crohn's Disease is an auto-immune problem; that is, the GI tract has become so toxic from years of mistreatment, that the immune system becomes confused and begins attacking the part of the body housing the toxic food.

TREATMENT

- A fat-free diet helps. It is known that those with Crohn's Disease cannot absorb fats well and do not tolerate high-fat diets.
- Do not use spices, such as mustard, vinegar, pepper, and horseradish.
- Drink plenty of liquids, such as distilled water and fresh juices.
- Cabbage juice contains Vitamin U, the anti-ulcer vitamin, which is good for the walls of the GI tract.
- Eat no junk food or use tobacco, caffeine, alcohol, and useless things which only harm you.
- Eliminate all food additives. Do not use sugar or sugar foods. One study revealed that patients contracting Crohn's Disease had previously been eating more sugar than the average population. Eat high-fibre, unrefined carbohydrates (whole grains). However, gradually increase the fibre content, all the while chewing well, so as not to irritate the GI tract. If you cannot

chew well, then blend the food.

- Individuals who contracted Crohn's Disease were found to have eaten few raw fruits and vegetables prior to developing the condition.
- Mainly eat non-acidic fresh or cooked vegetables, such as broccoli, cabbage, carrots, celery, kale, garlic, and Brussels sprouts. Never fry anything.
- Avoid overeating, in order to reduce the inflammation of the GI wall.
- Gluten tends to make the problem worse. So avoid gluten-containing grains (which are wheat, oats, rye, barley, and buckwheat). Remarkable results can be obtained, but the gluten-free diet must be strictly adhered to; not even tiny amounts in the diet may be permitted.
- Lactose intolerance is frequent. Avoid all milk products.
- Eliminate all possible food allergies and other allergies. Crohn's patients tend to have allergic conditions, such as hay fever and eczema.
- Regularly obtain sunshine and fresh air.
- Avoid stress, anxiety and worry. Keep calm and relaxed. Avoid even exciting, competitive games.
- Charcoal will help control the diarrhea. Take 4-6 tablets, 2-3 times a day between meals. If the charcoal irritates the colon, stir the charcoal into water; let the charcoal settle to the bottom, and only drink the apparently clear top part.
- Make sure the bowels move daily.
- Surgery, antidiarrheal drugs, and corticosteroids should be avoided. They worsen the condition rather than improving it. A full 50% of those who undergo surgery report a rapid increase in symptoms afterwards.
- Helpful herbs are black walnut, burdock, goldenseal, pau d'arco, psyllium, saffron, aloe vera, fenugreek, slippery elm, and white oak bark.

See also "ulcerative colitis."

ENCOURAGEMENT: There is a mighty power in prayer. Our great adversary is constantly seeking to keep us away from God. But the humblest soul can, through earnest prayer, penetrate the clouds and lay hold on the arm of God in heaven. John 14:23.

Submitted by Kathleen Ross, Canada

THE DREAM



CHILDRENS CORNER

As the guests came together in the brilliantly lighted parlour at the home of Mary Armstrong that crisp winter evening, there was nothing unusual in the appearance of the rooms to indicate that the party to which they had been invited was to be in any respect different from the round of gaiety to which they had been devoting themselves for the greater part of the winter. Some of the guests, as they greeted their young hostess, noticed an unusual degree of nervousness in her manner, but, attributing it to the excitement of preparation and anticipation, thought no more of it, and all were soon engaged in lively conversation.

The musicians were in their places, and the young people were beginning to wonder why the signal was not given for the orchestra to begin playing, when Mary, her sweet face flushed and pale stood up near the musicians. After closing her eyes for a moment, during which time the room became perfectly still, in a voice at first trembling, but clear and steady she said: "Friends, I know you will think me very strange, but before we do anything else, I must tell you about the dream I had last night."

"My dream made quite an impression on my mind and heart and I must tell it to you. I dreamed that tonight had arrived, and you all had assembled in these rooms, when there came to the door, a guest who seemed strangely familiar, and yet whom I could not recognize. He had a rare face, peaceful, yet a little sad in its expressions, and His eyes were more penetrating than any I had ever seen before. He was dressed in neat yet very plain clothing, but there was something in His appearance, which told me He was no ordinary man.

"While I was trying to think where I had seen Him, He came up to me and took my hand and said, gently, 'Don't you recognize me, Mary?' Surprised that He knew my name so well, I could only say, 'Your face, sir, seems familiar, yet I cannot remember your name.'

"But I am one of the guests you invited here this evening, or, I should say, a guest that both you and your parents invited many times to come, whenever I am able to. You have invited me to make my home here; and I have come tonight to join your little company of friends.'

"I beg your pardon,' I replied, 'but I really don't remember your name, can you please tell me what it is?'

"Then He showed me the palms of His hands, in which were scars which came from nail wounds, and He looked right through me with those piercing yet tender eyes; and I did not need to have any one tell me that this was Jesus.

"I was startled and for a moment stood still, not knowing what to say. Why could I not fall at His feet and say with all my heart, 'I am filled with joy at seeing you here, Lord Jesus?'

"With those eyes looking into mine, I could not say it; for it was not true. For some reason, at that time I only half understood myself, and I really was sorry that He had come. It was an awful thought to be glad to have all the rest of you guests here, yet sorry to see Jesus! Could it be that I was ashamed of Him, or was I ashamed of something in myself?

"After a few minutes I recovered myself in a degree, and said, 'You wish to speak with my parents I am sure.'

"Yes, Mary,' as He accompanied me to where my mother and father sat gazing in surprise at my confusion in greeting an unexpected guest; 'but I came this evening chiefly to be with you and your young friends; for I have often heard you speak enthusiastically in your youth meetings at church about how delightful it would be if you could have me visibly present with you.'

"Again the blush came to my cheeks as

the thought flashed through my mind, tomorrow night is prayer meeting night and I should have been delighted to see Him there, but why not tonight, on this pleasant occasion? I led Him to my parents, and, in a somewhat shame faced fashion, introduced Him.

"They both gave a start of amazed surprise, but, convinced by His appearance that there was no mistake, my father recovered himself and bade Him welcome, as he offered Him a seat, remarking that this was an unexpected pleasure. After a somewhat lengthy pause, he explained to Jesus that his daughter, Mary, being very busy with her school studies, having had little variety in her life, had been allowed to invite a few friends in for a social evening, with a little quiet dancing to get some healthful exercise. Her friends were all of very good character and he felt that this was a harmless amusement, which the church had come to look upon in a somewhat different light from that which it was viewed forty years ago. Removing the objectionable feature of bad company had made this pleasant pastime a safe indulgence.

"As my father stammered out, in the presence of Jesus, these words of apology, which had fallen from my own lips, I felt myself flush crimson with shame both for my dear father and myself. Why should he apologize at all for what he considered unquestionably right? How hollow it all sounded there in the presence of the Lord! Did not Jesus know that my studies were not so pressing and that I was permitted to stay up late and have a social party with my friends several nights every week?

"Then father, anxious to relieve my embarrassment, said, 'I am sure we can leave these young people safely to themselves, and nothing would please me so well as to take you, my Lord Jesus, off into my study for a talk.'

"No,' said Jesus, 'Mary has often invited me, and I came tonight especially to be

with her. Will you introduce me to your friends, Mary? Some of them I know, but some I don't know.'

"Of course, all this time you, friends, were looking much in our direction, wondering at our embarrassment, and perhaps guessing that we had been made uncomfortable by the arrival of a not altogether welcome guest. I led Him first to some of the church-members among you, and every one of you looked rather uncomfortable after the introduction.

"As it became known who the guest was, faces changed colour, and some of you looked very much as if you would like to leave the room and go home. It really seemed as if the church members were just as unwilling to meet Jesus as those who were not Christians.

"One of you came up quietly and whispered to me, 'Shall I tell the musicians not to play the dance music, but to look up some religious songs?' Jesus heard the question, and looking at us both squarely in the face, simply asked, 'Why should you?' and we could not answer. Someone else suggested we could have a very pleasant and profitable evening if we should change our original plans, and invite Jesus to talk to us. But Jesus simply asked us, 'Why should my presence change your plans?'

"After I had introduced the Lord Jesus to you all, and no one knew what to do next, Jesus turned to me and said: 'You were planning to dance, were you not? It is high time you began, or you cannot complete your program before daylight. Will you not give the word to the musicians, Mary?'

"I was much embarrassed. If I was living according to what I knew to be right, then Jesus' presence ought only to add joy to the occasion; yet here were all my guests, as well as myself, made wretchedly uncomfortable by the presence of Him whom most of us called our best Friend. Determined to throw off this feeling and be myself, at His word I ordered the musicians to play for the first dance.

"The young man with whom I normally dance did not come to dance with me, and no one went onto the dance floor. This was still more embarrassing. The orchestra played once more, and two or three couples uneasily went out to the dance

floor and began to dance in a rather formal fashion. I was almost beside myself with shame and confusion, when Jesus turned to me and said: 'Mary, your guests do not seem comfortable. Why do you not, as their hostess, relieve their embarrassment by dancing, yourself? Would it help you any if I should offer to dance with you?'

"My confusion gave way to an expression almost of horror, as I looked into those tenderly sad eyes and cried, 'You dance! You cannot mean it!'

"Why not, Mary? If my disciples may dance, may not I? Did you think all this winter, when you and others of my disciples have gathered for the dance, or the card-party, or at the theatre, that you left me at home or in the church? You prayed for my presence in the prayer meeting; you did not quite want it here; but why not, my dear child? Why have you not welcomed me tonight, Mary? Why has my presence spoiled your pleasure? Though I am 'a Man of sorrows, and acquainted with grief,' yet I delight to share and increase all the pure joys of my disciples. Is it possible that you leave me out of your pleasure, Mary? If so, is it not because you feel that they do not help you to become like me and to glorify me; that they take your time and strength and thought to such an extent that you have less delight in my Word and in communion with me? You have been asking, 'What's the harm?' But you should be asking, 'What is the gain?' Have you done these things for the glory of God? If it is inappropriate for me to dance, would it not be equally

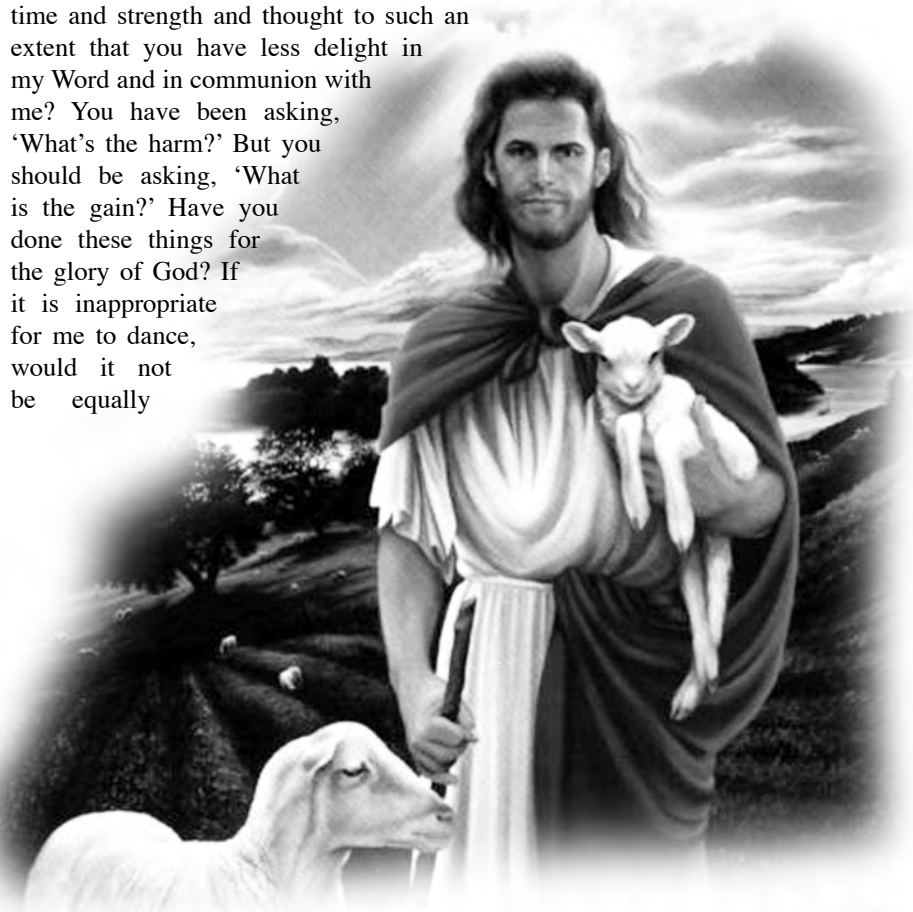
inappropriate for my disciples also to dance?'

"It was plain to me now that what I was doing was wrong. Overcome with self-reproach and profound sorrow, I threw myself on the floor at His feet, and sobbed out my repentance.

"With a, 'Daughter, go in peace; thy sins be forgiven thee,' He was gone. I awoke and found that it was all a dream. And now I want to ask you, my friends, shall we go on with the usual program tonight, or shall we discuss together what we, as young people can do to make the world better for our having lived in it? Shall we live to honour and glorify God?'

The vote was unanimous in favour of forgetting the party and making plans to be more useful in society. This was by far the best social evening so far that winter, and there were many more similar gatherings in the future.

Ever after these youth remembered this dream and kept before them the thought of "What would Jesus do?" allowing this to control their decisions and actions, and what a blessing they were in the world.

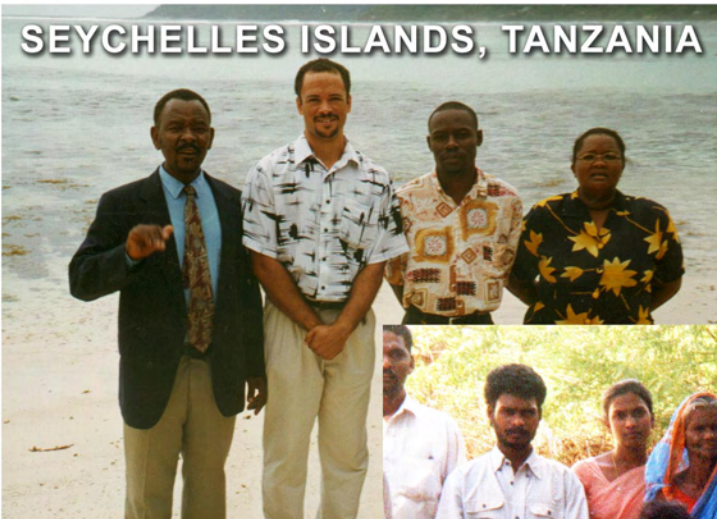




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