



HOW TO DEAL WITH FRUSTRATION

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.” Galatians 2:20.

This is a very well known Bible verse that many of us know by heart, but the big question is whether we can apply it to ourselves. Can we really say *“I am crucified with Christ”*, or should we maybe say, *“Paul was crucified with Christ”*?

Paul’s thorough conversion can be verified in different passages in the Bible. When in 1 Corinthians 11:1 he says *“Be ye followers of me, even as I also am of Christ”*, a thought that he repeats to the Philippians (3:17), there is not a single bit of pride or presumption in his declaration, but a self-awareness of his total consecration to His divine Master. Christ can only live in us by faith, therefore if we believe He is in us, we act accordingly.

Unfortunately, one of our favourite chapters in the Bible is Romans 7 and from it, verses 14 to 23, *“For we know that the law is spiritual: but I am carnal, sold under sin. For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that [it is] good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but [how] to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more*

I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.”

How many times are these verses used as an excuse for our weaknesses of the flesh! If Paul, the great apostle of the Gentiles said this and experienced it, what can anyone expect from us? But Paul wrote and experienced chapter 8 as well, and he declares *“the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.”* (8:2).

Jesus, on the other hand was *“in all points tempted as we are, yet, without sin.”* (Hebrews 4:15). But that was Jesus! Who is Jesus? Our Redeemer, our Saviour, our Master, but also our Example and our Strength! He came to *“save his people from their sins.”* (Matthew 1:21). He redeems us from the power of sin. He gives us the Consoler, the Holy Spirit, to guide us in the whole knowledge of the truth and that knowledge implies the revelation of our sins one by one. What do we have to give Jesus so that He can give us the Spirit, our sins one by one? Yes. Only that? *“Behold the Lamb of God who taketh away the sin of the world.”* (John 1:19). The sin, in the singular, our sinful nature in exchange for the fruit of the Spirit (Galatians 5: 22), also in the singular. We may spend a whole lifetime giving the Lord our sins, but not our sinful nature that produces one sin per second; and the Lord can keep on

giving us his Spirit to make us aware of our sinfulness, but the fruit of the Spirit is not in us.

Thus we find ourselves in a vicious circle and frustration sets in. We expect a miracle and God expects our surrendering to His holy will, our real repentance, which is *“sorrow for sin and a turning away from it.”* Steps to Christ, p. 23. Do we feel sorrow for our sins? Surely we do, because the Holy Spirit is still working in us. Do we turn away from it? That is another matter altogether; sometimes we do, sometimes we do not. Turning away is painful because the flesh suffers when it is deprived of what satisfies it. *“Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin, that he no longer should live the rest of [his] time in the flesh to the lusts of men, but to the will of God.”* (1 Peter 4:1, 2)

The battle against sin takes place in the mind and in order to be able even to enter into this battle, we need a transformation of the mind, to stop seeing things as the world sees them and start seeing them as God does. *“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). This transformation of the mind (“metamorphosis” in the Greek version) is produced by the influence of the Spirit of God working constantly on us. It depends totally on us whether we allow this transformation to take place in our life or we continue according to our own concept of righteousness. Let us remember

that the Scriptures were given "... for reproof, for correction, for instruction in righteousness" (2 Timothy 3:16) because "we are all an unclean thing, and all our righteousness are as filthy rags." (Isaiah 64:6).

Peter and Paul, two instruments of God to take the message of salvation to the Jews and to the Gentiles respectively, were dominated by their own temperament and their own sense of righteousness, which they exercised without a second thought.

Paul, in the name of God, persecuted the followers of Christ and Peter cut off the ear of one of the servants of the high priest.

When Jesus was taken to Caiaphas, Peter sat with the scornful to keep his body warm and he ended up denying Jesus, "I do not know the man", he declared. Was it a lie? Did Peter really know the man? He was the first one to acknowledge that Jesus was the Christ, the Son of God, and that came not from him, but the Spirit of God revealed it to him. He had seen Jesus working miracles, healing the sick, resurrecting the dead and all these deeds confirmed that He was actually the One sent from heaven. But did Peter know Jesus, the

man? "I do not know the man." Peter was far from experiencing what a man under the power of the Holy Spirit could do and Jesus' attitude before His accusers and executioners was absolutely inconceivable

for Peter. He did not lie, he did not know the man and Jesus



Paul in Prison

him. knew it; that is why He had so much mercy for him.

"And the Lord turned and looked upon Peter... and Peter went out, and wept bitterly" (Luke 22:61, 62). Peter realized the magnitude of his sin, the depth of his sinful nature that led him to deny his Master. Jesus looked at him and with that look a miracle took place in Peter's heart. It took just a few seconds for Peter, the stone, the man with a stony heart, to fall upon the Stone that is Jesus and be broken. (Luke 20: 18). In that very moment Peter lost all his self-assertiveness and surrendered his sinful nature to Jesus, because he realized how far it could take him and he experienced the Lord's mercy to the utmost. He received a heart of flesh, the law in his heart and the Spirit of God within himself. "But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you." "But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you." (Romans 8:11, 9).

God waits for us to allow this miracle to take place in our life. Jesus knocks at the door of our heart and waits. What

for? "And therefore will the Lord wait, that he may be gracious unto you... that he may have mercy upon you." (Isaiah 30:18). What does God's grace do to us? What does His infinite mercy produce in our heart? "Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?" (Romans 2:4). Deep repentance. Somebody who has fallen upon the Stone, who has experienced the depth of his own sinfulness and the despair of knowing he is irredeemably lost will rejoice in the blessing of forgiveness and consider himself always a forgiven sinner. The flesh is subdued by the Spirit. "Knowing this, that our old man is crucified with [him], that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is free from sin." (Romans 6:9).

Paul explains to the Galatians, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me." And he says to the Corinthians, "I die daily." Was it a terrible effort for Paul to die daily? He could not do otherwise! Why? Because he lived under grace, because that experience in which he fell off his horse and was blinded by the light of heaven was engraved in his heart. Peter's experience with Jesus was not less relevant. Jesus' eyes looking at Peter with incommensurate love never departed from his memory either. Both of them passed from living under the law to living in grace.

What was then the secret of Paul's successful Christian life? Why is it that he can say, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me"? He himself explains it further on, "I do not frustrate the grace of God..." (Galatians 2.21).

As long as we do not frustrate the grace of God, we shall not be frustrated Christians; as long as we believe Jesus' own words "for without me ye can do nothing" (John 15:53), we shall continue under grace.

May the Lord help us to abide in Him. **AMEN.**

Teresa Corti





THE HARVEST IS RIPE



Have you ever been late and missed an airplane, a train or an appointment, or were late to a dinner that some friends have prepared? I am sure many of us have had that experience in the past. At the time it causes some distress, however after awhile we resign ourselves to the fact that there is another plane or train that we can catch a ride on. We can always reschedule our appointment.

Salvation is similar to this. We have an appointment with Jesus. He is preparing dinner for us. He is inviting us to prepare for the dinner. He even has given us the best clothing available to wear. Unfortunately many don't take seriously His offer to dinner. They don't like the clothing that He is offering – they prefer their own clothing even if it is filthy rags. This dinner will have the most wonderful foods ever imagined, and all the food will have life giving energy.

The sad part is that some are delaying the preparation and will miss the dinner. They don't take the offer seriously. What is even more solemn is the fact that those who don't end up at this feast, will end up in outer darkness (the Second Death). They will not be given another opportunity to reschedule this dinner. It is an urgent and serious time in which we live.

“The Lord is coming. Oh, the time is short, and who in the Bible view are labourers together with God? Shall we not be filled with fear and awe lest we are still in our own natural tempers, lest we are unconverted and unholy, and seeking to pass off a counterfeit experience for a genuine one? Awake, brethren, awake, before it shall be forever too late.” TM 187

Concerning our salvation, we lost our right to the dinner the minute we sinned, however God has given us a second chance, by sending His Son to come and pay our penalty. There is little time left to prepare for this event.

THE HARVEST

The coming of Jesus has been compared to harvest time. At this time the grain or fruit is all ripe, ready for the reaper to come and gather the food. This is close to the end of the annual farming cycle. The time in which we are living in is nearly harvest time. “And another angel came out of the temple, crying with a loud voice to him that sat on the cloud, Thrust in thy sickle, and reap: for the time is come for thee to reap; for the harvest of the earth is ripe.” Revelation 14:15.

“Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.” John 4:35. There will be a great harvest of souls soon – during the Latter Rain. There will be a greater manifestation of the power of the Holy Spirit than was seen in the Early Rain after the Day of Pentecost, when thousands were converted in one day. This time is not far distant. Those who have any stain of sin on their garments, and are not wearing the wedding garment provided at this time, will have been shaken out of God's church. It really is a serious time in which we are living.

“God calls for workers to enter the whitening harvest field. Shall we wait because the treasury is exhausted, because there is scarcely sufficient to sustain the workers now in the field? Go forth in faith, and God will be with you. The promise is: ‘He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with

rejoicing, bringing his sheaves with him.' Psalm 126:6." 7T 23. What good will your money do at this time? Many will be distressed, wishing they had given more to the heavenly treasury. Their riches will be useless. Now is the day of our salvation – now is the time to work for the Lord.

"Then saith he unto his disciples, The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that He will send forth labourers into His harvest." Mark 9:37, 38.

"I have been shown that, as a people, we have been asleep as to our duty in regard to getting the light before those of other nations. Is it because God has excused us, as a people, from having any burden or special work to do for those of other tongues, that we have no missionaries today in foreign countries? Why is this negligence and delay? There are those of superior minds in many other nations whom God is impressing with the lack of spirituality and genuine godliness in the Christian denominations of the land. They cannot harmonize the life and character of professed Christians generally with the Bible standard. Many are praying for light and knowledge. They are not satisfied. God will answer their prayers through us, as a people, if we are not at such a distance from Him that we cannot hear His voice, and so selfish that we do not wish to be disturbed in our ease and agreeable associations.

"We are not keeping pace with the opening providence of God. Jesus and angels are at work. This cause is onward, while we are standing still and being left in the rear. If we would follow the opening providence of God, we should be quick to discern every opening, and make the most of every advantage within our reach, to let the light extend and spread to other nations. God, in His providence, has sent men to our very doors, and thrust them, as it were, into our arms, that they might learn the truth more perfectly, and be qualified to do a work we could not do in getting the light before men of other tongues. We have too often failed to discern God's hand, and we have not received the very ones God had provided for us to work in union with, and act a part in sending the light to other nations." LS 212

The call is for us to put on the wedding garment now. "Seek ye the LORD while he

may be found, call ye upon him while he is near:" Isa 55:6

"The time is coming when it will be too late to seek God, and I have been thinking how we shall feel when probation is closed, and all our life-work ended. With what feeling shall we review the past? Shall we then wish that our efforts to serve God had been more earnest? Shall we wish that we had lived more in harmony with His revealed will? Shall we then be accounted as faithful servants? What if at this moment we should hear the voice of Christ saying, 'It is done'?" SD 343

"Come, my brother, come just as you are, sinful and polluted. Lay your burden of guilt on Jesus, and by faith claim His merits. Come now, while mercy lingers; come with confession, come with contrition of soul, and God will abundantly pardon. Do not dare to slight another opportunity. Listen to the voice of mercy that now pleads with you to arise from the dead that Christ may give you light. Every moment now seems to connect itself directly with the destinies of the unseen world. Then let not your pride and unbelief lead you to still further reject offered mercy." 5T 353

At harvest time if there is no fruit to be found, the tree that was supposed to bear fruit will be cut down and destroyed. Jesus portrayed this happening with the cursing of the fig tree. "And when he saw a fig tree in the way, he came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away. And when the disciples saw it, they marvelled, saying, How soon is the fig tree withered away!" Mat 21:19-20

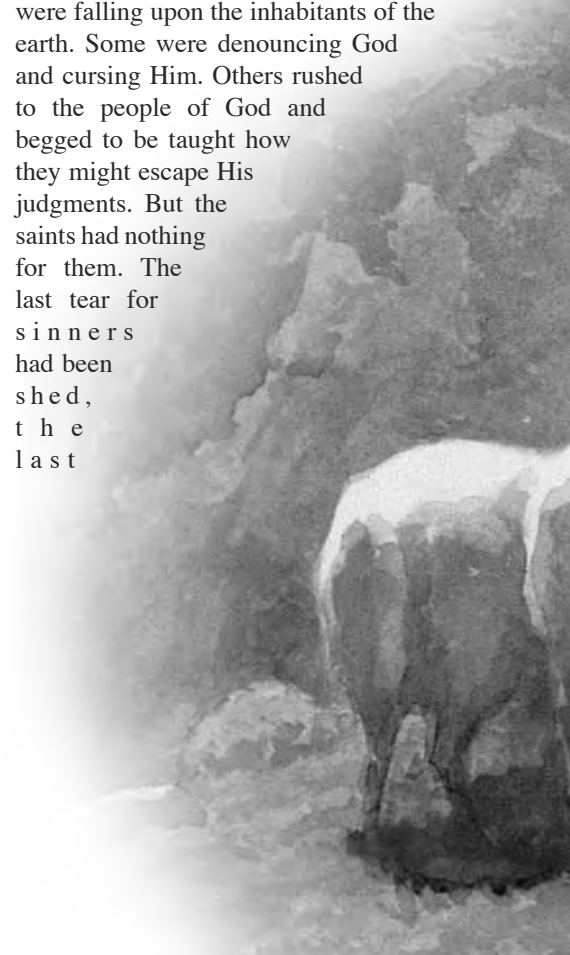
"The Saviour's curse pronounced upon the fruitless fig tree is a sermon to all formalists and boasting hypocrites who stand forth to the world in pretentious leaves, but are devoid of fruit. What a rebuke to those who have a form of godliness, while in their unchristian lives they deny the power thereof! He who treated with tenderness the very chief of sinners, He who never spurned true meekness and penitence, however great the guilt, came down with scathing denunciations upon those who made high professions of godliness, but in works denied their faith." 4T 403.

FAMINE

Hunger is a common experience for more than half of the world's population today. Sadly, this situation may not improve in the near future. It may not improve before the harvest time. However, what is physical food when spiritual food is lacking. We can live for a time without food, but without Jesus we are spiritually dead. There is a call to revive while there is still time – before the great spiritual famine comes to this earth. After the harvest is over, there will be no food remaining. Those searching for the spiritual food at that time will not find it. They will be participating in the famine.

"Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD: And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, and shall not find it." Amos 8:11, 12.

"Then I saw Jesus lay off His priestly attire and clothe Himself with His most kingly robes. Upon His head were many crowns, a crown within a crown. Surrounded by the angelic host, He left heaven. The plagues were falling upon the inhabitants of the earth. Some were denouncing God and cursing Him. Others rushed to the people of God and begged to be taught how they might escape His judgments. But the saints had nothing for them. The last tear for sinners had been shed, the last



agonizing prayer offered, the last burden borne, the last warning given. The sweet voice of mercy was no more to invite them. When the saints, and all heaven, were interested for their salvation, they had no interest for themselves. Life and death had been set before them. Many desired life, but made no effort to obtain it. They did not choose life, and now there was no atoning blood to cleanse the guilty, no compassionate Saviour to plead for them, and cry, 'Spare, spare the sinner a little longer.' All heaven had united with Jesus, as they heard the fearful words, 'It is done. It is finished.' The plan of salvation had been accomplished, but few had chosen to accept it. And as mercy's sweet voice died away, fear and horror seized the wicked. With terrible distinctness they heard the words, 'Too late! Too late!' " EW 281

"The harvest is past, the summer is ended, and we are not saved."

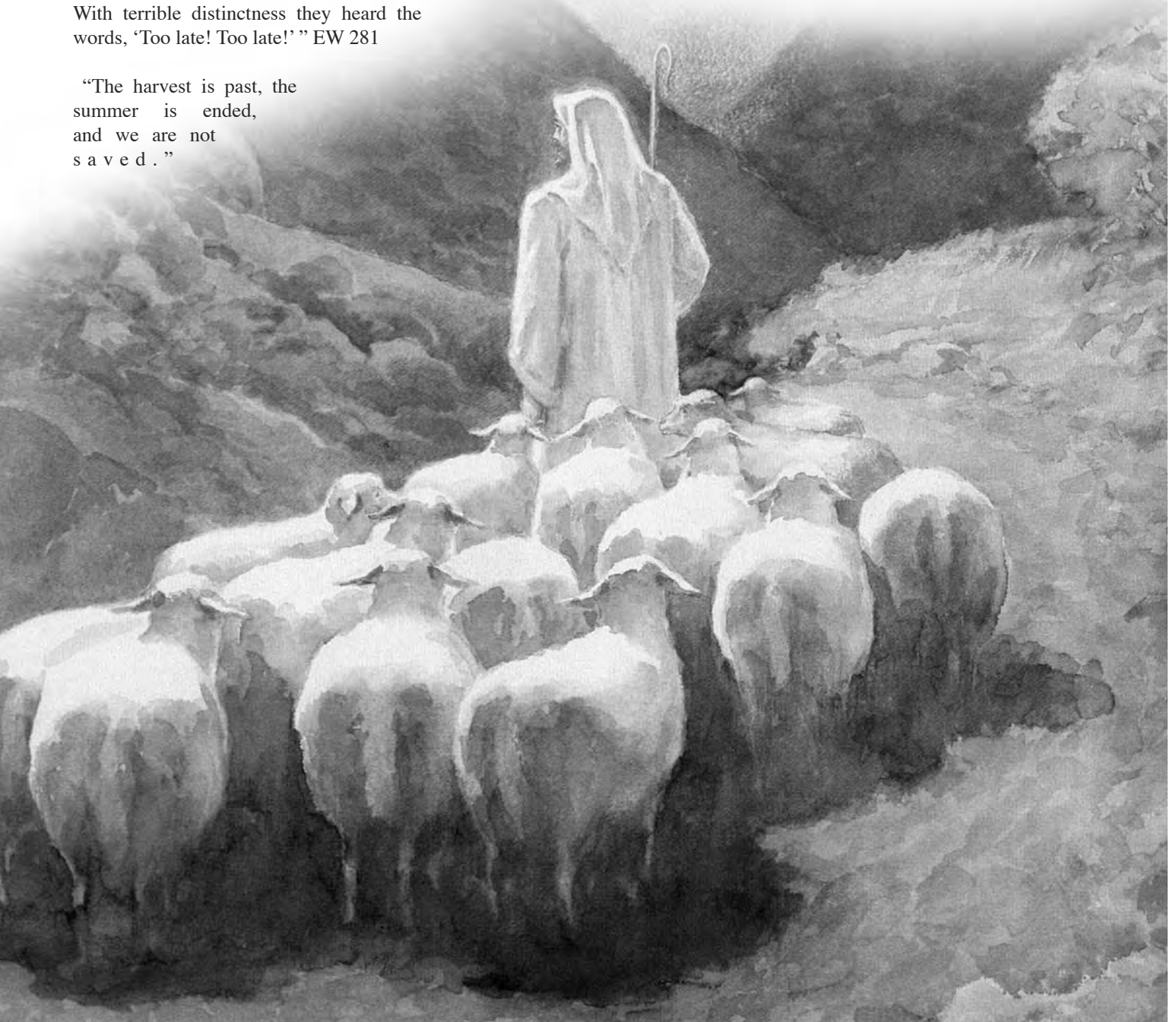
Jeremiah 8:20. These are words no one wants to hear. If we are diligent today, then we will not have to speak these words. It will be a time of terrible anguish for those who know the truth, but who have made little preparation for the coming harvest – who have not put on the wedding garment.

Jesus is making the invitation to each one of us today, "Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." Rev. 3:20. Many people choose not to let Jesus in, because Jesus will not only come in, but He will do some housecleaning when He is inside. There are worldly treasures He will throw away,

and people don't want to let them go. Is there anything in your heart that you don't want Jesus to throw away? "Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" 2 Corinthians 13:5. Seek the Lord, while His mercy is still lingering. His dinner is almost ready, put on the wedding garment.

It is my wish and prayer that we will all be gathered into the heavenly garner when the reaper comes to gather the grain, and be able to enjoy the meal that is being prepared for us in heaven. **AMEN**

Wendy Eaton, Australia



BACK IN BETHLEHEM

Self-pity (Ruth 1:6, 7; 19-21)

v. 6. “Then she arose with her daughters in law, that she might return from the country of Moab: for she had heard in the country of Moab how that the Lord had visited His people in giving them bread.”

v.7. “Wherefore she went forth out of the place where she was, and her two daughters in law with her; and they went on the way to return unto the land of Judah.”

v. 19. “So they two went until they came to Bethlehem. And it came to pass, when they were come to Bethlehem, that all the city was moved about them, and they said, Is this Naomi?”

v. 21. “I went out full and the Lord hath brought me home again empty: why then call ye me Naomi, seeing the Lord hath testified against me, and the Almighty hath afflicted me?”

“Many greatly magnify seeming difficulties and then begin to pity themselves and give way to despondency. Such need to make an entire change in themselves. They need to discipline themselves to put forth exertion and to overcome all childish feelings. They should determine that life shall not be spent on working at trifles... Every one should have an aim, an object, in life. The loins of the mind should be girded up, and the thoughts be trained to keep to the point, as the compass to the pole. The mind should be directed in the right channel, according to well-formed plans. Then every step will be a step in advance... Success or failure in this life depends much upon the manner in which thoughts are disciplined.” Vol. 2, MCP, 630, RH, Apr. 6, 1886.

“Trial will come to you. Thus the Lord polishes the roughness from your character. Do not murmur. You make the trial harder by repining. Honour God by cheerful submission. Patiently endure the pressure. Even though a wrong is done you, keep the love of God in the heart. ‘Keep thy tongue from evil, and thy lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are open unto their cry.’” MYP, p. 97. See also Ed, p. 88.

Different Nationalities, One Hope—Ruth 2:2-6

“As you learn the lesson of meekness, as you become one with Christ as He is one with the Father, you will draw together. The brethren of different nationalities will have but one interest and hope and work. You will not feel that because the French have habits of thought and action to which you are not accustomed, you must divorce your interests from theirs. The Germans will not feel that because they have some good ideas and customs, they can never learn of others. Every follower of Christ must come to the foot of the cross. I must not say to my French brother, ‘You stand on that side of the cross, because that is your place,’ and to my German brother, ‘You stand on that side, and I will stand on this side because I am English.’ We must seek for unity and harmony. We should seek for the deep movings of the Spirit of God, that the sweet spirit of Christ may blend heart with heart. When we reach this union, God will let His rich blessing rest upon us as He let it rest upon His disciples on the day of Pentecost, and then we shall be able to go forth to proclaim the message of love and mercy to all nations. We must all drink at the same fountain; for Christ has said, ‘Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you.’ If we all partake of the

same nourishment, we shall all have the same testimony to bear. I cannot see that the experience of our German brethren differs from the experience of our French or English brethren. And why should there be a difference in the experience of the children of God?" RH, Nov. 12, 1889.

"No distinction on account of nationality, race, or caste, is recognized by God. He is the Maker of all mankind. All men are of one family by creation and all are one through redemption. Christ came to demolish every wall of partition, to throw open every compartment of the temple courts, that every soul may have free access to God. His love is so broad, so deep, so full, that it penetrates everywhere. It lifts out of Satan's influence those who have been deluded by his deceptions, and places them within reach of the throne of God, the throne encircled by the rainbow of promise. In Christ there is neither Jew nor Greek, bond nor free." PK 369,370; 9T 180-181.

The Great Provider

"In His sermon on the Mount, Christ taught His disciples precious lessons in regard to the necessity of trusting in God. These lessons were designed to encourage the children of God through all ages, and they have come down to our time, full of instruction and comfort. The divine Teacher said to His followers: 'Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?...

"The Saviour pointed His followers to the birds of the air, as they warbled their carols of praise, unencumbered with thoughts of care; for 'they sow not, neither do they reap,' and yet the great Father provides for their needs. He asks, 'Are ye not much better than they?' Those who profess to be the children of God dishonour their heavenly Father when they manifest unbelief. The great Provider for man and beast opens His hand, and supplies all His creatures. The birds of the air are not beneath His notice. He does not drop the food into their bills, but He makes provision for their needs. They must exert themselves to gather the grains He has scattered for them. They must prepare the material for their little nests. They must feed their young. They go forth singing, to their labour; for 'your

heavenly Father feedeth them.' 'Are ye not much better than they?' Are not ye, as intelligent, spiritual worshippers, of more value than the fowls of the air? Will not the Author of man's being, the Preserver of his life, the One who formed him in His own divine image, provide for his necessities, if he but trust in Him?" RH, Sept. 18, 1888.

God's Concern for the Disadvantaged

"If men would do their duty as faithful stewards of their Lord's goods, there would be no cry for bread, none suffering in destitution, none naked and in want. It is the unfaithfulness of men that brings about the state of suffering in which humanity is plunged. If those whom God has made stewards would but appropriate their Lord's goods to the object for which He gave them, this state of suffering would not exist. The Lord tests men by giving them an abundance of good things, just as He tested the rich man of the parable. If we prove ourselves unfaithful in the righteous mammon, who shall entrust to us the true riches? It will be those who have stood the test on the earth, who have been found faithful, who have obeyed the word of the Lord in being merciful, in using their means for the advancement of His kingdom, that will hear from the lips of the Master, 'Well done, good and faithful servant.'" WM 16, 17.

"Those who are yoked up with Christ will not give with a patronizing air, as though they should have great praise for their benevolence. They will realize that they are trading in their Lord's goods, not their own, and that they will have to give an account, in the Judgment, of the use they have made of their entrusted capital. Those truly love their neighbour as themselves who realize their responsibilities and the claims that suffering humanity has upon them, and carry out the principles of God's law in the daily life.

"It is not God's plan at all that the rich should give gifts to those who have abundance. It is the distressed, the downtrodden, the discouraged, the hungry, the suffering, the naked, the poor, of whom Christ says, 'Ye have the poor always with you.' We need

to take closer views of God's word and of eternity. This will not disqualify any one for the duties of life, or to act a Christlike part in society. The gospel of Christ is not only to be believed, but to be acted. We are to be doers of the word. We are daily determining our destiny in the future life by the character we develop in this.

"Jesus, the world's Redeemer, laid off His royal crown, laid aside His royal robe, and clothed His divinity with humanity; though adored and worshipped by the angelic host, He left His high command, and for our sake became poor, that we, through His poverty might be made rich...



"In every large city there are human beings who are not cared for, and are made of less consideration than the brutes. Moral degradation meets the eye and pains the senses. Human beings live in dark cellars, in houses that are reeking with dampness and filth...

"Christians, will you consider that Jesus gave His life to save these souls? Will you not cooperate with Him in this great work? It is not fitful service that God accepts; it is not emotional spasms of piety that make us children of God. He calls upon us to work for principles that are true, firm, and abiding. If Christ is formed within, the hope of glory, He will be revealed in the character, it will be Christlike. We are to represent Christ to the world, as Christ represented the Father." RH, Jan. 11, 1898. See also, 1T 272-274.

Opportunities to Do Good

"As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith." Gal. 6: 10; James 2:15-17.



“And when she was risen up to glean, Boaz commanded his young men, saying, Let her glean even among the sheaves, and reproach her not.” Ruth 2:15.

“And let fall also some of the handfuls of purpose for her, and leave them, that she may glean them, and rebuke her not.” Ruth 2:16.

“Those who have the love of Christ in their hearts will care for the needy and afflicted. ‘But whoso hath this world’s good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? My little children, let us not love in word, neither in tongue; but in deed and in truth.’ The principles of the last six of God’s commandments are summed up in the words, ‘Thou shalt love thy neighbour as thyself.’

“All selfishness is condemned by the law of God, and we are made stewards of God, and should not be neglectful of, or indifferent to, our brethren. We cannot love God unless we love those about us. A man will reveal just what is in his heart. Words are of but little value. Love should be expressed in acts of sympathy, in kindness to those who are oppressed, or in poverty, or affliction, or temptation. God’s deeds

are the fruits of sanctification. If we are waiting and watching for opportunities to do good, to infuse light, to impart tangible blessings, we shall not feel that in doing so we have done any great things; yet Jesus will reckon every act of kindness done to others as done to Himself.

“He who seeks to walk by the rule of God’s law, will care for the interests of his brethren as he would care for his own interests. Genuine piety manifested in this manner is of more value in the sight of God, who readeth the thoughts and intents of the heart, than all manner of boasting professions.” YI, Dec. 9, 1897. See also 3T 547.

In the Footsteps of the Master

“We need not go to Nazareth, to Capernaum, or Bethany, in order to walk in the steps of Jesus. We shall find His footprints beside the sickbed, in the hovels of poverty, in the crowded alleys of the great city, and in every place where there are human hearts in need of consolation. In doing as Jesus did when on earth, we shall walk in His steps.” DA 640.

“When you meet those who are careworn and oppressed, who know not which way to turn to find relief, put your hearts into the work of helping them. It is not God’s purpose that His children shall shut themselves up to themselves, taking no interest in the welfare of those less fortunate than themselves. Remember that for them as well as for you Christ has died.” WM 168. Acts 9:36-42.

Dear Brethren, this is the work we also are to do in the world. In sympathy and compassion we are to minister to those in need of help, seeking with unselfish earnestness to enlighten the woe of suffering humanity. As we engage in this work we shall be greatly blessed. Its influence is irresistible. By its souls are won to the Redeemer. The practical carrying out of the Saviour’s commission demonstrates the power of the gospel. This work calls for laborious effort, but it pays; for by it perishing souls are saved. Through its influence men and women of talent are to be brought to the cross of Christ. **AMEN.**

Golden Kayawa Hingabantu, Zambia





REVELATION CHAPTER 17

In Chapter 17 of Revelation, John was shown the great whore who was sitting upon the scarlet coloured beast which was upon many waters. Upon her forehead was written, "Mystery, Babylon the great, the mother of harlots and abominations of the earth." The woman was drunken with the blood of the saints, and with the blood of the martyrs of Jesus.

When John was wondering of this surprising scene, an angel came to him to give him wisdom and instruction of the vision.

The beast had seven heads and ten horns. The only kingdom to which all the descriptions fit is the Roman Empire and the woman riding on it, the papacy.

This compares with the prophecies of Daniel chapter seven and Revelation chapters 13 and 18. Verses nine and ten give us the explanation that the seven heads are seven mountains around the city of Rome. History calls it a city of seven hills. Also the seven heads are seven kings. Since these heads are on the same beast, they must be the seven different forms of government that the Roman Empire had.

Rome was founded in the year 750 B.C., and in the first 300 years the kings were ruling. After them a republican government was established with consuls ruling it from 444 B.C. to 367 B.C.

After them, a new type of government was established called Decemvirs, where two groups of men up to ten were ruling the nation.

The next type of government was a dictatorship and then triumvirs, where three Praetors ruled the country.

In the year 27 B.C. the Imperial form of government was set up. In this form the Caesars ruled the nation. The five previous forms of government had fallen, and the Imperial was now in power.

From 395 A.D., the new type of government was seen. Two or more colleges ruled. It was still one country even that it was ruled by a plurality of men, and with senators. The Western part alone had 200 senators. This was the seventh head, or the seventh form of government.

Verse 12 says that the ten horns are ten kings which will come out of the beast, the Roman Empire.

When Western Rome was divided in 476 A.D., exactly ten separate independent kingdoms were created, which were the Germans, Ostrogoths, Visigoths, Franks, Vandals, Suevi, Burgundians, Heruli, Anglo-Saxons and Lombards.

Here we find also the three phases of the Roman Empire, the beast. They are the beast that was, and is not, and yet is.

The Pagan Rome which persecuted Christians was called beast. When Emperor Constantine was baptized into the Christian religion, the persecution stopped. The Roman Empire did not look like a terrible beast as before. Also, there were Arian nations that opposed the religion of papacy; therefore they did not have power to persecute the true Christians in the ten new kingdoms yet. They had to go to war against the Heruli, the Vandals and the Ostrogoths.

When the last Arian nation, the Ostrogoths were defeated in 538 A.D., then the papacy had the power to start persecuting God's people in the nations; then the ten kings also received the power to persecute and to kill God's people.

Verse 12 shows that power was given to both to begin the persecution at the same

The third phase of Rome was papal persecution. Now it looked like a terrible beast again, red in colour; red from the blood of the martyrs. This papal form of the government was really the eighth, but of the same mind and purpose as Pagan Rome.

Still today this persecuting church exists,



time. Who gave this power to them; was it not God himself? "And power was given unto him to continue forty and two months." Rev. 13:5.

Therefore the persecution began in 538 A.D. and continued 1260 years until 1798 A.D. Both the papacy and the ten kingdoms had existed before, but now God gave them power or authority to begin their persecution. As in the case of Job, God gave the power to Satan to persecute him, otherwise, Satan could not have done any harm to him.

but it does not have the power to kill and to destroy; its power was taken away in 1798.

But the prophecy continues in Chapter 13 of Revelation, when the beast will receive power again to force the mark of the beast upon the people. But we as God's people have nothing to worry. Our Lord will win the battle.

They have continued to make war with the Lamb and seemed victorious for a while,

but in the end the Lord, against whom they have been fighting, will come out victorious. The ten kings and their people will turn against the woman who had deceived them. The weapons which were to slay God's people are now turned against the religious leaders.

"The people see that they have been deluded. They accuse one another of having led them to destruction; but all unite in heaping their bitterest condemnation upon the ministers. Unfaithful pastors have prophesied smooth things; they have led their hearers to make void the law of God and to persecute those who would keep it holy. Now, in their despair, these teachers confess before the world their work of deception. The multitudes are filled with fury. 'We are lost!' they cry, 'and you are the cause of our ruin;' and they turn upon the false shepherds. The very ones that once admired them most will pronounce the most dreadful curses upon them. The very hands that once crowned them with laurels will be raised for their destruction. The swords which were to slay God's people are now employed to destroy their enemies. Everywhere there is strife and bloodshed." GC 656.

Often we wonder, why God permits the persecution to come upon His people. It is not for evil people to triumph over God's faithful children, but the purpose of persecution is to purify God's people, to make them ready for heaven.

"Of all the gifts that heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honour. Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honoured than John the Baptist, who perished alone in the dungeon. 'Unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake.' Phil. 1:29." MH 478.

We have only one thing to fear, and it is sin. Sin can hurt us more than all the forces of the enemy. Before this beast will receive power from God to destroy again, our judgment and sealing will be finished. Let us put therefore, all the effort into the warfare against our sins and neglected duties. **AMEN.**

Timo Martin



“Now you should say to this people, Thus says the Lord: Behold, I set before you the way of life and the way of death.”

There are two ways of living in this troubled world. The distinction between the two will be simply and clearly seen.

The first, and most natural to us is an alienation from the life of God. At heart men are antagonistic to the Lordship of Jesus Christ. Furthermore, man does not want to be born again. Why?

Well, in this life the flesh and the arm of flesh are the only known source of strength. Some call it “brute-force.” Our own pleasures or perhaps that of someone else is all that we regard or consider. Isn’t it so? A loved one, a spouse, children, family, friends? But, it is all the same—the pleasure and will of man—mortals.

In carrying out the purposes of the natural mind, some see that wealth is power, and that it brings honour, affluence and independence. Hence, so, the energies are applied especially in the way of securing riches. They look forward to an hour of ease and plenty, when some of the toil and care of the world may be put off.

Another sees honour, influence, riches, perhaps coming through personal qualities, intellectual successes or attainments. He trusts in the power of understanding to give him superiority, authority, and influence over his fellow man. Hence, he seeks wisdom and knowledge. Always using the world’s standard of wisdom and power and recognized among his fellow men... in essence... importance.

Still another is content if he could not be a part or reckoned among the great men of earth. He considers or thinks only simply of his own profit, pleasure, and ease or comfort. He is a “double-minded man, unstable in all his ways.” (Jam. 1:8). One finds happiness in traveling, in scenes of beauty, in enjoyment of married life. While another finds in the flesh, his principle enjoyments. He lives to serve his appetites and passions... the lowest form of animal life. “For my thoughts are not your thoughts, nor are your ways My ways, says the Lord.” (Isa. 55:8).

We could go on and on and see there are many variations from the indelible stamps of character we set forth above. But, everything and all tend toward the one great and unmistakable principle of pleasing “self” and “humanity”, and the arm of flesh remains the one and sole source of strength; these almost impenetrable self-contained, truth-denying mechanisms.

We build our own walls of narcissism. Remember Narcissus in Greek mythology? He was so beautiful and spent so much time admiring his own reflection that he forgot to eat and subsequently starved to death. Perhaps this is a portrait of our society today. We erect walls of need, desire, and self so high that we don’t allow anybody or any new idea or truths into our lives.

Therefore, one step or way, first, is to aim a deadly blow to “self”. There are seven prominent forms. (2 Cor. 5:14, 15).

1. Self-trust (Rom. 10:1,2)
2. Self-help (John 15:4-6)
3. Self-will (James 4:13, 15)
4. Self-seeking (Mat. 16:24,25)

5. Self-pleasing (Gal. 6:14)
6. Self-defense (1 Peter 2:19-23; 3:16)
7. Self-glory (Gal. 6:14)

We can, therefore, in answer to these in part, say, "Crucified with Christ, I crucify the pleasures of ambition, avarice, covetousness, appetite, amusements." (Eph. 5:11)

We are dead to ambition, save as we desire "to be found in Him." Dead to avarice, save as we "covet earnestly the best gifts." Dead to appetite, save as we "hunger and thirst after righteousness." Dead to the alluring pleasures of the world.

"This is the way of those who are foolish. And of their posterity who approve their sayings." (Ps. 49:13). Furthermore, "The way of a fool is right in his own eyes, But he who heeds counsel is wise." (Prov. 12:15).

In fact, however, a better way has been presented to this decaying world, a way that is diametrically opposed to the one we have been considering. According to this, everyone is but a dead man... dead, dead, dead! The Father and Creator is the source of life and strength, and His pleasure, the one principle to guide us in this life.

Now, the Word, which we suppose or think or judge to be the Word of our salvation teaches that God is a Spirit, and that we are here, now, and always... to live in the Spirit, and not in the flesh.

Life and strength are to come down from above, by or through believing and waiting or remain steadfastly standing on the promises of God. He that has "everlasting strength calls to every man to take hold of His strength, and assuring us that all things are possible to him that believes." (Mat. 19:6). Now, because believing, takes hold of that everlasting strength.

Thus, the life of God, thereby, is open to us. All of His wisdom, all of His might, everyone may have by simply taking it. It should be understood right here that God made man to live upon this original or God's design or plan. God's wisdom is imparted to teach men once again the true and original way, which man has so sorrowfully perverted, and to bring him back again to the track or true way, from which he left.

Now, man was made to eat, to enjoy food, to enjoy friends, to be happy, and perfectly at peace and rest, with all goodness in his heart toward his fellow men. "He guards the paths of justice, and preserves the way of his saints." (Prov. 2:8). "Then will I give them one heart and one way, that they may fear Me forever, for the good of them and their children after them." (Prov. 32:39).

We may well understand that, according to the power of the Spirit which we live, and which lives in us, miracles may be wrought, the sick healed, the dead raised... anything may be done, which will be overflowing to the glory of God.

The Lord wishes us to know His power, to bridge every gap or chasm in our life. (1 Cor. 10:13). The Lord wants us not only to live in His life, but, forever, be guided according to His will, and His ability to work in us... if we allow Him.

He is the "way and the truth as well as the life," and "if we live in the Spirit, we must also walk in the Spirit." (Rom. 8:1; Gal. 5:16; Jer. 6:16).

Here is open to us the Father's work; not ours. We are not now to seek our own and please ourselves... self... but, all to become channels through which the Spirit of God may be poured in upon this world. But, the lazy man says, "there is a lion in the road! A fierce lion is in the streets!" (Prov. 26:13).

We are to come into harmony with the life of God in every sense, so that He may fulfill the promise, "I will dwell in them and walk in them." (2 Cor. 6:16).

Who has not some noble ambition or endeavor to live this way of life? And, to say with the Apostle Paul, "I am crucified with Christ, nevertheless I live, yet not I, but Christ liveth in me." (Phil. 1:21). Who does not admire the wisdom, the goodness, and power of Jesus Christ? And, His way? (1 Cor. 12:31).

Let every child of God and Christian in the truth keep well in view the distinction between these two lives, and not mix up or confuse the flesh with the Spirit, self with the Lord and selfish interests with the interests of God, but to live as Jesus did... an affectionate, selfless, servant.

Let him trust in God for wisdom, and words, and strength. It can be done with prayer and humble obedience through the Holy Spirit's work in us. "Commit your way to the Lord, trust also in Him, and He shall bring it to pass." (Ps. 37:5). As for God, "His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him." (Ps. 18:30).

I was driving once on a darkened road, and could not find my way. Searching, I found a service station, and asked for directions to the main highway. Showing the gentleman my map, he answered, "Oh! That is an ancient map. Let me give you a new one." I then easily found my way to my destination. We, too, need a "new map," "a new way."

Our generation of believers are witnessing stirring events written in the prophesies of the Old and New Testaments.

With Him we can face the new way or path and follow unafraid, for you don't walk alone... "for Thou art by my side, Thy rod and Thy staff they comfort me." (Ps. 23:4).

Beautiful and glorious destinies are ahead for the coming year. Don't limit the limitless God. It is part of our nature to want to live in the yesterdays of life and follow the same worn downtrodden paths, and to live in the days that just don't come back. They are gone!

We would rather relive the strife, problems, the bad habits, the heart aches, and stumbling steps and blocks, than to face the uncertain.

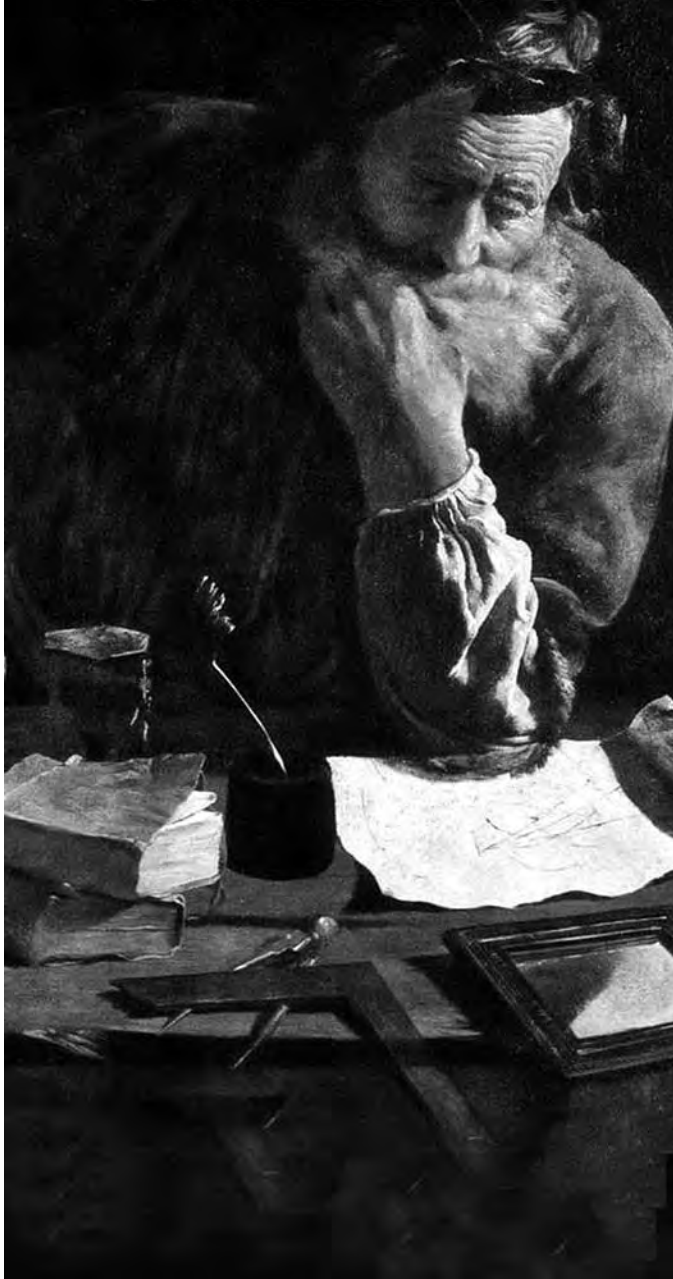
The past sticks on us, and clings tenaciously, and like barnacles on the bottom side of a fishing boat, would rather slow or stop us from pushing out from the shore and launching into the deep.

Look upward and forward to a higher, nobler, and fuller life. Upward to heaven. Nearer to God... Nearer to Thee.

Keep your eyes upon Jesus as we now face the dawn of the New Year... 2005!
AMEN.

John Theodorou
U.S.A.

A PERSONAL CALLING



“For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble are called: But God hath chosen the foolish things of the world to confound the wise: and God hath chosen the weak things of the world to confound the things which are mighty; And base things of the world and things which are despised, hath God chosen, yea, and things which are not, to bring to nought things that are.” 1 Corinthians 1:26 – 28

We have been called by God to be His peculiar people. We are to turn from the opinions of men and cling to the law and to the testimony of Jesus Christ. We ought to shut out every worldly consideration and make our decision for eternity. In Paul’s calling, he knew who called him. He had no doubt for he knew the one who spoke to him was **JESUS OF NAZARETH**, the **LONG LOOKED FOR MESSIAH**, the **CONSOLATION AND REDEEMER** of Israel.

“As he pondered these things in his heart, Paul understood more and more clearly the meaning of his call, ‘to be an apostle of Jesus Christ through the will of God.’ (1 Corinthians 1:1) His call had come, ‘not of men, neither by map, but by Jesus Christ and God the Father.’ (Galatians 1:1). The greatness of the work before him led him to give much study to the Holy Scriptures, in order that he might preach the gospel ‘not with wisdom of words, lest the cross of Christ should be made of none effect’ ‘but in demonstration of the spirit of power,’ that the faith of all who heard should not stand in the wisdom of men but in the power of God.” (1 Corinthians 1:17; 2:4, 5) AA 127

As in the disciples of Jesus, they heeded the call of the Holy Spirit when John the Baptist was preaching. They recognized the voice of the heavenly teacher. As they came one by one, they called their friends and they were the first of Christ’s ministry.

“With the calling of John and Andrew and Simon, of Phillip and Nathaniel, began the foundation of the Christian Church. John directed two of his disciples to Christ. Then one of this, Andrew, found his brother, and called him to the Saviour. Phillip was then called, and went in search of Nathaniel. These examples should teach us the importance of personal effort, of making direct appeals to our kindred, friends and neighbors.” (DA 141)

We have also been called as any other disciple of Jesus. They were called from different walks of life, i.e. some being fishermen, some tax collectors, and now Jesus is calling us from certain sins we are clinging to. We are called from worldly pleasures, and from the works of the flesh, which are evident: “adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions and dissensions.” (Galatians 5:19, 20). We are to give these heavy burdens to Christ to carry them for us, for He has promised so.

We need to feel and see the glory of serving Christ; we need to exalt principle and elevate the Christian standard; we need to store our minds with the rich promises, the warning, the counsels and threatening of God’s word; that we may fairly represent at home, in the church and in our business the purity and elevated character. As the disciples heeded the full surrender to Christ, men of highest education in the arts and sciences learned precious lessons from them, as Christians in a humble life. who were designated by the world as unlearned. But the disciples had obtained an education in the highest of all schools.

Being unlearned, but lowly of heart and humble, Christ chose them high positions to preach the gospel. As to Peter, the work given him was to feed the lambs; it called him to minister to those who were young in faith, to teach the ignorant, to open the scripture for them, and to educate them for usefulness in Christ's service. Heretofore Peter had not been fitted to do this, or even to understand its importance, but this was the work which Jesus now called upon him to do. For this work his own experience of suffering and repentance had prepared him. To the other disciples the Saviour said, "Go... teach all nations, whereby they were to start from Jerusalem where He was denied. So they were to preach, heal the sick, and do signs and wonders since all these were possible because they were with the Lord who worked with them, "confirming the work with signs following." (Mark 16:20)

TO WHAT IS HE CALLING US?

"So I run straight towards the goal in order to win the prize, which is God's call through Jesus Christ to the life above." (Philippians 3:14) O that everyone might make choice of the heavenly gift, become an heir of God to that inheritance whose title is secure from any destroyer, where it is imperishable. No fire or flood will destroy it, no thief to destroy it, no moth or rust corrupt it, for it is in the keeping of God. We are to press, urge our way toward the mark for the prize of our high calling is in Christ Jesus.

God calls us for a full surrender, of all that we have and are. Let us all who profess godliness seek to put away every wrong and confess to God every secret sin, and afflict the soul before Him, for God reads all, and searches out every hidden thing in ourselves. Instead of hiding our sins, let us make a transformation of our minds to hope for the imperishable things of Heaven.

"The call to place all on the altar of service comes to each one. We are not all asked to serve as Elisha served, nor are we bidden to sell everything we have; but God asks us to give His service the first place in our lives, to allow no day to pass without doing something to advance His work on earth. He does not expect from all the same kind of service. One may be called to minister in a foreign land; another may be asked to give of his means for support of gospel

work. God accepts the offering of each. It is the consecration of the life and all its interests that is necessary. Those who make this consecration will hear and obey the call of Heaven."

"To everyone who becomes a partaker of His grace, the Lord appoints a work for others. Individually we are to stand in our lot, saying 'Here am I, send me.' Whether a man be a minister of the word or a physician, whether he be a merchant or farmer, professional man or mechanic, the responsibility rests upon him. It is his work to reveal to others the gospel of their salvation. Every enterprise in which he engages should be a means to this end." (PK 221 – 222)

WHERE IS OUR DESTINY?

"...For a person is a slave of anything that has conquered him." (2 Peter 2:19) Our first parents became Satan's captives, the dominion which they held, passed to their conqueror (Satan). "Thus Satan became the god of the world." (2 Corinthians 4:4) He took the dominion over the earth, which was originally given to our first parents, Adam and Eve. As they yielded to Satan's grounds, so the whole world was under the power of the wicked one (Satan) and was to be restored by the plan of redemption.

As in the example of the disciples of Jesus, is represented two classes, i.e. John and Judas. "John and Judas are representatives of those who profess to be Christ's followers. Both these disciples had the same opportunities to study and follow the divine pattern. Both were privileged to listen to His teaching. Each possessed serious defects of character; and each had access to the divine grace that transforms character. But while one in humility was learning of Jesus, the other revealed that he was not a doer of the word, but a hearer only. One, daily dying to self and overcoming sin, was sanctified through the truth; the other, resisting the transforming power of grace and indulging self desires, was brought into bondage to Satan." (AA 558)

"Israel had chosen her own way. They had not builded according to the pattern; but Christ, the true temple for God's indwelling, molded every detail of His earthly life in harmony with God's ideal. He said, 'I delight to do Thy will, O my

God: Yea thy law is within my heart.' (Psalms 40:8) So our characters are to be builded 'for an habitation of God through the Spirit,' (Ephesians 2:22) and we are to make all things according to the pattern, even Him who suffered for us, leaving us an example, that ye should follow His steps." (Heb. 8:5; 1 Peter 2:21)

"The words of Christ teach that we should regard ourselves inseparably bound to our Father in Heaven. Whatever our position, we are dependent upon God, who holds all destinies in His hands. He has appointed us our work and has endowed us with faculties and means for that work. So long as we surrender the will to God, and trust in His strength and wisdom, we shall be guided in safe paths, to fulfill our appointed part in His great plan. But the one who depends upon his own wisdom and power in separating himself from God, instead of working in unison with Christ, he is fulfilling the purpose of the enemy of God and man." (DA 209)

Our call is a problem, which we must individually work out for ourselves. No one can work out the call for another; we each have a part to act in deciding our own destiny. We are God's free agents, and each one must work out his own salvation with fear and trembling, while God works in him to do His good pleasure. For instance, students should feel their responsibility in the matter of making their school life a success. They should bend every effort in the right direction, so that they may not disappoint their parents who work hard to keep them in school. We are also to make every effort to work for the perfection of our call(s), which has been sealed by the precious blood of Jesus Christ.

We are now living in the great Day of Atonement. In the typical service while the high priest was making the atonement for Israel, all were required to afflict their souls by repentance of sin and humiliation before the Lord, lest they be cut off from among the people. In like manner all who would have their names retained in the book of life, should now in the few remaining days of probation, afflict their souls before God by sorrow for sin and true repentance. There must be deep, faithful searching of heart... We are not saved in groups. The purity and devotion of one will not offset the want of these qualities in another. Though all nations are to pass in

judgment before God, yet He will examine the case of each individual with as close searching scrutiny as found without spot or wrinkle or any such thing.

“So then, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will be open to you abundantly into the everlasting kingdom of our Lord and Saviour

Jesus Christ.” (2 Peter 1:10, 11) Let us take heed to the instructions given by God, not to be in two classes of Esau and Jacob, for they had been instructed in the knowledge of God, and both were free to walk in his commandments and to receive his favour, but they had not both chosen to do this. “There is no election but their own by which every soul will be elected to eternal life – obedience to His

commandments, through faith in Christ.”

The King has invited/called all to the marriage feast of his son. “For many are called, but few are chosen.” May the Lord by His grace help us be among the chosen few, after the call. **AMEN.**

Naom K. Riang'a, Nairobi, Kenya



LAST DAY EVENTS

“And the dragon was wrath with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.” Rev. 12:17.

“By the decree enforcing the institution of the papacy in violation of the law of God, our nation will disconnect herself fully from righteousness. When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritualism, when, under the influence of this three-fold union, our country shall repudiate every principle of its Constitution as a Protestant and republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan and that the end is near.” 5T 451.

“Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand.” Dan. 12:10.

Kathleen Ross

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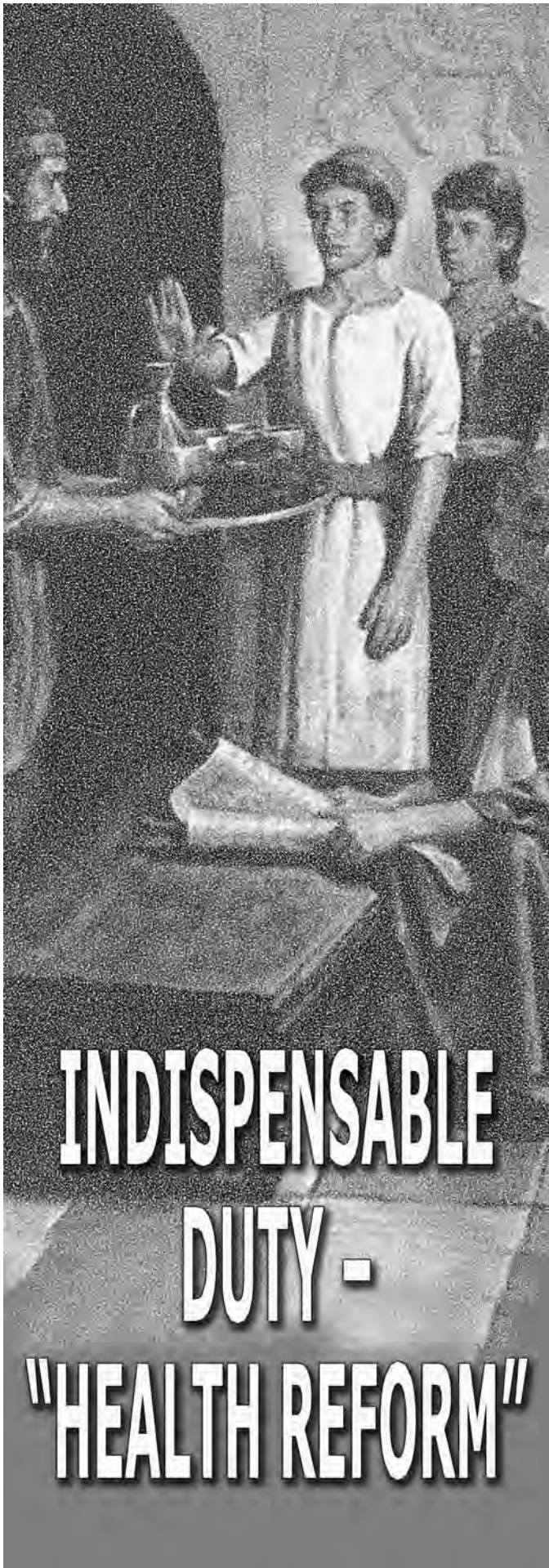
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“For years the Lord has been calling the attention of His people to health reform. This is one of the great branches of the work of preparation for the coming of the Son of Man.

“John the Baptist went forth in the spirit and power of Elijah to prepare the way of the Lord and to turn the people to the wisdom of the just. He was a representative of those living in these last days, to whom God has entrusted sacred truths to present before the people, to prepare the way for the second appearing of Christ. John was a reformer. The angel Gabriel, direct from heaven, gave a discourse upon health reform to the Father and Mother of John. He said he should not drink wine or strong drink, and that he should be filled with the Holy Ghost from his birth.” *Counsels on Health*, p. 72.

“Our bodies are not our own. God has claims upon us to take care of the habitation He has given us, that we may present our bodies to Him a living sacrifice, holy and acceptable. Our bodies belong to Him who made them, and we are duty bound to become intelligent in regard to the best means of preserving them from decay. If we enfeeble the body by self-gratification, by indulging the appetite, and by dressing in accordance with the health destroying fashions, in order to be in harmony with the world, we become the enemies of God...

“The people whom God is leading will be peculiar. They will not be like the world. But if they follow the leadings of God, they will accomplish His purpose and will yield their will to His will, Christ will dwell in the heart. The temple of God will be holy. Your body, says the apostle, is the temple of the Holy Ghost.” *Counsels on Health*, p. 73, 74.

“After He was taken as a captive to Babylon as a young man, and while studying in the royal courts of king Nebuchadnezzar, Daniel decided not to defile himself with the King’s rich food, nor with the wine. After partaking of nothing but vegetables and water for a period of only ten days, he was found to be healthier and stronger than all the young men who had been eating the royal food.” Daniel 1:1-16. The appeal is now that we should not defile our bodies for any reason as they are the holy temples of God. The apostle says, “Don’t you realize that you yourselves are the temple of God, and that God’s spirit lives in you? God will destroy anyone who defiles His temple, for His temple is holy—that is exactly what you are!” 1 Cor. 3:17.

“We are in a world that is opposed to righteousness, or purity of character, and especially to growth in grace. Wherever we look, we see defilement and corruption, deformity, and sin. How opposed is all this to the work that must be accomplished in us just previous to receiving the gift of immortality! God’s elect must stand untainted amid the corruptions teeming around them in these last days. Their bodies must be made holy, their spirits pure.

“If this work is to be accomplished it must be undertaken at once, earnestly and understandingly.” CDF, pgs. 118,119.

A HIGH CALLING

As we near the close of time we must rise higher and still higher upon the question of health reform, by precept and practice people need to be educated. “Ignorance is no excuse now for the transgression of law, for the great God Himself is man’s instructor. All are bound by the sacred obligations to God to heed the sound philosophy and genuine

experience which He is now giving them in reference to health reform. He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with their sinful health-destroying, brain-ennervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory.” CDF, pg. 70.

“It is a duty to know how to preserve the body in the very best condition of health, and it is a sacred duty to live up to the light which God has graciously given. If we close our eyes to the light for fear we shall see our wrongs, which we are unwilling to forsake, our sins are not lessened, but increased.” CDF, pg. 44.

“The human family have brought upon themselves diseases of various forms by their own wrong habits. They have not studied on how to live healthfully, and their transgression of the laws of their being has produced a deplorable state of things. The people have seldom accredited their sufferings to the true cause—their own wrong course of action. They have indulged in intemperance in eating, and made a god of their appetite. In all their habits they manifested a recklessness in regard to health and life; and when, as a result sickness has come upon them they have made themselves to believe that God was the author of it, when their own wrong course of action has brought the sure result.” CDF, p. 121.

A LOOK AT OUR DESTINY

It was not the Lord’s will that man should live 50-70 years as it is now, but as a result of man’s sinful nature (disobedience) the days were shortened and shall be shortened even more and more. The first man lived hundreds of years and they had health of high quality, whereas today people are living for only 70 years and with numberless sorrows.

All this is as a result of a perverted appetite which was the very successful weapon that Satan used to fell man from his glorious and most preferred state to a deplorable condition of miserable sorrows, and all unbecoming behaviours in every aspect which is prevailing today in man’s habitation (mortal state).

“As men multiplied upon the earth after the flood, they again forgot God, and corrupted their ways before Him. Intemperance in every form increased, until almost the whole world was given up to its sway. Entire cities have been swept from the face of the earth because of the debasing crimes and revolting iniquity that made them a blot upon the fair of God’s created works. The gratification of unnatural appetite led to the sins that caused the destruction of Sodom and Gomorrah. God ascribes the fall of Babylon to her gluttony and drunkenness. Indulgence of appetite and passion was the foundation of all their sins.” CDF, p. 147.

“The creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and co-operate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless inattentive action, any abuse put upon the Lord’s wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God’s law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful.” MM, pg. 221.

Perfect health depends upon perfect circulation. The main reason why many become invalids is that the blood does



not circulate freely, and the changes in the vital fluids, which are necessary to life and health, do not take place. They have not given their bodies exercise, their lung’s food, which is pure, fresh air. Therefore it is impossible for the blood to be vitalized, and it pursues it’s course sluggishly through the system. The more we exercise the better will be the circulation of blood. More people die for want of exercise than through over-fatigue, many people rust out rather than wear out. Those who desire health, and who would enjoy an active life, should remember that they cannot have these without a good circulation.

In the creation of man God designed that he should be active and useful, yet many live in this world as useless machines, as though they hardly existed.

Exercise will assist the work of digestion, to walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be of great benefit. The mind will be directed from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better.

EATING A PRINCIPLE

“That which we eat cannot be converted into good blood unless it is of a proper quality, simple and nutritious. The stomach cannot convert sour bread into sweet, so food poorly prepared is not nutritious and cannot make good blood.” Test. Vol. 2, p. 537. As blood depends upon the food eaten so as all life function depends upon the blood; as life itself depends upon the blood, so every character depends on the state of the physiological functions of the organs thereof. When our blood is impure and poisoned, we tend to be harsh, restless, and fatigued, in the sense that the blood is clogged so as to inconvenience the normal functions of the eliminating organs. So, in this condition one’s intellectual powers will be lower, one’s abilities of discernment wears out. Also in this state of blood being impure, we can easily get infected with diseases, since germs easily find a way to invade the organs.

The spirit of prophecy says “disease never comes without a cause. A way is open and it gets in.” Besides this, consuming of foods rich in carbohydrates and protein, “cereals and grains” normally leaves the digestive



system and the eliminating organs with some waste matters that need to be eliminated by a simple way, that of eating fruits and vegetables for at least a period of ten days. In this manner of eliminating we will ensure that our system is to be without impurities; although we observe the laws of eating, this is essential for our health. These things which fret and derange the stomach will have a benumbing influence upon the finer feelings of the heart. Food should be prepared in a good order so that it is palatable. Poor cooking slowly wears away the life energies. Unless the food is prepared in a wholesome palatable manner, it cannot be converted into good blood to build up the wasting tissues.

CONSECRATION WILL PAY

“There are many minds in many places to whom the Lord will surely give knowledge of how to prepare foods that are healthful and palatable, if He sees that they will use this knowledge righteously. Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh day Adventists. Foods that are healthful and life-sustaining are to be prepared, so that men and women will not need to eat meat.” 7T, pg. 124.

If people from all parts of the world will allow God to guide their minds, He will teach them how to combine fruits, grains,

cereals, and vegetables into foods that will supply the body with the life giving properties and diseased cases will be greatly decreased.

“Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and diseases of various kinds occur.” CDF, p. 189. Therefore it is important for us all to understand the knowledge of nature’s remedial agencies and the best way of applying them.

“There are many ways of practicing the healing art; but there is only one way that heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying, yet these remedies are going out of date because their skillful use requires work that the people do not appreciate.” CDF, p. 301.

LORD THE AUTHOR & FINISHER OF HEALING

Nature’s process of healing and building up is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will

be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and of mind.

“The Saviour in His miracles revealed the power that is continually at work in man’s behalf, to sustain and to heal him. Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When part of the body sustains injury, a healing process is at once begun. Nature’s agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him.” Counsels on Health, p. 168.

“I am the Lord who heals you.” Exodus 15: 26. The Lord “forgives all your iniquities; who heals all your diseases; who redeems your life from destruction, who crowns you with loving-kindness and tender mercies.” Psalm 103:3, 4. The Lord’s desire is expressed in the words of John. “Beloved I wish above all things that you may prosper and be in health, even as your soul prospers.” 3 John 2.

May we all strive to attain the Heavenly temperament. *AMEN.*

George Onyacha

CELERY SENSATIONS



Trivia

Celery has been around for a long time. The Romans used it in funeral wreaths. Medieval apothecaries included celery juice in their potions. And way back in 200 B.C., the Chinese recorded it as a blood pressure remedy.

How To Buy It

- Look for firm ribs and tightly formed stalks.
- Check the leaves. Opt for green, crisp foliage versus yellow and wilted.
- The darker the green colour of the celery the stronger in taste and the higher in nutrients. However, dark green celery may be more bitter and stringy than lighter versions.

How To Store

Celery stores for two weeks or more in a plastic bag in your refrigerator. This vegetable is frost sensitive so keep it away from the coldest parts of your fridge (side walls and back). Don't wash or trim it until just before using. If you mist it with water occasionally, you'll keep it from drying out.

Have A Heart

Celery hearts are the tender centres of a celery stalk and they're sometimes sold

packaged, several to a bag. Make your own, simply by tearing off the outer stalks until you reach the tender centre. Try slicing them lengthwise in half and braising with leeks and carrots in vegetable stock/soup.

Good Stuff

Raw celery sticks are perfect for stuffing. Favourites include cream cheese, cheese substitutes and peanut butter.

Low-Cal

Like cucumbers and iceberg lettuce, celery is a low-calorie vegetable bursting with water—95 percent, to be exact. There are less than 10 calories per stalk and it's high in soluble fibre and a good source of potassium. Celery contains Vitamin C and folacin, but in small amounts.

Don't Toss the Leaves

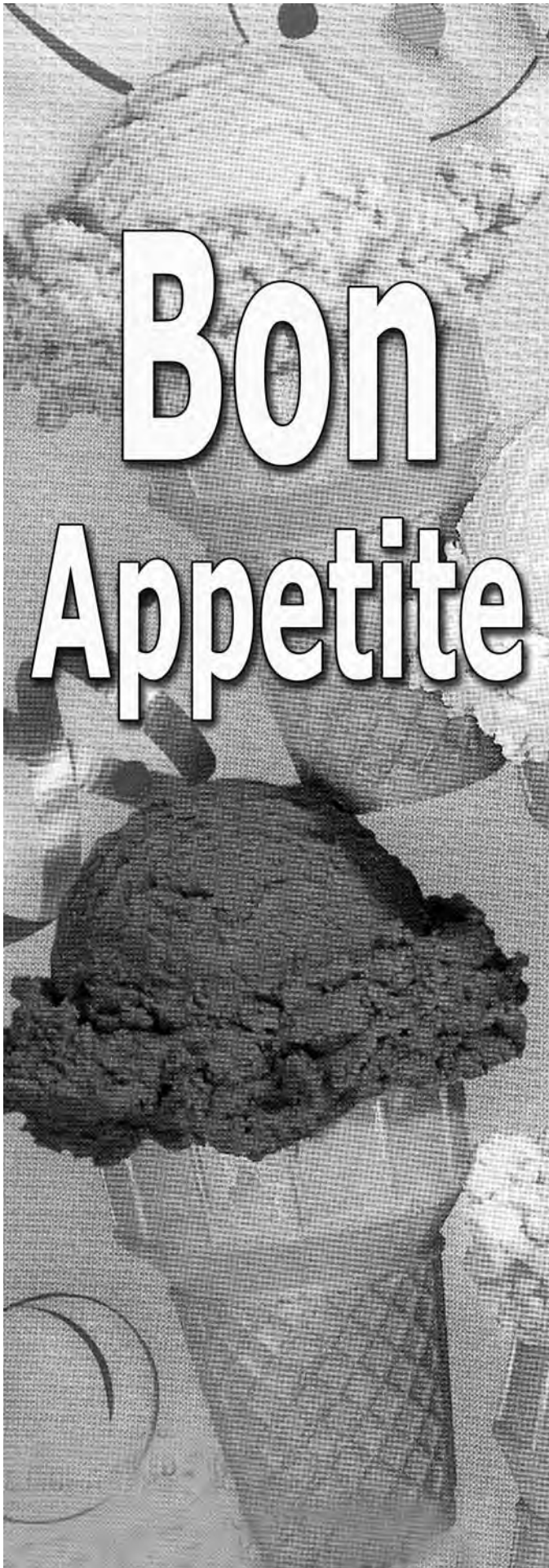
Celery leaves are full of

nutrients and flavour. They can be boiled until tender then sautéed with olive oil and garlic. Try substituting celery leaves for parsley in your next recipe and remember to perk up your next pot of homemade stock with these flavourful leaves.

Say Fillings

Celery and fillings are made for each other. Try braising celery hearts until tender, sprinkling with a cheese substitute and then you can cook under the broiler until bubbly and golden brown. This works well with various fillings like peanut butter as well.





What we eat is as important as how much we eat. What types of food from different food groups, the balance of proteins to carbohydrates and fats. Even things like what types of fats we eat, food combinations and the time in the day that we eat them. All these issues and more we need to consider even before we take the first mouthful of food.

Why is that? Why is it important to consider these things before we have taken the first mouthful? Because after we have started to eat it its too late isn't it! We can't take back what we have just eaten. Once it goes down the choices that we have made are immediately getting results.

Do all the results of the choices that we have made show themselves right away? No. Some of the results may be immediate like we may not like the taste of the food, or we immediately have an upset stomach because the food might react to something else that we have already eaten. But sometimes the results don't show up for a while. We may even develop a sickness as a result of something we ate or didn't eat years later.

What happens when we make the wrong choices over and over? The result of the wrong choice becomes increased. We may get overweight. We may get a long-term sickness or we may just have a poor quality of life and not be very mobile. Repetition of the wrong or right choices will develop patterns of behaviour in our brain and make us more prone to repeat that choice.

There are many things that can happen to us if we don't have the right appetite, the worst of which is that it can cost us our life, both in this life and eternally.

Can our appetite really affect our eternal life?

Yes. The type of food we eat, our eating habits etc. can play a large part in how our character develops and how we deal with the sinful human nature that we are born with.

Testimony Treasures, Vol. 2, page 96

"God calls upon those who know his will to be doers of His word. Weakness, half heartedness and indecision provoke the assaults of Satan; and those who permit these traits to grow will be borne helplessly down by the surging waves of temptation. Everyone who professes the name of Christ is required to grow up to the full stature of Christ, the Christian's living head."

But is appetite only to do with what food we eat?

No. Appetite is not just about what we eat but other things as well. Appetite represents our wants and needs in our whole being including psychological, physical, spiritual, mental and emotional facilities.

God has given human beings 5 senses; taste, smell, touch, hearing and sight. Ellen White refers to these as "Avenues to the soul".

Why is this?

Because your senses are the ways in which our fallen human nature has been conditioned to respond through. Our senses are the method through which our brains input and communicate information. Just like a computer can only give out information based on what data is put into it, so too is it with our brain. Satan uses these inputs to corrupt the mind and heart and to lead us into sin. Over time Satan makes it so that we become weak until we no longer have strength from the Holy

Spirit to resist the morally corrupt nature that each human is born with.

Mat 26:41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

“...the spirit indeed is willing, but the flesh is weak. Here God warns us about our fallen human nature. The “flesh is weak”. Even though we may want to do something that is right our flesh wants us to do the opposite. I am sure that each one of us can recall different moments in our life where this has been the case. The interesting thing about our flesh is, that the more we give in to it, the weaker it gets, and yet the more control that it has over us.

Let us look at a simple illustration. We know that ice cream is full of harmful chemicals and trans fats yet how often do we give in to appetite and eat the ice cream? Imagine walking through a park on a hot day. First you hear the bells of the ice cream truck. Next you see in the distance in front of you, a couple of people walking towards you eating an ice cream. At this point you could walk a different direction or at least avoid the people. As you continue on, you now come upon the people and smell the ice cream. How much more difficult it is to say no if we walk up to the ice cream truck and smell the product than if we walked away earlier.

Watch and pray” this is an interesting choice of words. God uses the word “and”, not the word “or”. It has a very different meaning to watch and pray in combination than to watch or pray. I think many times we do one or the other. Many times we pray to God and ask that he keeps us from temptation but we do not watch. This is an interesting concept to “watch”.

Q. What does the word watch mean?

The word watch comes from the days of castles. Castles had watchtowers to guard against being attacked by enemies. There was a person in the watchtower 24/7. If the person that manned the tower fell asleep or didn't show up for their shift, the whole castle became vulnerable to attack. So it was very important for the person to keep a vigilant watch throughout the whole time that it was their responsibility to be there.

It is presumption to pray for strength to overcome something or for God to give us

more willpower to not do something, like eat the ice cream cone and not expend any effort on our own part.

Paul further defines this concept in 1 Thessalonians 5:6, “Therefore let us not sleep, as do others; but let us watch and be sober.” Here Paul compares this to being awake and to being sober instead of drunk.

What happens when someone is asleep?

They have no awareness of things around them. **What about when someone is drunk?** Their senses are dimmed. They do not have the same awareness as when they are sober. The reflexes are less and they can even become a danger to themselves or others. In fact a person who is drunk can even forget what they did when they were drunk!

Appetite is how Satan made mankind fall from God's grace in the first place. Appetite affects everyone and we all struggle with this. Revelation 3:14 – 22. “And unto the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art **lukewarm**, and neither cold nor hot, I will spue thee out of my **mouth**. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and **blind**, and **naked**: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine **eyes** with eyesalve, that thou mayest **see**. As many as I love, I rebuke and chasten: be zealous therefore, and repent. Behold, I stand at the door, and knock: if any man **hear my voice**, and open the door, I will come in to him, and **will sup with him**, and he with me. To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne. He that hath an ear, let him hear what the Spirit saith unto the churches.”

This speaks about the Laodecian church. Look at the alliteration of this text. God uses terms normally associated with appetite.

This describes a time in which the people

think they have everything. They have no discipline, no awareness of their spiritual condition. They are given to excesses of every kind and are not even aware that this is describing them! Isn't this the most accurate description of the time in which we live? Enough is never enough.

The important thing we have to understand is that every little experience that we go through in our life effects the development of our character. Every appetite left unchecked or indulged will have its influence on us. Each experience leaves patterns of behaviour on our brains and will influence our future thoughts and actions.

When David committed sin with Beersheba, when do you think the seeds of his sin started?

When David was walking on his rooftop and saw her washing herself? When as a result he let his appetites take control of him? Remember this is the same man that would not touch a hair off of Saul's head because he was the “Lord's anointed”. He was the same man that went out to slay Goliath when all others in Israel's army cowered in fear.

Patriarchs And Prophets, page 717.

“It was the spirit of self-confidence and self-exaltation that prepared the way for David's fall. Flattery and the subtle allurements of power and luxury were not without effect upon him. Intercourse with surrounding nations also exerted an influence for evil. According to the customs prevailing among eastern rulers, crimes not to be tolerated in subjects were uncondemned in the king; the monarch was not under obligation to exercise the same self-restraint as the subject. All this tended to lessen David's sense of the exceeding sinfulness of sin.”

David's sin of adultery, murder and lying began when he, over time, gave way to the appetites of his sinful human nature.

How do can we guard against falling prey to appetite?

“I counsel thee to buy of me gold tried in the fire”. I pray that we would all heed this counsel today. *Amen.*

John Formosa, Canada

BEATEN WITH A BIBLE



CHILDRENS CORNER

Alfredo and Anna lived on a ranch in Argentina. Anna was a quiet little woman who worked hard to keep their ranch house in order, directing servants and overseeing the cooking of delicious meals for her husband as well as for the many farmhands. Although she was quiet and small, she was determined. And when she found an old Bible, it awakened her curiosity. For several weeks now she had been reading in the worn volume, and had discovered many things she has not known were there. Once she made the mistake of telling Alfredo that the Bible says the Seventh day is the Sabbath. She wondered aloud why no one kept it, and why they went to church on Sunday.

Alfredo was a faithful churchgoer.

One reason for this was that he wanted his hired help

to think of him as a religious man. They would respect him more. Another reason was he had discovered that many of his workers also followed his example and also attended church. The workers who went to church were more honest and got into less trouble than those who didn't. No, Alfredo had nothing against going to church. But as far as he was concerned, all religious matters were left to the clergy and should not be dabbled in by unqualified persons.

When Alfredo saw that Anna was becoming interested in interpreting the Scriptures for herself, and even worse, she was discovering things that were contrary to the teachings of the church they were attending, he felt she had gone too far. He

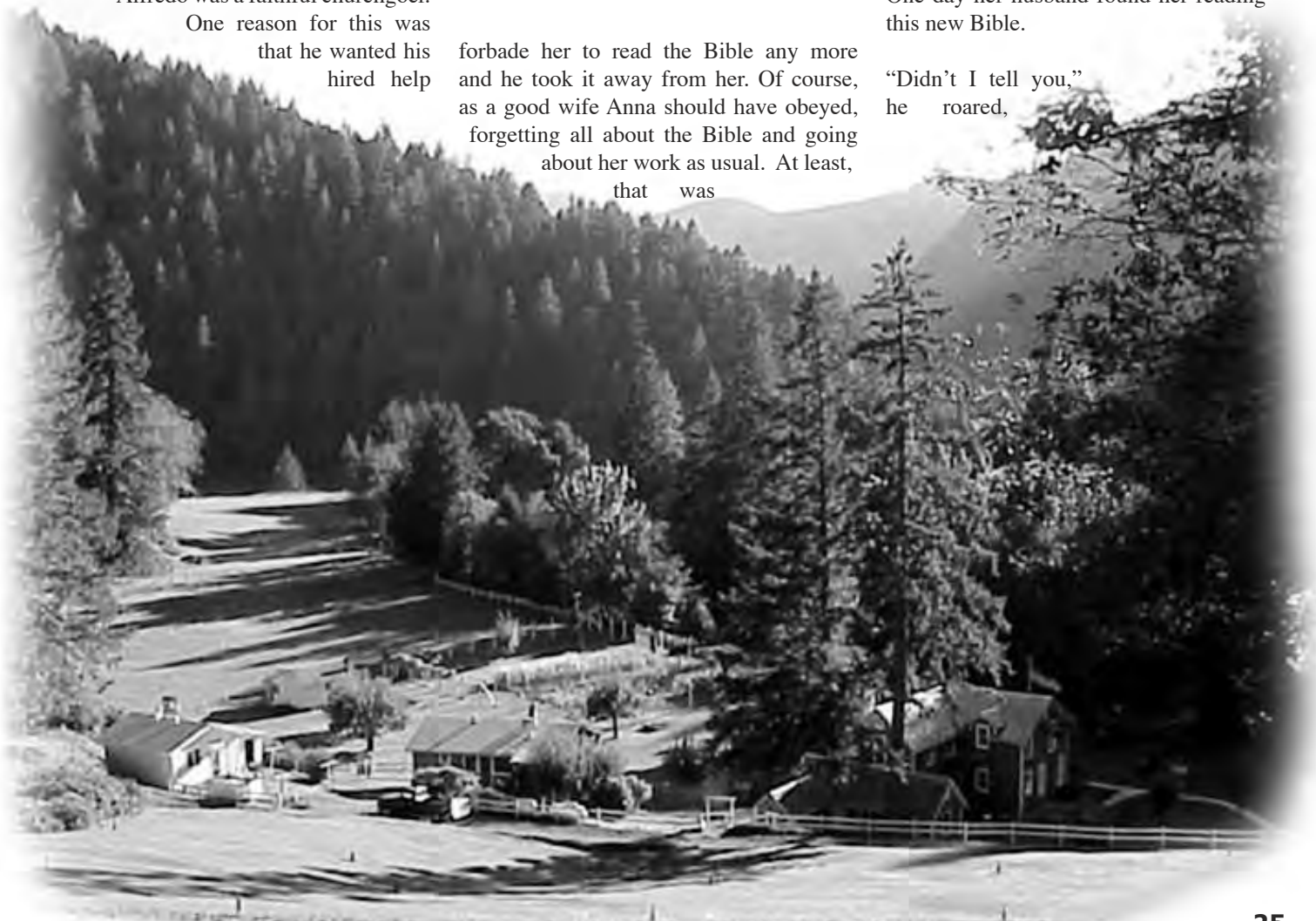
forbade her to read the Bible any more and he took it away from her. Of course, as a good wife Anna should have obeyed, forgetting all about the Bible and going about her work as usual. At least, that was

the opinion of Alfredo. Women were to be subject to their husbands. He knew that was in the Bible.

But Anna had an independent spirit, though in all the twenty years they had been married it had scarcely ever asserted itself. Now she had found in the Good Book something that satisfied her soul. She never seemed to be satisfied from the church services they attended. She decided not to be frightened by her husband. So the next time she went to town she secretly bought a cheap Bible and hid it. Day by day while Alfredo was in the fields she read and studied. She did not understand all she read, but she kept on reading, as it was bringing her peace.

One day her husband found her reading this new Bible.

"Didn't I tell you," he roared,



grabbing the Book from her hands, “that you were not to read the Bible anymore? The preachers interpret the Bible. It is not our place to try to find out anything for ourselves. We will just get confused.” He tore the Book into shreds and stuffed the pieces into the fire.

Anna said nothing. But the next time she went to town she bought another Bible. Now she should

have been more carefully, probably. But the things she was reading interested her so much that it was hard for her not to talk about them. Again she was caught. This time Alfredo took the Bible and beat her over the head with it until the pages all fell out. Nothing but torn and scattered bits of paper remained.

And now he was sorry. He had never expected to be guilty of such an act. How could he do this to his wife? His religion was not teaching him to be gentle and kind to his wife.

It is unusual for a woman of Anna’s type to continue to defy her husband, but in this case Anna was not to be outdone. She bought another Bible. And this time she did not care whether her husband found out about it or not.

One day as she was reading, Alfredo came to the house. Anna saw him coming, but instead of hiding the Bible, she dropped to her knees and began to pray aloud. As he entered the room, Anna kept on praying. The ugly words died on his lips. She was praying for him!

Quietly Alfredo withdrew. He went back to his work, but he could not keep his mind on what he was doing. Anna was praying for him. For him! There must be something in that Bible that made her act like that.

Alfredo hated to lose face. He did not want to admit that he was wrong. He certainly did not want Anna to know that he was

sorry for what he had done. No man should ever let his wife get the best of him that way, he thought. Why, she would never respect him if he did not exert his authority. No. He could not lose face. But how much he did want to find out what was in that Bible!

So Alfredo stole Anna’s Bible. After all, she had bought it with his money and she could, and no doubt would, go and buy another one. If he read it in the hayloft she would never know.

read and read. He even forgot to come to meals. His work got neglected. More and more responsibility fell to the hired men. He was simply too busy with the Bible. But Anna was not fooled. Not one bit. She knew that he had taken her Bible, and she suspected that he was reading it. She prayed harder for him. She noticed that he was kinder, more thoughtful, and gentler. And he always came back from the barn with a guilty look on his face. He reminded her of a child who had disobeyed and was afraid he would be found out. Anna prayed harder than ever, and one day

Alfredo confessed. He brought back her Bible and with tears asked for forgiveness. Together they studied. Strange, they thought, that no one else knew about these things.

Then one day a Seventh-day Adventist canvasser came to the house. He had just the books Alfredo needed. Alfredo bought everything, and then persuaded the canvasser to stay and lead out in some Bible Studies. When the man left, Alfredo took the books to church on Sunday morning. Excitedly he began to explain all the things that he had learned. And the congregation believed. “Why are we worshipping on Sunday, if Saturday is the right day?” they asked. And they changed the time of their worship to the Seventh day. Then Alfredo requested a preacher to come. After only a few meetings a baptismal class was organized, and in a few months all of the church members were baptised!

There was just one catch. The church building did not belong to them. How could they keep on meeting in a building that belonged to another denomination? Alfredo, who was a wealthy man, solved that. He bought the building and gave it to the conference.

The Bible beats them all.

“He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me.” Matthew 10:37

We need to put God first and not let any family members hold us back from following the Him. By our example, there is a possibility that we can win our family members over to following the Lord. Although, the outcome may not always be as positive as it was in the case of Anna, we still need to follow the Lord regardless whether our family members do or not, and the Lord will be with us to comfort us and give us peace.