

The Reformation *Messenger*

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



*“I will sing unto the LORD, because he hath dealt bountifully with me.”
Psalm 13:6*

WE BELIEVE: The all-wise, loving God created all things in the universe by His Son, Jesus Christ; He is its Owner and Sustainer. He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh. The Holy Spirit, Jesus' representative on earth, convicts of sin, guides into truth, and gives strength to overcome all unrighteousness. The Bible is the record of God's dealings with mankind and the standard of all doctrine; the Ten Commandments are the transcript of His character and the foundation of all enduring reform. His people, in harmony with God's word and under the direction of the Holy Spirit, call all men everywhere to be reconciled to God through faith in Jesus. Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

ABOUT THE COVER

Church Choir in Tanzania, Africa
Photo: McTavish/Tedford

Inside Cover: Believers In Mongolia
Photo: Kang

Volume 15, Number 6, June 2008

- 3 IF I HAD ONLY KNOWN**
- 5 DEMON POSSESSION**
- 9 ENJOYING LIFE GOD'S WAY**
- 14 HEALTH OUTREACH HAMILTON, CANADA**
- 16 CLOSING SCENES OF THE REMNANT CHURCH**
- 21 HEALTH MATTERS: VITAMIN D**
- 24 HEALTH OUTREACH LONDON, CANADA**
- 25 CHILDREN'S CORNER: JOSEPH BATES WAS SURE...**

The Reformation
Messenger

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If I Had Only Known

Millions of people have repeated these words when they see a disaster coming upon them; something that they could have avoided if they had known what to do earlier.

How many times did Adam repeat these words? The little enjoyment of eating the forbidden fruit compared to this terrible disaster of introducing sin into the world must have bothered him a long time afterwards.

Satan must have regretted many times that he started the rebellion against God, knowing what the life was in heaven compared to the miserable life he has now.

The word of the Lord says, "My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to Me: seeing that thou hast forgotten the law of thy God, I will also forget thy children." Hosea 4:6.

The Jewish people, which was the church of God at that time, knew the Sabbath very well, also they were faithful in tithe paying and all the ceremonies, but there was something that they did not know, and for that reason they were destroyed. It was their self-righteousness that caused their destruction. The city was broken down and the people were taken to Babylon into captivity. Later on again the Roman army killed 1,100,000 Jews and burned the city including the temple.

It was lack of knowledge to Judas when he betrayed Jesus. Had he remained a faithful disciple, how different his future would have been. If he had only known before, the misery that came upon him, he would never have betrayed his Lord.

If the people in the time of Noah had only known that the flood will really come, they all would have entered the ark and saved themselves. But even after 120 years that Noah had been telling them about it, yet they did not know.

Jesus said, "But as the days of Noah was, so shall also the coming of the Son of Man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of Man be." Matt. 24:37-39.

Millions of Christians are expecting to be in heaven one day, but will be terribly disappointed when they will perish with the wicked. Something they did not know. Something that was required for their salvation they did not do.

In the very church of God there are members who will be lost for the lack of knowledge. Maybe they had heard the truth, but did not think that it was really important to follow it exactly. Some put the obedience to a later time. Someday they do all that is required, and that day may never come.

A warning has been given us about the delay of obedience. "To day if ye will hear His voice, harden not your hearts, as in the provocation, in the day of temptation in the wilderness." Heb. 3: 7, 8.

When Abraham was called to sacrifice his son, he did not wait until the day time even. Very early in the morning he started his journey with his son to the land of Moriah.

If we delay obedience, Satan will do his utmost that the obedience will never take place.



The most terrible disappointment will be to the people who knew the law and all the requirements but did not fulfill them. Sister White writes that no physical torture is so painful and keen as the torture of their guilty conscience, when they realize that they are lost eternally. Many will then say, "If I had only known how important the obedience to the requirements of God was.

Many professed Christians commit willful sins and by so doing sin against the Holy Spirit. They think that God is merciful and forgiving; they only need to say, "Forgive me," and all their sins are forgiven. This way they do not think that sin is so terribly evil. But they forget the warning given, "For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, But a fearful looking for the judgment and fiery indignation, which shall devour the adversaries." Heb. 10: 26, 27.

One of the greatest cases for the lack of knowledge we find in the Laodicean time period. The angel of the church, which refers to the leaders of the church, says, "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." Rev. 3:17.

This is a time period when knowledge has increased, even the

knowledge of the Bible truth and understanding of the prophecies. But yet this is the darkest time period when the prophet Isaiah writes, "For, behold, the darkness shall cover the earth, and gross darkness the people." Isa. 60:2.

In the year 1888, the Seventh-Day Adventist leaders had come to the conference in Minneapolis. To this conference God sent two young men to proclaim to them the Christ righteousness message. This was a reformation message that could have saved the church from apostasy and rejection, but the majority of the leaders rejected this message and sinned against the Holy Spirit.

"They began this satanic work at Minneapolis. Afterward, when they saw and felt the demonstration of the Holy Spirit testifying that the message was of God, they hated it the more, because it was a testimony against them. They would not humble their hearts to repent, to give God the glory, and vindicate the right. They went on in their own spirit, filled with envy, jealousy, and evil surmisings, as did the Jews. They opened their hearts to the enemy of God and man. Yet these men have been holding positions of trust, and have been molding the work after their own similitude, as far as they possibly could." Test. to Min., p. 80.

It is terrible to think that leaders who had committed sin against the Holy Spirit yet continued in their positions of trust and molding the work after their own similitude. Twenty-six years later when the Reformation came into existence in Europe, not one of them joined in it, but became enemies of the church of God.

They did not know what they were doing. Same as the Jews did not know that they crucified the Son of God, who was the only one who could have saved them.

If we only would know the gift of God offered to us so freely we all would be saved eternally. By this gift of righteousness we can move mountains, nothing will be impossible to us. We can be perfect as our Father, which is in heaven is perfect. We can love our enemies even, and pray for them.

Jesus offered this gift to the Samaritan woman, "Jesus answered and said unto her, If thou knewest the gift of God, and who it is that said to thee, Give Me to drink; thou wouldest have asked of Him, and He would have given thee living water." John 4:10.

This living water is still available today. All who drink of this water will never thirst again. It will satisfy us fully and fill our soul with fullness of joy and happiness that the world does not know.

May the Lord help that not even one of us will say one day, "If I had only known." But instead the Lord will say to us, "Well done thou good and faithful servant, enter into the joy of the Lord."

May the Lord open our eyes to see all what may still be lacking in our preparation for eternity. **AMEN. Timo Martin, Canada**

"And those who saw it told them how it happened to him who had been demon-possessed, and about the swine. Mark 5:16

FATHER OF LIES!

The Greek—*daimonia* -- is generally translated "devils" in the KJV, however, "demons" is correct. Devils are in fact evil angels. But, there is only one devil (Gk. *Diabolos*); Satan. "And the great dragon was cast out, that old serpent, called the Devil and Satan, who deceiveth the whole world; he was cast out into the earth, and his angels were cast out with him." (Rev 12:9). "He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own; for he is a liar, and the father of it." (John 8:44).

HEARTLESS!

When faced with the reality of demons, the New Testament scriptures bear abundant testimony. Demons are spirits (Mt. 12:43, 45), Satan's emissaries (Mt. 12:26-27), and so numerous as to make Satan's power practically ubiquitous (everywhere at once!) (Mk. 5:9). They are capable of entering and controlling both men and beasts (Mk. 5:2-5), and earnestly seek embodiment, without which they are powerless for evil (Mt. 12:43-44). In the New Testament, demon possession was demonstrated many times in the books of Mathew, Mark, Luke, and Acts. We find mention, moreover, of demons being, "unclean," "sullen," "violent" and "malicious." Ah! But, they know Jesus Christ as the Most High God and recognize His supreme authority! (Mk. 1:23-24; James 2:19). They even know their eternal fate to be one of torment (Mt. 8:29). Even so, demons are: monstrous, heartless, malignant, atrocious, ruthless, treacherous, devastating, fiery, and cunning!! But, "demon possession is not insanity or a disease." (Mt.4:24; Mk.1:32).

DEMONIC INFILTRATION

Demonic influence today is clearly manifesting itself in the church, in religious asceticism (rigid self-denial); (1Tim 4:1-3); "speaking lies in hypocrisy," in bizarre beliefs, ritual absurdities, doctrinally unsound, not Bible based, nor Bible preaching, corruption of scriptures, outlandish ideas, and degenerating into unclean pathways, "giving heed to seducing spirits;" and provocative questioning. Demonic possessions are evidenced in the life of King Saul who was controlled by demonic power exercised on him for years; "demon of jealousy in King Saul's heart, demon of passion in King Saul's breast, and demon of selfishness." (PP 650, 668; DA 294). Judas Iscariot, too, "surrendered to the demon of greed." (DA 294). They both handed over control of their lives to Satan and demonic influences, falling under the spell of demonic possession, sacrificing their lives into scandalous obscurity. There was "demonism in Elijah's time, and that of Christ's experience in His time with demonic possession and other possessed persons in which men, women, and children were slain." (9T11; PK 151).

CASTING OUT!

One of the most crowning manifestations in the Bible of Christ's



divine power and deity is attested by the casting out of demons from a demon-possessed man by **His Word!** Here we will find a pertinent and precious message for our time. Returning to our opening scripture from Mark 5:15, we find Jesus and His disciples just returning from the other side of the sea, where Jesus just stilled the winds and the sea, entering into the country of Gerasemes. "And when he was come out of the boat immediately there met him out of the tombs a man with an unclean spirit."(Mk. 5:2).

PROFILE

This is the most detailed description of a demon-possessed man we have in the Bible. It's a classical profile, in an age where profiling is part of our runaway system today: (1) The man was demon-possessed for a long time. (Lk. 8:27). (2) The man wore no clothes and lived a life like a wild animal. (3) The man lived among the decaying and dead; contrary to Jewish law and human instinct. (4) The man had a supernatural strength, breaking any chains in which he was bound. (5) The man was tormented and self-destructive; shrieking and screaming out day and night and slashing himself to pieces with sharp stones. (6) The man had uncontrollable behaviour; no-one could tame this "beast."

DESPERATION

It's strange that some Christians today believe this is how the Holy Spirit manifests itself; by overwhelming the normal operations of the body and making one say and do strange and grotesque things; particularly in some religious sects. He didn't start out this way in life. At one time he lived among others in the village. Irrational-like behavior, however, convinced the villagers that he was demon-possessed or insane. In Greece (even today), it's a maxim that every small village has one insane (Gr. *trelos*), or demon-possessed (Gr. *demonizmenos*) person in their midst, and one sinister, cruel (Gr. *kakos*) person. Consequently, he was seized and bound in chains, to prevent him from hurting others and himself. He broke the chains, however, crushed the fetters that bound his feet, again and again, until he was driven from the village, and lived in the cemetery; a mad-man among the tombs! The only person he could now hurt would be himself!

"But when He saw Jesus afar off, he ran and worshiped him." (Mk.5:6). In ancient times, "ran to him" – implies "desperation." Moreover, Jesus didn't seek him. Jesus, however, "said unto him, Come out of the man, thou unclean spirit." (Mk.5:8). The demon then "cried out with a loud voice, and said, What have I to do with thee, Jesus, thou Son of the Most High God?" Why did he say this? It's an ancient superstition that one would have spiritual power over one if he knew or said the exact name of adversary. This was a shot at Jesus, to gain control and make Him harmless.

You see, demons had the right theological facts, (as some have today), but not the **right heart!** Or not the **right understanding.** Moreover, demons had a kind of faith in Jesus Christ. They knew Jesus better than the religious leaders (Pharisees, etc.). Ah! But not a **faith or knowledge** of Jesus that could **save!**

(James 2:19). The demons, furthermore, said, "I adjure thee by God, that thou torment me not." (v-7). This is an unclean spirit speaking out, not the demon-possessed man. He did not want to leave his "host."

IT'S REAL!

Demonic possession, demoniacs, demonic power, demon gods, demonic guests, demonic spirits, are all the workings of Satan, but the root essence, and danger is "**possession!**"

Demonic possession is when a demonic spirit resides in a human body, and at times the demon will show its own character through the person of host body! Understand that demonic possession is a **reality today**, though we must guard against either ignoring demonic activity or overemphasizing "supposed" demonic activity. However, notice that "the stamp of demons is impressed on the countenances of humans." (AG 161:2). Remember, too, that "the central power of earth is a demon," (TDG28:2). Furthermore, spiritualists, as agents of Satan are escalating at an astronomical degree in the world, and are under irretrievable bondage to demons. In addition "spiritualism teaches that men are unfallen demigods." (PP688). In fact, "the imagination and nerves are brought under the control of demons by spiritism." (3T418).

Demon-possession is real! Its causes are many, and many fall under the spell of demons. But, very simply "it's sinful living that results in affliction by demons." (MH91); demoniac bondage to loathsome lusts and uncontrolled passions; victims of intemperance under the power of demons. The sign of demon influence or possession in religion, the church, or family, is **departure from the faith**; the body of revealed truth in the scriptures (1Tim4:1). Furthermore, the demons maintain a conflict with Christians who would be spiritual (Eph.6:12; 1Tim4:1-3). All unbelievers are open to demon possession (Eph. 2:2). But, "Wherefore let him that thinketh he standeth take heed lest he fall."(1Cor.10:12).

SINISTER INVITATION

We cannot always know how a person becomes demon possessed, other than by some sort of invitation, whether offered deliberately or not. It may be superstition, fortune telling, "harmless" occult games, computer games, novels, spiritism, New Age deception and practices, secret organizations, TV, magic, drug taking, alcohol, tobacco, music, dances, gluttony, Video or TV cartoons-even religious cartoons, addictive computer usage, and other things. But these things open up the doors of deception and present a real demonic danger. It can be innocent or harmless, but it is subterfuge, seductive, captivating! A provocative question; how do so many people get involved in the occult or demonic things? Ah! Because there is something there that seems to work for them.

Unfortunately, it's not the something, but **someone**, who wants to **destroy and kill**; an unclean spirit!

DECEIVE AND INTIMIDATE

When the demons said, "do not torment me," they considered it torment to leave this man's body. Why do they want to inhabit? Well, the same reason a vandal uses a Mace spray can; totes a gun; is violent. The human body is used as weapon to attack (e.g. suicidal attacks)! So, the demons attack also, for they hate the image of God in man; debasing man into grotesque forms as the demon-possessed man in Gadarenes. Their goal, and tactics, therefore, is to attack Christians – to wreck the image of God. Ah! But, the demonic spirits were disarmed by Jesus on the Cross. (Col. 2:15). Demonic spirits **deceive and intimidate** Christians, binding them with fear, and unbelief (Mat. 5:9).

Jesus demonstrated His authority over evil spirits. How? He asked demons, "what is your name.?" The demons answered, "legion." (v-9) (we are many!). Why did Jesus ask? To know the problem. A Roman Legion is many (6000). Demons were trying to intimidate Jesus with large numbers. Legion means we're **organized, united, mighty and ready to fight!** Awesome!

What did the onlookers believe? Probably that unclean spirits had the advantage. How? They knew Jesus' full name and titles, and avoided giving their names, hoping to frighten Jesus with large numbers. All this in a desperate attempt to thwart Jesus' power. But, why is it important for us to emphasize this?

DEMON QUARTERS

You see, it's easy for Christians to get caught up with superstitions about demons and the spiritual realm. If true, think about things that come into contact daily that might be touched by a "demonic person." Demonic trouble is not with things or objects but in their **content**, not in the object itself. Be careful, consequently, not to get caught up with this thinking – it's foolishness!

Also, the demons begged Jesus not to send them out into the country (v-10). Why? They'd be inactive, idle! They need to be occupied; bent on destruction. If Satan did not vex the swine; no mischief! Animals, and if not then – men! Why did demons want to stay? They desired a pagan, ignorant place; the best markets for the devilish angels and greatest use of their power! Also, they feared being returned to "the abyss" to remain in a disembodied state until the judgment (Lk.8:31); begging to be sent into the swine. Jesus gave them "leave;" Jesus did not command the demons to enter the swine; he permitted them! The demons caused the destruction, not the Lord! Now, the fact that Christ permitted the act makes him no more responsible than God is responsible **for evil of any kind** because He permits it. The devil's affliction of Job is a case in point (Job 1:12; 2:6,7).

NO SURRENDER!

It was said of Jesus that He was not successful with unbelievers. Neither did the devils do well in places of faith; where the gospel is preached and lived. There is less power of Satan in places today where the word of God is known and faithfully preached than in places where the people are ignorant of the scriptures, smooth

things preached, and less faithful, than where there's frequent preaching and powerful messages; cutting as a two-edged sword!

The demons knew Jesus (Mk. 5:7); and that they could "pray" to Jesus; "begging Him." In fact this shows, that the demons can "know" Jesus but not **surrender** to Him; it shows also, that the demons can "pray" to Jesus but not **surrender** to Him. So, why did the demons want to enter the swine? Well, they were bent on destruction, since they cannot enter without being sent by God.

PIG STAMPEDE!

So, what happened to the pigs? They "ran violently down the steep place and drowned in the sea" (v-13). Here we see the destructive nature of demonic spirits shown by the effect on the swine. Just like their leader, they steal, kill, destroy, pervert (John 10:10). This explains why Jesus allowed the demons to enter the pigs; so as to know the real intentions of the demons; they clearly wanted to destroy man as pigs, because men are made in the image of God.

But, wasn't this unfair to the owners of the pigs? Their "property" was lost. Ah! We learn here how small temporal riches are in God's estimate! He suffers them to be lost, sometimes to disengage us from them through mercy, or out of justice to punish us for having acquired or preserved either by covetousness or injustice. Jews had no right to own pigs, and Jesus rebuked their breaking the Mosaic law.

AFRAID!

What was the reaction of the bystanders to the deliverance of the demon-possessed man; seeing the demon-possessed man clothed and in his right mind? "They were afraid!" (v-15). Not of the cured man, but the remarkable power that cured him! They were aware of supernatural power in the person of Christ, but unaware of His infinite love and mercy. Strange! More afraid of a free man than a possessed man! Buy why? Their superstitions were shattered. Demons should have had the power, but, they couldn't accept this. Today, the same superstitions, beliefs, traditions, habits, prejudices, and taboos exist. Converted Christians, for one, are a threat to many. They are not part of the crowd any longer, the majority, the family, the popular church and friends; not conforming to the standards and life styles of society. They're just different, peculiar. Well, in part they're correct; as peculiar means separate! This attitude and relationship will worsen considerably with the passing of the Sunday Law! If you are not experiencing any threats now... you soon will.

BROADCAST!

The bystanders and villagers asked Jesus to leave; the source of potential blessing, mercy, love and salvation. They didn't mind having a tormented, demon-possessed man in their midst, but minded having Jesus Christ around... so He did! Frightening! They were dumb with amazement, asking among themselves, "What is this? What new doctrine is this? He commands the unclean spirits and they obey Him." (Mk.1:27). With the falling of the Latter Rain,

the same questions will arise.

What was the reaction of the delivered man? He “begged” to be with Jesus (v-18). He alone, among all his countrymen, saw in Jesus, not someone to fear but someone to love. He was set free, had a change of heart... a noble goal for all. He simply wanted to be with Jesus... a noble goal for us all.

He who had been “demon-possessed” now had a striking name! This would stick with him all his life! What a living sermon, if asked to tell his story; what it used to be and how the change came about. What a testimony. I believe we will be asked to tell a similar story in Heaven; what it was like on Earth, how we overcame; the turning point, the change; the most grueling – the more interesting for the angelic host. But, Jesus did not permit the man to go with Him, because He had an important ministry with family and the community. But, commanded him to go to his own people, and report, “what great things the Lord hath done, and how He has had compassion on you” (v-19). Here’s a message and principle for us by Christ’s command. Man is not simply delivered from bondage merely for his own enjoyment of God-given freedom, but also that he may give testimony to others concerning the divine Deliverer. What is your testimony? The cured demoniac was urged to “broadcast” his story. He did!!

HOPE FOR ALL!

Sometimes we have a hard time understanding the ways of God. (“God’s ways, not our ways”) (Isa.55:8, 9).The people of the city made an evil request; they pleaded with Jesus to leave their region, and Jesus answered their “prayers.” The man who had been demon-possessed made a Godly request; that he might be with Him, and Jesus said, no to that “prayer.” This man, of course, was a light among the people of the cities (Gentiles and Jews) in such a way that the disciples could not.

The man had a great message to tell; what Jesus did for him. His story tells us the value of one life! It’s the only reason Jesus came to this side of Galilee. It shows us that no one is beyond hope. If this man can be changed, anyone can be changed! He proclaimed in Decapolis (10 Greek cities on Eastern side of Galilee, including Damascus). It was this gentile community Jesus commanded him to witness to.

WORTHLESSNESS OF SELF-REFORMATION

Finally, how can one protect himself from Satan and demonic influences? Well, the Christian’s resources are unceasing prayer and bodily control, “howbeit, this kind goeth not out, except by prayer and fasting” (Mat. 17:21); and the “whole armor of God” (Eph. 6:13-18).

External cleaning without **true regeneration** invites Satan to return with seven crueller spirits. It’s like Israel, in the center of the Pharisaic revival of outward, external religious strictness; it was like a man out of whom a demon had “gone,” i.e. of his own volition.

“When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from which I came out; and when he is come, he findeth it empty, swept, and garnished. “Then goeth he and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there; and the last state of that man is worse than the first. Even so shall it be also unto this wicked generation.” (Mat. 12:45).This application is to those who are depending on self-reformation. “To the law and to the testimony. If they speak not according to this word, it is because there is no light in them” (Isa. 8:20).

APOLLYON – THE DESTROYER

One of the **most awful features** of the apocalyptic judgments in which this age will end is an emergence of imprisoned demons out of the abyss; “the bottomless pit” (Judgment of the Fifth Trumpet -first Woe).

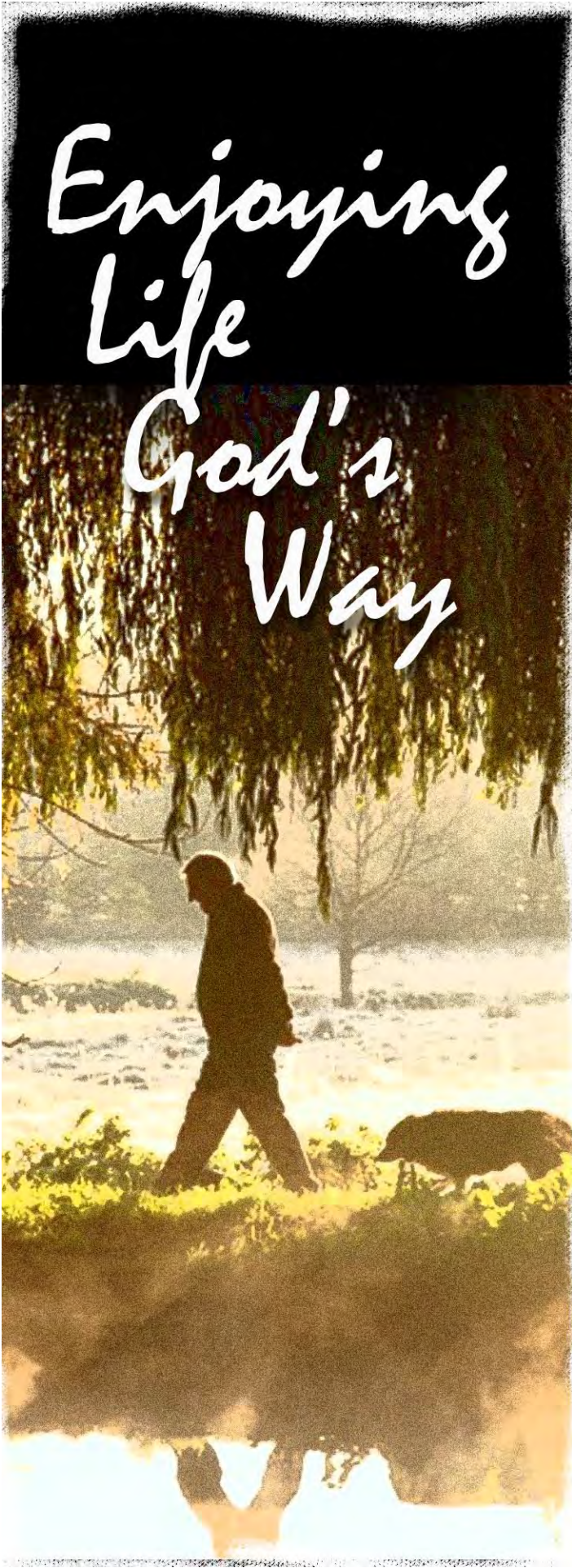
“And there came locusts upon the earth and unto them was given power as the scorpions of the earth have power. And it was commanded them that they should not hurt the grass of the earth, neither any green thing, neither any tree but only those men who have not the seal of God in their foreheads. And to them it was given that they should not kill them, but that they should be tormented five months; and their torment was like the torment of a scorpion, when he striketh a man. And in those days shall men seek death, and shall not find it; and shall desire to die, and death shall flee from them.” (Rev 9:3-6) (Rev. 9:1-11, 20). Over these creatures is the angel of the abyss – Apollyon. Here is a judgment that refers to a “great outburst of spiritual evil which will make the world learn how bitter is the bondage of Satan, and teach it to feel even in the midst of enjoyment, that it were better to die than to live.” (Milligan)

The “end-times” generation will be especially victimized by demons!

“In the last days, the Apostle John was, in fact, shown demon worship” (6T15).

Don’t invite Satan into your life!

Demonic-Possession is the Sign of The Times! (9T11) *Amen.*
John Theodorou, USA



Enjoying Life God's Way

"Christians should be the most cheerful and happy people that live. They may have the consciousness that God is their father and their everlasting friend." MYP 363

What constitutes happiness? Work or play? It is unfortunate the saying go "Work before play" implying that only play is fun, and work is drudgery and work must be done before a person is allowed to enjoy the "good" things in life.... play. The general misconception is we must get the unpleasant activities over and done with so that we can get to the real essence of living.

This article will explore what the Spirit of Prophecy has to say about God's plan for our happiness by exploring also those activities that God sees as foolish.

Two extremes regarding recreation exist in the Christian world. The following testimony shows that it is possible these extremes can creep into God's church. "There are persons with a diseased imagination to whom religion is a tyrant, ruling them as with a rod of iron. Such are constantly mourning over their depravity and groaning over supposed evil. Love does not exist in their hearts; a frown is ever upon their countenances. They are chilled by the innocent laugh from the youth or from anyone. They consider all recreation or amusement a sin and think that the mind must be constantly wrought up to just such a stern, severe pitch. This is one extreme. Others think that the mind must be ever on the stretch to invent new amusements and diversions in order to gain health. They learn to depend on excitement and are uneasy without it. Such are not true Christians. They go to another extreme. The true principles of Christianity open before all a source of happiness, the height and depth, the length and breadth of which are immeasurable." AH 493

CHRISTIAN RECREATION VS. WORLDLY AMUSEMENTS:

Firstly, I want to mention how inspiration differentiates between recreation and amusements. "There is a distinction between recreation and amusement. Recreation, when true to its name, recreation, tends *to strengthen and build up*. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body and thus enables us to return with new vigor to the earnest work of life. (A temporary change for lighter duties).

"Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it *absorbs the energies* that are required for useful work and thus proves a hindrance to life's true success." AH512

After recreation/amusement, do you feel drained of energy? If so, it may not be the correct type of recreation. If you feel energized and ready to take up life's heavier duties, then it is the correct form of recreation. A good test!!!

CHANGE - VARIATION

"Young men should remember that they are accountable for all the

privileges they have enjoyed, for the improvement of their time, and for the right use of their abilities. They may inquire; shall we have no amusement or recreation? Shall we work, work, work, without any *variation*?" AH 507 The obvious answer to this final question is, "no." However, the key word is *variation*. This word we will briefly explore – *variation* or *change*.

"Many claim that it is necessary for the preservation of physical health to indulge in selfish amusement. It is true that *change* is required for the best development of the body, for mind and body are refreshed and invigorated by *change*; but this object is not gained by indulgence in *foolish amusements*, to the neglect of daily duties which the youth should be required to do." AH 508. If the *change* spoken of here is not in amusements, then what is the *change* or *variation* spoken of by the Spirit of Prophecy?

"A *change* from physical labor that has taxed the strength severely may be very necessary for a time that they may again engage in labor, putting forth exertion with *greater* success." The goal to successful recreation is to provide enough of a change or variation in labour to promote strength; so that you can be refreshed and ready to continue your work to a greater capacity. It does not include excessive useless activity that benefits no one, but only wears out the body. Nor does it include the other extreme of sitting around and doing nothing.

"Entire rest may not be necessary or even be attended with the best results so far as their physical strength is concerned. They need not, even when weary with one kind of labor, trifle away their precious moments." Here *change* is addressed – what is it? "They may then seek to do something not so exhausting but which will be a blessing to their mother and sisters. In lightening their cares by taking upon themselves the roughest burdens they have to bear, *they can find that amusement which springs from principle and which will yield them true happiness, and their time will not be spent in trifling or in selfish indulgence.* Their time may be ever employed to advantage, and they be constantly refreshed with *variation*, and yet be redeeming the time so that every moment will tell with good account to someone." (all above quotes from AH 507) What can we conclude that God means when He says, change or variation? It is a change to lighter duties temporarily. This form of amusement brings true happiness.

Not only physical strength is to be considered, but also the influence that the recreation/amusement has on the mind of the person is important to consider. "There is great need of temperance in amusements, as in every other pursuit. And the character of these amusements should be carefully and thoroughly considered. Every youth should ask himself, What influence will these amusements have on physical, mental, and moral health? Will my mind become so infatuated as to forget God? Shall I cease to have His glory before me?" AH 512

Sometimes, in countries where there are long winters, in order to

keep the body in optimum health, exercises in a gym are often practiced. While it is not the best form of exercise, the Spirit of Prophecy did not condemn the practice if not overdone to cause injury to the body.

"**Gymnastic exercises** fill a useful place in many schools; but without careful supervision they are often carried to excess. In the gymnasium many youth, by their attempted feats of strength, have done themselves lifelong injury." Ed 210 Any sporting activity that injures the body is considered sin. How many athletes push themselves to the limit and cause great damage to their body – all for the glory of man? Mild exercises are useful for strengthening the body, but when pushed to the extreme and damage occurs, this is where God condemns it.

FOOLISH AMUSEMENTS

The term, "Foolish Amusements" was used above from the Spirit of Prophecy. Now we will explore what foolish amusements are in God's eyes. Words from the Most High God through the pen of Sister White provide some answers for us. Will you heed God's words?

"The public feeling is that manual labor is degrading, yet men may exert themselves as much as they choose at **cricket, baseball**, or in pugilistic contests, without being regarded as degraded. *Satan is delighted when he sees human beings using their physical and mental powers in that which does not educate, which is not useful, which does not help them to be a blessing to those who need their help.* While the youth are becoming expert in games that are of no real value to themselves or to others, Satan is playing the game of life for their souls, taking from them the talents that God has given them, and placing in their stead his own evil attributes. It is his effort to lead men to ignore God. He seeks to engross and absorb the mind so completely that God will find no place in the thoughts. He does not wish people to have a knowledge of their Maker, and he is well pleased if he can set in operation games [such as cricket and baseball etc] and theatrical performances that will so confuse the senses of the youth that God and heaven will be forgotten." MYP 213/4

Manual Labour vs. Games: Man's view on these two issues is often quite opposite to God's view. Either your activity is from God and honours God, or then it is from the powers of darkness and honours the prince of darkness. There is no middle ground.

Motive for competition: Competitive sports are often played in order to see who is the greatest – who is the winner. One tries to excel above his fellow man. One wants to be the best. This is how God views competitive sports. Satan is recorded as saying, I will exult myself (Is 14) but Jesus made himself of no reputation. (Phil 2)

"I was told by my Guide: 'Look ye, and behold the idolatry of My people, to whom I have been speaking, rising up early, and presenting

to them their dangers. I looked that they should bring forth fruit.' There were some who were striving for the mastery, each trying to excel the other in the swift running of their bicycles. There was a spirit of strife and contention among them as to which should be the greatest. The spirit was similar to that manifested in the baseball games on the college ground. Said my Guide: 'These things are an offense to God. Both near and afar off souls are perishing for the bread of life and the water of salvation.' When Satan is defeated in one line, he will be all ready with other schemes and plans which will appear attractive and needful, and which will absorb money and thought, and encourage selfishness, so that he can overcome those who are so easily led into a false and selfish indulgence." 8T 52. Winners feel elated – losers feel deflated. In most modern sports, the object is to defeat the opponent. One person or team wants to be the seen as the best... to be the winner.

"Some of the most popular amusements, such as **football and boxing**, have become schools of brutality. They are developing the same characteristics as did the games of ancient Rome. The love of domination, the pride in mere brute force, the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.

"Other athletic games, though not so brutalizing, are scarcely less objectionable because of the excess to which they are carried. *They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities.* They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness with their terrible results." AH 500. Why do many young people have distaste for useful labour? Have they been trained to enjoy the sporting activities and are wearing out their energies in these "pugilistic sports" so they have energy left?

"Be sober, be vigilant' [not in kicking football and in educating yourselves in the objectionable games which ought to make every Christian blush with mortification at the afterthoughts] 'be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.' Yes, he is on your playground watching your amusements, catching every soul that he finds off his guard, sowing his seeds in human minds, and controlling the human intellect." FE 225

We need to teach children and young people the enjoyment to be obtained from useful labour. Our young people and children learn from our example. The way we view work, is the way they will also view it. If we find no enjoyment in work, our children will not either.

"In the night season I was a witness to the performance that was carried on on the school grounds. The students, who engaged in the grotesque mimicry that was seen, acted out the mind of the enemy, some in a very unbecoming manner. A view of things was presented before me in which the students were playing games of **tennis and cricket**. Then I was given instruction regarding the

character of these amusements. They were presented to me as a species of idolatry, like the idols of the nations." CT 350.

What about being a spectator at these competitive sporting events? "He brings before them one scene of excitement after another, -- horse-racing, football matches, pugilistic contests. Around these scenes thousands of spectators assemble, greedy for excitement, anxious to see man getting the better of his fellow-man. As it was in the days of Noah, just prior to the destruction of the world by a flood, so will it be before the coming of the Son of God." ST July 4, 1900.

How do you interpret these statements? Are they from God or from Satan? There is no middle ground. You can come to your own conclusions, but I believe the words are very clear.

Then there is the needless money spent for these activities. This money could be given to the poor whether they be local or in far away Third World Countries. We are entrusted with means from God and He will call us into account as to how we spend it. "To spend money, which is so hard to obtain, on materials with which to play **tennis and cricket** is not in harmony with the testimonies which have been given to our school in Battle Creek. The danger of playing these games is pointed out, and those in the school discarded them." 8MR 74. Every penny we spend unwisely we will have to give an account in the day of judgement. Each moment we spend foolishly we will also have to give an account. God's account keeping is exact.

WHAT WOULD JESUS DO?

Where can you read in the Bible that Jesus was found kicking a football around? Is He not our example in all things? "I cannot find an instance in the life of Christ where He devoted time to play and amusement. He was the great Educator for the present and the future life. I have not been able to find one instance where He educated His disciples to engage in amusement of football or pugilistic games, to obtain physical exercise, or in theatrical performances; and yet Christ was our pattern in all things. Christ, the world's Redeemer, gave to every man his work and bids them 'occupy till I come.' {ST, July 4, 1900 par. 9} Yet Jesus was the happiest man who ever lived, even though He never partook in any sporting activities or worldly entertainments. He found the source of true happiness and He wants to share it with each of His children. It was not in these amusements that He condemned. Jesus wants us to be happy and is showing us the way. He found His happiness in helping others; in speaking the truth in love to the downcast; in active labour for the benefit of mankind.

"Human beings are all living on probation, and they are either working out their own eternal good or their eternal ruin. Satan is continually seeking to turn them away from God." ST, July 4, 1900 par. 9 If your activity isn't for your eternal good, then it is for your eternal ruin. Will such sporting activities exist in heaven? "Did the

exercise in games of football bring the participants into more close relation to God?" 5MR 247

PASSIVE AMUSEMENTS

I've mentioned active amusements but there are also passive amusements which God frowns on such as inappropriate reading or watching TV. Either way they eat up precious moments of our life. How are we spending these moments? In a useful manner – to benefit our fellow man? Or in a selfish manner, to benefit no one but ourselves?

Reading Material: "In the education of children and youth, fairy tales, myths, and fictitious stories are now given a large place. Books of this character are used in the schools, and they are to be found in many homes. How can Christian parents permit their children to use books so filled with falsehood? When the children ask the meaning of stories so contrary to the teaching of their parents, the answer is that the stories are not true; but this does not do away with the evil results of their use. The ideas presented in these books mislead the children. They impart false views of life and beget and foster a desire for the unreal." MH 446

"The widespread use of such books at this time is one of the cunning devices of Satan. He is seeking to divert the minds of old and young from the great work of character building." MH 447

Theater: "Among the most dangerous resorts for pleasure is the theater. Instead of being a school for morality and virtue, as is so often claimed, it is the very hotbed of immorality. Vicious habits and sinful propensities are strengthened and confirmed by these entertainments. *Low songs, lewd gestures, expressions, and attitudes deprave the imagination and debase the morals.* Every youth who habitually attends such exhibitions will be corrupted in principle. There is no influence in our land more powerful to poison the imagination, to destroy religious impressions, and to blunt the relish for the tranquil pleasures and sober realities of life than theatrical amusements. The love for these scenes increases with every indulgence as the desire for intoxicating drink strengthens with its use. *The only safe course is to shun the theater, the circus, and every other questionable place of amusement.*" AH 516.

"The true Christian will not desire to enter any place of amusement or engage in any diversion upon which he cannot ask the blessing of God. He will not be found at the theater, the billiard hall, or the bowling saloon. He will not unite with the gay waltzers or indulge in any other bewitching pleasure that will banish Christ from the mind." AH 515

"To those who plead for these diversions we answer, We cannot indulge in them in the name of Jesus of Nazareth. The blessing of God would not be invoked upon the hour spent at the theater or in the dance. No Christian would wish to meet death in such a place. No one would wish to be found there when Christ shall come." AH 516

In the days of Sis. White TV did not exist. What do you think Jesus view on TV would be? The following scriptures will tell you. Is. 33:15, Ps 101:3 and Ps 11:5 TV is full of wickedness violence and the shedding of blood; even in cartoon form how much crime do you see? Do you think you would find Sis. White spending hours in front of TV? When she wrote about fairy tales, novels and myths – reading anything that is untrue, these same principles can be applied to TV.

In the quotes about reading material, you can substitute the word "Book" for "TV shows" and then you would have a clear view of what God thinks of your TV watching.

Although there are some *apparently* good TV shows, anything that contains, "*Low songs, lewd gestures, expressions, and attitudes deprave the imagination and debase the morals.*" are an abomination and are condemned by God as inappropriate for a true Christian to be partaking of. Not to mention that TV cannot be watched without an advertisement occurring every few minutes. These ads encourage only covetousness, greed, sensuality. They are also designed to catch our attention and feed our flesh. It is impossible not to watch a program without being affected by these advertisements.

However, "Even fiction" books or TV "which contains no suggestion of impurity, and which may be intended to teach excellent principles, is harmful. It encourages the habit of hasty and superficial reading merely for the story. Thus it tends to destroy the power of connected and vigorous thought; it unfits the soul to contemplate the great problems of duty and destiny." MH 445

"We have an abundance of that, which is real, that which is divine. Those who thirst for knowledge need not go to polluted fountains." MH 447 Where is your heart? Where are your affections? Do you find these shows exciting while the Bible and testimonies are a bit dry?

Every moment sitting in front of these entertainments, is a moment wasted – lost into eternity. How many of our youth can recite and recall all these stories and fairy tales, but are unable to recite by memory but only a few Bible Verses? If the show does not bring a person closer to God, but rather drives them further away it is not appropriate.

J.N. Andrews was the SDA church's first foreign missionary. He died a young man, yet in his youthful years he had learned to memorize the entire New Testament. How many of our youth can recite even a dozen Bible verses? What are we teaching them? Who is educating them -- God? Is God in these fictitious stories? If not, then it is the devil. There will be no TV shows in heaven.

ASSOCIATIONS

"Between the associations of the followers of Christ for Christian

recreation and worldly gatherings for pleasure and amusement will exist a marked contrast. Instead of prayer and the mentioning of Christ and sacred things will be heard from the lips of worldlings the silly laugh and the trifling conversation. Their idea is to have a general high time. Their amusements commence in folly and end in vanity."AH 512

"Children who are under strict discipline will at times have dissatisfied feelings. They will become impatient under restraint, and will wish to have their own way, and go and come as they please. Especially from the age of ten to eighteen, they will often feel that there would be no harm in going to picnics and other gatherings of young associates; yet their experienced parents can see danger. They are acquainted with the peculiar temperaments of their children and know the influence of these things upon their minds, and from a desire for their salvation keep them back from these exciting amusements." What kind of exciting amusements are being spoken of here? Picnics? Are picnics an inappropriate form of recreation? No, it is one a form of recreation that God smiles upon, but rather it is **the choice of associates** that is addressed here. "When these children decide for themselves to leave the pleasures of the world and become Christ's disciples, what a burden is lifted from the hearts of careful, faithful parents!" 1T 391

"Let all put the question to their own hearts, have we been seeking the friendship and applause of the world, rather than the presence of Christ and a deeper knowledge of his will? Examine your own hearts, judge your own course. Consider what associates you are choosing. Do you seek the company of the wise, or are you willing to choose worldly associates, companions who fear not God, and obey not the gospel? Are your recreations such as to impart moral and spiritual vigor? Will they lead to purity of thought and action?" {ST, December 7, 1882 par. 3}

POSITIVE RECREATION

"The hours so often spent in amusement that refreshes neither body nor soul should be spent in visiting the poor, the sick, and the suffering, or in seeking to help some one who is in need." {MYP 381.2} And God has many more forms of recreation, such as walks in nature that are acceptable and refreshing.

May God help us to find the true happiness there is to be found in proper Christian Recreation; recreation that God will approve of and that will build up and strengthen us, leaving off with the Amusements that have no spiritual value as they are not from God, but rather from the devil. Let us join Joshua in making a commitment to leave off with the gods of this world. "And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that [were] on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD." Joshua 24:15. **AMEN**



Health Outreach

Hamilton, Canada

On Sunday, April 27, 2008, the Hamilton Church held their spring Cooking and Health Seminar. Bro Evald Pedersen opened the seminar with greetings and thanks to the guests for coming to the seminar. He invited everyone to stand for the opening prayer. Br. Evald read the itinerary of the program and thanked the demonstrators for their contribution.

He then invited Sister Gloria Ferguson to start the demonstration. Her demonstration was on gluten and the various ways to use gluten in dishes. She showed how to make the gluten with gluten flour and water, and then she boiled it in a broth to make it tender and palatable. Her demonstration was a Curry Gluten dish. She also did a stir-fry with the gluten and a variety of vegetables.

Sister Wendy Eaton began her demonstration introducing the various forms of protein. She stressed the importance of getting enough protein in a vegetarian diet, and that nuts, breadcrumbs and potatoes make a complete protein. She demonstrated a nice Almond Sunflower Seed Roast, as well as Gluten patties. Sis Wendy combined some almonds with the gluten and stated that this made a complete protein.

Sister Franziska Pedersen presented Zucchini Quiche, with a whole wheat (home made) piecrust. Her recipe included chickpea flour as a thickening agent, which prompted one participant in the audience to inquire whether cornstarch could be used. She stated that it was much healthier than using cornstarch because it was a more natural product. Her second demonstration was lentil patties. A participant asked if she used any eggs in her recipe and she stated that she used ground flax seeds and rolled oats instead.

Brother Jerry Eaton talked to the audience about health issues, some of which were asked during the demonstrations. He also asked the audience "how many people still use dairy products"? There was a small show of hands. He then spoke about the problems with dairy cows and the fact that the machines milking the cows creates a health problem for the cows and the people who use the products they produce. Approximately 20% of the cows at any given time have mastitis, an infection of the udder. Also, the constant suction when milking causes the udders of the cow to bleed which enters into the milk. There is also pus from the mastitis infection found in the milk.

Br. Jerry enlightened the audience of the problems with using eggs and other animal products. He also had a discussion on food additives and the diseases associated with them. The use of hydrolyzed vegetable protein powder which usually has approximately 50% mono sodium glutamate, or MSG, which has been linked to a number of neurological problems. The problem with aspartame and other artificial sweeteners was also discussed. Br. Jerry mentioned that carob was much better than chocolate, which needs a lot of sugar to make it palatable. He admonished the audience to avoid anything with sulfites and nitrites, sulfates and nitrates, which are some of the more potent carcinogens in the world.

He introduced the cookbooks that the church was selling and then answered some questions on health from the audience.

When the question and answer period ended and while the tables were being set up, the guests had the opportunity to browse over



the various books on display for purchase, pick up the recipes and complete the information sheets for further contact.

The twenty-two visitors were quite pleased and interested in acquiring more information on the health reform message.

Your Sister in Christ, Maurine Gerald, Hamilton



Church Primary School, Kenya



Church In The Woods, Kenya



Closing Scenes Of The Remnant Church



Zephaniah 3:12 I will also leave in the midst of thee an afflicted and poor people, and they shall trust in the name of the LORD.

Let us seek God's word in reference to the closing scenes of the remnant church. Is this relevant to us today? Do you sense within yourself that this is the end? That we are living in the final stages of this world? Do you sense it, because true children rely not on their senses, but rather, on every word that proceeds from God? It is my purpose then to search God's word, His revelation regarding His remnant people.

Zephaniah 3:11-17. "In that day shalt thou not be ashamed for all thy doings, wherein thou hast transgressed against me: for then I will take away out of the midst of thee them that rejoice in thy pride, and thou shalt no more be haughty because of my holy mountain. I will also leave in the midst of thee an afflicted and poor people, and they shall trust in the name of the LORD. The remnant of Israel shall not do iniquity, nor speak lies; neither shall a deceitful tongue be found in their mouth: for they shall feed and lie down, and none shall make [them] afraid. Sing, O daughter of Zion; shout, O Israel; be glad and rejoice with all the heart, O daughter of Jerusalem. The LORD hath taken away thy judgments, he hath cast out thine enemy: the king of Israel, [even] the LORD, [is] in the midst of thee: thou shalt not see evil any more. In that day it shall be said to Jerusalem, Fear thou not: [and to] Zion, Let not thine hands be slack. The LORD thy God in the midst of thee [is] mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing."

Consider the remnant. How they come into prominence, how they rise. As we read, you notice what transpires as these remnant people rise.

Zeph. 3: 18 I will gather [them that are] sorrowful for the solemn assembly, [who] are of thee, [to whom] the reproach of it [was] a burden.

A people sorrowful, reproached.

Zeph. 3:19, 20. "Behold, at that time I will undo all that afflict thee: and I will save her that halteth, and gather her that was driven out; and I will get them praise and fame in every land where they have been put to shame. At that time will I bring you [again], even in the time that I gather you: for I will make you a name and a praise among all people of the earth, when I turn back your captivity before your eyes, saith the LORD."

Observe these statements. God is saying, a poor and afflicted people, a people that He gathers. A sorrowful people. People who have been under reproach and driven out. People that have been captive. This is to be our contemplation at this time. The closing scenes of the remnant people. What are their experiences?

The closing scenes of God's people. What are their senses; sorrow, reproach, circumstances of being driven out? What is their sorrow? This is a description of the wrath to come to the world.

Ezekiel 9:4 "And the LORD said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof."

Jerusalem, the headquarters of the church has the man with the writer's ink by his side to seal. Who does he mark? The sorrowful, the people that are not celebrating, the people that are burdened. About what? The abominations that are done in the midst thereof --in Jerusalem. This description is beautifully amplified in the Spirit of Prophecy;

"The people of God are sighing and crying for the abominations done in the land. With tears they warn the wicked of their danger in trampling upon the divine law, and with unutterable sorrow they humble themselves before the Lord on account of their own transgressions. The wicked mock their sorrow, ridicule their solemn appeals, and sneer at what they term their weakness. But the anguish and humiliation of God's people is unmistakable evidence that they are regaining the strength and nobility of character lost in consequence of sin. It is because they are drawing nearer to Christ, and their eyes are fixed upon His perfect purity, that they so clearly discern the exceeding sinfulness of sin. Their contrition and self-abasement are infinitely more acceptable in the sight of God than is the self-sufficient, haughty spirit of those who see no cause to lament, who scorn the humility of Christ, and who claim perfection while transgressing God's holy law." {5T 474.4}

Here is the experience - the senses that go through those that are the remnant. Did you notice they were crying for the transgressions and abominations done in the church including their own. Why are they doing it? Because they can see Jesus. The nearer you come to Jesus the more you will see your own sinfulness. That will cause sorrow. Blessed are they that mourn, says Jesus.

"The leaven of godliness has not entirely lost its power. At the time when the danger and depression of the church are greatest, the little company who are standing in the light will be sighing and crying for the abominations that are done in the land. But more especially will their prayers arise in behalf of the church because its members are doing after the manner of the world." {5T 209.3}

Here is a clarification. The abominations are what? The church "are doing after the manner of the world." Here you have a vast field of contemplation. That is what the people that are standing in the light are lamenting about.

"These sighing, crying ones had been holding forth the words of life; they had reproved, counseled, and entreated. Some who had been dishonoring God repented and humbled their hearts before

Him. But the glory of the Lord had departed from Israel; although many still continued the forms of religion, His power and presence were lacking." {5T 210.2}

Oh yes, church religion goes on. And God's church goes on, however, they are doing according to the world and the sighing, crying ones have been holding forth the words of life.... There is their sorrow, there is their experience. What is the scene of that experience of the people that tremble before Jesus? What will their experience be?

Isaiah 66:2 "For all those [things] hath mine hand made, and all those [things] have been, saith the LORD: but to this [man] will I look, [even] to [him that is] poor and of a contrite spirit, and trembleth at my word."

Poor, sighing, crying over their own sins, as we've been reading, these are the people.

Isaiah 66:5 "Hear the word of the LORD, ye that tremble at his word; Your brethren that hated you, that cast you out for my name's sake, said, Let the LORD be glorified: but he shall appear to your joy, and they shall be ashamed."

The remnant people are those who tremble at His word, who are indeed a poor and afflicted people. A people who tremblingly recognise they are unworthy. As they read God's word, they are contrite, they can feel their sins and they repent their soul to the Lord. The gospel of Jesus Christ saves them and takes away their shame.

Psalms 147:2, 3. "The LORD doth build up Jerusalem: he gathereth together the outcasts of Israel. He healeth the broken in heart, and bindeth up their wounds."

When you and I decide to follow Jesus right down the line and confess our sins and turn away from the corruptions we are used to, and we are upholding the word of God before the people, and the people hate us for it, we will get all broken up. Our hearts will be breaking in both directions. I have a broken heart as I have discovered my sinfulness. I am also broken because of my brethren and I am wounded. The Lord gathers the outcasts.

Isaiah 56:8 "The Lord GOD which gathereth the outcasts of Israel saith, Yet will I gather [others] to him, beside those that are gathered unto him."

Here is a description of the last days because Revelation 18 says come out of her my people. The outcasts of Babylon. Who gives the message? The outcasts of Israel. God's people are outcasts and He will gather other outcasts as they are conscious. The church members will chaff and feel unhappy.

"Who are standing in the counsel of God at this time? Is it those

who virtually excuse wrongs among the professed people of God and who murmur in their hearts, if not openly, against those who would reprove sin? Is it those who take their stand against them and sympathize with those who commit wrong? No, indeed! Unless they repent, and leave the work of Satan in oppressing those who have the burden of the work and in holding up the hands of sinners in Zion, they will never receive the mark of God's sealing approval." {3T 267.1}

Did you pick it up? The amplification of the remnant. Who are the remnant? Who are those that stand in the counsel of God at this time? It is not those that murmur and accuse. They may not do it openly but in their hearts, they dislike this incessant correction of their life, they hate it. As the message keeps on coming and coming to correct their wrongs, they get very fed up. Under one pretext or another they will turn against their brethren and say, we have had enough of this – OUT!

What were they doing to warrant that they should be driven out? They had been holding forth the word of light, reprov'd, counselled and entreated.

In the light of that it is written; "We have far more to fear from within than from without. The hindrances to strength and success are far greater from the church itself than from the world." {1SM 122.3}

Let us understand what God is actually saying here. We must realise this is not a man saying this to you, that it is God speaking to us in the Words of inspiration.

"If we hope to wear the crown, we must expect to bear the cross. Our greatest trials will come from those who profess godliness. It was so with the world's Redeemer; it will be so with His followers. I should doubt whether I were a child of God, if the world, or even all professed Christians, spoke well of me. Those who are in earnest to win the crown of eternal life need not be surprised or disheartened because at every step toward the heavenly Canaan they meet with obstacles and encounter trials. The opposition which Christ received came from His own nation, who would have been greatly blessed had they accepted Him. In like manner the remnant church receives opposition from those who profess to be their brethren." {RH, August 28, 1883 par. 13}

This is a very interesting statement. The members of the church that are doing after the world and yet claim to be God's church, their brethren will oppose the remnant church. When I first read this statement my brain did a flip. What? And the remnant church? The church will oppose the remnant church. You will appreciate the wonderful answer to this query. Follow very carefully the revelations of the word, the manifestations of the remnant church. When Jesus came to this earth He was opposed by his own brethren;

John 1:10, 11. "He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his

own received him not."

When Jesus' work was finished, what sense went through Him? That He had been labouring for His church and that He had been putting in a total sacrifice for His own. Contemplate His entire sacrifice for the salvation of His own.

Isaiah 49:2-5. "And he hath made my mouth like a sharp sword; in the shadow of his hand hath he hid me, and made me a polished shaft; in his quiver hath he hid me; And said unto me, Thou [art] my servant, O Israel, in whom I will be glorified. Then I said, I have laboured in vain, I have spent my strength for nought, and in vain: [yet] surely my judgment [is] with the LORD, and my work with my God. And now, saith the LORD that formed me from the womb [to be] his servant, to bring Jacob again to him, Though Israel be not gathered, yet shall I be glorious in the eyes of the LORD, and my God shall be my strength."

Jesus laboured and He had a sensation--it's all in vain. If this was Christ's experience, what will be the experience of those who will open the heart who stands at the door and knocks and asks admittance, can I sup with you? Who will you sup with? The one who spoke like this. You will be with the remnant. You will say, I have laboured in vain for His cause and it looks like it's all coming to naught.

"As the light and life of men was rejected by the ecclesiastical authorities in the days of Christ, so it has been rejected in every succeeding generation. Again and again the history of Christ's withdrawal from Judea has been repeated. When the Reformers preached the word of God, they had no thought of separating themselves from the established church; but the religious leaders would not tolerate the light, and those that bore it were forced to seek another class, who were longing for the truth. In our day few of the professed followers of the Reformers are actuated by their spirit. Few are listening for the voice of God, and ready to accept truth in whatever guise it may be presented. Often those who follow in the steps of the Reformers are forced to turn away from the churches they love, in order to declare the plain teaching of the word of God. And many times those who are seeking for light are by the same teaching obliged to leave the church of their fathers, that they may render obedience." {DA 232.2}

Who is longing for the truth? Where will you find it? This happens according to the statement in every succeeding generation. Look down through the corridors of the history of Christ's church and see what you see.

"...as the old disciples retired to their graves, their children, along with new converts,... came forward and new-modeled the cause." -Robert Robinson, Ecclesiastical Researches, ch. 6, par. 17, p. 51. {GC 384.5}.

That is how you know that the faith of the Catholic Church developed.

Just in the next generation.

As the founders, those who possessed the true spirit of reform, pass away, their descendants come forward and "new-model the cause." While blindly clinging to the creed of their fathers and refusing to accept any truth in advance of what they saw, the children of the reformers depart widely from their example of humility, self-denial, and renunciation of the world. Thus 'the first simplicity disappears.' A worldly flood, flowing into the church, carries 'with it its customs, practices, and idols.'" {GC 385.1}

Let's take in the generation of the pioneers of the SDA church; this is the generation of the founders of the SDA church..

"The old standard bearers knew what it was to wrestle with God in prayer, and to enjoy the outpouring of His Spirit. But these are passing off from the stage of action; and who are coming up to fill their places? (NEW CONVERTS AND THE CHILDREN) How is it with the rising generation? Are they converted to God? Are we awake to the work that is going on in the heavenly sanctuary, or are we waiting for some compelling power to come upon the church before we shall arouse? Are we hoping to see the whole church revived? That time will never come." {1SM 122.1}

The old standard bearers give way to the children and new converts and re-model the cause. Just the next generation! If you study the history, exactly what happened, 1844-1914. Sis. White was about to die in 1915... there came the dreadful history of the SDA church changing its original stance, not to participate in war. It was known across the world. But this company didn't want to do that and were thrown out.

Here we are, as a result of that company back in 1914 onwards, that company of reformers that stood on the platform of the truth that would not deviate. Will it be repeated again? The same thing with every successive generation?

"The Lord Jesus will always have a chosen people to serve Him. When the Jewish people rejected Christ, the Prince of life, He took from them the kingdom of God and gave it unto the Gentiles. God will continue to work on this principle with every branch of His work. When a church proves unfaithful to the word of the Lord, whatever their position may be, however high and sacred their calling, the Lord can no longer work with them. Others are then chosen to bear important responsibilities. But, if these in turn do not purify their lives from every wrong action, if they do not establish pure and holy principles in all their borders, then the Lord will grievously afflict and humble them and, unless they repent, will remove them from their place and make them a reproach...." {UL 131.3}

How many people were there? The apostles. They were all in one place at that time. One hundred and twenty, that's all.

Has anything changed according to God's word? God's word has

stood true all throughout history. As we come to these last days, these final scenes, the generation that was succeeded by the next one was faithful and the next one became unfaithful. If they do not establish pure and holy principles in all their borders, then the Lord will grievously afflict them.

"I saw a company who stood well guarded and firm, giving no countenance to those who would unsettle the established faith of the body. God looked upon them with approbation. I was shown three steps-- the first, second, and third angels' messages. Said my accompanying angel, 'Woe to him who shall move a block or stir a pin of these messages. The true understanding of these messages is of vital importance. The destiny of souls hangs upon the manner in which they are received.' I was again brought down through these messages, and saw how dearly the people of God had purchased their experience. It had been obtained through much suffering and severe conflict. God had led them along step by step, until He had placed them upon a solid, immovable platform. I saw individuals approach the platform and examine the foundation. Some with rejoicing immediately stepped upon it. Others commenced to find fault with the foundation. They wished improvements made, and then the platform would be more perfect, and the people much happier. Some stepped off the platform to examine it and declared it to be laid wrong. But I saw that nearly all stood firm upon the platform and exhorted those who had stepped off to cease their complaints; for God was the Master Builder, and they were fighting against Him. They recounted the wonderful work of God, which had led them to the firm platform, and in union raised their eyes to heaven and with a loud voice glorified God. This affected some of those who had complained and left the platform, and they with humble look again stepped upon it". {EW 258.3}

Have you heard that today? "No, no, no, the way the pioneers saw it, that's wrong."

The remnant are those who keep on incessantly holding on to that which was once delivered to the saints. Those who feel we should release this foundation will dislike them. The people will be much happier; it is not a good experience to be contrite and poor. We want to enhance things. Is this not what we're hearing? Yes, if you're going to follow Jesus, you're going to be on a platform of truth in the last days that will render you a poor and afflicted people. They are the ones. These poor and afflicted people, how many are needed in this experience?

Jeremiah 3:14 "Turn, O backsliding children, saith the LORD; for I am married unto you: and I will take you one of a city, and two of a family, and I will bring you to Zion."

Is that a lot? What about all this church growth we hear all the time? What is written? One in a family, two in a city.

"Ten members, who were walking in all humbleness of mind, would have a far greater power upon the world than has the entire church,

with its present numbers and lack of unity." {5T 119.1}

How many does God need? What does He need? He needs a little company. Just like Shadrach, Meshach and Abednego. Three! What did they do to evangelise the world? You know the story. While all the other Jews fell down. While all the other members of the church let them down, there they stood with the flames burning. If all the other Hebrews stood with them, do you think they would have been able to burn them all? Just three.

"When the truth we now cherish was first seen to be Bible truth, how very strange it appeared, and how strong was the opposition we had to meet in presenting it to the people for the first time; but how earnest and sincere were the obedient, truth-loving labourers! We were indeed a peculiar people. We were few in numbers, without wealth, without worldly wisdom or worldly honours; and yet we believed God and were strong and successful, a terror to evildoers. Our love for one another was steadfast, it was not easily shaken. Then the power of God was manifested among us, the sick were healed, and there was much calm, sweet, holy joy. But while the light has continued to increase, the church has not advanced proportionately." {5T 534.1}

"The fine gold has gradually become dim, and deadness and formality have come in to cripple the energies of the church. Their abundant privileges and opportunities have not led God's people onward and upward to purity and holiness. A faithful improvement of the talents God has entrusted to them would greatly increase those talents. Where much is given, much will be required. Those only who faithfully accept and appreciate the light God has given us, and who take a high, noble stand in self-denial and self-sacrifice, will be channels of light to the world. Those who do not advance will retrograde, even on the very borders of the heavenly Canaan. It has been revealed to me that our faith and our works in no way correspond to the light of truth bestowed. We must not have a halfhearted faith, but that perfect faith which works by love and purifies the soul. God calls upon you in California to come into close relationship with Him." {5T 534.1}

Ten members is all it needs to stand on that platform and not vary. Every pillar of truth must be in place. That which the church has already established over the fifty years of that generation of the pioneers. That organisational principle was all laid down in living oracles so that when the test comes, we know enough of all those pillars and standards so we will not buckle under the tests. The people that will not buckle will be the outcasts again and again joined with the outcasts of Babylon.

Who does Satan finally make war with?

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

Who does he make war with? The church? No. The seed of the church? No. The remnant of the seed. How many will there be? Will you be among them? The remnant of her seed. As you look at the generations, you have the generations of the pioneers, the seed of the pioneers and how long did they go for? Then you have the remnant of her seed. Who are they? They who keep the commandments of God and have the faith of Jesus.

Will you and I make a decision to be among those who God can bless at last?

"The saints then will be an obscure people, little known to the Catholics; but the churches and nominal Adventists who know of our faith and customs (for they hated us on account of the Sabbath, for they could not refute it) will betray the saints and report them to the Catholics as those who disregard the institutions of the people; that is, that they keep the Sabbath and disregard Sunday." {Sp M 1.5}

Who do the Catholics know? They know every church organisation in the world. This people will be little known by the Catholics. They will be the outcasts both out of Israel and out of Babylon. In this outcast position, God says they will glorify over you.

Isaiah 66:5 "Hear the word of the LORD, ye that tremble at his word; Your brethren that hated you, that cast you out for my name's sake, said, Let the LORD be glorified: but he shall appear to your joy, and they shall be ashamed."

"The earnest prayers of this faithful few will not be in vain. When the Lord comes forth as an avenger, He will also come as a protector of all those who have preserved the faith in its purity and kept themselves unspotted from the world. It is at this time that God has promised to avenge His own elect which cry day and night unto Him, though He bear long with them." {5T 210.1}

"In the time when His wrath shall go forth in judgments, these humble, devoted followers of Christ will be distinguished from the rest of the world by their soul anguish, which is expressed in lamentation and weeping, reproofs and warnings. While others try to throw a cloak over the existing evil, and excuse the great wickedness everywhere prevalent, those who have a zeal for God's honour and a love for souls will not hold their peace to obtain favor of any." {5T 210.3}

Mark those words, they will not HOLD THEIR PEACE TO OBTAIN FAVOUR. The remnant will not countenance the slightest deviation, not a pin, not an iota. If we will be among them, it will burn, we will be terribly maligned. All sorts of garbage will be thrown against you, be assured of it. But Jesus looks with favour on these people. **AMEN.**

Sermon by John Thiel, Perth, Australia



The April 2005 Messenger included an article titled "The Healing Vitamin." This was a short article talking about the health benefits of Vitamin D. Since that time, much research has been done on Vitamin D and new discoveries have been made about its benefits. Much of the following information has been discovered in the last few years, including several studies that have just come out in the last 2 weeks. Because of the health implications of a Vitamin D deficiency, we all need to ensure that we are receiving adequate amounts of this "healing vitamin."

Most vitamins occur naturally in a variety of foods. The only natural food source for Vitamin D is from certain fatty fish. There is no vegetarian food source of Vitamin D. Actually, vitamin D is not a true vitamin, but is a hormone that is produced by our body. Vitamin D is manufactured by humans in the skin upon exposure to ultraviolet radiation from sunlight. Sunlight reacts with oil in the skin to produce Vitamin D. When man originally populated the earth, they lived in the area of the Equator, and they had sufficient amounts of Vitamin D from sunlight. Further from the Equator, UV rays are scarce. As people moved further from the equator they began to develop Vitamin D deficiencies, leading to a number of health problems.

Vitamin D plays a significant role in the health of various body systems. It also helps reduce the risk of a number of diseases.

Nervous System

Vitamin D is vital for the normal development of the brain. In animal studies, children of mothers who were deficient in Vitamin D showed that parts of the brain did not develop properly. There is a link between low maternal Vitamin D during pregnancy and the risk of children developing behavioural problems, and schizophrenia. Children who were given Vitamin D supplements after birth also had a lower incidence of mental illness later in life. Also, children who had low levels of Vitamin D developed seizure disorders.

Low levels of Vitamin D is also linked to depression. Seasonal Affective Disorder, which is a type of depression that occurs in the winter months results from a lack of exposure to adequate sunlight and Vitamin D. In a study looking at depression in the elderly, it was found that Vitamin D levels in persons with depression were 14% lower than in people without depression.

Recent research shows that Vitamin D protects the nervous system, and reduces the risk of various degenerative brain diseases such as Alzheimer's and Parkinson's

Bones

Vitamin D is essential for bone growth and maintenance of bone density. Vitamin D is necessary for proper absorption of calcium into the body, which maintains the density of bones. Taking calcium supplements without taking Vitamin D along with it, is useless. Vitamin D can actually prevent bones from breaking if taken in adequate amounts.

A Vitamin D deficiency can lead to several bone diseases. The disease known as rickets occurs especially in infants and children. Vitamin D is needed for bones to absorb calcium. Thus, a Vitamin D deficiency results in the failure of bone to mineralize, and the arms and legs become bowed. Rapidly growing bones are most severely affected by rickets. In adults, the bones are no longer growing, but they are in a constant state of turnover. In adults with severe vitamin D deficiency, bone mineral is progressively lost, resulting in bone pain and osteomalacia (soft bones).

Vitamin D insufficiency can be an important contributing factor to osteoporosis. In a survey of more than 2,600 postmenopausal women with osteoporosis, it was revealed that 64% of subjects had low levels of Vitamin D.

In a review of a large number of studies on Vitamin D's effect on bones found that people who took 700IU to 800IU of Vitamin D per day had a 26 per cent lower risk of hip fractures than people who didn't take a Vitamin D supplement. The researchers determined that 1000IU of Vitamin D per day could substantially lower the risk of broken bones in older people.

Heart

Many researchers have determined that vitamin D deficiency leads to the depositing of calcium in the arteries which leads to atherosclerosis, which is a hardening of the arteries. Northern countries, which have less available sunlight have higher levels of cardiovascular disease and more heart attacks occur in winter months at a time when a person's Vitamin D levels are at their lowest.

A study tracked a number of people with high blood pressure. Those people with low blood levels of Vitamin D were twice as likely to have a heart attack, angina, stroke, or heart failure.

Muscle

Vitamin D deficiency causes muscle weakness and pain in children and adults. It can also produce milder symptoms such as muscle spasms and twitching. Vitamin D improves balance and muscle performance. Muscle tissue contains receptors that are specifically designed to accept Vitamin D. This indicates that the vitamin has a key role in muscle function.

When researchers gave Vitamin D to older women, they saw an increase in protein production, which resulted in an increase in muscle strength and balance. The higher the Vitamin D, the faster they could walk and get up from a chair.

Gums

Periodontal or gum disease is the leading cause of tooth loss, especially in older people. It is caused by chronic inflammation in the gums. Eventually, the tooth starts to wear away.

Studies determined that Vitamin D may influence gum disease because it suppressed inflammation.

Cancer

Vitamin D is the most promising nutritional source to reduce the risk of cancers.

A study released just this month shows that Vitamin D can rid the body of free radicals, which can damage and injure the DNA of cells. If you reduce DNA damage, you reduce the risk of cancer and slow down the aging process.

Vitamin D appears to make cancer cells less abnormal, less likely to multiply, and more likely to die. It also hinders the growth of new blood cells that feed a tumour. Also, there is evidence that Vitamin D may make cancer cells adhere to the tumour, which can keep them from branching out and metastasizing, thus preventing tumours from growing in other parts of the body.

Vitamin D, especially was found to prevent colon cancer from developing by lowering the risk of precancerous polyps in the colon. It also aids in preventing prostate cancer from spreading by limiting the ability of cancer cells to invade healthy cells.

A study released on May 16, 2008 by researchers at Mt. Sinai Hospital in Toronto, Canada showed that women diagnosed with breast cancer are nearly twice as likely to have the disease spread to other parts of their bodies and are 74% more likely to die from it if they have low levels of Vitamin D. In the study, only one in four women had adequate amounts of Vitamin D in the body. Women with insufficient levels were 94% more likely to have the disease spread by 10 years after diagnosis than those with adequate levels.

Researchers have also determined that breast cancer rates are higher in countries that have less intense ultraviolet rays from the sun. The farther from the equator, the higher the incidence of breast cancer.

Many research studies showed that only with higher levels of Vitamin D could the cancer risk be lowered. Taking at least 600 IU a day seemed to be the dose necessary to lower cancer risk.

Diabetes

Among a group of people who were in the pre-diabetic stage, where blood sugar levels were higher than normal but not high enough to be given a diagnosis of diabetes, those people who took at least 700IU of Vitamin D per day had significantly less of an increase in blood sugar levels over a period of three years.

Research suggests that Vitamin D promotes the ability of the pancreas to produce insulin. Insulin is the hormone that allows

sugar to be absorbed by the cells of the body. In diabetics, whose bodies don't produce enough insulin, blood sugar can rise to dangerous levels. Vitamin D can lower blood sugar levels in diabetics by triggering the pancreas to produce more insulin.

Infants who receive Vitamin D supplementation have an 80% reduced risk of developing Diabetes type I (which requires insulin injections) over the next 20 years.

Obesity

It is a known fact that those who are overweight have lower levels of Vitamin D in their blood. This is because Vitamin D is a fat-soluble vitamin, which means that excess fat attracts Vitamin D, leaving less in the blood for the body to use. This makes it critical for people who are overweight to get enough Vitamin D, as their body's need for Vitamin D is increased over those who are of average weight. Obese people need twice as much Vitamin D than those who are of normal weight.

This is yet another link with diabetes and Vitamin D. Many people who have diabetes are overweight. This leads to the conclusion that overweight people develop diabetes more easily because they are low in Vitamin D.

Immune System

A Vitamin D deficiency prevents the immune system from functioning adequately. This explains why sun exposure in sanitariums cured tuberculosis 100 years ago. Immune system cells called macrophages are able to manufacture the active form of Vitamin D. Once this active form is manufactured, the macrophages are able to produce substances that fight bacteria. When deficient in Vitamin D, people's bodies could not destroy the tuberculosis bacteria. This explains why dark-skinned people develop tuberculosis more readily. The pigment in their skin leads to lower levels of Vitamin D in the blood by being not being able to absorb adequate amounts of Vitamin D from the sun.

Auto-immune diseases are caused when the body's immune system goes into overdrive and attacks the body's own cells. A certain type of immune cell, called the T-1 helper cell is involved in auto-immune attacks on the body. Vitamin D decreases the production of T-1 helper cells.

Auto-immune diseases such as Type 1 diabetes, multiple sclerosis and rheumatoid arthritis are more prevalent in northern countries where there is less sun, and therefore, less absorption of Vitamin D into the body. New research shows that people who live in northern climates can decrease their risk of auto-immune diseases by taking at least 400IU of Vitamin D per day. Studies show that Vitamin D may also decrease the inflammation which plays a significant role in rheumatoid arthritis.

Osteoarthritis

Osteoarthritis is the most common type of arthritis in Canada. One out of six people suffer from this form of arthritis. It results in over 20,000 hip and 20,000 knee replacements per year.

So far, no one knows how to stop cartilage—which is supposed to protect bones—from wearing away, leaving hips, knees, and other joints feeling stiff and sore.

Several recent studies have shown that arthritis progresses much faster in people that have low levels of Vitamin D in their blood. People with low levels of Vitamin D have lower quality bone, which leads to the wearing away of bone on joints, causing arthritis pain. Also, low levels of Vitamin D damages the cartilage which protects bones.

Vitamin D Requirements

Some of the world's most eminent vitamin D researchers believe up to half the population has below optimum levels of vitamin D. Vitamin D deficiency is common among all age groups in North America. It takes months of vitamin supplementation and sunlight exposure to rebuild bones and the nervous system from chronic Vitamin D deficiency.

The original standard for Vitamin D requirements was to take a dose high enough to prevent rickets. But now, research shows that this standard is too low in preventing all the other health problems that can arise from low levels of Vitamin D. Current recommendations are that most people should aim for 400 IU-1,000 IU per day of Vitamin D.

Certain groups of people need higher than average amounts of Vitamin D. People with dark-colored skin synthesize markedly less vitamin D on exposure to sunlight than those with light-colored skin. They often need 20-30 times the amount of exposure to sunlight than fair-skinned people. The risk of vitamin D deficiency is particularly high in dark-skinned people who live far from the equator. People whose ancestry is from the northern climates naturally have lighter skin. This was so that they can absorb more of the sun's UV rays.

Additionally, the elderly are less able to synthesize vitamin D from sunlight exposure. Infants who are exclusively breast-fed and do not receive vitamin D supplementation are at high risk of vitamin D deficiency, particularly if they have dark skin and/or receive little sun exposure. Human milk generally provides 25 IU of vitamin D per liter, which is not enough for an infant if it is the sole source of vitamin D. And, as mentioned before, overweight people need higher levels of Vitamin D because much of their Vitamin D is stored in fat and inaccessible for the body to use.

Vitamin D supplementation can slow bone density losses or decrease the risk of osteoporotic fracture in men and women who

are unlikely to be getting enough Vitamin D. However, there is a threshold of Vitamin D intake that is necessary to reduce fracture risk. Only with supplementation of at least 700 IU of vitamin D showed a marked decrease in fractures.

The only natural source of Vitamin D is sunlight. Because of the increased risk of skin cancers, many people will not go outside in the summer with using sunscreen. Unfortunately, using sunscreen prevents Vitamin D absorption. A sunscreen with an SPF factor of only 8 can reduce Vitamin D absorption by 95%. In countries that are far from the equator, there is not enough sun from late fall to early spring to provide people with adequate levels of Vitamin D. Many people at latitudes of 42 degrees and above, either north or south become Vitamin D deficient by the end of the winter.

Sensible exposure to natural sunlight can provide the needed levels of Vitamin D without increasing cancer risk. As little as 5-10 minutes of sun exposure on arms and legs or face and arms three times weekly between 11:00 am and 2:00 pm during the spring, summer, and fall, at latitudes of 42 degrees north or south should provide a light-skinned individual with adequate vitamin D and allow for storage of any excess for use during the winter with minimal risk of skin damage. If an adequate amount of sun exposure is not possible, other sources of Vitamin D are necessary to prevent Vitamin D deficiencies.

There is no vegetarian food source that naturally contains Vitamin D. However, we can get some Vitamin D from food products on the market. Now that research recognizes the need for levels of Vitamin D beyond what we receive from sun exposure, many foods have been fortified with Vitamin D. Some of these food sources include fortified soy beverages, cereals, breads, juices, milk, and yogurt. Look on the food labels to identify foods that have been fortified with Vitamin D. However, even fortified foods may not provide us with the amount of Vitamin D we need per day. We would have to drink 10 cups of fortified soya milk to provide us with our daily need for Vitamin D.

Researchers are focusing on supplements as a source of Vitamin D because so little foods contain the vitamin. Most multi-vitamins contain Vitamin D. Also, you can purchase supplements that contain only Vitamin D.

Because Vitamin D assists with calcium absorption, Vitamin D toxicity can cause abnormally high calcium levels which could result in bone loss, kidney stones, and calcification of organs like the heart and kidneys if untreated over a long period of time. The maximum dose that is set for safe Vitamin D intake is 2,000 IU per day. However, Vitamin D toxicity is very unlikely in healthy people at intake levels lower than 10,000 IU per day. It is impossible to get Vitamin D toxicity from sun exposure.

Vitamin D supplements only cost pennies a day. In light of all the risks associated with low Vitamin D levels, we should all be taking

Vitamin D supplements, especially in the winter months. Also, blood tests can be ordered by your doctor to determine the level of Vitamin D you have in your body to ensure that you are getting enough of the vitamin.

Health Outreach London, Canada



JOSEPH BATES WAS SURE GOD WOULD PROVIDE



CHILDREN'S CORNER

To begin this story, we must go back to the year 1844. In the town of Washington, New Hampshire, there was an earnest company of Adventists. They were not satisfied just to believe for themselves that Jesus was coming soon: they must have their neighbors know it, and persuade all they could to join them in getting ready for Him.

One day the young lady who taught school in the village announced that her mother was coming from New York to visit her. Of course they all were very glad to see this lady whose name was Mrs. Rachel Oakes, and they made her feel very much at home among them. And it was very natural that as they talked with her the hope that was in their hearts should come uppermost. So Rachel Oakes had not been there a day before she knew that they were eagerly looking for the Lord Jesus to come. After she had listened to their arguments and explanations, she said quietly, "I think you are right. Now I want to ask you one question. Why do you keep Sunday for the Sabbath?"

"Why," answered William Farnsworth, "isn't it the Sabbath?"

"No, indeed," said Rachel Oakes. And then she took her Bible, as they had taken theirs to teach her the message of Jesus' coming, and she taught them the truth of the Sabbath. For Rachel Oakes was a Seventh-day Baptist, and the Seventh-day Baptists had kept the Sabbath for hundreds of years.

After hearing what Rachel Oakes told them, the Adventists were much concerned about their duty in this matter. William Farnsworth took his stand for the Sabbath, Frederick Wheeler and others soon followed, and so began the first Sabbath-keeping among the Adventists.

Other Adventists in nearby towns learned of the Sabbath from the believers in Washington, New Hampshire. One of these was a minister named T. M. Preble. He was a very eloquent man, and the Adventists far and wide thought very much of him. He made up his mind that the Sabbath should be brought to the attention of the Adventist people more widely. So he wrote about it, and his article was published in an Adventist paper called, "The Hope of Israel." This was in February, 1845.

Joseph Bates received a copy of this paper, and read what Preble had to say about the Sabbath. He set to work to study it, and he made up his mind that the seventh day was the only day God ever set apart for the Sabbath, and therefore that it was the Sabbath still.

But he wanted to see the brethren and sisters who first began to teach it; so he took a journey from his home in New Bedford up to Washington, New Hampshire. There he met the Sabbath-keeping Adventists; and studying the matter with them, he became very sure that the Sabbath truth was one God meant the Adventist people to know and to receive. Back, therefore, he went to New Bedford, full of the great news.

The next day after reaching home, as he was crossing a bridge over a nearby river on his way to visit friends, he met an acquaintance, Captain Hall.

"Good morning, Captain Bates," sang out Captain Hall, "what's the news this morning?"

"The news is," answered Captain Bates, "that the seventh day is the Sabbath of the Lord." And he began to tell his friend what he had learned. Captain Hall went straight home, called his wife, and they sat down to study the question. It was not long before they came to the conclusion that Captain Bates was right, and they began to keep the Sabbath too.

Thus Joseph Bates went on, telling the truth of the Sabbath wherever he went, and thus it was that when he was called to the conference at Hiram Edson's in western New York, he carried with him the truth of the Sabbath.

But Joseph Bates knew he could send this truth much better if he had it printed; for books could go to a thousand places while he was going to one. And he determined he would write a pamphlet about the Sabbath truth. Yet how could he? for he was as poor as Himes, when the Signs of the Times was started. Perhaps he was poorer; he had only a shilling,—twelve and a half cents. When he accepted the First Angel's Message, he was worth about eleven thousand dollars; but, believing with all his heart that Jesus was

coming soon, he sold off his property and used the money in giving the message. And now he had nothing left but this York shilling.

However, he prayed about the matter, and he felt assured that God wanted him to write the little book about the Sabbath. So he sat down at his desk, with his Bible before him, and began to write. He had not gotten very far in his writing when his wife, coming in from the kitchen, opened the door and said, "Joseph, I haven't enough flour to finish the baking."

"How much flour do you lack," asked her husband.

"About four pounds," she said.

"Very well," said he. And getting up, he took a six-quart milk-pan from the kitchen shelf, went out to the grocery store, and bought a panful of flour. He took it home, and went back to his writing.

In no time Mrs. Bates came in again. "Joseph," said she, "where did this flour come from?"

"Why," said he, "isn't there enough? You said you wanted four pounds."

"Yes," said she, "but where did you get it?"

"I bought it," said he.

"You, Captain Bates, a man who has sailed vessels out of New Bedford to all parts of the world, have been out and bought four pounds of flour!"

"Wife," said Joseph Bates, "I spent for that flour the last money I have on earth."

Mrs. Bates threw her apron up to her eyes, and began to cry. She had not known before that her husband had spent the last of his money in the cause. Sobbing bitterly, she cried, "What are we going to do?"

Joseph Bates arose, and standing up to his full height, he said impressively, "I am going to write a book, I am going to circulate it, and spread this Sabbath truth before the world."

"Well, but," said Mrs. Bates, still weeping, "what are we going to live on?"

"The Lord is going to open the way," answered her husband smilingly.

"Yes, the Lord is going to open the way," she returned, "that's what you always say." And bursting into a fresh flood of tears, she left the room.

Joseph Bates sat down and began writing again on his Sabbath pamphlet. In about half an hour it was impressed on his mind that there was a letter at the post office for him, and he should go and get it. So he went out, and down to the post office.

"Is there a letter for me, Mr. Drew?" he asked.

The postmaster looked. "Yes, there is, Captain Bates," he said; "postage due, five cents." In those days people could pay the postage when they sent the letter, or not, just as they pleased. If they didn't, it had to be paid by the person to whom the letter was sent. And here was the postage to be paid, and Bates hadn't a cent.

"Mr. Drew," he said to the postmaster, "I am out of money; I haven't even the five cents to pay the postage. But will you let me see where the letter is from?"

"Oh, that's all right, Captain Bates," said the postmaster, "take it along and pay some other time," and he handed him the letter.

"No," said Bates, "I will not take the letter from the post office until the postage is paid." For it was a principle of his not to go into debt.

But he looked at the letter, and said, "I feel that there is money in this letter." And handing it back to the postmaster, he asked, "Will you please open it? If there is money in it, you take the postage out; if not, I will not read it."

The postmaster opened it, and first thing to meet his eye was a ten dollar bill! He made change, took out the postage, and gave the rest of the money, with the letter, over to Joseph Bates. It was from a man who said in the letter that the Lord had impressed his mind that Captain Bates needed money.

Joseph Bates walked off down town, bought a barrel of flour and some potatoes and sugar and other things, called a drayman, and told him to take the things up to his house. "Probably the woman will tell you the goods don't belong there, but don't you pay any attention to what she says. Unload the goods just as I have told you, on the front porch."

"Yes, Captain," said the drayman, "I will do just as you have ordered."

Then Bates went down to the printing office, and hired them to print one thousand pamphlets for him as quickly as they could. This was to be the Sabbath book. He said he would pay as fast as he got the money, and would take no books from the office until all were paid for. Where he would get the money, he didn't know, but he was sure the Lord would send it to him.

He stopped on his way home to buy some paper and pens, and by



the time he reached his house the groceries had come and were on the front porch. He went in at the back door, and sat down at his desk again. Pretty soon in came his wife in great excitement, and said, "Joseph, just look out there. Where did that stuff come from? A drayman drove up here and just would unload it. I told him it didn't belong here, that we had no money with which to buy such things, but he declared this was the exact number where it was to be left. And he left it all, and drove off."

"Well," said her husband, "I guess it's all right." "But where did it come from?" she persisted.

"Why," said he, "the Lord sent it."

"Oh yes," she answered, "the Lord sent it: that's what you always say."

Then he handed the letter to her, and said, "Read this, and you will learn where it came from." She read it, and then went out for another cry, but that was because she was ashamed of her lack of faith. And pretty soon she came back and asked her husband's forgiveness.

Joseph Bates wrote his book, the printer printed it, and the money came in for it, all in good time. H. S. Gurney, who you remember went with Joseph Bates on his trip in the South, received some money on a debt he had thought would never be paid, and with a part of this he paid the last of the printing bill. And with the book the truth began to spread more and more.

So Joseph Bates began to teach among the Adventists the truth of the Sabbath. And as you shall see in the stories that follow, the Lord blessed his self-sacrifice, and soon brought greater light and power from heaven for the teaching of this testing truth. And those who from this time on came together in the faith of the Lord's coming, the heavenly sanctuary service, and the seventh-day Sabbath, made the first of the people who have come to be known by the name, Seventh-day Adventists.

Elder A. W. Spalding tells this story in chapter 20 (pp. 237-247) of the out-of-print Pioneer Stories (Southern Publishing Assn, 1922). Some corrections in the historical narrative have been made by A. L. White to harmonize certain details with facts uncovered by later Spalding research and embodied by him in other accounts.

By A. W. Spalding



Little Leila In Ghana, Africa



Church In Ghana, Africa

Church School In Tanzania



Br. Kelly Schultz
In Vancouver,
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