



*The Reformation*  
**Messenger**

VOLUME 21, NUMBER 6, June 2014

A Happy Marriage  
Page 12

**“Every wayside blossom owes its being to the same power that set the starry worlds on high. Through all created things thrills one pulse of life from the great heart of God. . . . He who has given you life, knows your need of food to sustain it. He who created the body is not unmindful of your need of raiment. Will not He who has bestowed the greater gift, bestow also what is needed to make it complete?” –*Healthful Living*, page 295–296**

**WE BELIEVE:** The all-wise loving God created all things in the universe by His Son, Jesus Christ. He is the 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

**Front Cover Photo:**

Helen Marttinen, Canada

**Back Cover Photo:**

Helen Marttinen, Mexico

**Inside Cover:**

Tiffany Bessec, South Africa

**Volume 21, Number 6, June 2014**

- 3 My Companions and Friends**
- 6 I Can Do All Things**
- 8 The Sealing of the 144,000**
- 12 A Happy Marriage**
- 14 The Morality in the Last Days**
- 18 Real Faith**
- 20 Dangerous Curves in Life**
- 21 Health Matters: The Eye (Part 2)**
- 24 Children's Corner: The Sabbath . . .**
- 26 Cooking Class and Health Seminar**

*The Reformation*  
**Messenger**

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

- Tel: 905-876-2518
- E-mail: [ismessenger@yahoo.com](mailto:ismessenger@yahoo.com)
- Internet: [www.ismessenger.org](http://www.ismessenger.org)

**IMS**  
PUBLISHING

RR # 3  
7899 15 Sideroad  
Milton, ON  
L9T 2X7  
Canada

#### SUBSCRIBE TO THE REFORMATION MESSENGER

Order by Mail: Please Fill In

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

No. Of Annual Subscriptions:

\_\_\_\_\_ Black & White x \$22.00 each per year

\_\_\_\_\_ Colour x \$30.00 each per year

(Price includes 12 issues. Add \$5.00 North America and \$10.00 overseas shipping & handling)

\_\_\_\_\_ **Purchase all 20 years of the Messenger for \$200.00**

**Bound in books by year.**

(Price includes over 214 issues, including shipping and handling)

\_\_\_\_\_ Catalogue for articles for all 18 years

Amount of cheque: \$ \_\_\_\_\_ Payable to IMS Publishing

Or order online: [www.ismessenger.org](http://www.ismessenger.org)



# My Companions and Friends

“The restoration and uplifting of humanity begins in the home. The work of parents underlies every other. Society is composed of families, and is what the heads of families make it. Out of the heart are ‘the issues of life’ (Proverbs 4:23); and the heart of the community, of the church, and of the nation is the household. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences.” –*The Ministry of Healing*, p. 349

“It is natural [nature] to seek companionship. Everyone will find companions or make them. And just in proportion to the strength of the friendship, will be the amount of influence which friends will exert over one another for good or for evil.” –*Testimonies for the Church*, vol. 4, p. 587

“A friend loveth at all times, and a brother is born for adversity.” Proverbs 17:17

“A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.” Proverbs 18:24

“Now Jesus loved Martha, and her sister, and Lazarus. These things said He: and after that He saith unto them, Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep.” John 11:5, 11

“Now there stood by the cross of Jesus His mother, and His mother’s sister, Mary the wife of Cleophas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple standing by, whom He loved, He saith unto His mother, Woman, behold thy son! Then saith He to the disciple, Behold thy mother! And from that hour that disciple took her unto his own home.” John 19:25–27

“The Saviour knew the character of the men whom He had chosen; all their weaknesses and errors were open before Him; He knew the perils through which they must pass, the responsibility that would rest upon them; and

His heart yearned over these chosen ones. Alone upon a mountain near the Sea of Galilee He spent the entire night in prayer for them, while they were sleeping at the foot of the mountain. With the first light of dawn He summoned them to meet Him; for He had something of importance to communicate to them.

“These disciples had been for some time associated with Jesus in active labor. John and James, Andrew and Peter, with Philip, Nathanael, and Matthew, had been more closely connected with Him than the others, and had witnessed more of His miracles. Peter, James, and John stood in still nearer relationship to Him. They were almost constantly with Him, witnessing His miracles, and hearing His words. John pressed into still closer intimacy with Jesus, so that he is distinguished as the one whom Jesus loved. The Saviour loved them all, but John’s was the most receptive spirit. He was younger than the others, and with more of the child’s confiding trust he opened his heart to Jesus. Thus he came more into sympathy with Christ, and through him the Saviour’s deepest spiritual teaching was communicated to His people.” –*The Desire of Ages*, p. 292 [emphasis mine]

## OTHER EXAMPLES OF TRUE FRIENDSHIP

Abraham, “the friend of God.” “There is many a man in the humble walks of life today whom the Lord might designate as He did Abraham: ‘The friend of God.’ Such men approve that which God approves and condemn that which He condemns.” –*Testimonies for the Church*, vol. 4, p. 615 [emphasis mine]

“And God said unto Abraham, Thou shalt keep My covenant therefore, thou, and thy seed after thee in their generations.” Genesis 17:9

“Because that Abraham obeyed My voice, and kept My charge, My commandments, My statutes, and My laws.” Genesis 26:5

## DAVID AND JONATHAN

Read 1 Samuel 18:1–4; 19:1–10; 20:1–3, 16–17; 23:14–18

“At this time, when there were so few bright spots in the path of David, he was rejoiced to receive an unexpected visit from Jonathan, who had learned the place of his refuge. Precious were the moments which these two friends passed in each other’s society. They related their varied experiences, and Jonathan strengthened the heart of David, saying, ‘Fear not: for the hand of Saul my father shall not find thee; and thou shalt be king over Israel, and I shall be next unto thee; and that also Saul my father knoweth.’ As they talked of the wonderful dealings of God with David, the hunted fugitive was greatly encouraged. ‘And they two made a covenant before the Lord: and David abode in the wood, and Jonathan went to his house.’

“After the visit of Jonathan, David encouraged his soul with songs of praise, accompanying his voice with his harp as he sang [the song in Psalm 11:1–5].” –*Patriarchs and Prophets*, p. 660

## PAUL AND TIMOTHY

“Sitting day after day in his gloomy cell, knowing that at a word or a nod from Nero his life might be sacrificed, Paul thought of Timothy and determined to send for him. To Timothy had been committed the care of the church at Ephesus, and he had therefore been left behind when Paul made his last journey to Rome. Paul and Timothy were bound together by an affection unusually deep and strong. Since his conversion, Timothy had shared Paul’s labors and sufferings, and the friendship between the two had grown stronger, deeper, and more sacred, until all that a son could be to a loved and honored father, Timothy was to the aged, toilworn apostle. It is little wonder that in his loneliness and solitude, Paul longed to see him.” –*The Acts of the Apostles*, p. 498 [emphasis mine]

“To Timothy, my dearly beloved son: Grace, mercy, and peace, from God the Father and Christ Jesus our Lord. I thank God, whom I serve from my forefathers with pure conscience, that without ceasing I have remembrance of thee in my prayers night and day.” 2 Timothy 1:2–3. Also read verses 4–18

## LUTHER AND MELANCHTHON

“Luther was not to make his perilous journey alone. Besides the imperial messenger, three of his firmest friends determined to accompany him. Melanchthon earnestly desired to join them. His heart was knit to Luther’s, and he yearned to follow him, if need be, to prison or to death. But his entreaties were denied. Should Luther perish, the hopes of the

Reformation must center upon his youthful collaborer. Said the Reformer as he parted from Melanchthon: ‘If I do not return, and my enemies put me to death, continue to teach, and stand fast in the truth. Labor in my stead.’” –*The Great Controversy*, p. 151

“At this time, when Luther so much needed the sympathy and counsel of a true friend, God’s providence sent Melanchthon to Wittenberg. Young in years, modest and diffident in his manners, Melanchthon’s sound judgment, extensive knowledge, and winning eloquence, combined with the purity and uprightness of his character, won universal admiration and esteem. The brilliancy of his talents was not more marked than his gentleness of disposition. He soon became an earnest disciple of the gospel, and Luther’s most trusted friend and valued supporter; his gentleness, caution, and exactness serving as a complement to Luther’s courage and energy. Their union in the work added strength to the Reformation and was a source of great encouragement to Luther.” –*Ibid.*, p.134



“The warmth of true friendship, the love that binds heart to heart, is a foretaste of the joys of heaven.” –*The Ministry of Healing*, p. 360

## EVILS OF WRONG ASSOCIATIONS

“Lot chose Sodom as a place of residence because he looked more to the temporal advantages he would gain than to the moral influences that would surround himself and his family. What did he gain so

far as the things of this world are concerned? His possessions were destroyed, part of his children perished in the destruction of that wicked city, his wife was turned to a pillar of salt by the way, and he himself was saved ‘so as by fire.’ Nor did the evil results of his selfish choice end here; but the moral corruption of the place was so interwoven with the character of his children that they could not distinguish between good and evil, sin and righteousness. –*The Signs of the Times*, May 29, 1884.” –*Messages to Young People*, p. 419. See Genesis 13:8–11, 13

“In Sodom. . . . The people openly defied God and His law and delighted in deeds of violence. Though they had before them the example of the antediluvian world, and knew how the wrath of God had been manifested in their destruction, yet they followed the same course of wickedness.” –*Patriarchs and Prophets*, p. 157

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?” 2 Corinthians 6:14–15

“And Samson went down to Timnath, and saw a woman in Timnath of the daughters of the Philistines. And he came up, and told his father and his mother, and said, I have seen a woman in Timnath of the daughters of the Philistines: now therefore get her for me to wife. Then his father and his mother said unto him, Is there never a woman among the daughters of thy brethren, or among all my people, that thou goest to take a wife of the uncircumcised Philistines? And Samson said unto his father, Get her for me; for she pleaseth me well.” Judges 14:1–3. Read also Judges 14:7, 10; 15:1, 4, 6

“Had Samson obeyed the divine commands as faithfully as his parents had done, his would have been a nobler and happier destiny. But association with idolaters corrupted him. The town of Zorah being near the country of the Philistines, Samson came to mingle with them on friendly terms. Thus in his youth intimacies sprang up, the influence of which darkened his whole life. A young woman dwelling in the Philistine town of Timnath engaged Samson’s affections, and he determined to make her his wife. To his God-fearing parents, who endeavored to dissuade him from his purpose, his only answer was, ‘She pleaseth me well.’ The parents at last yielded to his wishes, and the marriage took place.” —*Patriarchs and Prophets*, p. 562

#### **AMNON AND JONADAB**

“And it came to pass after this, that Absalom the son of David had a fair sister, whose name was Tamar; and Amnon the son of David loved her. And Amnon was so vexed, that he fell sick for his sister Tamar; for she was a virgin; and Amnon thought it hard for him to do any thing to her. But Amnon had a friend, whose name was Jonadab, the son of Shimeah David’s brother: and Jonadab was a very subtil man. And he said unto him, Why art thou, being the king’s son, lean from day to day? wilt thou not tell me? And Amnon said unto him, I love Tamar, my brother Absalom’s sister. And Jonadab said unto him, Lay thee down on thy bed, and make thyself sick: and when thy father cometh to see thee, say unto him, I pray thee, let my sister Tamar come, and give me meat, and dress the meat in my sight, that I may see it, and eat it at her hand. So Amnon lay down, and made himself sick: and when the king was come to see him, Amnon said unto the king, I pray thee, let Tamar my sister come, and make me a couple of cakes in my sight, that I may eat at her hand. Then David sent home to Tamar, saying, Go now to thy brother Amnon’s house, and dress him meat. So Tamar went to her brother Amnon’s house; and he was laid down. And she took flour, and kneaded it, and made cakes in his sight, and did bake the cakes. And she took a pan, and poured them out before him; but he refused to eat. And Amnon said, Have out all men from me. And they went out every man from him. And Amnon said unto Tamar, Bring the meat into the chamber, that I may eat of thine hand. And Tamar took the cakes which she had made, and brought them into the chamber to Amnon her

brother. And when she had brought them unto him to eat, he took hold of her, and said unto her, Come lie with me, my sister. And she answered him, Nay, my brother, do not force me; for no such thing ought to be done in Israel: do not thou this folly. And I, whither shall I cause my shame to go? and as for thee, thou shalt be as one of the fools in Israel. Now therefore, I pray thee, speak unto the king; for he will not withhold me from thee. Howbeit he would not hearken unto her voice: but, being stronger than she, forced her, and lay with her.” 2 Samuel 13:1–14

“You may see no real danger in taking the first step in frivolity and pleasure-seeking, and think that when you desire to change your course you will be able to do right as easily as before you yielded yourselves to do wrong. But this is a mistake. By the choice of evil companions many have been led step by step from the path of virtue into depths of disobedience and dissipation to which at one time they would have thought it impossible for them to sink.

“The student who yields to temptation weakens his influence for good, and he who by a wrong course of action becomes the agent of the adversary of souls, must render to God an account for the part he has acted in laying stumbling-blocks in the way of others. Why should students link themselves with the great apostate? Why should they become his agents to tempt others? Rather, why should they not study to help and encourage their fellow students and their teachers?” —*Messages to Young People*, p. 414

“God’s providential care had been over Samson, that he might be prepared to accomplish the work which he was called to do. At the very outset of life he was surrounded with favorable conditions for physical strength, intellectual vigor, and moral purity. But under the influence of wicked associates he let go that hold upon God which is man’s only safeguard, and he was swept away by the tide of evil. Those who in the way of duty are brought into trial may be sure that God will preserve them; but if men willfully place themselves under the power of temptation, they will fall, sooner or later.

“The very ones whom God purposes to use as His instruments for a special work, Satan employs his utmost power to lead astray. He attacks us at our weak points, working through defects in the character to gain control of the whole man; and he knows that if these defects are cherished, he will succeed. But none need be overcome. Man is not left alone to conquer the power of evil by his own feeble efforts. Help is at hand and will be given to every soul who really desires it. Angels of God, that ascend and descend the ladder which Jacob saw in vision, will help every soul who will, to climb even to the highest heaven.” —*Patriarchs and Prophets*, p. 568. Amen.

***Golden Kayawa Hingabantu***

# I Can Do All Things



***Paul said, "I can do all things through Christ which strengtheneth me." Philippians 4:13***

Jesus said, "If you have faith as a grain of mustard seed, you shall say unto this mountain, Remove hence to yonder place, and it shall remove, and nothing shall be impossible unto you." Matthew 17:20

"Those who consecrate body, soul, and spirit to God, will constantly receive a new endowment of physical, mental, and spiritual power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own Spirit, the life of His own life. The Holy Spirit puts forth His highest energies to work in heart and mind. The grace of God enlarges and multiplies their faculties, and every perfection of the divine nature comes to their assistance in the work of saving souls. Through co-operation with Christ, they are made complete in Him, and in their human weakness they are enabled to do the deeds of Omnipotence." *—Gospel Workers*, p. 112–113

The difficult part of our lifework is overcoming sin. Humanity alone it cannot achieve this. We need the power of God to unite with our human efforts, and then the miracle will happen.

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18

Wonderful are the promises that God has given us. Not only will our human nature change slowly, but we will be given a new heart and we will be born again of the Spirit of God. Jesus said, "Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God." John 3:3

When we are born again, we receive the power of a God to live a life without sin. "Whosoever is born of God doth not commit sin; for his seed remaineth in

him: and he cannot sin, because he is born of God." 1 John 3:9

People complain because they are lacking things that they want, but if The Lord is our shepherd, then we will not lack anything. All what we need will be provided. "The Lord is my shepherd; I shall not want. . . . Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over." Psalm 23: 1, 5. This means that we received more than what we expected.

With all the promises that God has given us, why are there still weak Christians? "But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name." John 1:12

This power that He has given us is greater than human power, even greater than the power of Satan. Paul writes, "For the kingdom of God is not in word, but in power." 1 Corinthians 4:20

"For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God." 1 Corinthians 1:18

This power of God will change us into different people. "And the Spirit of the Lord will come upon thee, and thou shalt prophesy with them, and shalt be turned into another man." 1 Samuel 10:6. This is what it means to be born again.

When Joseph went out to see his brothers, they planned to kill him. "And when they saw him afar off, even before he came near unto them, they conspired against him to slay him." Genesis 37:18. But later their attitude changed completely. Now Judah offered himself to remain in prison instead of his youngest brother. He said, "Now therefore, I pray thee, let thy servant abide instead of the lad a bondman to my lord; and let the lad go up with his brethren." Genesis 44:33

Paul was persecuting Christians. He went from house to house to seek believers in Christ to bring them to prison and to death. But he changed completely into another person. Now he became the most ardent advocate of the new Christian faith. Peter denied the Lord three times, because he was afraid of suffering, but later he rejoiced that he could suffer for Jesus. He was even ready to die for Him.

Zacchaeus was a publican and he had gathered much riches to himself. But when he met Jesus, he was not interested in earthly riches anymore. He quickly made a promise to give half of his goods to the poor.

These examples do not show the natural behaviour of people. They are the result of being born again. We change into a different person, and that person has Christlikeness. Paul writes, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20

This change in these men's lives was the result of the power of God that came upon them. God will not give His divine power to a person who would use it selfishly, to gather riches to himself.

We have two examples in the Bible of completely different characters, and we must decide which one appeals to us more. The first one is Lamech, "And Lamech said unto his wives, Adah and Zillah, Hear my voice; ye wives of Lamech, hearken unto my speech: for I have slain a man to my wounding, and a young man to my hurt. If Cain shall be avenged sevenfold, truly Lamech seventy and sevenfold." Genesis 4:23-24

The second character is of Christ. "I gave my back to the smiters, and My cheeks to them that plucked off the hair: I hid not My face from shame and spitting." Isaiah 50:6. This second character appeals to very few people; even professed Christians turn away from it.

Jesus spoke of another example of a rich man whose ground brought forth a great harvest. "And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry. But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided? So is he that layeth up treasure for himself, and is not rich toward God." Luke 12:19-21

Only very few people can say, "I can do all things." And the reason for it is sin. Sin separates us from God. "He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much." Luke 16:10

The smallest sin we can think of takes the power of God away from us, if we do it knowingly. Without the power of God we are not able to resist greater temptations.

"The moment the eye is turned from Jesus, darkness is seen, darkness is felt, for Jesus only is light and life and peace and assurance forever." —*That I May Know Him*, p. 190

If we turn our eyes from Jesus to look at vanity, our light turns to darkness. If we neglect to pray for one hour we can fall into sin. "No man is safe for a day or an hour without prayer." —*The Great Controversy*, p. 530

The freedom from sin is Christ's righteousness and with this nothing is impossible to us; we can do all things. We have become different people, and the work of God becomes most important in our lives, and our own welfare becomes secondary. May the Lord help us all to be conquerors in His power is my prayer for all of us. Amen.

**Timo Martin**

## Hold fast to the Pledge

God is faithful in keeping His promises,  
Never be discouraged for He strengthens our weaknesses.  
Hold fast to the comfort, the hope and the faith,  
Trust in His promises, be patient and wait.

Satan tries to discourage and cause to fall down,  
So we cannot obtain the golden crown.  
The promise is given if we do hold fast,  
The victory we'll gain and go to heaven at last.

Having made a pledge to the Father, Son and Holy Spirit,  
Let us prove faithful and heaven we'll inherit.  
Hold fast by faith the promise that will come,  
God has prepared a place for all who overcome.

**Ethel Mae Manago**

Throughout the Bible it speaks of a God who is in control of this world; a God who knows the future; a God who does not guess. He knows, my brothers, and sisters and dear friends. He is a loving Father who wants all of His people, one day, very soon, to live with Him throughout eternity—an endless life, rejoicing in the presence of the one who loved us so much that He was willing to die the death we deserve so that we may live the life He deserves. This is our Lord Jesus Christ whom I want to share with all of you.

The prophet Isaiah put it this way, “Remember the former things of old: for I am God, and there is none else; . . . Declaring the end from the beginning, and from ancient times the things that are not yet done.” Isaiah 46:9—10. One of the qualities that makes God a different God from all the other gods which people have in this world is that He knows, and declares, the end from the beginning. God knows what will happen in the future as well as in the present. When we read the Bible we receive confidence regarding the future. Reading of the life of Jesus when He was upon the earth encourages us. Also we receive confidence when we see prophecies being fulfilled such as, the events of the end of time, and Jesus’ second coming. Before He comes the sealing work needs to happen among God’s people (Revelation 7:2–4). You and I must receive either the seal of God or the mark of the beast. There is no middle ground, and the Bible makes this crystal clear. This precious truth is of utmost importance because we, as individuals, are involved in this battle whether we desire to be or not. In the end of time we will be part of one of these two categories. I would now like to explain what the Bible and Spirit of Prophecy have to say about the sealing work among God’s people.

“And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God on their foreheads. And I heard the number of those which were sealed: and there were sealed an hundred and forty and four thousand of all



## The Sealing of the 144,000

the tribes of the children of Israel.” Revelation 7:2—4

“And I looked, and, lo, a Lamb stood on the mount Sion, and with Him an hundred and forty and four thousand, having His Father’s name written in their foreheads. And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: And I heard the sound of harpers harping with their harps: And they sung as it were a new song before the throne, and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth. These are they which were not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever He goeth. These were redeemed from among men, being the firstfruits unto God and to the Lamb. And in their mouth was found no guile: for they are without fault before the throne of God.” Revelation 14:1–5

The 144,000 is the group that will be sealed and protected from the destruction that is coming upon this earth during the seven last plagues. Revelation 14 describes them as those who are “redeemed from the earth”. John says “they have not defiled themselves”. The 144,000 follow the Lamb wherever He goes and “no guile was found in their mouth”. It is clear that the vision in Revelation 7 speaks of God’s church today and not the ancient nation of Israel. The emphasis in the New Testament is on the spiritual people of God, or His remnant church, because according to the Apostle Paul in Romans 2:29, every faithful believer in Christ is a true



Jew. So, this is a description of this special people who will be sealed with the seal of God. They will be privileged to sing the special song of Moses and the Lamb. Do you not want to be part of this group? Would you not like to follow Jesus wherever He goes? I would, and I pray that you will have the same desire. What a wonderful privilege that will be. The book of Revelation reveals God's final message for humanity at the end of time. Jesus gave us a revelation of His love; a revelation of His guidance down through the centuries until He comes with the clouds to take us home. Would you like to be have the seal of God and be ready when He comes?

According to the Bible, we believe there are two classes of redeemed. There is the great multitude, which began with Adam, and also a group of 144,000 in number which began to be made up beginning in the year 1844. We do not limit God in saving people, but we are just being informed of the number of people that will be saved as products of the Three Angel's Messages. They will be belong to this special group, the 144,000.

God has entrusted us to give the trumpet a certain sound; a clear sound to His people who want to know the truth—the present truth that sanctifies lives and prepares people for eternity. This message we have is a life or death message. In Isaiah 58:12–13, God calls us to perform the very important work of the restoration of the breach made in the Law of God. For many centuries the Sabbath has been cast down, but it is to be exalted and observed by the true people of God in these last days. Now, if you and I have been enlightened with the present truth, praise God, because we live no more in darkness. But let us not forget that the love of this world is often the cause of backsliding from the truths and ways of Jesus Christ, as we find in 2 Timothy 4:10, "For Demas hath forsaken me, having loved this present world." Demas was once a "fellow laborer" of Paul, along with Mark and Luke.

The Spirit of Prophecy gives us a glimpse regarding this special group and what characteristics they have. In Isaiah 28:10 we read, "For precept must be upon pre-

cept, precept upon precept; line upon line, line upon line; here a little, and there a little." The phrase "precept upon precept from the King James Version is often associated with "deep teaching" and biblical research.

In 1901, Ellen G. White wrote: "It is not His [God's] will that they shall get into controversy over questions which will not help them spiritually, such as, Who is to compose the hundred and forty-four thousand? This those who are the elect of God will in a short time know without question.

"My brethren and sisters, appreciate and study the truths God has given for you and your children. Spend not your time in seeking to know that which will be no spiritual help. 'What shall I do to inherit eternal life?' This is the all-important question, and it has been clearly answered. 'What is written in the law? How readeest thou?'" —

*Selected Messages*, book 1, p. 174–175

"Let us strive with all the power that God has given us to be among the hundred and forty-four thousand. And let us do all that we can to help others to gain heaven." — *The Review and Herald*, March 9, 1905

"The Lord has given me a view of other worlds.



Wings were given me, and an angel attended me from the city to a place that was bright and glorious. The grass of the place was living green, and the birds there warbled a sweet song. The inhabitants of the place were of all sizes; they were noble, majestic, and lovely. They bore the express image of Jesus, and their countenances beamed with holy joy, expressive of the freedom and happiness of the place. . . . I begged of my attending angel to let me remain in that place. I could not bear the thought of coming back to this dark world again. Then the angel said, 'You must go back, and if you are faithful, you, with the 144,000, shall have the privilege of visiting all the worlds and viewing the handiwork of God.'" —*Early Writings*, p. 39–40

"I saw that she [Mrs. Hastings, who had just died] was sealed and would come up at the voice of God and stand upon the earth, and would be with the 144,000. I saw we need not mourn for her; she would rest in the

time of trouble. —Letter 10, 1850.” —*Selected Messages*, book 2, p. 263

God desires all men to be saved, yet few shall listen to His voice and do His will. The Bible tells us that many are called but few are chosen. “Many hear the invitation of mercy, are tested and proved; but few are sealed with the seal of the living God. Few will humble themselves as a little child, that they may enter the kingdom of heaven.” —*Testimonies for the Church*, vol. 5, p. 50

If the majority chooses to be lost, God is fair and He respects the choices people make; no one is coerced. This is not God’s character. Throughout the Scriptures, in both the Old and New Testament, we are often reminded that there is always a remnant left. They carry out God’s purpose on this earth, remaining faithful to His commandments and having the faith of Jesus. Bearing this in mind, we will now look at some important characteristics that the 144,000 have and what makes them a special group which will be saved by God’s grace.

“It is now that we must keep ourselves and our children unspotted from the world. It is now that we must wash our robes of character and make them white in the blood of the Lamb. It is now that we must overcome pride, passion and spiritual slothfulness. . . . Now is the time to prepare. The seal of God will never be placed upon the forehead of an impure man or woman. . . . All who receive the seal of God must be without spot before God—candidates for heaven.” —*Testimonies for the Church*, vol. 5, p. 216

Angels are God’s agents for carrying out His plans, and we are told that four angels are standing on the four corners of the earth, holding the four winds. According to the Bible winds represent strife, wars and upheaval (Jeremiah 30:23). Why are these angels holding back the winds? They are waiting until God’s people, the 144,000 in number, are sealed. “The fourth commandment alone of all the ten contains the seal of the great Lawgiver, the Creator of the heavens and the earth. Those who obey this commandment take upon themselves His Name, and all the blessings it involves are theirs.” —*Testimonies for the Church*, vol. 6, p. 350. The

question can be asked, “Did the sealing work begin already?” If yes, when did it begin? Are there conditions to be met in order to be sealed?

We believe that the sealing of the 144,000 began with the beginning of the proclamation of the third angel’s message which is recorded in Revelation 14:9–13. Though this work began 1844, it was not fully understood until 1848 when Sister White was given a vision about the sealing work at the meeting held in Dorchester, Massachusetts in November, 1848.

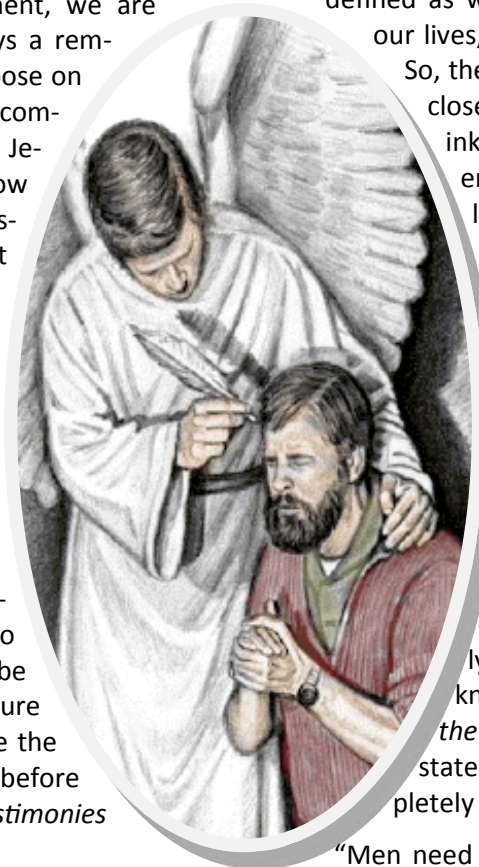
The sealing work began in 1844 and continues to the close of probation when Jesus leaves the sanctuary and the seven last plagues begin to fall. The sealing work is defined as writing the principles of God’s law in our lives, including the fourth commandment.

So, the sealing is a work now in process and closes when the angel with the writer’s inkhorn from Ezekiel 9 returns to heaven. “And behold, the man clothed with linen, which had the inkhorn by his side, reported the matter, saying, I have done as Thou hast commanded me.” Ezekiel 9:11. The sealing is the mark of allegiance of divine authority and also the mark of deliverance.

Regarding the necessary conditions to be met in order for a person to be sealed and belong to the 144,000, Sister White wrote the following; “Our only safety is to surrender our all to Him and to be constantly growing in grace and in the knowledge of the truth.” —*Counsels for the Church*, p. 50. This is an important statement. We need to be submitted completely to Jesus if we want to be sealed.

“Men need to learn that the blessings of obedience, in their fullness, can be theirs only as they receive the grace of Christ. It is His grace that gives man power to obey the laws of God. It is this that enables him to break the bondage of evil habit. This is the only power that can make him and keep him steadfast in the right path.” —*Counsels for the Church*, p. 216

Only when we are committed Christians, surrendered completely to God, will He give us the victory over sin and evil habits. We will then reflect the character and image of Jesus fully. “Those who receive the seal of the living God and are protected in the time of trouble must reflect the image of Jesus fully.” —*Early Writings*,



“We may talk of the blessings of the Holy Spirit, but unless we prepare ourselves for its reception, of what avail are our works? Are we striving with all our power to attain to the stature of men and women in Christ? Are we seeking for His fullness, ever pressing toward the mark set before us,—the perfection of His character? When the Lord’s people reach this mark, they will be sealed in their foreheads. Filled with the Spirit, they will be complete in Christ, and the recording angel will declare, ‘It is finished.’” —*The Review and Herald*, June 10, 1902

The people of God who have finished their work of preparation and have received the latter rain will give the message with a loud cry, calling God’s children out of Babylon to receive the seal. The latter rain will come before the finishing of the sealing work. “Before the work is closed up and the sealing of God’s people is finished, we shall receive the outpouring of the Spirit of God.” —*Selected Messages*, book 1, p. 111

In conclusion, I want to say that the 144,000, sealed with the seal of the living God are not a group of faithful people within the church but the remnant church itself in its ultimate triumph. As we look down through the history of the Christian Church, God has always had a people proclaiming His truth to each generation. We have been called in this last generation just as Noah was called by God in his generation. Noah appealed to

men and women to enter into the ark of safety. The majority rejected the call but there were a few faithful people who entered the ark. They were His church at that time. Today, we believe that the Seventh-day Adventist Church, Reform Movement, is God’s visible church on earth and we are His people. This church is His last remnant church in biblical prophecy and to its members has been entrusted the responsibility of giving the last message of warning; the last appeal of God’s mercy to a world in rebellion.

Jesus commissioned His disciples to go into all the world and preach the Gospel. Do you preach the last and most important message to the world? I hope you do, for there is laid up a great reward for you if you do what God asks you to do. But you can only preach with power when your life is changed by Jesus. May God bless each one of you richly so that you may sing with the 144,000 before God’s throne and worship Jesus throughout eternity is my wish and prayer. Amen!

In Christ,  
**Nicholas Anca**

## LOOKING FOR YOU...

If you are interested in submitting an item for publication in the Reformation Messenger, please submit to:

**By E-mail to:**  
ismessenger@yahoo.com

**By Mail to**  
IMS Publishing  
RR#3, 7899 15 Sideroad  
Milton, ON  
L9T 2X7  
Canada

**Submit:**  
DRAWINGS  
ANNOUNCEMENTS  
ARTICLES  
POEMS  
PHOTOS

## CENTENNIAL COMMEMORATION

“Then Samuel took a stone, and set it between Mizpeh and Shen, and called the name of it Ebenezer, saying, Hitherto hath the LORD helped us.” 1 Samuel 7:12

It is with great joy to extend this cordial and fraternal invitation to all believers in the same present truth to attend the upcoming Centennial Commemoration of Faithfulness to the Three Angel’s messages.

This event will take place from July 30th to August 3, 2014 at the World Headquarters of the IMS SDA Church Reform Movement, 625 West Avenue, Cedartown, GA, USA. A program outlining the topics and speakers will be made available in the near future.



# A Happy Marriage

Who else could create such a relationship, full of love, so binding and so satisfying as a marriage relationship. Only the originator of love could. When God instituted marriage it was supposed to be for a life time. But because of man's departure from God's plan we realize that many have committed suicide, some have resorted to drugs and alcohol while some try to free themselves through divorce. One thing we need to understand is that God's ways are the best for us in everything. "Lo, this only have I found, that God hath made man upright; but they have sought out many inventions." Ecclesiastes 7:29. The fact that marriage is supposed to be full of love and satisfying does not mean that it all happens without our effort nor can one find this kind of relationship through magic. No. You have to work for it through total commitment, faith and love.

The first requirement for a successful marriage is love. Imagine the father of mankind, Adam, being totally aware of what his wife had done. "She was a part of himself, and he could not endure the thought of separation. . . . He resolved to share her fate; if she must die, he would die with her. . . . He seized the fruit and quickly ate." —*Patriarchs and Prophets*, p. 56. In this we can learn that even though his love for Eve could not justify his sin, yet it was so powerful. If every husband and wife would have this kind of love which tolerates faults in the other, how many heart aches, divorces and even suicides would be avoided. Still, a successful marriage is not achieved only through love and romance but many things are attached to this love, as the saying

goes; "A cake made from nothing but sugar would soon dissolve."

"Husbands, love your wives, even as Christ also loved the church, and gave Himself for it." Ephesians 5:25

Why does God instruct men to love their wives, why not vice versa? Because He is our creator, He knows very well what material we are made of. We have to realize that women are emotional creatures. Men usually make a mistake by thinking that if they build a modern house and fill it with luxurious furniture they would have done their whole duty and shown love to their wives. Even though they may provide all the material comforts and be faithful to their wives, they need to climb a few more steps if they would reach the point of satisfying their wives. Even though other material

things are important, to satisfy a woman's emotional needs she needs to be cherished by her husband and hear affectionate words from him. Men seriously need to consider the fact that a woman's need for emotional fulfillment is equally pressing as is the male's need for sexual release. Therefore, if a man wants his wife to be happy he needs to assure her of her place in his affections and provide her with emotional security. Tell her how much you truly love her and make her feel special. On the other hand, women need to be cautious that they do not expect too much from their husbands. They need not compare their husbands with the professionally groomed husband that the world or her fantasies represent.

"Wives, submit yourselves unto your own husbands, as it is fit in the Lord." Colossians 3:18. God does not command the women to love their husbands. Why? Because the woman's whole existence is composed of love. Everything she does is entwined with love. When she cooks for her family, or mends her husband's shirt, feeds her baby or cleans the house, she does it all in love. Since love is part of her nature God gave her a commandment that is suitable for her. SUBMIT unto your husbands. This command does not make women second-class citizens of this world. This does not mean that women must blindly obey and helplessly depend on their husbands. It simply means that in decision making in the home, if she feels that she has some insight into the matter, the wife has a right to suggest her own ideas so that the husband can take her opinions

into his decision. In case of a misunderstanding or conflict, no matter how right her opinion is in her eyes, she has to willingly submit or yield to her husband's ideas.

Having done all, yet still if problems arise, how can one deal with them? The first solution is for the couple to discuss the problems as politely as they do with their friends. "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath." James 1:19. This will help you to think before you talk, thereby avoiding all bad words which could escape your lips and cause more harm than good. Some resort to what is called the "silent treatment". This is usually used by women to get even for some injustice done to them or as a tool to control the situation. Some men use it when strong emotions such as fear or anger are growing in them. Even though it is said that silence is eloquence, in this case instead of solving the problems this silence tends to worsen them.

Both husband and wife need to come to terms with the fact that even though they love each other, yet still they are two different individuals. We must realize the fact that to be different does not always mean to be wrong. Though some behaviours, such as dishonesty, laziness, drunkenness or smoking are hard to accept, at least we can view the situation without open hostility. Nothing can destroy love quicker than a quarrelsome attitude. "It is better to dwell in the corner of the housetop, than with a brawling woman and in a wide house." Proverbs 25:24. As the verse explains, men would rather stay outside than in a big house with a nagging woman. We need to understand that no one can change any one by direct action but you can change yourself—then others may change in response to you.

One more thing which could help is to recognize and appreciate what your spouse is doing. Because of living together daily the husband and wife end up getting accustomed to each other's virtues and strengths such that they overlook them and rarely mention the admirable qualities of their mates, but magnify minor faults. The wife needs to satisfy her husband's need for appreciation. If he has some achievement, helps to clean the yard, plays with the kids or even brings a gift for his wife, she is supposed to be thankful, praise him and show appreciation, but do not flatter. This has a wonderful effect on changing your spouse's behaviour. It makes him feel more confident and secure. When a husband buys a gift for his wife she needs to be very careful not to hurt him by failing to show appreciation.

Men also need to realize their wives have a need for appreciation. The housewives whose work centres

around the house do not expect promotions, salary increases or bonuses after doing their work, no matter how perfectly done. Yet many times words of appreciation from her husband would encourage her to carry forward her work with cheerfulness. ". . . her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all." Proverbs 31:28–29. These words which cost so little could soothe a multitude of irritations and misunderstandings. As the wife grows older she needs more reassurance from her husband that she is still attractive and interesting. This will also improve their sexual relationship.

Although we have centred on many points that could help the married life, these will be incomplete if God is not included. "Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain." Psalm 127:1. As each mate strives to be like Jesus the closer they come to one another. One preacher commented on Jesus' miracle at the wedding feast saying, "When Jesus comes into your marriage He turns water into wine." His presence in the marriage relationship transforms a cold relationship into one with life and sparkle. Our enemy knows this and that is why he keeps God's people busy to the extent of forsaking worship together as a family. Remember: a family that prays together stays together.

*Josephine Gwina  
Sierra Leone*



## **Canadian Field Conference**

**July 25–27, 2014**

**3897 Bloor Street West  
Toronto, Ontario**

**Please email for information**

**[imsessenger@yahoo.com](mailto:imsessenger@yahoo.com)**

# The Morality In The Last Days

**“[Love] seeketh not her own.” 1 Corinthians 13:5**

## **Agony**

We must not expect today, that the majority of men will be found leaving the broad road and agonizing to get on the narrow way of truth. The Apostle enumerates different signs, which will follow, that would predominate in the last days, while at the same time men would keep up a pretence of a form of godliness. The people of our day are cherishing great opinions of themselves; everyone believes that he is his own neighbour. “The Love,” the characteristic mark of a Christian, of which the apostle speaks; “[Love] seeketh not her own,” (1 Corinthians 13:5) has disappeared. Moreover, (1 Corinthians 13:5) “Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil.” Ah! “Is not easily provoked” is really not strong enough; for there is no “easily” in the Greek text. Interesting!

**Selfishness and Greed**—Are both going hand in hand. Money never played such an important part as it does today. Men are seeking and trying as much as possible to accumulate large amounts of earthly treasures. The words of Christ: “Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not,” (Luke 12:33–34) is not known any more among Christians. The words of the prophet Jeremiah are again true: “For from the least of them even unto the greatest of them every one is given to covetousness; and from the prophet even unto the priest every one dealeth falsely. They have healed also the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace.” Jeremiah 6:13–14. “The heads [leaders] thereof judge for reward, and the priests [ministers] thereof teach for hire, and the prophets thereof divine for money: yet will they lean upon the LORD, and say, Is not the LORD among us? None evil can come upon us.” Micah 3:11

**Exaltation, Conceit, and Pride**—Revealing themselves, at present, in a most gruesome way! If this could only be found among society in general, it would not be quite so bad; but Christians taking their first place like the Pharisees

of old, and are saying: “God, I thank Thee, that I am not as other men are.” Luke 18:11. All are making great pretences, from the maid to the king, to exalt in pride and display of dress. Unbelievable large sums are wasted in order to gratify vanity. No age of history can compare with this. The civilized world is full of blaspheming, and men are cursing the name of God in a most horrible manner. The Apostle speaks concerning this: “Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, And saying, Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of the creation.” 2 Peter 3:3–4

The proclamation of the three-fold angel’s message is from many cast aside and ridiculed. Nevertheless, “The Lord is. . . long suffering to usward, not willing that any should perish, but that all should come to repentance.” 2 Peter 3:9. The long suffering and kindness of God will also soon come—to an end!

**Training of Children**—During no time has the training of children been brought down to such a low standard as it is at present. Many of our boys (and girls) in their earliest youth have become habitual slaves of tobacco, intoxicating drinks, drugs, promiscuity, music, theatre, etc. The biggest part of our youth is found upon the steep road of crime and moral corruption. They are, furthermore, hypnotically fixed on their iPhones, and Androids, etc., etc. You see them every day—people glued to their Smart-phones. Is technology taking things too far? Social interaction is—passé. The generation gap is widening. The “Baby Boomer” or “Me” generation, Generations “X” and “Y” may be called “The Greatest Degenerations.”

Many, today, are the turbulent offshoots of the “Baby Boomer” generation; Post World War II, born from 1946–1964. They are the first generation to grow up with the television medium, and associated with a rejection of traditional values. Also called the “Me” generation, a culture of self-involved (narcissism) among the younger generation and the qualities associated with it: unapologetic hedon-

ism, abandoned traditional religious faiths and values such as: work hard, save money, cherish family and community ties, loyalty to institutions, and other common bonds. They are characterized by New Age spirituality, discos, nightclubbing, hot tub parties, Eastern religions, and rituals, away from spiritual realization, and toward yoga. Also called the counter-culture of “hippies” and political activists; or the “Now” generation in contrast to the “Me” generation. Their largely increased consumerism for the generation has been regularly criticized as excessive (*Wikipedia*, The Free Encyclopedia: Baby Boomer; “Me” Generation)

Many others are by-products of Dr. Benjamin Spock (May 2, 1903–March 15, 1998), the catastrophic advocate in permissive upbringing of children. Dr. Spock, a paediatrician, author of the second best seller next to the Bible for 52 years, “*The Pocket Book of Baby and Child Care*,” pub., 1946, 9<sup>th</sup> Ed.; was criticized for propagating permissiveness, and expectations of instant gratifications that led young people to join New Left activist movements (*Wikipedia*, the Free Encyclopedia: Benjamin Spock).

The present Generations “X” (born 1964–1980) and “Y” (born 1981–1994), grew up watching the American Dream on television, but have found the real world quite different. They are discouraged by the difficulty of finding jobs, the state of the national economy, and world politics, and the environment, and not hopeful about the future. The generation gap is widening! In fact, the Baby Boomers and the Generations X and Y could be collectively named—from the best-selling book, “Greatest Degeneration—How Institutions Die and Economies Die,” by Niall Ferguson, author, economic historian, who teaches at Harvard University, Penguin Press, June 13, 2013. “The World is declining—the end seems unnervingly nigh!” Jeremiah, the prophet, wasn’t popular with the elders of Judea either. He was jailed for sedition. They were sorry later. In contrast the children of the Great Depression (born 1929–1939) knew how to savour their lives and—not complain. (Deuteronomy 32:5, 20; Luke 3:7; 7:31–34; 11:29; Proverbs 30:11–14).

Moreover, “Riots have rocked colleges resulting in hundreds of arrests and dozens of injuries amid a growing sense that social media are helping to fuel misbehaviour at student mass gatherings. Crowds gathered and alcohol was almost always present and police showed up to keep order. Arrests ranged from failure to disperse from a riot to liquor-law violations to disorderly conduct, burglary, and assault. The popularity of the ‘selfie-fascination’ is bringing into play a new level of voyeurism. It’s kind of like watching a herd of sheep.” —*The Wall Street Journal*, U.S. News, A5, April 21, 2014

“Marijuana has been legalized in many states which poses a great threat to the still developing brains of teenagers, which can bring lasting impairments in memory, intellectu-

al functioning, and emotion control. Marijuana has been linked to depression, anxiety, and psychosis. Smoking ‘pot’ actually changes the size and shape of certain brain regions in young people. One in six users become addicted, according to the National Institute on Drug Abuse. With dependence comes every sort of social trouble: isolation, failure at school and work, often profound unhappiness.” — *Bloomberg Business Week*, April 28–May 4, 2014, Buzzkill: “Marijuana Poses Risks to Teens,” p. 16

**“The love of many shall wax cold.”** Matthew 24:12—This manifests itself in many different ways and customs, of which we shall be reminded of here only for one—the large number of divorces, which are carried out at present (1 in 3). It seems nothing is extraordinary any more. During the time of the French Revolution, in fact of old, thousands of divorces were permitted. Today, especially since the abomination of so many wars, they have become innumerable in every state of the Union (U.S.A.). Many returning veterans of the Iraq War; and many of which suffer from Post Traumatic Stress Disorder (PTSD), resort to divorcing their wives on their return, due to infidelity. Some have even killed their wives. Love suffers—children suffer—society suffers—all suffer—the Lord grieves.

Jesus teaches concerning divorce—Marriage and divorce. (Matthew 5:31–32; 19:1–9; Mark 10:1–12; Luke 16:18; Romans 7:1–3; 1 Corinthians 7:10–16. Law concerning divorce: (Deuteronomy 24:1–4; Genesis 1:27; 2:24).

**Unreconciliation**—One of the trade-offs that has crept into every division of society, is the spirit of “unreconciliation.” This shows itself among individuals and, above all, through the large strikes and protests, and through the fearful strife between capital and labour. Thousands of men have to suffer on account of this unyielding spirit of a few persons in power. The labour commotion is forming a predominating character of our time, and are signs of the times in our last days (Jeremiah 5:3–4).

The believers’ union with Christ is what matters most—“And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.” Colossians 3:23–24

Also, among Christians, especially among the different sects, is found a spirit of “unreconciliation” and false accusations. The old spirit of religious hatred and persecution is making its appearance again. But, he that is spiritual minded, will try to restore the erring one with the meek spirit of Christ (Galatians 6:1).

**Licentiousness**—Immorality and social impurity are found among millions and millions of people; and the large cities of the earth are not standing behind in regard to the corruption of the cities of Sodom and Gomorrah. “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." Matthew 24:38–39

And such conditions are called unavoidable evils, and the public sentence is that these social impurities should be controlled by the—hmm—state, rather than be without any control whatsoever. The great Judgment Day will soon lift the curtain, and all the terrible licentiousness among men will then be brought to light. He will reveal an astonishing condition among the high and low caste of human society among Christians and unbelievers. Blessed is the man who confesses his sins and doeth His will to the end. Such a man shall reign with Christ, when His glorious Kingdom shall be revealed (Revelation 2:26–27).

**Intemperance**—This is one of the great causes of moral pollution, of immorality and constantly increasing crimes.

Of this is alcohol (although muted by the media, institutions, and the medical community) drunkenness, which has taken over in all the earth. Before the wars persisting today, millions were spent for alcoholic drinks, but only minuscule amounts for foreign missions. Many are complaining about the heavy taxes, yet the heavy taxes and crushing burdens of mankind are caused by the expenditures for intoxicating drinks and tobacco. Indulgence in the latter is consuming vitality, strength, and productivity more than all diseases combined.

It is an established fact, that three times the amount is spent on drinks and tobacco, as for bread and other food. Just as in the darkest parts of Africa, their more intelligent tribes break into the jungles to slay or kill the unfortunate inhabitants (which is only a part of evil and misery); so exists among us a great part of the miserableness of those whose conditions we have considered with their pernicious (wicked) habits. Drunkenness and all kinds of physical and moral uncleanness are in full swing. Have you ever stood at the bedside of an unfortunate one, who suffered from an alcoholic delirium? Multiply the sufferings of this drunkard with the amount of a hundred thousand, and you will have an idea of the scenes that take place daily, and at this very moment, in all of our large cities.

"Let us eat and drink; for tomorrow we die." 1 Corinthians 15:32. This is the parole (watch word) of today. The whirlpool of pleasure has engulfed nearly all circles of society. The theatres cannot produce sufficient display, and are daily—overcrowded. The cinemas today could not be more filthy—disgraceful!

Furthermore, the baseness of rough sports are training our growing youth in cursing, slandering, debauchery, obsession in winning, instead of symmetrically developing physical structure; but plagued with permanent brain, spinal injuries, and retardation (contact sports: football, soccer, etc.).

These sports, in the main, are "sports of brutality," fraught with corruption, financial exploitation, scandals, homosexuality, and lacking in any semblance of true grandeur and honour of the ancient Greek games of old.

The societies and establishments of pleasure and daily dancing is choking the life-stream of the family life. A broad stream of noisy cacophony pleasure is rolling daily through all the lands of the world. The character of humanity is weakened more and more, and is made unfit for the gruesome battles of life. A world full of nerveless, unscathed, manhood, are filling our hospitals and mental clinics; strife and domestic destruction is the lot of the family life.

"Woe unto them that rise up early in the morning, that they may follow strong drink; that continue until night, till wine inflame them! And the harp, and the viol, the tabret, and pipe, and wine, are in their feasts. . . . Therefore My people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst. Therefore hell hath enlarged herself, and opened her mouth without measure: and their glory, and their multitude, and their pomp, and he that rejoiceth, shall descend into it." Isaiah 5:11–15

All these appearances are a clear fulfillment of the Word of God; and everyone who is of the truth will recognize that these conditions are calling for an account to God and are demanding His speedy judgment.

**Richness**—"Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days. Behold, the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of Sabaoth. Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter. Ye have condemned and killed the just; and he doth not resist you. Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh." James 5:1–8

Problem of the prosperity of the wicked. The tragedy of the wicked, and the blessedness of trust in God (read Psalm 73).

**The Social Question**—Not the leading men of the World are ruling, but the financiers and secret societies. The fleets and armies which bring about great events, neither, are ruling, but the heaped-up gold and silver. Kings and armies are powerless when the money is withdrawn. Never before in the history of the world did anyone know of the hoarding



on such enormous capital as we have at this time; nor has labour fought with such power and endurance for personal rights as at the present.

These conditions have been told distinctly before, in the Word of God. When we consider at the beginning of this present generation, there existed in North America only 3–4 millionaires, whom nearly every school child knew about: Cornelius Vanderbilt, John McCormick, Nelson and David Rockefeller, and then the first billionaire—Howard Hughes. In 1987 there were 140 billionaires, but now number 1,645! (*Forbes Magazine*, *The World Almanac of Wealth*, Special Edition, 28<sup>th</sup> Annual Guide, March 24, 2014, vol. 193, no. 4).

Thus, it is becoming clear to us, that iniquity shall abound, as told by Jesus (Matthew 24:12). Especially in the last decades “honest trade and living” have almost entirely disappeared. The injustice of the great financiers is the cause of this general hardship. The Apostle, in speaking of this, says: “Behold, the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth.” James 5:4 (that cries for vengeance). In truth, the wages of the labourers in the last years have been crying toward Heaven. As much as possible were the wages brought down by these concerns and injustices, and the working hours prolonged. The rich elite exploits laws and regulations to the detriment of business and the individual, and where worsening inequalities, especially in income, may lead to social upheaval. It need not puzzle us then that under such conditions labour uproar, strikes and protests were brought on over and over again. This helped only to make social conditions worse. (Colossians 3:23–24; Joshua 1:8).

**Anarchism**—Anarchism is at present developing on this earth into a world menace. Monarchy as well as Anarchism have encircled this world, whereby both are dead enemies of each other. Never can those become good friends, who are working to exterminate each other. Anarchy calls nothing its own, but the knife, murder and bloodshed, and the incessant bomb: destruction! It does not believe in a God, nor government nor a heaven, but in only that which he is able to procure for himself on this earth. Everyone else are infidels who must be destroyed. Anarchism first began decades ago when it murdered the Czar of Russia and would do the same with every king and president; and would, likewise be, if he had the power, dethrone God from Heaven and place himself upon the throne as ruler. We also discern in this unrest the work of the arch-deceiver, from the beginning.

One Anarchist remarked:

“God as an autocrat and slave trader has kept the inhabitants of paradise in darkness; but the devil as an educator

and revolutionist opened the eyes of Eve and gave, through this, good thoughts to all men. God is a despot and tyrant; the devil was the first revolutionist who pointed to the right way. Ye, fellowmen, I am notifying you in the name of the devil, that ye are all of the devil, and the spirit of the devil shall move upon you, and give you the power to carry through the Revolution of the Workers.” —*German Warte*, no. 34

The politicians of economy laughed in past years over possibilities of starvation in our day. They said very considerately: “Our railway systems and fast steamers, which encircle the whole world, have made such events a thing of the past.” Yet our richly organized political economy was brought down to naught. How the world’s picture has been changed, however, through the fearful wars that covered the world—and still exist in greater numbers today. Restraint, want, and distress have entered! Yes, God permitted destructive pestilences.

All this is the result of iniquity which shall abound (Matthew 24:12). Is the power of man great enough to restore order upon the field of social economy? We (or many) lazily expect

all of our problems to be solved by the state! Still, millions of subdued working men are standing under force of weapons, who are bowed down with a dull spirit of revenge against their proprietors. Someone once said, “Peace has erected its throne upon the clouds.”



**Patience**—“He that walketh righteously, and speaketh uprightly; he

that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; He shall dwell on high: his place of defence shall be the munitions of rocks: bread shall be given him; his waters shall be sure.” Isaiah 33:15–16

“The LORD also will be a refuge for the oppressed, a refuge in times of trouble.” Psalm 9:9

How lovely (that) the apostle reminds his brethren (all believers), at such a time to be patient. . . .

“Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and later rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.” James 5:7–8

Be patient therefore—for this is: **THE MORALITY OF THE LAST DAYS!**

Amen <>< <>< <><  
**John Theodorou U.S.A.**



# Real Faith

## Foolishness Before the World

None of us wants to be considered or be seen as a fool by friends, colleagues, neighbours or even family members. We all strive to live up to the so-called standard. We all want to be considered wise and prudent in our decisions, ideas and in all our selections and choices in life. Even in the way we walk, talk and dress we all want to be modest and prudent.

But whenever we are invited to social gatherings, whether they be with family, at school, with college friends, or weddings, what do we experience? In most cases we feel out of place, like fish out of water. We cannot enjoy the music they enjoy and the dress code is different. On the other hand, they are often surprised by our dress code. They feel pity for us as they consider us modest, old-fashioned and uncivilized.

The worst part is when we come to the table. They ask, "Are you sick? Why can you not eat and drink this?" They do not know the words of the apostle Paul "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31. They do not know that our habits of eating and drinking show whether we are of the world or among the number whom the Lord, by His mighty cleaver of truth, has separated from the world. They feel pity for us, thinking that we are not enjoying ourselves. By the end of the day they have already come up with some funny names to call us because of our lifestyle.

What does the apostle Paul say about himself? "We are fools for Christ's sake, but ye are wise in Christ." 1 Corinthians 4:10. "For ye suffer fools gladly, seeing ye yourselves are wise." 2 Corinthians 11:19

What did Festus say after listening to the apostle Paul's argument? "And as he thus spake for himself, Festus said with a loud voice, Paul, thou art beside thyself; much learning doth make thee mad. But he said, I am not mad,

most noble Festus; but speak forth the words of truth and soberness." Acts 26:24–25. True faith is madness and foolishness in the sight of man. It has been proved to be so from generation to generation.

To underlie this fact we will look at a few examples of what men of faith have experienced in their lives.

First, there is Noah. The Bible says of him, "By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith." Hebrews 11:7.

Noah had never experienced a flood in his life, neither had his ancestors, but when God warned him about it he began to build the ark. This was a very strange for people to witness. He preached, warning the people about the flood which he himself had not seen or experienced. His example shows us how great his faith and trust was in God. I believe people asked him a lot of questions about his convictions and beliefs, which perhaps he could not answer, but that did not shake his confidence in God. The more they laughed and mocked him, the more his faith and trust in God grew. He was a fool in the eyes of man but, in the end, he managed to save himself and his family with that faith which appeared as foolishness before men.

"By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went." Hebrews 11:8. I have noticed people, even some missionaries, when they are sent to another country, they want to know everything about the new place. They want to know about the environment, whether the people are friendly, how secure it is, the weather patterns, etc. But, what do we read of Abraham? He went out, not knowing where he was going. Just imagine his friends and relatives when they asked him, "where are you going?" He would have to say, "Only God knows." He appeared to be like a fool before his people, yet today he is said to be the father of faith.

"By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter. Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season." Hebrews 11:24–25. Moses' example shows how powerful faith can be. How can one decide to leave the palace of Egypt, and choose to suffer with a few poor slaves? Today, people are fighting and killing each other to remain in palaces. Some

are also striving to enter into Egypt's palaces. Moses' decision appeared as foolishness before the Egyptians and even his friends. I believe many people were envious and admired Moses, wishing it was them that had been raised in the palace. But to Moses it was vanity. He chose suffering rather than enjoyment of the pleasures of sin for a season. But, in the end the Bible testifies that there was no man who was as meek as Moses, with whom God spoke with face to face. "The LORD talked with you face to face in the mount out of the midst of the fire." Deuteronomy 5:4. Before man, he was like a fool but before God he was a hero of faith.

"By faith the walls of Jericho fell down, after they were compassed about seven days." Hebrews 11:30. Exercising our faith is the secret power of God. As the children of Israel were marching around Jericho, the people inside the city were surprised. They must have reasoned with themselves, "what do these feeble people, without chariots of iron, wish to accomplish?" It was faith in God that made the Israelites march around the city of Jericho. They appeared like fools in the eyes of the people of Jericho as they rose each morning, marching around that great walled city. Finally, through faith, the walls of Jericho fell and the enemies were killed. The faith which brought them to action was greater than the walls of Jericho, even though it appeared as foolishness.

Throughout the Bible men and women of faith managed to accomplish great things, though they appeared fools in the eyes of the men of the world.

"Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection: And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth." Hebrews 11:35-38. Why? Because of their true uncompromising faith.

What is this faith? "Now faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1. "But without faith it is impossible to please Him."



Hebrews 11:6. Where does this faith come from? "So then faith cometh by hearing, and hearing by the word of God." Romans 10:17

At school are you considered a fool because of your lifestyle? At work, what do people see in you as you go about your duties? Do they see something different? What do you reflect? What does your clothing show? What about your food? What about the type of music you love? What about the types of entertainment you choose? What about the types of friends you associate with? If you are considered a fool in the things of this world they are right, and great is your reward in heaven, "Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." Matthew 5:12

Why should we be so different? "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who

hath called you out of darkness into His marvellous light." 1 Peter 2:9. We are peculiar, we are a unique people—we are not of this world—we are looking for a better world, even heaven itself. Our lifestyle attests to this fact. This is why our dress code is different and why we eat differently. We live differently, we talk differently, we worship differently, we believe differently. People do not understand us, hence they call us all kinds of names. We appear foolish in their eyes, but great is our reward if we remain faithful unto the end. "We walk by faith, not

by sight." 2 Corinthians 5:7. "Men of power are those who have been opposed, baffled, and thwarted." *—The Ministry of Healing*, p. 500

"There is a picture representing a bullock standing between a plough and an altar, with the inscription, 'Ready for either,' ready to toil in the furrow or to be offered on the altar of sacrifice. This is the position of the true child of God—willing to go where duty calls, to deny self, to sacrifice for the Redeemer's cause." *—The Ministry of Healing*, p. 502

"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven." Matthew 5:10

**David Gwina , Sierra Leone**



# Dangerous Curves in Life

***“Hold up my goings in Thy paths, that my footsteps slip not.” Psalms 17:5***

Nowadays more than in any other time of in history, roads are blocked with dangers that I cannot describe. Even with one small deviation from the path of holy principle, Satan gains an advantage and leads us further and further away from justice and truth.

“Not for any soul living, be he young or old, is there security from the temptations of Satan, and those who choose to bind up with unholy men will imbibe their spirit and bear similar fruit. The only safety for any one of us is in walking humbly with God, in going where the Master leads the way. . . .

“We need to pray without ceasing. Let the heart long after God. Let the heart go out in daily, hourly prayer, believing, trusting, holding on to the promise, saying as did Jacob, ‘I will not let Thee go, except Thou bless me.’ Genesis 32:26.” *—In Heavenly Places, p. 258*

Today more than ever, we must rely on divine assistance. Our life should be a life of constant prayer.

I want to share my experience with you. At the end of February 2014, at the beginning of the school year at the College of our mission school, we needed clothing for the student’s uniforms. I left early in the morning to the capital city to purchase them. I was carrying my bank card to withdraw the money I needed for the clothing.

I arrived early and went to the bank branch to withdraw the money. A portion of the money was donated for the canvassers and the other part was to purchase the clothing for the student’s uniforms. It all started when I was with the cashier in the bank; I took some minutes to count the money that was dispensed to me, two thousand American dollars. I kept the money in my bag (small hand bag ) and left the bank.

I walked about a block from the bank, when suddenly two thieves armed with sharp knives approached me and said, “STOP!! GIVE ME THE BAG QUICKLY, AND DON’T MOVE OR WE WILL KILL YOU!!” One man grabbed me from behind my neck and the other in front of me was wrestling to take the bag with the money from me. I had the impulse and desire not to lose God’s money and I tried not to give the bag up easily. Suddenly one of them lunged towards me, stabbing me twice. I was able to avoid the first stab. The second one, with the intention of cutting my throat or chest I was able to shield with my arm, but the knife went deep into the bicep on my left arm producing a lot of blood. They left me on the ground and quickly ran away with the bag of money.

Moments later, the police arrived and gave me first-aid and took me to the emergency room of the hospital in San Salvador. They kindly looked after me, cleaned my wound and immunized me to prevent any infection from the knife wound. I received some stitches and then was discharged. Going home I was without a shirt, badly injured, and afflicted in my heart for the loss of the money for God’s work.

Today, I realize that it was the mighty hand of God that protected me from something far more serious that could have happened. These evil men could have killed me with firearms or knives, but the mighty hand of God held me and saved me from dying instantly. He supported my steps so that they would not slip on the road of death. Praise be to the Lord God Almighty for His salvation. And I thank all those brothers and friends who have prayed and supplicated mercies for me. Let us pray for each other. God bless you in your daily walk with Jesus. Amen!

***Your Brother in Faith: Oscar Archila Z.  
El Salvador  
archilaoscari@hotmail.com***

# **The Eye: Part 2**

## **Eye Health Throughout Our Lifetime**



### **THE EYE FROM BIRTH**

How many of us have looked at a baby and exclaimed, "What beautiful BIG eyes that baby has!" The reason for this is that the eye is the only part of our body that is adult-sized at birth. Our eyes never grow in size from the day we are born. This is also significant in taking care of our eyes as we get older. The vitreous humour, the gel-like substance that makes our eye round, stays with us throughout our lifetime; it is never replenished, therefore any damage to it will be permanent. It is vital that we do whatever we can to maintain the health of our eyes. Studies show that already by the age of 11, our eyes begin to "age."

As we grow older, we all believe that our eyesight is destined to deteriorate. We talk about "tired" or "old" eyes as if it is inevitable that the gift of vision is taken from us simply because we have aged. The earliest reference to cataracts in the Bible refers to Isaac, "And it came to pass, that when Isaac was old, and his eyes were dim, so that he could not see." Genesis 27:1. The truth is that, with today's treatment options, there is no reason for our vision to become "dim". But, there is an element of truth to the notion that age-related processes can affect our eyesight.

### **THE AGING EYE**

Often, the first thing that alerts us to the fact that we are getting older is that our eyesight starts worsening. There is no cure for these age-related changes in the eye, and it is something that we all develop. At first, the changes are slow, but eventually we all notice changes in our ability to see. The lens is most significantly affected by the aging process. As we get older, the lens of the eye loses flexibility; it also becomes increasingly dense and more yellow. A hardened lens becomes more fixed on distant objects; it no longer has the ability to become rounder or more convex when we look from dis-

tance to close up. This impacts our ability to see close-up images in focus.

Most people, as they get older, can still see clearly when viewing distant objects, but find that they need "longer arms" to read the same size print. This change in the lens becomes noticeable in most people at the age of 40, and by age 43, they begin to start having trouble reading fine print, and need glasses in order to read. This is a condition called "presbyopia" or "old-man sight". And as we get older, our lens gets even thicker and less flexible, therefore, requiring us to get stronger prescriptions to continue seeing with the same sharpness. Many think that wearing glasses weakens our vision, because of the need for stronger prescriptions. However, it just is a sign of the worsening of presbyopia.

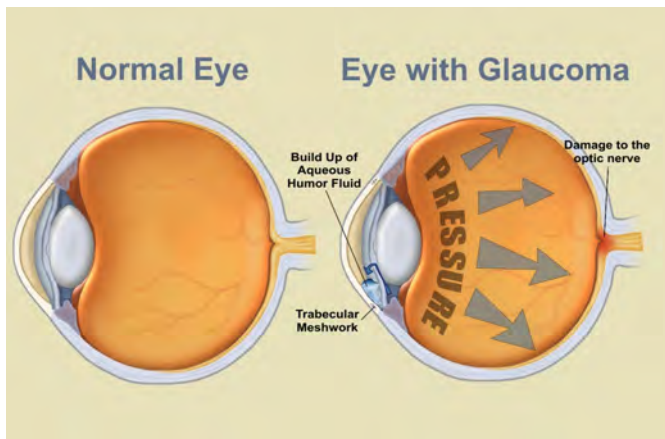
The pupil in our eye also gets smaller when we age, letting in less light; therefore we develop difficulty seeing in low-light conditions. And, finally, our colour acuity start to fade; we have trouble distinguishing between similar colours such as black and navy blue. Also, subtle differences in our environment are more difficult to distinguish between, such as where the sidewalk drops off, or the end of a step in a staircase. This results in many injuries due to falls. The treatment for presbyopia is glasses, either reading glasses or bifocals. With glasses, most of us will continue to see well as we age. However, by age 75, one in four people reports some form of vision impairment, even with glasses. In the absence of disease, there is no significant age-related deterioration in visual ability of the retina or the optic nerve. Unfortunately, age-related diseases of the retina and optic nerve are not entirely rare.

### **EYE DISEASES**

Aside from the normal changes that occur in an "aging" eye, there are also a few common eye diseases that

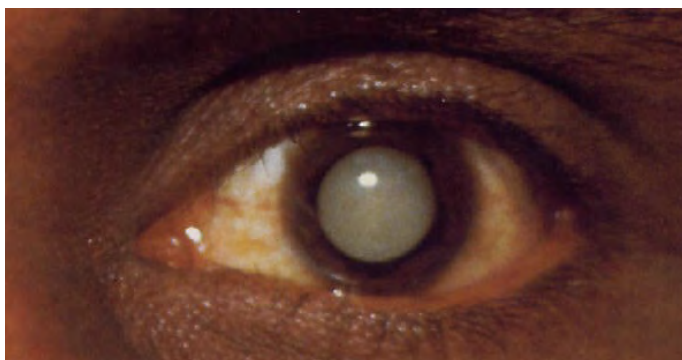
can occur. We need to distinguish between normal aging and actual eye diseases. These diseases can be treated with either medication, surgery, or reading glasses; however, if left untreated, blindness can occur.

**GLAUCOMA:** When the fluid in front of the lens of the eye (aqueous humour) does not drain properly and too much fluid collects in this area, the pressure in the eye starts to build up. This increased pressure damages the



optic nerve, which connects the eye to the brain. Permanent blindness can occur if this pressure is not relieved. The only way to diagnose increased pressure in the eye is by an eye doctor. If not diagnosed early, significant vision damage can occur before symptoms are even present. Medication or laser treatments work to improve the drainage of the aqueous humour. Eye drops used in managing glaucoma decrease eye pressure by helping the eye's fluid to drain better and/or decreasing the amount of fluid made by the eye.

**CATARACTS:** A cataract is present when the lens of the eye becomes cloudy; it is covered with an opaque film, preventing light from entering the eye. The treatment



for cataracts is to remove the lens and replace it with an artificial lens. The replacement lens cannot adjust like our original lens; therefore, most people also need to wear glasses to help focus the eye. Over six million

cataract surgeries are done every year in North America.

**MACULAR DEGENERATION (MD):** MD is a cause of significant vision loss in older people. Why people develop Macular Degeneration is often unknown, but theories suggest that the accumulative effect of free-radical damage plays a role. This disease is caused by deterioration to a small area in the back of the eye, on the retina, called the macula. The macula is needed for central vision, and especially for fine-tuning our central vision. Blurred vision is often the first symptom of MD. People



with MD often have side vision, but cannot see in front of them. This condition can also be hereditary.

**DRY EYE SYNDROME:** When damage occurs to the conjunctiva of the eye, or as part of the aging process, tears are not produced as they should be, and dry eyes develop. Blurry vision occurs when the surface of the cornea gets dried out. Tears are needed to provide nutrition to the eye. Damage to the cornea can occur with dry eyes. This dryness can be counteracted by using products such as "natural tears" to moisten the surface of the eye.

**DIABETIC RETINOPATHY:** The blood vessels in the retina of the eye are damaged in diabetics who have uncontrolled high blood sugar, leading to blockage, leakage, or scarring. Twenty percent of newly-diagnosed diabetics already have damage to the eyes at the time of diagnosis.

**VITAMIN A DEFICIENCY:** Vitamin A is needed for our eyes to function properly. Many people in the developing countries often have diets lacking in Vitamin A because they have limited access to foods containing beta-carotene due to poverty. According to the World Health Organization, 190 million preschool-aged children and 19.1 million pregnant women around the world have a Vitamin A deficiency. In these countries, low vitamin A intake is most strongly associated with

health consequences during periods of high nutritional demand, such as during infancy, childhood, pregnancy, and lactation. The most common symptom of vitamin A deficiency in young children and pregnant women is xerophthalmia. One of the early signs of xerophthalmia is night blindness, or the inability to see in low light or darkness. Vitamin A deficiency is one of the leading causes of preventable blindness in children.

### **HOW TO MAINTAIN GOOD EYESIGHT**

There are things we can do to slow down the damage to our eyes and to delay the aging process:

**PROTECTION FROM THE SUN:** The sun's rays can permanently damage the retina. Cataract and macular degeneration risk increases with sun damage to the eyes. Always wear sunglasses with 100% UV-A and UV-B protection. Wearing sunglasses without full protection can cause worse damage as our pupils stay open to let in more light behind dark glasses, and we don't have the needed protection from the damaging UV rays. If you are unable to purchase sunglasses with 100% protection, it would be better not to wear sunglasses at all, and to allow your eyes to react naturally to the bright sun by squinting, turning away, or closing the eyes completely. Damage to the eye begins to occur within 30 seconds of staring at the sun; most people will develop permanent damage to the eye if they stare at the sun for 90 seconds. Wrap-around lenses help protect your eyes from the side. Wearing a wide-brimmed hat will also assist in protecting the eye from the light of the sun.

**MANAGE YOUR BLOOD PRESSURE:** People with high blood pressure can damage the blood vessels in the eyes that provide nutrition to the eye, especially to the retina. Your doctor can help you to maintain normal blood pressure with a healthy diet and an exercise routine.

**MANAGE YOUR BLOOD SUGAR:** Diabetes is the number one cause of blindness, worldwide. The tiny vessels in the eye are particularly sensitive to damage from high blood sugars. For diabetics, it is vital to maintain normal blood sugar levels to protect eye health.

**PROTECTION FROM INJURY:** Protect your eyes from hazardous, chemical or airborne materials either at work or at home. Injury to the eye can cause infection and scarring, leading to vision loss. Wear protective goggles or helmets with face masks when risk of injury is possible from using tools and equipment in your job, or during sports such as racquetball and hockey. Direct trauma or chemical injuries can cause enough damage to the eyes to cause permanent vision impairment.

**EYE STRAIN:** Many think that staring at a computer screen for hours at a time eventually damages our eyes. This is not true. However, computer users do often complain of eye related symptoms such as eye strain, headaches, fatigue and dry eyes. These symptoms are not caused by the computer screen itself but rather by the conditions surrounding the computer screen. Having to read or use a computer at a fixed, set distance for long periods of time can fatigue the lens. Also, when looking in one spot for a long time causes us to blink less often, causing dry eyes. When using a computer, make a conscious effort to blink regularly, to keep your eyes moistened.

"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness." Matthew 6:22-23

"If the physical and mental organs are in a healthy condition, and the man is equally balanced, his judgment will be sound. With a discerning eye, he will be enabled to see the value of heavenly and eternal things. If the eye of the mind beholds the excellence of the mystery of godliness, the advantage of spiritual riches over worldly riches, the whole body will be full of light. If the imagination is perverted by the fascination of earthly pomp and splendor, until gain seems godliness, the whole body will be full of darkness. When the powers of the mind are concentrated upon the treasures of earth, they are debased and belittled. The Saviour makes more plain the results of covetousness on heart and soul, when he calls the condition of such a person 'darkness.' When the eye is blinded by desires for worldly treasure, the value of eternal treasure cannot be discerned. It was this fearful darkness that wrapped the Jews in stubborn unbelief, making it impossible for them to appreciate the character and mission of Him who came to save them from their sins. Worldly riches, bigotry, and pride made their eye evil, and they could see nothing in the Redeemer of the world that was desirable, because they were filled with darkness and unbelief. Virtue can never be related to avarice; self-indulgence, love of luxury, and greed of gain, can never be united with supreme love of God; but 'if thine eye be single, thy whole body shall be full of light.'" -*The Review and Herald*, September 18, 1888

May God bless us to value our eyesight and to take care of it; to appreciate this blessing from God and use it for His honour and glory. Amen.

PART 3: Nutrition For Eye Health in the July 2014 issue.

# The Sabbath Throughout History

**(Part 1)**

## SABBATH IN THE BEGINNING

“And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made.” Genesis 2:2–3

The following articles will all focus on the Sabbath, and how the Sabbath was kept through out history.

Let us first look at the time that the Sabbath began on this earth until the time of Abraham.

“The Sabbath was hallowed at the creation. As ordained for man, it had its origin when ‘the morning stars sang together, and all the sons of God shouted for joy.’ Job 38:7. Peace brooded over the world; for earth was in harmony with heaven. ‘God saw everything that He had made, and, behold, it was very good; and He rested in the joy of His completed work.’ Genesis 1:31.”  
—*The Desire of Ages*, p. 281

But another important thing about the Sabbath is how it was kept. In doing my research on this topic I realized something that I had never noticed before. The word “Sabbath” is barely mentioned in Genesis. What does this mean? Does it mean that from Adam to Abraham they never kept the Sabbath?

“Because that Abraham obeyed My voice, and kept My charge, My commandments, My statutes, and My laws.” Genesis 26:5. Here we see that Abraham kept God’s commandments or laws.

“Six days shall work be done, but on the seventh day there shall be to you an holy day, a Sabbath of rest to

the Lord: whosoever doeth work therein shall be put to death.” Exodus 35:2

The Sabbath truly was kept by Abraham. He had to keep God’s law properly or he would be put to death.

The same had to be true for Adam, Eve and Noah. Though God had not put His law on this earth in writing yet, He told them what to do and what not to do.

I just mentioned Noah. You may ask yourself: what about the flood, why did it happen? Did it not happen because of sin?

“And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose. And the LORD said, My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years. There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown. And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.” Genesis 6:1–5

So we can see that the people of the earth had put away the Sabbath and replaced it with sin. Why would people do this? For them, sin must have looked a lot better than keeping God’s law.

Remember, when God finished creating the earth He said that it was good. Let us keep it that way. Amen.

**Mathew Romero**



## SABBATH IN JESUS' TIME

We have been learning about how the Sabbath has been kept throughout the earth's ages. Moving down the timeline, we will not look at the time of Jesus and the Pharisees. They both kept the Sabbath in very different ways. The Pharisees taught the whole Jewish nation and were well respected by all, so let's look at how *they* kept the Sabbath. They made many rules on how one should keep the Sabbath, so that the Sabbath became a burden rather than a delight to the people, who, on Sabbath, were not even allowed to walk on green grass as this would bruise or thresh it, which was forbidden to do on the Sabbath. No wonder the Sabbath didn't really feel like a resting day! It wasn't being kept properly! Let's see what the Bible has to say about this. "Wherefore the Lord said, Forasmuch as this people draw near Me with their mouth, and with their lips do honour Me, but have removed their heart far from Me, and their fear toward Me is taught by the precept of men." Isaiah 29:13. This is exactly what was happening with the Pharisees!

Let us look at what Jesus did on the Sabbath when He was here on earth. "And He came to Nazareth, where He had been brought up: and as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read. And came down to Capernaum, a city of Galilee, and taught them on the Sabbath days." Luke 4:16, 31. Reading and going to the synagogue on Sabbath was the typical Jewish custom and there was nothing wrong with that, but when Jesus started His own ministry, He and His followers began to observe the Sabbath a little differently.

He [Jesus] started healing on the Sabbath; this angered the Pharisees as they thought this constituted working on the Sabbath. "And He entered again into the synagogue; and there was a man which had a withered hand. And they watched Him, whether He would heal him on the Sabbath day; that they might accuse Him. And He saith unto the man which had the withered hand, Stand forth." Mark 3:1-3. Jesus knew that they

were angry and disapproved of what He was doing so He said to them, "Is it lawful to do good on the Sabbath days, or to do evil? to save life, or to kill?" Mark 3:4. This angered the Pharisees even more as He had proved them to be wrong on the topic of the Sabbath.

The Pharisees had been keeping the letter of the law and even making up (based on their own inferences) their own rules to burden the people. However, the Bible says, we should be keeping the spirit of the law instead, as "the letter kills, but the spirit giveth life."

But although Jesus did keep the Sabbath differently than the Pharisees, He did not *change* the Sabbath. Contrary to common belief, the commandments, including the Sabbath, were not nailed to the cross. Let us read a Bible verse that can prove this: "Think not

that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled." Matthew 5:17-18

Christ removed all these 'traditonal regulations and senseless restrictions' and by His life and teachings restored the Sabbath to its proper place as a day of worship, of contemplation of God, a day for doing acts of charity and mercy. Thus He magnified it and made it hon-

orable. One of the most prominent features of Christ's ministry was the work of *Sabbath reform*. Christ did not *abolish* or *change* the Sabbath; but He did rescue it from. False ideas, and superstitions by which it had been degraded. The Pharisees had placed the institution *above man* and *against man*. Christ reversed the order and said, 'The Sabbath was made *for man* and *not man for the sabbath*.' He showed that it was to minister to the happiness and well-being of both man and beast."

So it is my desire that we would all keep the Sabbath holy, as Jesus did. Amen.

**Elaine Romero**



## Cooking Class and Health Seminar, Hamilton, Canada

On April 27, 2014, Sister Franziska Pedersen welcomed all the visitors to the health seminar and introduced our guest speaker, Sister Rose Powell. After a prayer from Brother Morris Lowe, Sister Rose began her PowerPoint presentation on Celiac disease. Celiac sufferers cannot tolerate gluten. There are difficulties in detecting the disease, and many doctors misdiagnose the symptoms as Irritable Bowel Syndrome, leaving the patient to eat foods that contain gluten and continue to suffer. Sister Rose alerted the audience to the various foods that contain gluten and in-depth information regarding celiac disease. The audience was well-informed and surprised at the information they received on this topic.

Brother Jerry Eaton spoke about various different subjects regarding nutrition, such as ex-cito-toxins which are flavour enhancers which fool the brain into thinking that the quality of food consumed is better than it actually is. He also mentioned that carob is a good substitute for chocolate because chocolate contains caffeine which is very problematic for our health.

Many delicious vegan recipes were then demonstrated. Sister Franziska demonstrated a nice Zucchini Pie with Tofu. She then mentioned the wonderful coleslaw she brought which was made with a variety of vegetables. Her last recipe was a demonstration of making Millet Milk.

Sister Esther Garcia demonstrated a Pimento Cheese recipe with agar and red peppers, much to the surprise and delight of the audience.

Sister Alina Anca talked of making a Rice and Kale dish which she did at home to save time. She showed everyone how easy it is to make Quinoa Flax crackers. Everyone was pleased and amazed at the simple, but wholesome meals.

Sister Anita Quicuca demonstrated a Bean dish using white navy beans, and she also made Hummus.

A question was asked regarding the effects of beans on the system and Brother Jerry stated that if the beans are rinsed a few times, this will aid in eliminating the effects of gas after consuming beans.

Sister Rose demonstrated Mung Bean Sprouts and Alfalfa Sprouts, and talked of the benefits of sprouting.

Fresh vegetable juice made from carrot, celery and beet was offered to the audiences, as well as celery and carrot juice. They were told the benefits of juicing and eating raw foods. The juices were quite a delightful treat to all.

After the cooking demonstration Brother Jerry concluded with some healthful tips on remedies for pain and cleansing of the body.

Brother Errol Fletcher had the blessing for the food before everyone sampled the delicious recipes, and other dishes that were not demonstrated.



We were blessed with thirteen visitors and a total of thirty-six people in all. We pray that all in attendance received a rich blessing from what they saw and heard.

Blessings in health to all,

**Maurine Gerald**  
**Hamilton Church Secretary**


Recipes and health topics available upon request, by email.

**Believers in Georgia, USA**



**Australian Field and Oceanic Union Conference**





**“Through all created things thrills one pulse of life from the great heart of God. The flowers of the field are clothed by His hand in richer robes than have ever graced the forms of earthly kings.” –*Lift Him Up*, p. 72**

**“We need no artificial display. God's love is represented by the beautiful things of His creation.” –*Sons and Daughters of God*, p. 75**