



*The Reformation*  
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**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.

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# Faith: Developing a Winning Attitude

A pleading widow; an unrighteous judge. Why did Jesus choose such a story to tell us about faith and about God's love? There are some incredible lessons that we need to understand from this story.

Many of us do not understand what "faith" really is and how we need to implement it in our daily life; how it guides us to our destination and keeps us stable along the way. I want to start out with this very interesting parable that Jesus told as He was talking about faith and prayer as recorded in Luke chapter 18.

"And He spake a parable unto them to this end, that men ought always to pray, and not to faint; Saying, There was in a city a judge, which feared not God, neither regarded man: And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary. And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man; Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me. And the Lord said, Hear what the unjust judge saith. And shall not God avenge His own elect, which cry day and night unto Him, though He bear long with them? I tell you that He will avenge them speedily. Nevertheless when the Son of man cometh, shall He find faith on the earth?" Luke 18:1-8

Could He not have chosen a better story to speak about faith? The unjust judge says, "I will avenge her because she bothers me." What is God trying to tell us here? Why did Jesus choose this story to talk about faith? Notice what He says, "There was a judge which did not fear God, neither regarded man." He is, in reality, trying to teach us a very important lesson by saying, "look at this, the judge is a wicked man, he has no spiritual inclination whatsoever, he is not just nor can he be trusted," but after asking him repeatedly, he finally gave justice to the widow. Now

God, who is love and cares for us, will hear our prayers and will always give justice for us when we ask Him. This is the main point of Jesus' story. Jesus was saying, you cannot always trust the unjust judge to make the right decision but you can always trust God.

God is always willing to make a decision for you when you want Him to, although, sometimes we say, "Lord give me patience and give it to me now." This, however, is not the way God works, because He knows the future and lives for us in the future. We are limited by the here-and-now and do not know what will happen, even in the next three seconds. God *does* know what is going to happen. He knows the future and we can read about it in the Bible. God knows how to arrange circumstances to answer our prayers. We need to understand how faith empowers us to wait for God until the answer comes, and that God answers our prayer in His way; thus we should not be weary but be confident in Christ.

We will now study 1 Peter chapter 1. In verse 3 it reads, "Blessed be the God and Father of our Lord Jesus Christ, which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead." The important words to pay attention to here are "living hope" or "lively hope". It is now time that we get some life back into our lives. What we need is to have a look of happiness on our faces and joy in our hearts when we come to church so that people can see that we have been with Jesus during the week. We need to have a lively hope by the resurrection of Jesus Christ from the dead. We can have the confidence today to say that because Jesus arose we have eternal life, if we have a living, working faith in God.

Notice in 1 Peter 1:4, "To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you." Did you know that today, as we live in this world,

God has prepared a place in heaven for you? That is, if we continue in the faith, as faith is the key. Now, look at verse 5. "Who are kept by the power of God *through faith* unto salvation ready to be revealed in the last time." Verse 5 is an entire Bible study in itself. Continuing on to verse 6, "Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations." God is saying that the knowledge we receive through the study of the Bible will help us to get through the trials we will face in this life. Are you facing some trials in your life? Are you feeling like you are battling alone in this life? Do not feel like that way, because Jesus is on your side.

If we are so focused on the here and now only, we can easily forget the blessings which come through Jesus and His word. If we are focused on this world only we can easily forget who we are and what inheritance we have.

Now, in 1 Peter 1:7 it reads, "That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ." How many people actually look at trials as precious? If faith is going to take us through the trials to the second coming of Jesus, then how much more should we exercise it today? Verses 8 and 9 read, "Whom having not seen, ye love; in Whom, though now ye see Him not, yet believing, ye rejoice with joy unspeakable and full of glory: Receiving the end of your faith, even the salvation of your souls." What is faith given for? It is given for salvation, in order to help us go through trials. Faith is to be exercised. Paul says in Romans 12:3, "God hath dealt to every man the measure of faith."

In Matthew 17:20 Jesus said "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove." The mustard seed was the smallest seed known in ancient Palestine. Jesus is telling us that even with the smallest amount of faith, His true followers should be able to do the seemingly impossible, like moving a mountain of problems that they may face in life.

What is faith? Hebrews 11:1 gives the clearest definition, but notice first what it says in Hebrews 10:37–38. "For yet a little while, and He that shall come will come, and will not tarry. Now the just shall live by faith: but if any man draw back, My soul shall have no pleasure in him." And Hebrews 11:1 follows by saying, "Faith is the substance of things hoped for, the evidence of things not seen." The two Greek words in this verse are very important. The Greek word for "**substance**" means "**confidence**" or "building block" or "foundation". Faith is the foundation of our walk with God. Faith is what we build in our lives upon. Now the word "**evidence**" comes from the Greek

word for "**demonstration**" and that is the same word that the Greek philosophers used in their mathematics. They use this word to prove something. And that is what God is trying to teach us in Hebrews 11. He is trying to prove to you what will happen if you have faith. Things we hoped for become reality through faith in Christ. What good news this is! In reading the entire chapter of Hebrews 11, God is telling us that if we have faith in Him, we will be rewarded as were those heroes of faith.

Paul says, "faith cometh by hearing, and hearing by the word of God." Romans 10:17. Faith is not passive—faith is active. "for we walk by faith, not by sight." 2 Corinthians 5:7. We do not walk by hearing. Genuine faith is active in our lives; it helps us to walk as Jesus walked while He was on this earth.

Peter understood that when he wrote, "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins." 2 Peter 1:5–9

If you really want to start living then start exercising faith.

Paul said "I am crucified [daily] with Christ." Galatians 2:20. Every day we need to pray, asking Jesus to give us this faith. "Fight the good fight of faith." 1 Timothy 6:12. Paul said we need to fight, and this is an active verb. We need to ask the Lord to give us the desire to fight the good fight of faith.

Reading in Hebrews 11:4 we see what faith did for Abel. "By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh." We can read further on about Enoch, Noah, and Abraham. One who remained where he was by faith was Noah, and one moved to a place which God prepared, was Abraham.

Here is the key; faith is not about outcomes. Faith is about trusting God. The outcomes are in God's hands. What God asks is that we trust Him, and no matter what happens we will still trust in Him. Job showed this kind of faith when he said, "though He slay me, yet will I trust in Him." Job 13:15. That is also what the three Hebrews said when they were threatened with the fiery furnace. "Our God whom we serve is able to deliver us." Daniel 3:17. We have no doubt that God could deliver us from these flames, but if He chooses not to, we still trust Him.

What a firm faith is revealed here; and this is what God wants us to learn in this life. This is the attitude that will give us the victory, and we should exercise it daily. How many times do we put conditions on our faith by saying, “God, heal me and then I am going to believe in You more; God, give me this now, and I am going to believe in You more; God, deliver me so that I may trust in You more”? Have you been guilty of this? I believe we all have at one time or another. Here is the key—we may know what we want, but God knows what we need. Does it make a difference? Yes, it does; so what we read in Hebrews 11 is very encouraging for us.



Another good example the life of Sarah. “Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged Him faithful who had promised.” Hebrews 11:11. Was it possible for Sarah to have a baby at her age? Humanly speaking it was not possible, however, God made

it possible. We look at the things as they are here-and-now, but God looks ahead. He looks down the road.

Is anything too hard for God? Jesus said, “The things which are impossible with men are possible with God.” Luke 18:27. Do we believe this? Are we trusting in God fully? Or maybe we trust God but we still think the way we think. Or maybe we trust God up to a certain point and then we want to add something to what God is doing. This will not work.

Forget all your past failures and trust God, my friend. All of us have experienced failures in this life. But, praise be to God, He still calls us, “My son, My daughter, trust Me with all your heart, because the price is high—it is eternal life.” An eternity with God. What a wonderful thought!

Then as we read through Hebrews 11 we have the example of Samson in verse 32, “And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and of the prophets.” His faith helped him to cling to the promises of God. Samson made a mess of his life, but God is a God of love. And God said, if you exercise faith, we are saved by grace through faith. When Samson came

back and said, “O God, I made a mess out of my life, please just give me one more chance,” God said, “Yes, I will give it to you.” He could have said, “I will give you one more chance but, if you lose it, that was your last chance—no more.” But friends, if we have faith as a mustard seed we can move mountains. If we have this same attitude that Samson had and come to Jesus saying, “Jesus, please give me one more chance,” He will grant it to you. He is Jesus, the compassionate Saviour and Redeemer. When we compare ourselves with His wonderful character we see how far away we really are and we cry out for help. So, do not lose your faith, putting conditions on it; just look at Jesus on the cross, hanging there for your sin. I am so glad that the record of Samson’s life is available to us.

Victory, victory and victory. We read of it in the next verses Hebrew 11:33-34, “Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.” And verse 36, “And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment.”

And now, here is the conclusion. “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, **Looking unto Jesus the author and finisher of our faith**; Who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” Hebrews 12:1–2

Dear friends, faith is a gift from God. We do not naturally possess it, but we can ask God for it. The Bible says that Jesus begins to work in our hearts and the good news is that He will continue if we allow Him. Are you willing today to say to the Lord that you want to put Him to the test? Will you say, “I am going to accept Your word just as it is, in order to transform my life?” Do you want to fully consecrate your heart and life to Christ today? Let us pray, “Lord, You have been so kind to me, You have been so good to me, ever since I first met You. I give my life to You right now.”

May God richly bless you as you give your life to Christ, is my wish and prayer. Amen.

**Nicholas Anca**



# Thoughts About the Heart of Man

Billions of people fill the earth, every individual having his own unique heart, and there are no two alike.

When we ponder what sad statement that the word of God makes about the heart of man: “The heart is deceitful above all things, and desperately wicked: who can know it?” (Jeremiah 17:9), one may well declare this world a troublesome dwelling place.

For nobody can look into his neighbour’s heart to know what it is up to, even in the next moment. How often do we not even understand our own heart’s feelings when we display a sudden outburst of emotion, prompting us to make a rash decision, springing up in the turmoil of some unexpected, disturbing event—only to regret it afterwards. . .

The heart is puzzling indeed and unpredictable; capriciously fitful from one moment to the next. From a calm frame of mind, the heart of some would turn into a furious rage, depending on the degree of injury or offence done to it.

The heart of man loves to indulge in whatever it desires in order to please self, because self loves to yield to feelings rather than to reason. It is also cowardly; it shirks to admit wrong doings, and is remarkably resourceful in defending itself.

This miserable trait of character we inherited from our first parents, when they transgressed and shamefully pushed the guilt upon the other instead of confessing and admitting their own failure.

Yea, the heart fortifies itself with a bulwark of excusing concepts. It is simply called self-preservation and is

ready to strike fiery darts of angry words, or passionate acts, in an instant, when the fortress “Self”, the heart, is being confronted.

Oh, the depth of the ocean of strange and even bizarre thoughts, ludicrous actions, bitter feelings and sinister sentiments that lie hidden in the heart! These are, at first, altogether unknown to the individual—until that moment—when, in a sudden emotional upheaval, they erupt and surface from the unknown!

One does not foresee the reaction of the heart, but it is manifest in the hour of the test. For the heart is quickly offended. It can be very “touchy” to the slightest breeze of quite harmless utterances, never meant to hurt, yet have injured the frail crust of a weak character and a proud heart. Then it bites with verbal abuse, enflamed with anger so unbecoming and unfit to that individual, which, to its shame, for practically no reason at all, had lost its dignity. The emotions are let loose without constraint, for the mind is so filled with the insult that it shuts out all reasoning. Unfortunately, this is the case and fact of billions of people in this world; the Christian community is not immune to such improper conduct.

It is very sad but, alas, so true what Jesus says: “Out of the heart of men proceed evil thoughts, . . .” Matthew 15:19. “For out of the abundance of the heart the mouth speaketh.” Matthew 12:34. Also “He that hath no rule over his own spirit is like a city that is broken down, and without walls.” Proverbs 25:28

Since the time of old God says: “The imagination of man’s heart is evil from his youth.” Genesis 8:21. Such

is the condition of man's heart while under the power of sin. It is hopelessly held with cords of bondage unto rebellion. In every action, contrary, opposed and indignant to God, who created man upright. Man did not, however, keep his integrity but fell into sin.

Because of this, the human race is born with a corrupt nature; inherited from fallen Adam, alienated, separated from God, having naturally a wicked, selfish heart. Even when realizing this, man can do nothing to cleanse it by his own efforts.

For this very reason, God sent His beloved Son, Jesus Christ, into this wretched, lost world, to offer Himself as the only remedy to cure man from his woeful condition. His own heart would be broken that ours might be restored into the pure and holy state that man's heart was at creation.

### **A NEW HEART**

It is through the hearing of the word of God and the working of the Holy Spirit upon the heart and soul of man, that the conscience is touched and awakened. The shocking truth hits home, that man, by his birth, is a sinner, estranged from God and condemned.

Then, as the eyes have been opened, and the horror of the lost estate is fully realized, the cry of the heart rises to heaven: "What must I do, to receive a new heart?" Now—oh, wonder of wonders—here comes the heavenly invitation:

With longing desire to renew and heal, with tender yearning Jesus appeals, and lovingly speaks, to every human being: "My son, give Me thine heart, and let thine eyes observe My ways." Proverbs 23:26

Yea, there is no greater miracle on earth than when the repentant sinner receives a new heart. To rich and poor, great and small, He has promised: "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh." Ezekiel 36:26

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5:17. The impossible is made possible (by the surrender of the rebellious heart) to obtain forgiveness through the blood of the crucified and risen Son of God; to take Him as the one and only personal Saviour.

As the former sinner becomes a child of the kingdom of heaven, he has certain duties toward God, men and

himself. It is a fatal misconception, but unfortunately, deeply settled in some Christian communities, to think that: "Now I am a Christian, my salvation is sure, I have nothing to fear!"

O, deluded soul, hear the Saviour of the world as He earnestly entreats His followers: Take heed, "watch ye and pray, lest ye enter into temptation. The spirit truly is ready, but the flesh is weak." Mark 14:38

Beware, it also says: "Let him that thinketh he standeth take heed lest he fall!" 1 Corinthians 10:12. And "Keep thy heart with all diligence; for out of it are the issues of life." Proverbs 4:23

Now with the new heart and a new spirit, the flesh will strive with us as long as we walk in this body. Temptation will ever endeavor to come to the door of our heart, to lure us, to give in to the desires of the lower and fallen nature. This is because the house we live in—the body of flesh—is not renewed (until the resurrection of the just) and is not in harmony with the principles of the renewed heart, but is at enmity with it; as far apart as the east is from the west.

### **DANGER**

To ease off from watchfulness will sooner or later bring defeat. To let the heart go rampant and let it freely have its own way, is disobedience and revolt against God. If we do so, Christ will not keep us when willfully going astray from His holy commandments and Christian tenet; our salvation will then be in serious jeopardy.

The Christian is only safe by humbly giving his heart daily to the keeping of the Saviour, knowing that without Christ, he is not safe nor can he do anything out of himself to be of any worth to Him.

We live in a wicked world where evils and temptations of all sorts surround us. Especially in this age of indulgence, advertisements with alluring enticements for pleasure and to enjoy leisure and entertainment, are literally thrown before our face. Suggestions for plunging with energy into fun, promising ventures, even extreme sports, call to challenge the daring. Also, the "must have" computer games, movies, shows, etc., etc. Constantly, new inventions are marketed to gratify the carnal nature. For every class and taste plenty is provided. This is in truth the philosophy of the day—enjoy life to the fullest.

If the Christian does not seriously withstand these artfully designed snares of Satan, (who is the one who hates Jesus and seeks to deviate His followers from the

narrow path), he will inevitably be influenced to his ruin.

Even our thoughts need to be surrendered and guarded, “for as he [a man] thinketh in his heart, so is he.” Proverbs 23:7. Only the pure in heart shall see God (Matthew 5:8).

We think with the brain but feel with the heart. The brain is the seat of reason, while the heart is the centre of emotion. Unfortunately, emotions often have the upper hand, particularly in situations where a “cool head” is needed. Then, to follow what the heart says and feels because of some insult done to it, can have bitter consequences. Yielding to the heart’s dictates for revenge is not only unreasonable, but totally unchristian.

The motto for God’s children must always be: to leave such affairs in the hands of the Lord. He is to be our defense and shield, for He says: “Vengeance belongeth unto Me, I will recompense.” Hebrews 10:30

Refusing to make this the standard and life principle reveals that the heart has not been fully surrendered to the word, and will, of God, nor can it be sanctified because of its actions of willful retaliation.

It is not a small battle that the Christian has to wage against his own self, but it is the only one worth giving all for. He has to resist, deny, and sacrifice his fleshly desires and passions. He cannot afford to allow anger, hatred, envy, jealousy, lusts, intemperance etc., to rule him, because such are traits of the originator of evil, Satan, who is, in everything, entirely contrary to the character of God, Christ, the creation and the heavenly family.

And the Lord of life comments: “To him that overcometh will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne.” Revelation 3:21

“Here is the beginning of our confidence, which we must hold steadfast unto the end. If Jesus resisted Satan’s temptations, He will help us to resist. He came to bring divine power to combine with human effort.” – *The Signs of the Times*, October 10, 1892

## **HELP AND HOPE**

Jesus is our hope and assurance for victory over every temptation, sin, and character defect. He promised to be with us always, even to the end of the world (Matthew 28:20). Man is not required to fight his battles alone. It is altogether futile even to try to con-

quer over the dictates of our fallen nature, and most of all, the forces of evil.

Struggles will be grave, severe, even unto blood, in resisting carnal impulses. However, a fixed determination, and submission to the declared will of God, with devout obedience, a humble spirit, and faith in the saving power of the Redeemer will, and must, bring deliverance. Some victories are not instant; they may take months, years and even a lifetime to obtain, depending on the toughness of a certain passion or character trait. Others may be gained in the moment of decision.

The Psalmist gives us very comforting advice: “Wait on the LORD: be of good courage, and He shall strengthen thine heart: wait, I say, on the LORD.” Psalm 27:14. This applies not only to battles against our faults, etc., but also in times of trying affliction, be it depression, illness, sudden loss of property or a loved one; all have a serious impact on our heart, mind, spirit and even our existence. And the child of God has the privilege to lean on the words: wait on the Lord.

This requires patience, and it is often very difficult to wait when the situation, or state of mind, demands urgency. But God knows what He is doing, He is not blind to our needs. He desires to teach us patience. Without learning this virtue, we can never enter heaven. The mastery of enduring “even unto the end” is one of the most imperative lessons for the heart to learn, that loves to have things resolved instantly.

Often God lets us wait. While we do not understand why, it is just the test assigned, to know what is going on in our heart during the conflict and the long waiting time. Doubts may come up, that He has let us down; not hearing our pleading. One may feel really discouraged, not seeing any end of the ordeal, and faith could become overtaxed. However, in due time, help comes. It comes often when the heart has become so dispirited that it has almost given up hoping.

Then suddenly, joy, a new energy and tremendous gratitude fills the heart. God is exalted with praise coming from the depth of the entire being as the burden is lifted and the soul seems to rise with wings into realms of peace and bliss.

Faith in the promises of God is strengthened, for they are not a “trial and error” matter. His word is as real as He is the “I AM,” yet it requires complete trust and obedience from our part. For He, our Saviour, who “is able even to subdue all things unto Himself” (Philippians 3:21), is on our side in times of dire



need; a balm of healing and the spring of life to the heart.

Thus shall we receive strength, step by step, gaining victory over ourselves and whatever life throws at us.

Now the heart overflows with the urgency to tell what wonderful things the Lord has done; a living testimony tells of the love, mercy and compassion of a gracious Saviour. It points others to Him to take courage when disheartening situations emerge.

## HEART-WORK

For the Christian there applies yet one weighty aspect that must not be overlooked, namely: with how much love in the heart do we serve the Lord, and perform, our necessary daily duties? For God, who looks upon the heart (1 Samuel 16:7), the depth of love is imperative. We cannot hide anything from Him: "I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings" (Jeremiah 17:10). There is no veiling of pretense before His eyes.

A half-hearted service compared to a whole-hearted one is like a grey day, overcast, without warmth; while the other is like a sunny day, a rejoicing heart and soul with the warming rays of the sun. A half-hearted attitude is, plainly said, ugly. Duties in the vineyard of the Lord being done, because they "ought to be done," without love and true caring, are worthless before God and accounted as wickedness. Whatever we do for someone else, or unto God, in a half-hearted manner is like mockery. This is because God or men are not esteemed, nor valued good enough, and actually judged not to be worth the effort.

Yet, our heavenly Father has esteemed fallen man so highly that it was not too costly, nor too much a sacrifice, to give up His only begotten Son, that man in his hopeless state might be saved. For this "priceless" gift, God can rightly demand, and expect, our whole-hearted service with the love and spirit of Jesus because He had "compassion on them" who were in need of comfort, hope and uplifting. A gentle attitude, a caring spirit, and a listening ear, are like streams of healing waters, softly touching troubled minds that will gradually make them trust and rejoice. A warm smile, "pleasant words are as an honeycomb, sweet to the soul, and health to the bones." Proverbs 16:24. The Scriptures also say: "A word fitly spoken is like apples of gold in pictures of silver." Proverbs 25:11

It can be difficult to resist the power of love; unfortunately, some do. Love is the most beautiful force in the universe, for God is the Originator of it. It is His character, and His children have the privilege of declaring His love to the world; to those who do not know what love is nor can give it.

By experiencing love through a wholehearted ministry unto them, they will then receive a glimpse of it, become attracted to it, and desire it for themselves.

Through the service of love, hearts are won. Love will be kindled in a stony heart so that it will desire to be changed and created anew; to become a new tool in the vineyard of Christ, to proclaim His redeeming power. God's work is a heart to heart work. It deals with souls, each precious unto God and can only be blessed when the whole heart is put into it.

## SO MANY PEOPLE—SO MANY HEARTS!

But, most are not happy. Their hearts are never satisfied with what they have or are. There is a constant drive for more of this and that, yet still it is not enough. Something is amiss, and all the treasures of the world cannot meet the true hunger of the heart and soul.

Today, when almost all the world has heard about God and His plan of salvation, sadly many people harden their heart against His voice, letting it slip away; it is a nuisance to them and not worth contemplating. Thus, the opportunity of the call of a loving heavenly Father: "To day if ye will hear His voice, harden not your hearts. . ." (Hebrews 3:15), falls on a deaf ear and it may never be heard again. The only opportunity to find the true meaning of life—to be reconciled unto God and restoration unto holiness—is lost forever.

Their own hearts cheat them and rob them of the real happiness and joy of soul that they are actually searching for. It is to be found only in connection with, and a relationship with, Jesus Christ. For the promise is: "And the peace of God, which passeth all understanding; shall keep your hearts and minds through Christ Jesus." Philippians 4:7

Mysterious are the ways of the heart. O man, listen carefully which voice is speaking in you. To decide for the way of eternal life or eternal death is, in the end, a matter of your own heart! Amen.

*Edda Tedford, Canada*





# Running A Race

Paul compares the Christian life to running a race. This means continuous movement, and constantly advancing and going forward.

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us." Hebrews 12:1

Which direction are we running? The following verse, Hebrews 12:2 tells us that we follow Jesus, Who is going before us. "Looking unto Jesus the author and finisher of our faith; Who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God."

The destination of Jesus was the throne of God in heaven, and that is also our destination, if we keep running faithfully to the end. If we turn our eyes away from Jesus we will lose the right direction. We start sinking like Peter, who was walking on the water, until he turned his eyes away from Jesus, and that moment he stopped advancing and started sinking down.

Paul also tells us to lay aside every weight and sin. Sin will stop us from advancing, but the weights also slow us down. Sportsmen who run a race do not carry any weight with them. The weights that slow us down in our Christian race can be activities that may not be sinful, but they take our time away from Bible reading, missionary work, and religious meetings. Also they may take our eyes away from Jesus.

Can you be watching a sports game and be thinking of Jesus and continue a prayer conversation with God?

Only activities that will help us in our Christian journey are the activities which Jesus had during His life on earth. Many hobbies may not be sinful, but they take our time from running the race. To many Christians religion is a gamble. They do not know if they will win in the end. It is like buying a lottery ticket; there is a chance to win, but it is not sure.

But Peter writes to us, "Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall." 2 Peter 1:10

It is possible to make our election sure. When we know that God has accepted us, this will give great joy and happiness. Paul knew that he will be in heaven. He writes, "I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing." 2 Timothy 4:7-8

Paul fought a good fight. He ran the race to the victory, and he is encouraging others to do the same. "Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling." Philippians 2:12

If we leave our salvation to someone else, we do not know the outcome, but when we do it ourselves, then we can be sure of what we are doing, and how fast we are running. Our lifetime is short, we cannot advance slowly, or we will never make it to the end. The condi-

tion that we must reach and fulfill is, "Be ye therefore perfect, even as your Father which is in heaven is perfect." Matthew 5:48. Anything short of this will be a failure.

How many Christians read the Bible for one hour and advance spiritually, and then put the television on for two hours, and fall back to where they started. Or they goes to church to learn how to run the race successfully, and then they meets with worldly friends, and spends time in foolish talking, and all the good learning in the church is lost. This is exactly what Jesus meant in His parable of sowing the seed, "And when he sowed, some seeds fell by the way side, and the fowls came and devoured them up." Matthew 13:4

So, daily we are advancing on this narrow way towards perfection, or we are backsliding. Of old Israel God said, "Why then is this people of Jerusalem slidden back by a perpetual backsliding? they hold fast deceit, they refuse to return." Jeremiah 8:5

These backsliders are victims of Satan, and he purposely leaves them in the churches with a purpose to confuse others. Jesus said, "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves." Matthew 7:15

Seventh-day Adventist churches in Europe in 1914 were deceived by their leaders to participate in the war and fight against their enemies, even on Sabbath. If the leaders have been faithful, then many of the members would have been faithful also.

Paul saw the danger and gave warning to the churches. "For I know this, that after my departing shall grievous wolves enter in among you, not sparing the flock. Also of your own selves shall men arise, speaking perverse things, to draw away disciples after them." Acts 20:29-30

Solomon was watching the race that God's people were running and he said, " I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all." Ecclesiastes 9:11

He saw that the talented, intelligent, fastest, and capable were not the winners in this race, but the slowest were winning. Also, the strongest did not win the battle against sin. Samson was the strongest in physical strength, but morally he was weak.

Paul writes more about running the Christian race, "Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Corinthians 9:24-27

We all can be winners in the race if we run it like Paul did. If we stop for a moment from running we start backsliding. Let us also keep our eyes on our Leader, Jesus Christ, that we would not run in the wrong direction. Let us use all our energy and our time running this race, and not neglect the mediums that God has provided for our salvation, which are prayer, Bible reading, church meetings, health reform, and missionary work; and thus we will meet each other in heaven. Amen.

*Timo Martin*

## LOOKING FOR YOU...

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# The Image of the Beast



An animal, with two horns like a lamb, will be instrumental in forcing the whole world to pay homage to the Roman hierarchy, as presented in Revelation 13:11–14.

This beast represents the United States of America, which will pattern itself after the papal power. In other words, America will resemble the first beast (Revelation 13:1–3) in its antagonistic activities toward conscientious dissenters. Here are two statements found in the Spirit of Prophecy that clearly describe who the image of the beast is and how it will use persecution to accomplish its ends:

“The ‘image to the beast’ represents that form of apostate Protestantism which will be developed when the Protestant churches shall seek the aid of the civil power for the enforcement of their dogmas.” —*The Great Controversy*, p. 445

“In order for the United States to form an image of the beast, the religious power must so control the civil government that the authority of the state will also be employed by the church to accomplish her own ends.” —*Ibid.*, p. 443

Apostate Protestants are today joining hands with the government in tearing down the fragile wall of separation between church and state. Soon the final battle will begin.

“When the leading churches of the United States, uniting upon such points of doctrine as are held by them in common, shall influence the state to enforce their decrees and to sustain their institutions, then Protestant America will have formed an image of the Roman hierarchy, and the infliction of civil penalties upon dissenters will inevitably result.” —*Ibid.*, p. 445

The two fundamental doctrines that unite mainline Protestant churches and the Catholic Church are the immortality of the soul and Sunday sacredness. Other divergent and controversial doctrines are lightly treated in ecumenical dialogues.

Not only is the World Council of Churches active in promoting unity among churches, but the Moral Majority and the Lord’s Day Alliance in America also have strong voices in legislative councils. The desire of these groups is to bring people back to God, back to prayer, and back to church. They realize that there needs to be a spiritual awakening among Americans. A strong appeal for Sunday worship is made by these organizations.

Other significant factors that help set the stage for a national Sunday law are the intensifying threat of terrorist attacks, the escalating crime rate, and the abortion crisis, as well as political corruption and terrible calamities of nature.

Advocates of a Sunday law believe a weekly day of rest would help restore stability and order to families and society as a whole. It may sound like a good idea, but it will lead to the loss of civil and religious freedom. Are we ready to face the consequences of a Sunday law? It has been predicted by the Word of God, and it will surely come to pass.

“And he had power to give life unto the image of the beast, that the image of the beast should both speak,

and cause that as many as would not worship the image of the beast should be killed. And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name." Revelation 13:15-17

Imagine the day when the United States will turn away from its established principles of civil and religious liberty and become a dictatorship! Force will be used to coerce people to trample on the seventh-day Sabbath and honor a counterfeit day by worshiping on it. Soon you and I will not be able to buy food and other necessities for our families. Selling a car, a bicycle, furniture, will be impossible.

How will we fare when our little children say, "Daddy, Mommy, I'm hungry. I want something to eat!" Will we give up our faith so that we can continue to provide for our families? How will we react when we are forced to leave our tidy apartments or comfortable homes to seek refuge in the mountains or caves? Will we leave our home—or submit to the government's demands? The need to decide will soon become a sober reality. The issue will be, whom will we worship—God or Satan? America will not only use economic pressure but will also ultimately pass a death decree. It will be the final test for every living person on earth.

"History will be repeated. False religion will be exalted. The first day of the week, a common working day, possessing no sanctity whatever, will be set up as was

the image of Babylon. All nations and tongues and peoples will be commanded to worship this spurious sabbath. . . . The decree enforcing the worship of this day is to go forth to all the world." —*Last Day Events*, p. 134-135

"As America, the land of religious liberty, shall unite with the papacy in forcing the conscience and compelling men to honor the false sabbath, the people of every country on the globe will be led to follow her example." —*Testimonies for the Church*, vol. 6, p. 18

The Sunday law will be enacted first in the United States of America, then will sweep over the rest of the world, and will include all communist regimes, Islamic countries, and Buddhist, Hindu, and spiritualist communities. America will work jointly with the papacy to compel peoples' consciences. This is definitely not God's method of working. God uses LOVE, not force, to draw people to serve Him.

When the Sunday law will be enforced, what are Adventists advised to do? "The light given me by the Lord at a time when we were expecting just such a crisis as you seem to be approaching, was that when people were moved by a power from beneath to enforce Sunday observance, Seventh-day Adventists were to show their wisdom by refraining from their ordinary work on that day, devoting it to missionary effort." —*Last Day Events*, p. 139-140

*Henry Dering*

**"It is our wisdom to fear God and to love Him with all the heart. He is to be first and last and best in everything. We are not to be like the beasts of the field, who eat and drink, with no thought of God, no idea of gratitude to their Creator for His daily benefits. All of us, as beings blessed of God with reasoning powers, with intellect and judgment, should acknowledge our accountability to God. The life He has given us is a sacred responsibility, and no moment of it is to be trifled with, for we shall have to meet it again in the record of the judgment. In the books of heaven our lives are as accurately traced as in the picture on the plate of the photographer. Not only are we held accountable for what we have done, but for what we have left undone. We are held to account for our undeveloped characters, our unimproved opportunities." — *The Review and Herald*, September 22, 1891**



“Remember the Sabbath day, to keep it holy.” Exodus 20:8

The Sabbath is a sacred day, a holy day. It is the Sabbath of the LORD our God. Since it is His day, He tells us exactly how we are to behave on that day. “Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.” Exodus 20:8–11

God is a just God; He gives us six days and only takes one for Himself. In those six days we can do all our regular things, including talking every-day talk to our friends, our family, church brothers and sisters, neighbours, even work mates; but on the seventh day, He asks us to do spiritual things, to do holy things, as it is His day—“the Sabbath of the LORD thy God.”

He says through Prophet Isaiah: “If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight, the holy of the LORD, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor

# The Sabbath

speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.” Isaiah 58:13–14

God wants the best for us and seeks to bless us. In the verses above He promises a blessing, but when we violate this command we displease Him. It was a great sin during the time of Old Israel, as He says: “Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among His people. Six days may work be done; but in the seventh is the Sabbath of rest, holy to the LORD: whosoever doeth any work in the Sabbath day, he shall surely be put to death. Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant. It is a sign between Me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day He rested, and was refreshed.” Exodus 31:14–17

Today we are spiritual Israel; and while physical death for this commandment is not seen here today, the recording angels are making record of all who violate this commandment and each one will have to give an account as “for by thy words thou shalt be justified, and by thy words thou shalt be condemned.” Matthew 12:37. This can turn into eternal death. It is that serious. The recording angel listens to every conversation and sees every act of Sabbath defilement.

Since God is the same yesterday, today and tomorrow, He is expecting His people to be obedient, as when He gave this commandment to the children of Israel. It was not enough to have their clothes and food ready. They were required to keep the day sacred. It is clear—speaking our own words and doing our own pleasure

violate the Sabbath. Yet, young and old, Sabbath after Sabbath, ignore the sanctity of the Sabbath. It is widespread, speaking our own words and, many times, doing our own pleasure. It is a great problem amongst us. Let us ask ourselves: Are we sanctifying the Sabbath or violating the Sabbath? Today we consider ourselves to be the Israel of God, but have we also forgotten the sacredness of this commandment? Are we truly keeping the day holy as He says? While we may prepare for the Sabbath by getting our physical things ready, do we prepare our minds so that when it comes we would be under His sanctifying influence, where Isaiah 58:14 becomes our experience? Finally, do we call the Sabbath a delight, the holy of the Lord, where we truly find pleasure in going to church, reading His word? If we have to be home, do we read, pray, sing? It seems that the enemy does not want God's people to be sanctified by the keeping of this exact commandment. It is for this reason that the all-knowing God placed the word: "remember" at the beginning of this fourth commandment—"Remember the Sabbath day, to keep it holy." Exodus 20:8

The early Adventists understood what God entrusted them with; they immediately received it. The Spirit of Prophecy states: "The Spirit of God impressed the hearts of those students of His word. . . . They had been honestly seeking to know and to do God's will; now, as they saw themselves transgressors of His law, sorrow filled their hearts, and they manifested their loyalty to God by keeping His Sabbath holy." —*The Great Controversy*, p. 434

God is calling for a Sabbath reform, as keeping the Sabbath is not just to abstain from work or cooking; it is to control our minds and our thoughts, throughout the Sabbath hours. It is to fast from our own words. Have you ever fasted from your own words? To fast means to withhold or to cease for a period. Even though fasting is identified with eating, we can use this analogy of fasting as a way of ceasing from speaking our own words on the Sabbath day. I believe God has given us this special day to teach wonderful lessons in holiness. When done with the help of the Holy Spirit, we can bring it into other areas of our lives from day to day.

When we are on a break, from one programme to the next, or at lunch time, it is still as sacred as when we are in the service; therefore, we must cease from speaking our own words about fashion, cars, business, food and any common conversation. We read in 1 Peter, "As obedient children, not fashioning yourselves according to the former lusts in your ignorance: But as

He which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, be ye holy: for I am holy." 1 Peter 1:14–16. It is, therefore, important to guard our conversation even more on God's holy Sabbath. Only with the help of the LORD can we tame the tongue.

What to do? First ask God for His help. It is a holy day and only the holy God can sanctify us. Ask Him to give us power to obey. We must then act on it. The best way to avoid speaking our own words and doing things on God's holy Sabbath day is to talk about the blessings that God gave during the week, or about missionary experiences. If possible, sing hymns in our hearts—it is to stay continually in the presence of the most holy God. Pray silently in our hearts, as often as possible. It is also to keep our conversation on heavenly things. If it is lunch time, it is to meditate on the Sabbath School lesson or the sermon just preached. We are often brought to the test by ones coming with common conversation, while it may be difficult, we must not join in, or we should seek to turn the conversation to holy talk. Eventually people will get used to us fasting from our own words, and even take us as an example of not bringing worldly conversation to the table. Reading quietly is also a way of avoiding engaging in unholy conversation. Also the youth should seek to avoid speaking their own words when they come together, and set an example for the younger ones; even personal phone conversation must be sanctified. Jesus left us an example—instead of sitting with His peers when He was a young boy, He was found conversing with the Rabbis.

In conclusion, the Sabbath can prove to be a blessing in many ways; for example, visit or call the shut-in who may be lonely and need uplifting, go for short walks. Fresh air in nature helps us to see the God of creation and it is a good time to tell our children about God's love in nature. It is also to be a witness to the world that God still has a people keeping His commandments and have the faith of Jesus—overall when this is done by His people, He will do exactly as He promises. "Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it." Isaiah 58:14

May God help us and "To day if ye will hear His voice, Harden not your hearts, as in the provocation." Hebrews 3:7–8

**Shartery Garcia**

## HEALTH MATTERS:

# Vitamin

Vitamins are essential nutrients for our bodies, which our bodies do not produce, and we need to obtain them either from our diet or from the sun (Vitamin D). When we consider all the benefits of the different types of vitamins, how many of us know the function of Vitamin K? In 1929, a Danish scientist was investigating the effects of a low-cholesterol diet in chickens. When he lowered their cholesterol intake, the chickens developed hemorrhages and bleeding. Adding purified cholesterol back to their diet did not resolve the problem, therefore he determined that another substance had to have been inadvertently removed from the chicken's diet at the same time. When the scientist was able to isolate this substance, he called it the "coagulation vitamin". He published his findings in a German journal, and they, in turn, assigned the vitamin the letter "K". "K" comes from the German word, "Koagulations," or in English, "coagulation". For many years, the only way to determine the amount of Vitamin K in a food was to make chickens Vitamin K deficient, and then feed them a food which was known to contain Vitamin K. The amount of blood coagulation restored by the diet was taken as the measure of the Vitamin K in the food.

Eventually, the scientists who did most of the research to determine the structure and chemical nature of Vitamin K received the Nobel Prize for their work in 1943. They discovered that Vitamin K helped blood to clot by activating certain proteins in the liver. This coagulation system is very tightly controlled in our body. Blood must flow smoothly as a liquid through miles of blood vessels each day, yet also be capable of starting a solid clot within seconds of encountering a break in the blood vessel system, such as a wound or other injury. If the blood fails to clot, a fatal hemorrhage can result; if the blood clots just a little too readily, blood vessel blockage can occur, leading to tissue and organ damage by preventing blood from circulating, also leading to oxygen deprivation of the body's tissues. This delicate balance is maintained with the help of vitamin K.

With low body levels of Vitamin K, bleeding can occur. Without enough vitamin K, small cuts can go on bleeding for a very long time and big bruises can happen from small injuries. Bleeding can also occur in other parts of the body, such as the gums, nose, and brain (causing a stroke). Women can have heavy menstrual bleeding. Recently, scientists have discovered that Vitamin K has many more health benefits than just clotting our blood. A true Vitamin K deficiency is very rare, but you may not be getting enough in your diet to enjoy its other health benefits.

Vitamin K is unique in several ways, compared to the other vitamins. It is the only vitamin that is produced **within** the



human body, but not **by** the human body. To be called a Vitamin, the substance cannot be produced by human tissue. Beneficial bacteria (probiotics) in the intestine produces about 75% of the Vitamin K that the body absorbs each day, with the other 25% coming from food. The combination from both sources equals the minimum amount required for the body.

There are two forms of Vitamin K. Vitamin K1 is an important chemical in plants, and is found in highest amounts in green leafy vegetables because K1 is directly involved in photosynthesis (the process by which plants make food). It may be thought of as the "plant" form of vitamin K. K2 is the form that is produced by the bacteria in our intestine. We can also convert K1 to K2 in our body. Bacteria in the large intestine can also convert K1 into vitamin K2. K2 is more important in functions such as the mineralization of bone. Unlike the other fat-soluble vitamins (A, D, E), vitamin K is not stored in the fat tissue of the human body. A person can become Vitamin K deficient after 7–10 days of a diet low in Vitamin K. For this reason, the daily balance of Vitamin K is important. Scientists are now discovering that Vitamin K is needed for many more functions in the body than just blood clotting, therefore the amount we need is higher than once thought.

Newborn infants represent the highest risk of developing bleeding from a Vitamin K deficiency. Some of you may recall your newborn receiving a needle containing Vitamin K directly after birth. Babies are born with very limited amounts of Vitamin K because their intestines do not contain any bacteria at birth with which to produce Vitamin K. Their Vitamin K levels are lowest at days 2–3 and do not reach adult levels until about 6 months of age. The injection of vitamin K at birth reduces the risk of bleeding in newborns. Bleeding due to vitamin K deficiency can be severe, leading to hospitalization, blood transfusions, brain damage, and death. Supplementation can prevent most cases of vitamin K deficiency bleeding in the newborn.

Studies show that even if a mother consumes foods high in Vitamin K during the pregnancy, the levels of Vitamin K in



their infants do not increase. Babies have very little vitamin K in their bodies at birth. After birth, there is little vitamin K in breast milk and breastfed babies can be low in vitamin K for several weeks until the normal intestinal bacteria start making it. Infant formula has added vitamin K, but even formula-fed babies have very low levels of vitamin K for several days.

Current research has shown that people who have the highest blood levels of Vitamin K are at a much lower risk of death from cardiovascular disease (heart disease), cancers, and other diseases. Over a five year period, a group of people were studied. Participants with the highest intake of Vitamin K were 46% less likely to die of cancer and 36% less likely to die from any cause versus those with the lowest intake of Vitamin K.

Also, inflammation in the body is known to increase our risk of heart disease by increasing plaque in our blood vessel walls. This leads to increased risk of heart attacks and strokes. As Vitamin K levels increase in a person's blood, their levels of inflammation decrease.

Chronic inflammation in the body also contributes to Arthritis, Alzheimer's disease, cognitive decline and type-2 Diabetes. Vitamin K can also help to prevent Diabetes by improving blood sugar control. Vitamin K has been shown to prevent nerve cell damage, which also may stop the progression of Alzheimer's.

Calcium deposits in arteries lead to atherosclerosis (build-up of plaque). Calcification of arteries is now shown to be the identical process which builds up calcium in bone and increases bone strength. However, Vitamin K in blood vessel walls decreases the amount of calcification in the blood vessels. In terms of heart health, low Vitamin K intake in younger adults does not appear to cause early calcification of vessels. However, Vitamin K's effects on blood vessels becomes more important with advancing age. Older adults who already have calcium deposits in their arteries have less progression of calcium build-up if they eat foods high in Vitamin K.

Interestingly, Vitamin K has the opposite effect on bone. Adequate amounts of vitamin D and calcium are required to prevent osteoporosis. However, vitamin D or calcium cannot produce healthy bones without adequate supplies of vitamin K. Vitamin K is also recognized as important in binding calcium to bone. Low Vitamin K levels (less than 100 mcg daily) have been shown to increase the risk of fractures.

People who need the drug, Coumadin to thin their blood to prevent incidents such as strokes should avoid large fluctuations in the amount of Vitamin K-rich foods, as they can either increase or decrease the level of the medication in the bloodstream. Coumadin thins the blood, and Vitamin K clots the blood. Doctors will prescribe a dose of Coumadin that

takes into account the amount of Vitamin K foods that you eat. As long as your Vitamin K intake remains stable, Coumadin doses will not need to be adjusted.

The Recommended Daily Allowance for Vitamin K is 120 mcg a day for men and 90 mcg a day for women.

### FOODS HIGH IN VITAMIN K

Vitamin K1, found in leafy greens and cruciferous vegetables make up about 90% of our dietary intake.

Foods with lower levels of Vitamin K include paler green-leafed foods and other green-coloured vegetables such as peas. Vitamin K is also contained in some green-coloured fruits such as kiwis and green apples (peels).

Kale is our top source of vitamin K—a 1-cup serving will provide you with over 1,000 micrograms, which is approximately 10 times the recommended minimum daily amount! There are no maximum allowable amounts recommended, which means that eating amounts above the daily requirement is not harmful.

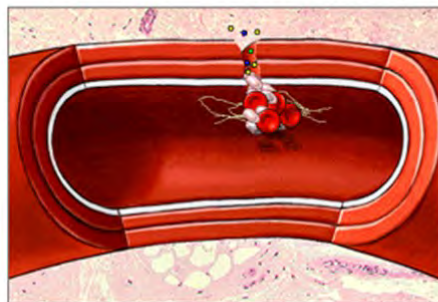
Dihydrophyloquinone is an unhealthy form of Vitamin K1 found in trans-fats. Any foods that contain partially hydrogenated fats such as margarines and vegetable shortenings (especially solid vs soft varieties), pancake mixes, French fries, fried/battered foods, microwave popcorn (containing toppings), tortilla chips, and cookies should be avoided.

### TOP VITAMIN K FOODS:

- 1) Green leafy vegetables: Kale (highest), spinach, mustard greens, collards, beet greens, Swiss chard, turnip greens, dandelion greens.
- 2) Herbs: Dried Basil (highest), dried sage, dried thyme, fresh parsley, cilantro.
- 3) Salad Vegetables: Spring Onions/Scallions (highest), endive, radicchio, watercress, romaine lettuce, green and red lettuce, celery.
- 4) Cruciferous Vegetables: Brussels sprouts (highest), broccoli, cabbage, Chinese broccoli, red cabbage, pak choi, Savoy cabbage.
- 5) Other vegetables: Asparagus, fennel, leeks, okra.
- 6) Soybeans
- 7) Vegetable oils: Olive Oil (highest), soybean, canola.
- 8) Dried Fruit: Prunes (highest), blueberries, pears, peaches, figs, currants.

Many of these foods provide well over the recommended daily dose of Vitamin K. When thinking of blood vessel, bone and brain health, think "K".

Vitamin K benefits blood clotting





# Can You? Can I?

## “MISSIONARY NOW”

The Canadian Field Missionary department is promoting the reading of the book, *Christian Service*, during the next year. Every month we will be publishing a summary of that month’s readings. We would like to encourage everyone to read this precious material. If you would like to receive the monthly guide, write to us to [ims@4Truth.ca](mailto:ims@4Truth.ca).

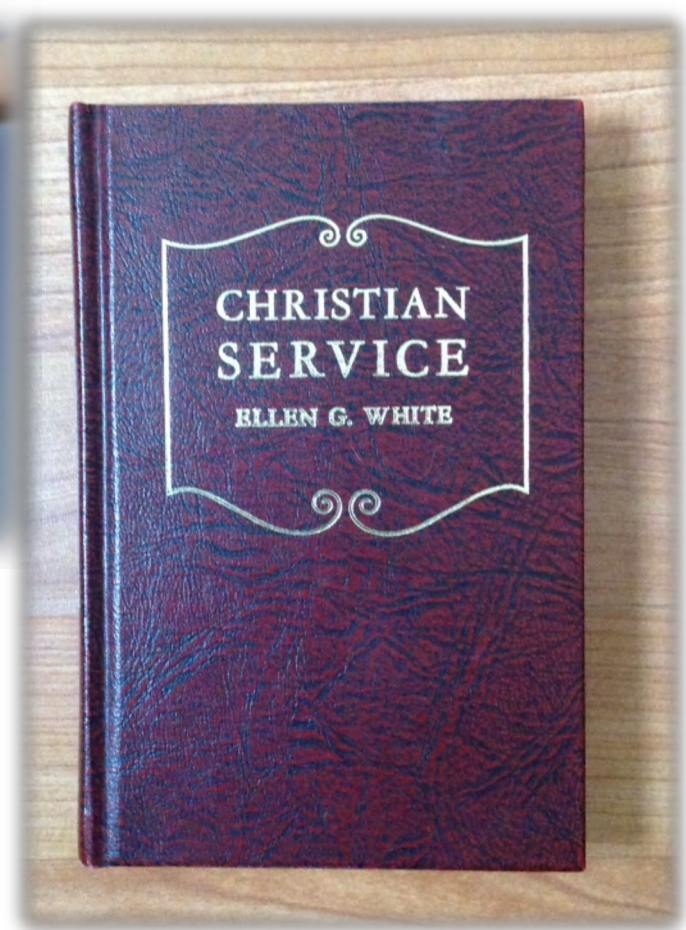
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We publish daily messages based on the same book. May God bless you richly, is our wish and prayer.

### Can You? Can I?

“And James and John, the sons of Zebedee, come unto Him, saying, Master, we would that Thou shouldst do for us whatsoever we shall desire. And He said unto them, What would ye that I should do for you? They said unto Him, Grant unto us that we may sit, one on Thy right hand, and the other on Thy left hand, in Thy glory. But Jesus said unto them, Ye know not what ye ask: can ye drink of the cup that I drink of? and be baptized with the baptism that I am baptized with?” Mark 10:35–38

How many times have we, sons and daughters of the living God, audaciously demanded of our Heavenly King, our Elder Brother and Living Example the very same thing? Lord, we would that Thou shouldst do for us whatsoever we shall desire. And how many times, has the Saviour of man, with sorrow in His heart and sadness etched onto His kind face, replied with the very same words He used to explain to His disciples the price of their petition, that simple truth, “ye know not what ye ask.” For, you see, beloved brethren, it is not enough



to belong to Christ only, but to His work as well, His purpose, His great love for the human soul, and the salvation of such. “In order to enter into His joy,” Inspiration tells us, “...we must [be willing to] participate in His labours for their redemption.” —*The Desire of Ages*, p. 142

As we can easily behold in the life of Jesus, His life was one of service—dedicated, perseverant, unflinching service. His meat was to do the will of Him that sent Him, and to finish His work (John 4:34). It was this joy, the joy of seeing souls redeemed by His sacrifice that prepared our loving Saviour to valiantly face the cruel death that awaited Him. It was this joy, this satisfaction, knowing that He was being sent of God for the redemption of humanity that filled the Son of Man with the strength and courage necessary to face His darkest hours—the hours which, because of His infinite sacrifice, we may never have to face. Glory to the Son of God, Amen.

Times are fast coming upon us, in which the children of God will be tested to the utmost, their faith strenuously proved; “[For] here is the patience of the saints, . . . they that keep the commandments of God, and the faith of Jesus.” Revelation 14:12. God must finish the

work of preparing us for Heaven, He must remove all dross so that we too, can stand “without fault before the throne of God.” Revelation 14:5. By this time we must have already reached the high and holy standard of the character of His dear Son, which begs the most important question in the life of mankind today. How? How can erring human beings attain the perfection of Christ in their own daily lives? The Spirit of Prophecy leaves this point perfectly clear in the mind of the sincere soul. “In order for us to develop a character like Christ’s,” the servant of God writes, “we must share in His work.” –*The Desire of Ages*, p. 142

Before the laying of the foundation of the world, the Divine Council had already provided for the redemption of man, should he willfully sin and separate himself from God. And even then, Infinite Wisdom understood that man himself had a work to do, if He was ever to once again rise above his own sinfully-inclined flesh, and the insinuations of his ever present foe, Satan. In doing for others what Christ has done for us, we ever keep the presence of the Lord alive in our hearts. In stretching out a compassionate hand to the fallen, the broken-hearted, the discouraged and hopeless we honour and glorify our Risen Master.

“That . . . which we have heard,” wrote the beloved disciple, “which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; . . . declare we unto you, that ye also may have fellowship with us.” 1 John 1:1, 3. Christ’s disciples were so filled with love for their Master, for everything He had shown and taught them, everything from which they had been freed, that they could not help but diffuse the heavenly fragrance of love and peace to all whom they came in contact with. In this same way, Christ asks us to win the world for Him; to be a light in this world of darkness. Yet, a light in and of itself makes no effort to shine, it simply is. In the same way, “God does not bid [us] to make an effort to shine. . . . He desires that [our] souls be [so] imbued with the principles of heaven, [that] as [we] come in contact with the world, [we] will [naturally] reveal the light that is in [us].” –*The Ministry of Healing*, p. 36. Through a natural flowing of Christ’s indwelling presence within, souls can



be snatched from the enemy and won eternally for heaven.

The Spirit of Prophecy states that, “Everywhere there is a tendency to substitute the work of organizations for [that of] individual effort. . . . Multitudes leave to institutions and organizations the work of benevolence; they excuse themselves from contact with the world, and their hearts grow cold.” –*The Ministry of Healing*, p. 147

In John 20:21, immediately before breathing on the disciples the Holy Ghost (v.22), Jesus commissions the disciples to go forth in faith, even as He Himself was “sent”. He promises them peace, yet not as the world giveth, but as only Heaven can impart. Thus we can see, yet again, the relation between peace for the human soul and the work of personal outreach.

Although the disciples were a collective, an organized body, and worked in unity, Jesus sent them as individuals that completed a whole. What Peter had learned through his disgrace and restoration, was different from the experience that Thomas learned through his lack of faith. What John had

learned through love, Matthew had learned through the joy of leaving all for the Master. Each disciple’s experience was unique, as unique as the souls to whom they, and only they, could minister to. This same principle applies to the missionary effort today.

My beloved brother, my beloved sister, only you can do the work that God has asked of you, no one else can fill your place in the ranks of Christ’s militant church. “The real character,” Sister White writes, “of the church is measured, not by the high profession she makes, not by the names enrolled upon the church book, but by what she is actually doing for the Master, by the number of her persevering faithful workers.” –*The Review and Herald*, September 6, 1881. May the Lord’s Spirit ever accompany us, and lead us not only to the souls desperately in need of His love and forgiveness, but impel us to reach out to them and be the blessing they have waited all their lives for, Amen.

**Canadian Field Missionary Department**



# Sri Lanka and India

In the Month of January 2015, the Sri Lankan field hosted a leadership seminar for all the leaders in the Asian Division. Not all of them were able to attend, but there were representatives from seven different Asian countries. The setting for the seminar was at a restful resort in the countryside, outside of the city of Kandy. Here the seminar could be conducted in the quiet scenes of nature without any distractions from the outside world.

The Seminar for the Asian leaders began on a Wednesday afternoon. Over the first weekend, the members from the Sri Lankan Field were also present for their conference on Friday evening and Sabbath.

On Friday evening, Brother Arnolfo Cortez from the Philippines gave the Sabbath opening service. He spoke about the different types of servants in the Bible. The sanctified ones are bearing fruit unto holiness and will receive a crown of righteousness when Jesus comes. Those not sanctified, when the storm comes, will become the most bitter enemies of the righteous. Today God is calling each of His followers to do an important work for Him. Can anyone live, day to day, indifferent to the needs of souls? Many are going to their graves unwarned. We need to take up the work wholeheartedly that God has entrusted to us, and have a greater burden for souls, then we will be called faithful servants.

Roland de la Paz, also from the Philippines, continued by sharing a study about Metamorphosis. He used the example of a caterpillar who undergoes metamorphosis

and turns into a butterfly. God expects Christians to undergo a spiritual metamorphosis—from a sinner to saint. This process the caterpillar cannot do on his own. The change is done by the mighty hand of God.

“What is justification by faith? It is the work of God in laying the glory of man in the dust, and doing for man that which it is not in his power to do for himself.” —*Testimonies to Ministers*, p. 456. “But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us.” Romans 5:8. “But while God can be just, and yet justify the sinner

through the merits of Christ, no man can cover his soul with the garments of Christ's righteousness while practicing known sins, or neglecting known duties. God requires the entire surrender of the heart, before justification can take place; and in order for man to retain justification, there must be continual obedience, through active, living faith that works by love and purifies the soul.” —*Selected Messages*, bk. 1, p. 366

“Beholding Christ for the purpose of becoming like Him, the seeker after truth sees the perfection of the principles of God's law, and he becomes dissatisfied with everything but perfection.” —*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1098

“The latter rain is to fall upon the people of God. A mighty angel is to come down from heaven, and the whole earth is to be lighted with his glory. Are we ready to take part in the glorious work of the third angel? Are our vessels ready to receive the heavenly dew? Have we defilement and sin in the heart? If so, let us cleanse the soul temple, and prepare for the showers of the latter rain.” — *The Review and Herald*, April 21, 1891. In order to receive the seal of God we must be without spot. If we reflect the perfect character of Christ we will receive seal of God. Today is the day of salvation. Now is the time to prepare.

For the divine service on Sabbath, Brother Idel Suarez spoke about the Four Secrets of John the Baptist. John the Baptist represents those living in the last days, to whom God has entrusted sacred truths to present to

the people, to prepare a way for the second coming of Christ. John was a reformer.

Secret #1 is self-forgetfulness. "And he confessed . . . I am not the Christ." John 1:20. "He looked upon the King in His beauty, and self was forgotten." –*The Desire of Ages*, p. 103. He forgot about himself because he was too busy with Jesus.

Secret #2 is self-denial. "He must increase, but I must decrease." John 3:30. "If any man come to Me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be My disciple. Luke 14:26. Character "is formed by hard, stern battles with self." –*Christ's Object Lessons*, p. 331

Secret #3 is self-control. John the Baptist was a reformer, and also a health reformer. "Dedicated to God as a Nazarite from his birth, he made the vow his own in a life-long consecration." –*The Desire of Ages*, p. 102. "More than any natural endowment, the habits established in early years decide whether a man will be victorious or vanquished in the battle of life." –*The Desire of Ages*, p. 101. John the Baptist wore special clothing and never drank alcohol. Reformers today need to have similar self-control. They must be simple in their dress, avoiding all extravagance, and they must eat healthy foods only. The appetite and passions must be kept in control to the higher powers. It takes mental strength to stay firm.

Secret #4 is self-discipline. The Sabbath teaches discipline. It is the only commandment about time. We need to plan our time. On the Sabbath we need to control our thoughts; we cannot buy or sell; we must abstain from passion by not seeking our own pleasure. Also, it is important to study the lesson before Sabbath, and then we need to be on time to church every Sabbath morning. Tithe paying also requires discipline; also our Bible reading should be very disciplined. We must read it daily, memorizing verses and teaching it as we can.

"For I say unto you, Among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he." Luke 7:28

Sabbath afternoon was filled with song and praise as we heard some encouraging testimonies.

Brother Pablo Hunger conducted the Sabbath closing service taken from 1 Corinthians 10. In this chapter we read of 5 blessings and then 5 dangers. We read of the

5 blessings in verses 1–4. In order for us to succeed in our Christian life we need 5 elements. We must be under God's guidance, we need faith. We also need spiritual food, which is the Bible; and spiritual drink, which is the Holy Spirit. And we must be firmly founded on the Rock, Jesus Christ.

We have the example of the experience of Ancient Israel in the wilderness. In verses 6–10 we read of the dangers that the Israelites fell into. These dangers were, lust, idolatry, immorality and fornication, murmuring and complaining, and rebellion.

"There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." 1 Corinthians 10:13

Sunday morning we bid farewell to our Sri Lankan brethren and continued with the leadership seminar.

During the leadership seminar many important subjects were studied which gave much counsel on being a successful leader. The instructors were, Brother Idel Suarez, General Conference President; Brother Pablo Hunger, General Conference Vice President; Brother Douglas Frances, General Conference Treasurer; and, Brother Roland de la Paz, General Conference Health Department Leader.

The Subjects studied included historical Subjects such as, "The Prophetic Identity of the Remnant Church;" "Persecuted, Not Defeated;" and, "A Cloud of Witnesses."

Organizational Structure, such as church elections, church properties, committees, the treasury department, missionary department, secretarial department and the necessary reporting systems were taught.

Brother Roland de la Paz presented health subjects, which included many problems that are detrimental to health that exist in society, such as: improper dress, jewellery, and cosmetics. Although we are aware of their dangers, we need to have the knowledge to teach and explain our position from the Word of God and spirit of Prophecy.

Also, pastoral subjects such as ethics and successful counselling were covered.

And finally, key doctrinal issues were covered where there is controversy over in the spiritual world, such as the nature of Christ and the nature of the Holy Spirit, both of which are very clear in the Bible and Spirit of

Prophecy.

During the course of the six days, a health fair was conducted where the leaders were introduced to simple diagnostic tools which they can use in their ministry to assist the people with any health concerns. These diagnostic tools included: blood glucose testing, urinalysis, the taking of vital signs (blood pressure, heart rate, respiration rate and temperature). These simple tests can reveal much about a person's health. Every missionary should have some knowledge of simple health tests and natural remedies as there are so many sick people in the world today.

The seminar concluded with a four hour journey by bus to Colombo. It was a sad time to say farewell, but it had been a blessed time that was spent together. New friends were made, encouragement was given and the leaders were given new tools and knowledge to improve their work.

In some of these Asian countries the work is fairly new, and the obstacles that the devil puts in front of the people are many. Life is not easy in the pioneering work. Let us pray for the leaders of the work, and especially remember those in new areas.

From Sri Lanka Sister Leila and I we were privileged to travel to South India. After a short plane flight into Chennai, we travelled four hours by train to the headquarters in the town of Thirupatter. The sanctuary at the headquarters was newly completed and was ready to be dedicated. Many members from the surrounding churches came for this event. Even Brother Crosswell Rimsu, our minister and leader of the North Indian Field came, travelling more than 48 hours by train. On Friday evening the church dedication took place and we spent a blessed Sabbath together in worship and praise.

Let us pray for the work in India that the work can grow and expand to other parts of the country. "Then saith He unto His disciples, The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that He will send forth labourers into His harvest." Matthew 9:37-38

#### **SOME OF THE LEADERS PRESENT AT THE SEMINAR IN SRI LANKA**

##### **PAKISTAN: Pastor Inayat Daniel**

Pastor Daniel is a poet, having written many poems in his language. He grew up as a strict Catholic and wanted to become a priest. Upon entering the seminary, he read the Bible for the first time. He read the 10 Commandments, and noticed that they were different from

the ones he had been taught to memorize from the catechism. He left Catholicism behind and went to the Pentecostal church for a few years. Still, the Sabbath



commandment was in the back of his mind, so he asked friends if they knew of anyone who kept the Sabbath; and they told him of the Seventh-day Adventist Church that was 800 km away. He went. And learned from them, was baptized and worked

in the publishing house. He then became a pastor.

At some point in time he became a member of the 1951 movement. And later he found the true Reform Church after Brother Cholich visited Pakistan. One of the elders in the church of Brother Daniel had invited Brother Cholich to visit. Today, there are 178 members.

##### **INDIA: Pastor G. Dhiviyathan (Vice President + Treasurer) and Pastor Ruban David (Secretary)**

Both men were led into God's church from Hindu Backgrounds. Brother Dhiviyathan and his younger brother also run the two tailoring schools in south India that are sponsored one by our church and the other by Linda Suarez. These two schools generate some income for the Indian Field and provides an opportunity for missionary work.

##### **MYANMAR, Pastor Suam Kam Thang**

Although his family attended the Baptist church, they sent their children to the Seventh-day Adventist school. This is common in some of the Asian countries as the Seventh-day Adventist schools are very advanced. Not everyone joins the church after their schooling and Brother Suam was one who did not. He decided to enter the Baptist seminary. He then became a preacher in a Protestant church. After some time, he came across the Seventh-day Adventist Reform Church and contacted Brother Idel Suarez who arranged for Brother Justiva and Cortes from Philippines to visit Myanmar.

Brother Thang was the first member we had in Myanmar. There are about 63 people who attend church. All

the members have come from his ministry. Many of the members were former members of the church he preached in.

Last October his son had a terrible accident while riding on a motorcycle. It is only by the grace of God that he is alive today. Although he still has difficulty walking, we can praise the Lord that he is alive. God is good. Thankfully his school teachers permitted him to write his final exams while studying at home. Let us pray for his continued recovery.

Unfortunately, they are not able to buy a place of worship because they are not registered with the government. It is law in the country that you must be registered with the government in order to establish a church building. While the government is promising religious freedom, they are saying but not doing. The new government, while promise religious freedom, they are, however, refusing to register any new Christian churches. Only those churches who were registered previously can remain registered—no new registrations are currently being granted.



Left: Brother Suli  
Right: Brother Thang

#### **MALAYSIA: Brother Salleh Suli**

Brother Suli grew up going to a Seventh-day Adventist school. His family were evangelicals. During high school, he was convinced of the Adventist message and so he decided to join. His father was angry and said that if he joined, his father would disown him and he would have to leave home. Brother Suli loved the truth and was baptized; and true to his word, his father made him leave home. He was 20 years old at the time. He studied and worked also, to finish school. He went to Philippines for a few years to study also.

After some time he became a Seventh-day Adventist Pastor and later he taught in one of the schools. Even-

tually he met with Brother Cortez from the Philippines and was convinced that the IMS Seventh-day Adventist Church Reform Movement is teaching the pure doctrines of the Bible and living up to the standards, so he joined the church.

Currently the church in Malaysia exists on the island of Borneo. There are about 20 members and at the moment they are not officially organized. Brother Suli is temporarily taking care of the churches in Malaysia.

Let us pray for Brother Suli. He has been a member for just over one year and his former brethren in the Seventh-day Adventist Church have been very antagonistic towards him.

#### **IRAQ: Brother Basheer Kheder**

Brother Basheer was a pastor in the Seventh-day Adventist church for many years. He always taught and preached from the Bible and the testimonies. Slowly he saw the spiritual standards of the church declining. The principles were being compromised. His ministry was not supported when he tried to uphold the standards, so, 12 years ago, he left the church.



Brother Basheer's sister-in-law lives in Holland and in speaking with her she told him of some people that she met in the Reform Church. He then spoke with Brother Gabriel Porras, and he put them in touch with the General Conference. The family of Brother Basheer had studies on Skype with Brothers Suarez, Hunger and Watts. They were very happy to hear about the Seventh-day Adventist Reform Church as they thought we were alone. Brother Basheer met with Brother Suarez in Jordan and is now a baptized member. He attended the seminar with his daughter Ruaa, who was there to translate for him.

Let us pray for these leaders in the Asian countries. Amen. **Wendy Eaton**

Note: Picture on the front cover was taken from the conference site, from the dining room.



# Battles in the Bible

## Part 2

### SAMSON

The biblical battle of Samson and the Philistines was not an ordinary battle, with two armies lined up to fight one another. No, this was very much a one-man show. With Samson vs. the Philistines, however, we know that our God is stronger than any army, no matter what size, so Samson never really was alone.

In Judges 13:1–5, we read about why Samson was battling against the Philistines. “And the children of Israel did evil again in the sight of the Lord; and the Lord delivered them into the hand of the Philistines forty years. And there was a certain man of Zorah, of the family of the Danites, whose name was Manoah; and his wife was barren, and bare not. And the angel of the Lord appeared unto the woman, and said unto her, Behold now, thou art barren, and bearest not: but thou shalt conceive, and bear a son. Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing: For, lo, thou shalt conceive, and bear a son; and no razor shall come on his head: for the child shall be a Nazarite unto God from the womb: and he shall begin to deliver Israel out of the hand of the Philistines.”

God called Samson apart, to be different, and to deliver His people. So, before we look into all the action-packed conflict between Samson and the Philistines, let us look at another battle in which Samson fought throughout his whole life and ultimately failed—his weakness for Philistine women. Now, you would have thought that he would have learned his lesson after several failed relationships with Philistine women, resulting in hundreds of deaths and much destruction. And that is why I call it a battle. Although his inability to win this battle, despite his great strength, led to his demise. “But his father and his mother knew not that it was of the Lord, that he sought an occasion against the Philistines: for at that time the Philistines had dominion

over Israel.” Judges 14:4

“God’s promise that through Samson He would ‘begin to deliver Israel out of the hand of the Philistines’ was fulfilled; but how dark and terrible the record of that life which might have been a praise to God and a glory to the nation! Had Samson been true to his divine calling, the purpose of God could have been accomplished in his honor and exaltation. But he yielded to temptation and proved untrue to his trust, and his mission was fulfilled in defeat, bondage, and death.” —*Patriarchs and Prophets*, p. 567

So we can say that, although, for a while, it seemed as if Samson’s weakness resulted in the Philistines defeating him, we can see that, through a series of unfortunate events, it ultimately led to Samson’s victory over the Philistines. Of course, Samson could have defeated the Philistines without having to suffer if he had obeyed his parents and God; he could have lived a happy and victorious life. But nonetheless, this teaches us a good lesson in obedience and self-control.

“Physically, Samson was the strongest man upon the earth; but in self-control, integrity, and firmness, he was one of the weakest of men. Many mistake strong passions for a strong character, but the truth is that he who is mastered by his passions is a weak man. The real greatness of the man is measured by the power of the feelings that he controls, not by those that control him.” —*Ibid.*, p. 567–568

Now, on to the amazing feats of strength! Samson killed a lion with his bare hands, caught 300 foxes, killed 1000 men with a donkey’s jawbone, and took a couple of city doors up a hill. He was undeniably the strongest man in existence. Even though he seemed to be the only one fighting the Philistines, he wasn’t alone. God was with him, giving him this extraordinary strength, to serve His purpose. And, although he had proved unfaithful in certain aspects of his life, God nev-



er goes back on His word. He called Samson to be the deliverer of His people.

“And Samson said, Let me die with the Philistines. And he bowed himself with all his might; and the house fell upon the lords, and upon all the people that were therein. So the dead which he slew at his death were more than they which he slew in his life.” Judges 16:30

“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.” *—Ibid.*, p. 568

**Elaine Romero**

### **SAUL AND THE AMALEKITES**

Saul had been proclaimed king by Samuel, God’s prophet. “Now go and smite Amalek, and utterly destroy all that they have, and spare them not; but slay both man and woman, infant and suckling, ox and sheep, camel and ass.” 1 Samuel 15:3

Saul went to Amalek, but he did not obey God’s command. He returned with Agag, the king, and with the best of the sheep and oxen. Saul wanted to be like other nations, and that is why he spared the king’s life and took the spoil. He did not obey God.

Sister White writes that, “This victory over the Amalekites was the most brilliant victory that Saul had ever gained, and it served to rekindle the pride of heart that was his greatest peril.” *—Patriarchs and Prophets*, p. 629

While Saul and his men were returning home, Saul received a message from God. “Then came the word of the LORD unto Samuel, saying, It repenteth Me that I have set up Saul to be king: for he is turned back from following Me, and hath not performed My commandments. And it grieved Samuel; and he cried unto the LORD all night.” 1 Samuel 15:10–11

Early the next morning, Samuel left his home to meet the erring king. Samuel had hopes that Saul would repent of his sin. But when Samuel asked Saul the meaning of the bleating sheep, Saul excused himself by saying, “They have brought them from the Amalekites: for

the people spared the best . . . to sacrifice unto the LORD thy God, and the rest we have utterly destroyed.” 1 Samuel 15:15

He blamed the people for his disobedience and he did not repent for sinning against God. But Samuel said, “Behold, to obey is better than sacrifice.” 1 Samuel 15:22

So, Saul had now failed the last test. God could not keep him as king over His people. Saul felt sorry—sorry for the consequences of his sin, but not sorry for disobeying God.

“When Saul turned away from the reproof sent him by God’s Holy Spirit, and persisted in his stubborn self-justification, he rejected the only means by which God could work to save him from himself. He had wilfully separated himself from God. He could not receive divine help or guidance until he should return to God by confession of his sin.” *—Ibid.*, p. 633

It is my wish and prayer that we may learn from this story and never wilfully separate ourselves from God.

**Stephen Newby**

### **THE BATTLE WITH ONESELF**

We have been speaking about a number of Biblical battles. But, I am going to talk about a different battle, one that is not a literal battle of swords and spears. This is a battle that can take place anytime, anywhere and to anyone.

This is the battle with oneself. This battle will take place in the mind, and it will affect the way you act around your peers. The definition of inner conflict is the following: mental struggle arising from opposing demands or impulses. But, what causes inner conflict? As the definition states, “from opposing demands or impulses,” the cause of inner conflict is temptation.

In the Bible, almost everyone that was fighting themselves was because of temptation.

We already have the cause, but what are the effects? The first effect that inner conflict leads to is depression, and once someone suffers from depression they will do anything to escape reality, whether it is by drugs or self-harm, and once that individual feels like nothing can help them escape reality anymore, they may make a sad decision, which could even lead to ending their own life.

“When the morning was come, all the chief priests and elders of the people took counsel against Jesus to put

Him to death: And when they had bound Him, they led Him away, and delivered Him to Pontius Pilate the governor. Then Judas, which had betrayed Him, when he saw that He was condemned, repented himself, and brought again the thirty pieces of silver to the chief priests and elders, Saying, I have sinned in that I have betrayed the innocent blood. And they said, What is that to us? see thou to that. And he cast down the pieces of silver in the temple, and departed, and went and hanged himself." Matthew 25:1-5

We see here an example of what inner conflict can lead to if the person in question does not seek help. The only problem with getting help is that most of the victims will say, "don't tell anyone;" and if no one hears their problem, they may go to desperate measures. And if they do not harm themselves, they may harm those

around them. A good example is Cain; he was unable to control himself and ended up killing his brother.

"And He was withdrawn from them about a stone's cast, and kneeled down, and prayed, Saying, Father, if Thou be willing, remove this cup from Me: nevertheless not My will, but Thine, be done. And there appeared an angel unto Him from heaven, strengthening Him. And being in an agony He prayed more earnestly: and His sweat was as it were great drops of blood falling down to the ground." Luke 22:41-44

As we see here, Jesus was able to control His conflict and speak with a Counselor. It is my wish and prayer that if we confront someone that has been fighting themselves, we will know what to say and how to help them. Amen. *Mathew Romero*

## Seminar in Sydney, Australia



## Baptism in Liberia



**Sister  
Beatrice  
on  
right**



# Sri Lanka



# India



**Left:**

**Top:**

**Brother Dhivyanathan and family. Middle: Brother Ruban David and family. Bottom: Brother Rimsu from North India**

## ***The Faith to Believe***

***What must I do  
to ensure peace of mind?  
Is the answer I'm seeking  
too hard to find?  
How can I know  
what God wants me to be?  
How can I tell  
what's expected of me?  
Where can I go  
for guidance and aid  
To help me correct  
the errors I've made  
The answer is found  
in doing three things,  
And great is the gladness  
that doing them brings . . .  
Do justice, love kindness,  
walk humbly with God,  
For with these three things  
as your rule and your rod,  
All things worth having  
are yours to achieve  
If you follow God's words  
and have faith to believe.***

***By Helen Steiner Rice,  
Submitted by Franziska Pedersen***