



The Reformation
Messenger

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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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Saving Faith

"It is a fearful thing to fall into the hands of the living God." Hebrews 10:31

The epistle of Paul to the Hebrews is addressed to those who are familiar with the types of the Jewish law. This book represents Christ and His work as no other of the epistles do. It is a commentary upon the typical system, designed to carry the Hebrew mind from the dead figures of the old covenant, up to the living facts of the new. The Jewish sacrifices in which blood was shed were a type of the sacrifice and precious blood of Christ. The Jewish sanctuary, with its two ministrations, was a type of the true tabernacle in Heaven where Christ ministers in both the holy and the most holy places. Such a commentary was peculiarly adapted to the time when the apostles had to meet the blindness of the Jews, who did not see that the types of their system pointed to, and were lost in, Jesus Christ and His work in the greater and more perfect tabernacle.

But this was not the only object of Paul's epistle to the Hebrews, to furnish Christ's first apostles with facts and arguments to meet their brethren according to the flesh. Another object was to shed light upon the ministry of Christ in the minds of those who are looking for His second coming, who live at the time when that ministration is closing. Hence the epistle to the Hebrews is really an epistle to the Adventists. We do not say that the book was designed only for those who are looking for the second advent of Christ. It was a powerful argument in the hands of the first apostles, and commentators and religious teachers generally have found much theoretical and practical instruction in it for the people of each successive generation since Christ ascended up on high. But the fact that the great sanctuary question has not been opened to the people by theological teachers until the close of the great prophetic periods, shows that its light was especially designed for our time.

Our text states that it is a fearful thing to fall into the hands of the living God. These words could not apply at any time since Christ undertook the great work of human

redemption, and became man's mediator with God, not to any persons—only those who had committed the unpardonable sin. There is a point to which man may go, beyond which there is no pardon. But this class is very much smaller than many suppose. But what is the sin for which there is no pardon? It is the same now that it was in the days of Christ. When Christ cast out demons, the

Jews would not believe that it was done by the power of God. They blasphemed in saying, "He hath Beelzebub, and by the prince of the devils casteth He out devils." Mark 3:22

In reply to this blasphemy, Christ said, "Verily I say unto you, all sins shall be forgiven unto the sons of men, and blasphemies wherewith soever they shall blaspheme; but he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation." Mark 3:28–29. Blasphemy against the Father and the Son may be forgiven; but against the Holy Ghost, never.

In the first century, attributing the work of the Holy Ghost to the power of Satan, was blasphemy and the sin which hath no forgiveness. It is the same in the nineteenth. There are those in our day who are goaded on by Satan to attribute the work of the gifts of the Holy Spirit, especially the gift of prophecy, to the work of Satan.

These unfortunate persons commit the sin which hath no pardon. As further evidence of this fact, we here state that when these become alarmed and return with weeping they are not able to retain the position they retake. Like Esau, they have presumptuously sold their birthright; and although they seek to obtain it again with tears, they cannot. But let it be borne in mind that those persons who have grieved the Spirit of God away from them forever are left in a careless state of mind, generally supposing that they are in a fair way for Heaven, when they are really lost. The many who are suffering with fear that they have committed the unpardonable sin have done no such thing.

God by His prophet speaks to these trembling souls who are well nigh bereft of their reason, in the following words of comfort: "Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18. Shall we say that the crimson sin is the violation of the sixth commandment? And can the stain of this terrible crime be washed from the garments of the sinner by the blood of Christ? It is possible; but he

who attributes the work of the Holy Spirit to Satan can find no pardon.

Once, sinless man could walk and talk with God and Christ and angels in Eden. He was then safe and happy in the hands of the living God. But when sin separated him from God he needed a mediator. Thank Heaven that the sinner is now in the hands of Christ. But when mercy's hour shall be past, and Christ shall no longer plead for him, then he will be in the hands of the living God to receive the righteous retribution of all his unpardoned sins; then, oh! then, it will be fearful to be in the hands of the living God.

The closing verses of the tenth chapter of Hebrews contain the clearest evidence that this epistle was given for the especial benefit of those who are waiting for the second advent of Christ.

Paul exhorts, "Let us hold fast the profession of our faith without wavering; for He is faithful that promised; and let us consider one another to provoke unto love and to good works; not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another, and so much the more as ye see the day approaching." Hebrews 10:23–25

This exhortation is addressed to those who see the day of the Lord approaching. They are exhorted to hold fast their faith, and by faithfulness in duty to provoke one another to love and good works.

Paul continues: "Call to remembrance the former days, in which, after ye were illuminated, ye endured a great fight of affliction; partly, whilst ye were made a gazing-stock, both by reproaches and afflictions; and partly, whilst ye became companions of them that were so used. For ye had compassion of me in my bonds, and took joyfully the spoiling of your goods, knowing in yourselves that ye have in Heaven a better and an enduring substance." Hebrews 10:32–34

In the great Second Advent movement of 1840–1844, a monument was raised up to which believers were to look back lest they forget that heavenly illumination, which prepared them to endure great afflictions. As were the Jews in their emancipation from the slavery of Egypt, they were to "remember all the way the Lord God had led them." That the Adventists did suffer reproaches, will not be denied. They were in many places afflicted for espousing the Second Advent cause. Some had their goods spoiled by mobs. And the most innocent were cruelly treated for maintaining companionship with believers. Some were publicly whipped, while others were placed under guardians who managed their property for them.

But it will be objected that these words of Paul apply to the Adventists on the ground that the apostle speaks as

though he had part in these afflictions and bonds. We reply that the apostle speaks prophetically. He walks down with the church to the last generation, and speaks as though he was to be present to share with them their afflictions and joys. In like manner he speaks of being present at the coming of the Lord, and being changed to immortality.

He says: "For the Lord Himself shall descend from Heaven with a shout, with the voice of the arch-angel and with the trump of God; and the dead in Christ shall rise first; then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air; and so shall we ever be with the Lord." 1 Thessalonians 4:16–17

Here Paul speaks of being alive at the coming of the Lord. If he refers to himself, then the apostle is alive now. If so, he is eighteen hundred years old. He has entirely outstripped Methuselah. Again, he says: "Behold, I show you a mystery: We shall not all sleep; but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed." 1 Corinthians 15:51–52

Here the apostle says we shall not all sleep. Is it all a mistake that Paul was put to death at Rome? And when he wrote to Timothy that he was ready to be offered, and that the time of his departure was at hand, was he entirely mistaken? In fact, is he alive today? If so, where does he reside? But, seriously, dear reader, we all know that Paul is dead. And the only consistent view that can be taken of these texts is that the apostle, looking forward to the coming of the Lord, puts himself in with them. Therefore, when he says, "Ye had compassion of me in my bonds," he is speaking of those who should suffer for embracing and adhering to the Advent faith.

Paul continues: "Cast not away therefore your confidence, which hath great recompense of reward; for ye have need of patience, that, after ye have done the will of God, ye might receive the promise." Hebrews 10:35–36

Somebody has had great confidence in that which brings the reward to God's people. They are disappointed and brought into an exceedingly trying position, which demands patience. Patience was necessary in order to meet the ridicule poured upon Adventists before the time passed; but when the time did pass, the jaunting cheers, "You did not know as much as you thought you did," "You have not gone up yet," were exceedingly trying to those whose hearts were stricken with grief because their Lord did not come as they had hoped. But why apply these words of the apostle to the Second Advent movement?

To many this looks fanciful. We reply that the following verse compels us to thus apply the words of Paul. And if

the reader will be candid and receive evidence, he will have no difficulty. Here is the golden text that settles the question: "For yet a little while, and he that shall come will come, and will not tarry." Hebrews 10:37

The simple statement that Christ had tarried, shows a disappointment. We now enter upon fearful ground.

Paul continues: "Now the just shall live by faith; but if any man draw back, my soul shall have no pleasure in him." Verse 38. When Adventists were looking forward to a definite period for the consummation of their hope, the matter was one of mathematical calculation. They walked by sight. But when the time passed, and they were brought into the waiting, watching time, those who lived at all, lived by faith. They lived by faith in God, in His word, and the Advent experience which was wrought in them by the Spirit of God. While some held fast their Advent experience, many gave it up, and drew back to the world and Satan. Here are two classes. One holds fast, and pleases God; the other draws back, and suffers His displeasure. Here, again, the apostle uses the word "we" in the next verse, by which he puts himself in with the Adventists in speaking prophetically. Ponder well his fearful words: "But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul." Verse 39. Here are two roads, leading in opposite directions; one to salvation, the other to perdition. To draw back is perdition; to believe is salvation. But the apostle is not speaking of faith in a general sense, but in regard to the subject under discussion, which is the coming of the Lord in a little while.



What, then, is saving faith for our time? In the days of Noah, saving faith was to believe that the waters of the flood were coming. In the days of Lot, saving faith was to believe that fire would be rained from heaven upon the ungodly. In the days of Christ, saving faith was to believe that Jesus of Nazareth was the true Messiah. Saving faith now is to believe that the second coming of Christ will take place in a little while. This embraces faith in God and in His word, in all the way the Lord God has led us, and that the consummation of the blessed hope will come in a little while. Here is saving faith for the Christians of the last generation.

In the next chapter the apostle mentions the noted heroes of faith. "By faith Abel offered unto God a more excellent sacrifice than Cain." Hebrews 11:4

Cain, in his unbelief as to a coming Redeemer, presented to the Lord the first-fruits of the ground. God did not re-

spect his offering. But Abel, in faith of the Redeemer to come, brought a firstling of his flock. Through that lamb, Abel saw Christ. He as distinctly saw the atoning blood of Jesus through the blood of that firstling, as we see it through the fruit of the vine as we gather around the Lord's table at communion.

The apostle mentions the faith of Noah. "By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world." Hebrews 11:7

This case has a special bearing upon our time. Christ describes the state of things at the coming of the Son of man as it was in the days of Noah. Then one family believed, and were saved; while all the world besides doubted, and were lost. But few will have saving faith, when Christ comes.

Noah made great sacrifices. He preached near a century and a quarter. He invested a fortune in the ark. And we venture the opinion that the old ark was not worth one per cent on the money invested as it rested on Ararat after the waters were dried up. It took strong faith to induce the patriarch to make so great sacrifices. The faith of the soon coming of the Son of man demands as great sacrifice as that made by Noah.

The apostle continues the same subject in the twelfth chapter, as a 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." Hebrews 12:1

The cloud of witnesses are the heroes of faith of the previous chapter. As for us, it is proper to follow the example of good men; we should imitate these godly men of faith. And here let it be noticed that while there are a plurality of weights, there is but one besetting sin. Riches, pride, and a great variety of hindrances are weights; but the sin that besets all is the opposite of the theme upon which the apostle dwells. His theme is saving faith. The besetting sin is unbelief.

The examples of faith mentioned, laid aside every weight, and ran the race set before them. Those who maintain saving faith to the end will also lay aside every weight, and the sin of unbelief which besets all, and run the race set before them, looking unto Jesus, the unerring pattern. At the end of the race is eternal life, the everlasting inheritance, and the crown of glory. Amen.

James S. White



The Greatest War

brought to the members of the church. Two percent recognized, and did not follow, the wrong teaching which 98% believed, and by this heresy the church was purified.

The weapons that we have in our hands to fight this terrible war are love, mercy, and forgiveness. When we show love to our enemies, victory is possible; the enemy becomes our friend. These were the weapons that Jesus used, and by these weapons He gained a multitude of prisoners from the enemy's army.

Paul was an enemy of Christ's army, but with His love to him, Jesus was able to take him a prisoner from Satan's army. "Yet for love's sake I rather beseech thee, being such an one as Paul the aged, and now also a prisoner of Jesus Christ." Philemon 9

"I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called." Ephesians 4:1

Every day this war continues. Every day we can gain victories in this war against the evil forces.

It is a victory when you suffer offenses quietly, without murmuring or complaining. It is victory when you answer kindly to angry words. Patience in trials is a victory that we must gain. It is a victory to be faithful in all things, and follow the example of Jesus in our daily life.

In the time of persecution, a soldier was taking a Christian prisoner to be put to death, but as they crossed the lake in the winter time the ice was not strong enough, and the soldier fell through the ice into the cold water. Now the Christian could have thanked God for his deliverance from his enemy, but, no, he could not do it; he turned back and saved the soldier from the icy water. He practiced a principle that the soldier did not know. The soldiers in the army of Jesus are practicing the same principles that are practiced in heaven and in the unfallen worlds. They love even their enemies. Serving others is the greatest activity in the kingdom of God.

"But it shall not be so among you: but whosoever will

The greatest war ever fought in our world has continued for 6,000 years, and has not finished yet. It is the war between Christ and Satan. And we, each one of us, are fighting in this war in one or the other army. Millions of professing Christians who claim to be soldiers of Christ are falling in the battlefield into the hands of the enemy. They are caught as prisoners by Satan and are taken into captivity. They are taken into darkness, and into confusion of mind, also into a lukewarm condition and self-righteousness. They fall into spiritual death, and are losing their eternal life.

What makes this war confusing is that we do not always know who is a friend and who is an enemy—whom can we trust, and who is out to deceive us. Many are doubting which is the Lord's side and which belongs to the enemy. Even families are divided, depending into which kingdom they belong.

Even into the church of God false doctrines are introduced at times. "God will arouse His people; if other means fail, heresies will come in among them, which will sift them, separating the chaff from the wheat." — *Testimonies for the Church*, vol. 5, p. 707

These heresies will purify the church. Those who believe these heresies will be separated from those who recognize that these teachings are false. This happened in the church in 1914, when the war question was

be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant." Matthew 20:26–27

Selfishness is completely absent from the kingdom of God. In the world the greatest enjoyments are the feasts, parties, and eating and drinking; but in the kingdom of God the greatest enjoyment is the joy in the Holy Ghost. This is all what we need to make our lives happy. Even the prison cell with the Holy Spirit becomes a palace to us.

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

Jesus did not defend Himself when He stood before Pilate, Herod, and the angry Jews. He did not call for a defense lawyer to speak for Him. Jesus came to this world to teach us the principles of His kingdom.

Instead of defending ourselves, we are to love our enemies. If they hit us, we must turn the other cheek. If they force us to carry a burden one mile, we carry it two miles. "And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also." Matthew 5:40

Jesus saw everywhere, crying abuses, extortion, intolerance, and grinding cruelty, yet He attempted no civil reforms. He clearly indicated that His kingdom is not of this world. We may think humanly that if our government made laws that all must keep Sabbath, read the Bible, and go to church, would it be a victory? No, certainly not. God has chosen a different way to win the battle, and different weapons.

We read in Zechariah 4:6, "Not by might, nor by power, but by My Spirit, saith the Lord of hosts." There is a different way to win the war that we are fighting.

"O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea." Isaiah 48:18

Noah was a preacher of righteousness, and he was victorious, while an estimated 100 million others perished and lost the war. In the middle ages, over 50 million martyrs lost their lives, but when one gave his life as a witness of his faith, history tells us that 20 were con-

verted to his faith, by seeing his cheerfulness at his dying moment.

What did Jesus answer to Pilate, "Then saith Pilate unto Him, Speakest Thou not unto me? knowest Thou not that I have power to crucify Thee, and have power to release Thee? Jesus answered, Thou couldest have no power at all against Me, except it were given thee from above: therefore he that delivered Me unto thee hath the greater sin." John 19:10–11

Job had a terrible misfortune, but it all happened because it had been given from above. No suffering and no tribulation can come upon us unless it is allowed by our heavenly Father, who loves us, and it is all for our sanctification. We are fighting the war against evil with weapons of love and mercy, which are the same weapons that Jesus used. We prove to people that we love them, and gently invite them to salvation and to eternal life. Our enemies are not only Satan and the fallen churches, nor evil people; no, our greatest enemy is ourselves. Satan cannot force us to commit sin; no, we are the ones to decide between obedience to God, and obedience to Satan.

While we are fighting the war, and gaining people from Satan's army to God's army, at the same time we are fighting our own battle, to overcome sin and the world, and gain victories daily through Christ.

"The True Witness says, 'Behold, I stand at the door, and knock.' Revelation 3:20. Every warning, reproof, and entreaty in the word of God or through His messengers is a knock at the door of the heart. It is the voice of Jesus asking for entrance. With every knock unheeded, the disposition to open becomes weaker. The impressions of the Holy Spirit if disregarded today, will not be as strong tomorrow. The heart becomes less impressible, and lapses into a perilous unconsciousness of the shortness of life, and of the great eternity beyond. Our condemnation in the judgment will not result from the fact that we have been in error, but from the fact that we have neglected heaven-sent opportunities for learning what is truth." —*The Desire of Ages*, p. 490

The faithful remnant will be the victors through Christ in this great war. They will be in heaven and have eternal life. Satan and all of his followers will be cast into the lake of fire and never exist anymore. Let us be faithful soldiers in the army of Jesus, and gain the victory over every sin and over every neglect of duty and fight the war faithfully unto the end. Amen.

Timo Martin



I am very thankful to our Lord and Saviour Jesus Christ for the opportunity He has given us to be saved for all eternity.

Every day is a gift from God; every heartbeat is a result of His goodness and mercy which endures forever. Let us be thankful to God for giving us Jesus, His Son, for remission, or propitiation (as Paul mentioned in his epistle to the Hebrews), for the sins which we have confessed and forsaken. The questions for us to ask are, "do we have a message in the Bible that requires all our attention for its proclamation? Is there a present truth for our time that we should proclaim with power? Are we called according to the Bible to be responsible for the proclamation of the last message of warning ever to be given to the world which is, in reality, a message from Jesus Himself?" To answer these questions I will use the Bible, along with the Spirit of Prophecy.

The last words Jesus spoke are very important and relevant for us today. He said, "Teaching them to observe all things whatsoever I have commanded you; and, lo, I am with you always, even unto the end of the world." Matthew 28:20. In this Bible text we have been given a commission which is followed by a promise. The commission is for us to be "teaching them". To understand what Jesus meant, let me give you an illustration. Children go to school to learn from their teachers and the textbooks they study from. They are taught according to the time in which they live and the technology available, in order for them to make something of themselves in this life. After their graduation they obtain a Diploma which shows that they are now capable and skilled men and women for the job in the field they have prepared for. This principle applies to anyone, anywhere, at any time. If you want a career, you have to go to school in order to be fitted for a job. We have the privilege and opportunity to learn from Jesus. He is our Teacher and Master and He prepares us for a great task. The school we should go to is the church, as we read from inspiration; "The church is God's appoint-

ed agency for the salvation of men. It was organized for service, and its mission is to carry the gospel to the world. From the beginning it has been God's plan that through His church shall be reflected to the world His fullness and His sufficiency. The members of the church, those whom He has called out of darkness into His marvelous light, are to show forth His glory. The church is the repository of the riches of the grace of Christ; and through the church will eventually be made manifest, even to 'the principalities and powers in heavenly places,' the final and full display of the love of God. Ephesians 3:10." —*The Acts of the Apostles*, p. 9

Jesus spoke the words in Matthew 28:18–20 to His disciples. "And Jesus came and spake unto them, saying, All power is given unto Me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen." This command was relevant to the Disciples in their time and it is also relevant to us today. Although this command was given in the 1st century it is still valid for us today in the 21st century. Jesus' words had a profound impact in their lives then; and they should have a profound impact in the lives of consecrated men and women today. Jesus is giving this command to you also. He is telling you to go and teach all the things that He has commanded you, and promises, "lo, I am with you always, even to the end of the world." I believe we live in the time of the end as we see most of the prophecies in Revelation have been fulfilled. In fact, we are at the verge of Jesus' second coming. Look around the world today and see the things which were predicted 2000 years ago in the prophetic chapter of Matthew 24.

Jesus told His Disciples how they would accomplish this great task. He said in John 14:15–18 "If ye love Me, keep My commandments. And I will pray the Father, and He shall give you another Comforter, that He may abide with you for ever; even the Spirit of truth; whom the world cannot receive, because it seeth Him not, neither

knoweth Him: but ye know Him; for He dwelleth with you, and shall be in you. I will not leave you comfortless: I will come to you." Think of what He is saying here? God longs to pour out the Holy Spirit upon you and me—upon His faithful Church. Have you ever wondered why the disciples had such death-defying faith? The question is—what gave them the courage to proclaim the Gospel to the ends of the earth in spite of such overwhelming odds? Why were they so different after Pentecost? Jesus' promise of the Holy Spirit upon them, is the outpouring of Heaven's power. Peter makes this clear to us in Acts 2:39: "The promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call." Ellen White, God's servant, wrote the following: "When Christ gave His disciples the promise of the Spirit, He was nearing the close of His earthly ministry. He was standing in the shadow of the cross, with a full realization of the load of guilt that was to rest upon Him as the Sin Bearer. Before offering Himself as the sacrificial victim, He instructed His disciples regarding a most essential and complete gift which He was to bestow upon His followers—the gift that would bring within their reach the boundless resources of His grace. 'I will pray the Father,' He said, 'and He shall give you another Comforter, that He may abide with you forever; even the Spirit of truth; whom the world cannot receive, because it seeth Him not, neither knoweth Him: but ye know Him; for He dwelleth with you, and shall be in you.' John 14:16, 17. The Saviour was pointing forward to the time when the Holy Spirit should come to do a mighty work as His representative. The evil that had been accumulating for centuries was to be resisted by the divine power of the Holy Spirit. . . .

"The lapse of time has wrought no change in Christ's parting promise to send the Holy Spirit as His representative. It is not because of any restriction on the part of God that the riches of His grace do not flow earthward to men. If the fulfillment of the promise is not seen as it might be, it is because the promise is not appreciated as it should be. If all were willing, all would be filled with the Spirit. Wherever the need of the Holy Spirit is a matter little thought of, there is seen spiritual drought, spiritual darkness, spiritual declension and death. Whenever minor matters occupy the attention, the divine power which is necessary for the growth and prosperity of the church, and which would bring all other blessings in its train, is lacking, though offered in infinite plenitude." —*The Acts of the Apostles* p. 48–50

Both the Bible and the Spirit of Prophecy clearly reveal the fact that the promise of the Holy Spirit is for each one of us. God longs to pour out the Holy Spirit upon His church today.

As we study the experience of the followers of Jesus in the

upper room and specifically the necessary preparation they made prior to receiving the outpouring of the Holy Spirit, we will understand the preparation we need to make prior to the final outpouring of the Holy Spirit at the end time—which is called the Latter Rain. Do you want to receive the latter rain and fulfill God's plan? I believe you do and so do I. There are some conditions that need to be fulfilled on our part. God is always more than willing to fulfil His part when we cooperate with Him and do our part. Why is Pentecost significant? The prophet Joel tells us, "It shall come to pass afterward, that I will pour out My Spirit upon all flesh." Joel 2:28

"Ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto Me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth." Acts 1:3. Recognizing the significance of Christ's command the disciples obeyed His instructions. There in the upper room in Jerusalem they prayed, repented of their sins, confessed their lack of faith, humbled their hearts, and surrendered their lives anew to the Holy Spirit's working. The Christian Church began its existence by praying for the Holy Spirit and, in obedience to the word of their Master, the disciples returned to Jerusalem and for ten days they prayed for the fulfilment of God's promise. These ten days were days of deep heart searching.

What about us? Are we doing the same today as individuals and as a church? Do we confess and forsake our sins? Do we humble ourselves before God, asking for the Holy Spirit? By the grace of Christ the disciples were changed into what they were. It was sincere devotion and humble, earnest prayer that brought them into close communion with Him.

"Shall we be less earnest than were the apostles? Shall we not by living faith claim the promises that moved them to the depths of their being to call upon the Lord Jesus for the fulfillment of His word: 'Ask, and ye shall receive' (John 16:24)? Is not the Spirit of God to come today in answer to earnest, persevering prayer, and fill men with power?" —*In Heavenly Places*, p. 333. The descent of the Holy Spirit was the divine signal that the disciples had a Friend at the throne of God who would daily empower them to accomplish His mission.

What about our mission? In Revelation 14:6–12 we can read of the commission given by Christ to His faithful and loyal church. Today, thousands of people are waiting on the shores of eternity, looking out on a confused, uncertain world, anxiously awaiting a message of deliverance. They are looking for a way out of this terrible situation into which we have come. Most people agree that if ever the world needed a message from God to show us what to do, it is now. As we survey Bible history, we discover

that God always met emergencies by sending a message to prepare men and women for the coming crisis. He did not leave mankind in darkness regarding the future. At each time of crisis He sent a specific message of preparation. Accepting His warning meant life; rejecting it meant death. Heeding the admonitions given meant eternal security; rejecting them meant damnation.

To illustrate this principle let us go back to the days of Joseph in Egypt. Egypt faced seven consecutive years of famine. Suppose God had not sent a message of warning to prepare the people for what was coming on the nation. Thousands would have perished. In the days of Noah the world faced universal catastrophe. Men had become so wicked, so vile, so corrupt, that God determined to wipe them off the face of the earth with a flood. He told Noah about it so that the patriarch could warn the people and

get as many of them ready for the crisis as possible. Noah preached, "The flood is coming. Repent of your sins. Obey God. Work with me on this ark that God has commanded me to build." Unfortunately, the majority of the people were so preoccupied with pleasure, jobs, families, and friends that they did not accept Noah's invitation. They felt that he was a deluded, fanatical old man. It was God's intent that thousands would experience salvation in the days of Noah. The plans for the ark that Noah built were in reality blueprints for scores of arks that could have been built. What a pity so few accepted Noah's warning! It is not that they could not know; it is rather that they would not know. To accept Noah's message meant a willingness to endure unpopularity and ridicule; it meant a willingness to stand alone, a determination to, as Jesus said, "seek. . . first the kingdom of God". To accept Noah's message meant to reorder life's priorities so that following God was the most important factor in life.

Many times God sent specific messages that called men and women to make the most important decisions of their lives. Life-and-death issues were at stake. Take Noah's day, for example. The gospel had never been preached in that kind of setting before, nor has it since. Suppose Adam had preached in his day that the Flood was coming. It was coming. But not for a thousand years approximately. Therefore, it would have been an untimely warning. Suppose Moses, who lived after the Flood, had preached, "A flood is coming." It would not have been true, because the Flood had already come and gone. The point is obvious. The message that Noah preached was particularly adapted for his age, for the era just before the Flood. The Bible speaks of messages that are particularly adapted for a definite period of time as "present truth." The apostle

Peter states it in these words: "Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the present truth." 2 Peter 1:12

God says, "Be established in the present truth." In other words, let the truth that applies particularly to this time fill your minds. Let it occupy your full attention. There is one thing that is certain—no one can be established in the present truth unless he knows what the present truth is. Does the Bible record a message of truth as important for our time as Noah's message was for his day? Does it contain a special message to prepare a people to get ready to meet Jesus when He comes? Is there a message as vital for us to understand today as Noah's message was for the people in his day? Most assuredly yes! Not only did God warn that the conditions of the world in the last days



would be similar to the days just before the flood, but He promised to send a message to prepare a people for the coming destruction as He did in the days of Noah. That message is found in the book of Revelation 14 and this is our message for today and today and today.

In review, we have seen that God has a message for today to be preached in all the world with power. How can we fulfil this commission? We have the example of the disciples in the upper room which reminds us that Jesus

does not change—He is the same yesterday, today and forever. The promise is given to everyone who believes and takes God's word in his daily practice, teaching people by example and precept. By doing so he warns the people in this world by giving the opportunity for every individual to make up their mind for or against Christ.

It is my wish and prayer that you and I may experience the power of the Holy Spirit afresh in our lives and may our hearts be open to everything that God has for His remnant and faithful people today. I want to close with this statement.

"It is not the plan of God to rain down means from heaven in order that His cause may be sustained. He has entrusted, or deposited, ample means with men, that there shall be no lack in any department of His work. He proves those who profess to love Him by placing means in their hands, and then tries them to see if they love the gift better than the Giver." —*Testimonies for the Church*, vol. 2, p. 659

Nicholas Anca

The Hour of Destiny for King Solomon

Part II

Out of the Abyss

(Ecclesiastes 1:14).

All at once horrible fear gripped the king. The one thing—a thousand times worse than all his searching out of mirth, pleasure—rolled like a mighty avalanche over his mind so that it made his hair stand up—his terrible apostasy from the great God of Israel, who appeared to him twice and had showered him with countless blessings.

This threw him out of bed; trembling, his heart beating loudly, his pulse racing, Solomon staggered like a drunkard through the dim-lit palace, as a wave of horror about his enormous guilt engulfed his senses. In a merciless grip that seemed to squeeze out his sanity, the ugly reality of the squandered years stood in this decisive moment of truth, crystal clear before him.

He pressed his hands over his ears as if to shut out the thunder of the accusing voice of his conscience, “You are finished, your life is a failure, you are lost, you are lost!”

A violent tremor seized his body, so that Solomon could not stand on his feet; the torture of his haunted mind made him fall on his knees, crying out with quivering jaw, the bones shaking: “Yes, it is true, utterly true, what have I done, what have I done! I am the worst of all men, the worst sinner on earth, I have become a monster!” . . .

He breathed heavily, chest heaving up and down he gasped for air. The agony of his soul made such havoc with Solomon that it threw his quaking frame in total despair to the floor.

The perturbed king could not endure this ordeal any longer; consumed with grief and heartrending sorrow

Things were not going well with Solomon. Constantly troublesome news reached the royal palace, to the annoyance of the king and his ministers.

The foretold mischievous acts of Hadad (1 Kings 11:25) disturbed him greatly, because he could not control them. People of the nation also showed anger and discontent because of heavy taxes.

Sinister thoughts began to trouble Solomon. The prophecy of Ahijah frightened him. Fearful forebodings of some great calamity coming on haunted the king at night. He could not shake them off; they followed him even in his dreams.

One night, Solomon’s mind was especially agitated. He could not get to sleep at all, nervously tossing in his bed from one side to the other. His conscience would not give him rest as pictures of his life of indulgence and the departing from faithfulness to God appeared to him with a force that caused his frame to shiver.

How had he wasted his years on things that did not profit at all! It was all vanity, vanity, vexation of spirit

for his sins, with bitter tears streaming down his face, and with a repentance from the innermost depth of his being, Solomon cried out in his agony:

“O God of Abraham and Isaac, you forgave Jacob, and David my Father; have mercy on me. I have done worse than all before me, I acknowledge in the bitterness of my soul my terrible crime against Thee, but for Thy mercy’s sake, blot out my transgressions.”

Never had the walls of the royal palace heard such words—and then there was silence—a silence of peace.

The voices of amusements, gaiety, and laughter never echoed through the marble walls again. But words of thanksgiving, prayer and admonishing and warning (Proverbs, Ecclesiastes) were recorded by holy angels—who beforehand shuddered with abhorrence and incredible sadness, loathe to transcribe Solomon’s abominable actions—but now with heavenly delight rejoiced in their task.

In all the remaining years of Solomon, who at last realized his wrongs, he never would go again to his wives—they were shut out of his mind. He had experienced that among them there was not one pleasing to God, but “were snares and nets” and their “hands as bands” (Ecclesiastes 7:26), pulling him down to the abyss of hell.

The grace of God and His love for the deluded king would not let go of Solomon. And the Holy Spirit would with force trouble his mind that night—and Solomon responded. Then all heaven was rejoicing “over one sinner that repenteth.” Luke 15:7

At the resurrection of the just, and throughout eternity, Solomon will, with most ardent gratefulness, adore the Saviour, knowing that He alone, by His divine long-suffering and grace, had plucked him out of the abyss into the embrace of the everlasting arms of the infinite love of God. . . . Amen.

Concluding Thoughts

The life of Solomon is a sobering topic. It is not an example to be followed—but rather to be shunned with all emphasis!

It was a life of selfishness and passion with catastrophic results. Solomon was, of course, not to be a Saviour for the world, but as a king of God’s chosen nation; he could have been a perfect model of obedience to God’s commandments and statutes, which was to be his daily duty as a wise ruler: “That He shall write him a copy of this law in a book out of that which is before the priests

and Levites: . . . and he shall read therein all the days of his life: that he may learn to fear the LORD his God, to keep all the words of this law and these statutes, to do them.” Deuteronomy 17:18–19

“Neither shall he multiply wives to himself, that his heart turn not away: neither shall he greatly multiply to himself silver and gold.” v. 17

Solomon could have been the greatest royal missionary to draw all the nations who came to hear his wisdom to the great God of the Universe, to present His commandments and explain the plan of salvation, to which Israel was appointed to.

To compare his life with that of Jesus is as looking as to dark clouds and to pure light.

Solomon denied himself nothing, no, he “gave [his] heart to know wisdom. . . and . . . madness and folly.” Ecclesiastes 1:17. “And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy.” Ecclesiastes 2:10

What a contrast was the life of Jesus, the incarnate Son of God on earth! Being the Creator of the Universe, the adored One of the angels in heaven, He came to this earth as one who had “not where to lay His head.” Matthew 8:20

Solomon was exalted, and honored by God and men, but Jesus “made Himself of no reputation, and took upon Him the form of a servant. . . . humbled Himself, and became obedient unto death.” Philippians 2:7–8

Jesus, coming to His own, “received Him not.” John 1:11. Instead of honour He was “despised and rejected of men [was falsely accused, hated for nothing]; a Man of sorrows, and acquainted with grief. . . .” Isaiah 53:3

Jesus Christ emptied Himself of all His divine honour and glory “for the joy that was set before Him endured the cross, despising the shame.” Hebrews 12:2

The life of Jesus was one of constant self-denial, of poverty, hardship, labour, to minister to the sick and sin-laden, to tell them of His Father’s love for them and to bring them back to the fold of God that became separated by sin.

But Jesus was misunderstood by the majority of God’s chosen people because He did not appear as the Messiah of their ideas who would restore the glory of Israel, casting out the hated Romans as their mighty King.

His humility and kindness to the common people, but most of all His powerful teaching, bearing heavenly au-

thority, irritated the religious leaders the most; therefore, they hated, persecuted, and killed Jesus to get Him out of their way.

The Saviour of the world, "was wounded for our transgressions, He was bruised for our iniquities. . . He was oppressed and He was afflicted. . . He is brought as a lamb to the slaughter." Isaiah 53:5, 7

Praise God that Jesus would "not fail nor be discouraged" (Isaiah 42:4), because of the ill-treatment He received during His selfless ministry, but He "set [His] face like a flint" (Isaiah 50:7) to finish and accomplish what He came for, to "save His people from their sins." Mathew 1:21

The life of Jesus was a constant sacrifice, an emptying of self until there was nothing more left, but a broken heart from a soul that was "poured out. . . unto death" (Isaiah 53:12), so that sinful man would be re-

deemed from the power of evil.

While this world shall last, there will always remain a shadow upon the name of King Solomon, regardless of his conversion and making up for his wrongs; the "But" still leaves a bitter taste behind.

But Jesus, "became obedient. . . even [to] the death of the cross." Philippians 2:8. "Wherefore God also hath highly exalted Him, and given Him a name which is above every name: That at the name of Jesus every knee should bow. . . and. . . every tongue should confess that Jesus Christ is Lord, to the glory of God the Father." Philippians 2:8-11

Jesus did it all because of love for you and me; let His life be our only example, but learn from the mistakes of others given to us in the "Holy Book." Amen.

Edda Tedford, Canada

GRAINS

BREAD IS THE STAFF OF LIFE ONLY WHEN THE GRAINS ARE SOAKED PROPERLY AND ONLY WHEN THEY CONSIST OF A WHOLE-GRAIN

WHAT IS A GRAIN?
A GRAIN IS A "SEED"
THIS PERTAINS TO:
LEGUMES:
SEEDS:
NUTS:
RICE:

HOW DID GOD PRESERVE A GRAIN?
BY PLACING AROUND IT A "PROTECTIVE COVERING."
THIS IS A WHOLE-GRAIN

TODAY'S WHEAT ARE NOT THE SAME AS WAS EATEN DURING BIBLICAL TIMES
EINKORN IS YOUR OPEN-POLLINATED WHEAT A HEIRLOOM
ALL OTHER VARIETIES/STRAINS OF WHEAT ARE HYBRIDS

WHAT IS THIS PROTECTIVE COVERING?
IT IS CALLED PHYTIC ACID
WHAT IS ITS ROLE?
TO PREVENT THE SEED FROM PRE-MATURE SPROUTING
TO PRESERVE THE NUTRIENTS INSIDE THE GRAIN: TO PROTECT IT FROM PESTICIDES.

WHY DO ALL GRAINS HAVE IT?
SO THAT THEY MAY SURVIVE AS HEIRLOOMS
IF PHYTIC ACID IS THE LOCK
WHAT IS THE "KEY?" "SOAKING"

A WHOLE-GRAIN CONSIST OF 3 PARTS:
BRAN
ENDO-SPERM
GERM

THERE ARE 17 NUTRIENTS IN A WHOLE-GRAIN

- PROTEIN
- FIBER
- IRON
- MAGNESIUM
- PHOSPHORUS
- ZINC
- COPPER
- MANGANESE
- SELENIUM
- B. VITAMINS

BRAN . MULTIPLE OUTER LAYER
. FIBRE
. MINERALS
. TRACE-MINERALS
. ESSENTIAL OILS

ENDO-SPERM
. IS THE EMBRYO FOOD SUPPLY

**GLUTEN
LECTINS
PHYTATES**

GERM
. EMBRYO WHICH SPROUT INTO A NEW PLANT.
. CONTAINS MANY B. VITAMINS
. SOME PROTEIN
. MINERALS
. HEALTHY FATS

3 original kinds/varieties of wheat were:
1. EINKORN WHEAT - HEIRLOOM 14 CHROMOSOMES
2. EMMER (FARROW) 28 CHROMOSOMES
3. TRITICUM AESTIVUM (BREAD-WHEAT) 42 CHROMOSOMES
14 EINKORN + 28 EMMER = 42
TODAY THERE ARE 25,000 DIFFERENT STRAINS OF TRITICUM AESTIVUM ALL HYBRIDS.

WHAT IS THE "KEY" TO UNLOCK THE NUTRIENTS?
GRAINS BECAUSE THEY ARE "SEEDS" THEY NEED TO BE "UNLOCKED"

TO UNLOCK A SEED IT NEED 4 CONDITIONS TO BE ACTIVATED:
1. MOISTURE / WATER
2. WARMTH / SUNSHINE
3. ACID-MEDIUM / EARTH (lemon-juice)
4. TIME /

WHEN GRAINS ARE UNLOCKED:
. THEY DIGEST BETTER
. ALLOWS THE BODY TO ABSORB ALL THE NUTRIENTS + MINERALS
. IMPORTANT FOR INTESTINAL HEALTH
. PROVIDES THE BODY WITH STRENGTH + ENERGY

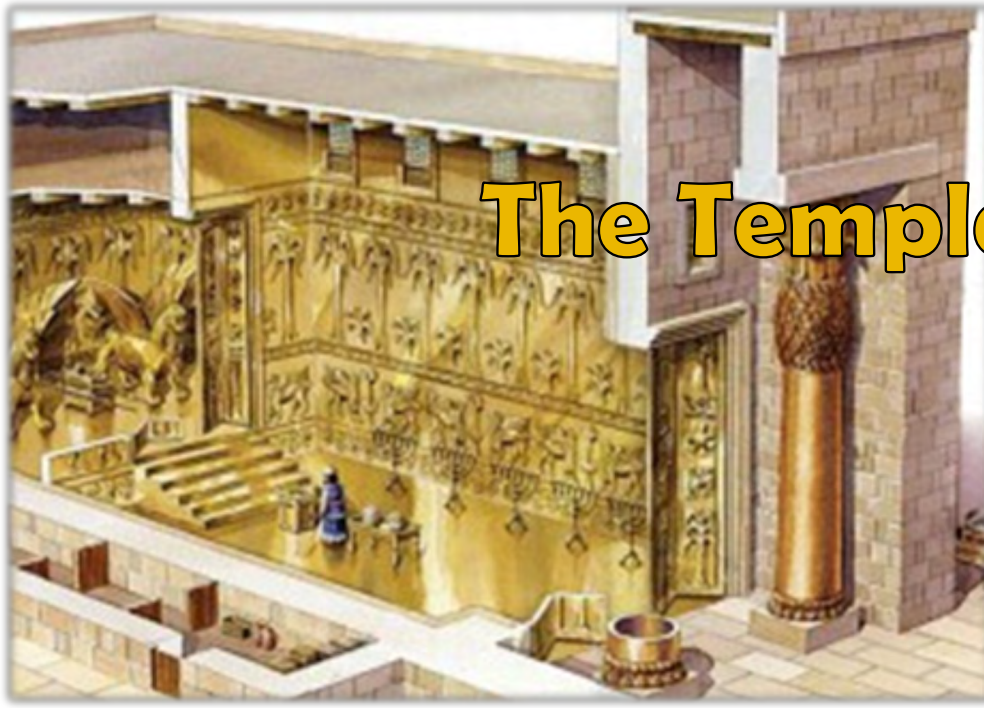
SOAK ALL GRAINS/SEEDS 12-24 HOURS TO UNLOCK THE NUTRIENTS AND BENEFIT FROM IT

SOAKING IS THE KEY

WHAT IS THE RESULT IF I DO NOT SOAK MY GRAINS IN THE LONG TERM?

- OSTEO-POROSIS
- DEMENTIA
- INFLAMMATION OF THE BOWELS
- CONSTIPATION
- CANCER
- DIABETES TYPE II
- JOINT PROBLEMS
- ARTHRITIS
- GLUTEN INTOLERANCE
- HEART DISEASE
- REFLUX
- AUTISM
- SCHIZOPHRENIA
- OBESITY
- ARTERIAL PLAQUE
- DAMAGED METABOLISM
- ALL KINDS OF HEALTH PROBLEMS
- Celiac Disease
- MINERAL DEFICIENCIES
- ETC

By: Marlene Reid, Australia



The Temple of God

Temple means (*hay-kawl*) a palace or a large public building; but, in a spiritual sense, it is a place of worship where the presence of God dwells. There are four temples mentioned in the bible: 1) Temple in heaven; 2) Temple in Jerusalem (old covenant); 3) The church of God (new covenant); 4) Our human body.

1. Temple in Heaven

In the Bible, four times the throne of God was revealed to four different prophets. Each one records an important event taking place first. These four prophets are: Isaiah, Ezekiel, Daniel, and John the Revelator. When the first two prophets were in vision they only saw a throne and they see One sitting on the throne and four Seraphims or Cherubim standing next to the Father. But when Prophet Daniel and John had a vision of the throne of God, they saw a change taking place. Twenty-four elders were sitting round about the throne and the judgment was taking place.

“In the year that king Uzziah died I saw also the Lord sitting upon a throne, high and lifted up, and His train filled the temple. Above it stood the seraphims: each one had six wings; with twain he covered his face, and with twain he covered his feet and with twain he did fly.” Isaiah 6:1–2. Then let us go to Ezekiel: “Then I looked, and, behold, in the firmament that was above the head of the cherubims [If you look at the word cherubims and seraphim, they point to the throne. They are the four Angels who are in the presence of the Father.] there appeared over them as it were a sapphire stone, as the appearance of the likeness of a

throne. Ezekiel 10:1. And in verse 14 he mentions “And every one had four faces: the first face was the face of a cherub, and the second face was the face of a man, and the third the face of a

lion, and the fourth the face of eagle.” Then in the book of Daniel: “I beheld till the thrones were cast down, and the Ancient of days did sit, whose garment was white as snow, and the hair of His head like the pure wool: His throne was like the fiery flame, and his wheels as burning fire. A fiery stream issued and came forth from before Him.” Daniel 7:9–10

In Revelation we read: “And immediately I was in the spirit: and, behold, a throne was set in heaven, and One sat on the throne. And He that sat was to look upon like a jasper and a sardine stone: and there was a rainbow round about the throne, in sight like unto an emerald. And round about the throne were four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold. And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God. And before the throne there was a sea of glass like unto crystal: and in the midst of the throne, and round about the throne, were four beasts full of eyes before and behind. And the first beast was like a lion, and the second beast like a calf, and the third beast had a face as a man, and the fourth beast was like a flying eagle. And the four beasts had each of them six wings about him; and they were full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come. And when those beasts give glory and honour and thanks to Him that sat on the throne, who liveth for ever and ever.” Revelation 4:2–9

These angels sing such sweet music that when Sister White came from her vision she thought the music she heard here on earth was like a lifeless music. Let us look at the character of these Angels: many eyes means perfect in wisdom; 1) Lion: courage; 2) Ox : great labour, diligence; 3) Man: prudence, discretion; 4) Eagle: sublime, affection. They mount up with wings, eyes, meditations and ministrations.

2. Temple in Jerusalem (old covenant)

The Lord chose the exact spot for the offering of Isaac. He said to Abraham, "Get thee into the land of Moriah". Genesis 22:2. The spot where such loyalty to God was shown was ever afterward honored by the Lord. But the devil, as well as the Lord, watched over this place. Satan knew it was sacred to Jehovah, because there God had tested the faith of the man He honored by calling him His friend (James 2:23). For more than 400 years after the children of Israel entered the Promised Land, Satan held this place. It was a stronghold of the enemy in the midst of Israel. But it was finally captured by David, who made it the capital of his kingdom; afterward Jerusalem (foundation of peace) was called the "city of David" (2 Samuel 5:6-9). The threshing floor of Ornan the Jebusite, where the angel of the Lord appeared to David, was on this same spot. The prophet told David to erect an altar on the threshing-floor, and there David made a special consecration to the Lord. A few years later the temple, which was erected without sound of hammer, occupied this same plot of land (2 Chronicles 3:1). Satan is guarding this spot vigilantly at the present time, intending never again to relinquish his hold upon it.

3. The Church of God (new covenant)

"The church is God's appointed agency for the salvation of men. It was organized for service, and its mission is to carry the gospel to the world. From the beginning it has been God's plan that through His church shall be reflected to the World His fullness and His sufficiency. The members of the church, those whom He has called out of darkness into His marvelous light, are to show forth His glory. The church is the repository of the riches of the grace of Christ; and through the church will eventually be made manifest, even to 'the principalities and powers in heavenly places,' the final and full display of the love of God. Ephesians 3:10" – *Acts of the Apostles*, p. 9. Then the Spirit of Prophecy says, "I then saw the third angel. Said my accompanying angel, 'Fearful is his work, and awful is his mission. He is the angel that is to select the wheat from the tares, and seal, or bind, the wheat for the heavenly garner.'" – *Early Writings*, p. 118

4. Our Human Body

"Know ye not that ye are the temple of God. . ." 1 Corinthians 3:16. The Spirit of God abides in us (John 14:16-17). Jesus spoke, "Destroy this temple" (John 2:19), referring to His body. Both Father and Son will live in us (John 14:23). The Spirit of God works in our mind, not as an intruder but a helper. The human mind is free to take His counsel and He directs its action.

I hope this will richly bless your understanding as to how we are part of God's temple. Amen.

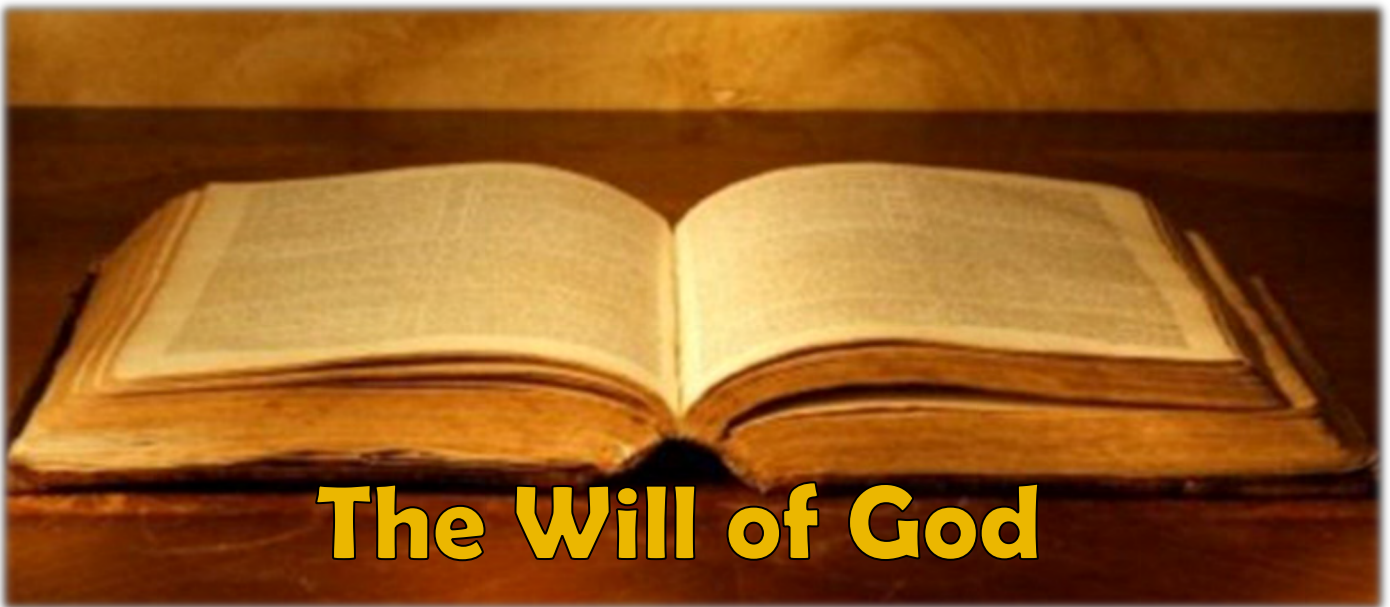
Augustus Ratneiyya

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The Will of God

What is God's will for your life? Many Christians often ask this question, especially young people. They do not know which way to go in life and they wonder what God's will is for them, e.g. what occupation should they pursue. People ask what God's will is for their jobs, for the place they should live, for the spouse they should marry.

The simplest explanation in knowing God's will for your life is found in the Bible as this: "For this is the will of God, even your sanctification." 1 Thessalonians 4:3

From this simple verse, how can we answer all of life's problems and perplexities? We could simply answer by stating the common phrase heard in Christian circles, "What would Jesus do?" I am sure many of us have heard this statement, but I am wondering how many implement this into their lives when faced with a decision. Daily we are making choices; and every choice to which we are brought to make, offers an opportunity for us to choose to surrender our will and way to God or to go our own way. Sometimes the choice is over smaller things such as what clothing we will wear that day. Other times we are led to make larger choices such as what course we will study in university. The choices we make determine our eternal destiny and our present happiness. We are sanctified by surrendering all our choices to Him continually, until habits become character and we are fully His. If we ever keep this in mind and choose Christ always, God will lead us to make the right choices in every area of life. If we put His interests ahead of ours, listening to His voice, we will know which way to go and what to do.

When we view "things of time in the light of eternity, we may, . . . live for that which is true and noble and enduring." —*Prophets and Kings*, p. 548. So in every de-

cision of life, whether work, school, spouse, we need to ask if we can honour the Lord in our decision. Will this decision bring me closer to the Lord, or further away? Will it help me to live for Christ so that I can be a blessing for others? Or am I only seeking to be a blessing for myself? These are questions to ponder. Remember, we are not our own. We are not here to live for self—we are here to live for God and be a blessing to our fellow men. That is our purpose of life on this earth—sanctification—which is a result of the decisions we make daily.

FREEDOM IN CHRIST

True sanctification is true freedom. This is God's will for you—to make you free. If you study the lives of the scribes and Pharisees in the time of Jesus, there seemed to be very little freedom in their religion. "The Jews had so perverted the law that they made it a yoke of bondage." —*The Desire of Ages*, p. 204. Jesus came to bring freedom. He said, "And ye shall know the



truth, and the truth shall make you free." John 8:32. There was no freedom in the religion of the Jewish leaders since they had left Christ out of their religion.

Many look at the Seventh-day Adventist Church Reform Movement as a religion that is a yoke of bondage also—with no freedom—just a galling yoke; many rules

and exactions, making Christian life weary. You cannot always get the job you want because they require you to work on Sabbath and you will not do so. You restrict your diet, leaving off many delicious foods (although unhealthy). You give 10% of your money away.

Although, “True sanctification will be evidenced by a conscientious regard for all the commandments of God, by a careful improvement of every talent, by a circumspect conversation, by revealing in every act the meekness of Christ. . . . God’s law tolerates no sin, but demands perfect obedience” –*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 908. Yet, is it not a sorrowful life? Yes, some do make their religion a burden; however, these people do not know Christ. If we know Christ, keeping the commandments will be freedom. As David said, “I delight to do Thy will, O my God: yea, Thy law is within my heart.” Psalm 40:8. “True sanctification consists in cheerful performance of daily duties in perfect obedience to the will of God.” –*Christ’s Object Lessons*, p. 360. Is this freedom? It sounds a lot like work-righteousness.

In reality, it is true freedom. It is freedom from sickness by following health laws; freedom from a tortured conscience by doing right in all circumstances of life; freedom from evil habits and practices. In Christ there is perfect freedom, peace, health, and happiness, yet few choose to want to follow the narrow pathway and are making their daily decisions for themselves, not for Christ.

NOTHING ESCAPES THE EYES OF THE LORD

God’s will goes further than many often consider. “What would Jesus do?” refers to every detail of your life. “If you will do everything as if you were in the immediate presence of God, you will be saved from yielding to temptation.” –*The Adventist Home*, p. 338. What does this statement mean? This is not fictitious. It is reality. *We are, and always will be, in the immediate presence of the Lord.* Therefore, it is of essence that we are faithful in all areas of life at all times. If we keep this in mind, we will always be led to make the right decisions. “Thus saith the LORD of hosts; Consider your ways.” Haggai 1:7. “Examine yourselves, whether ye be in the faith; prove your own selves.” 2 Corinthians 13:5. “The greatest work that can be done in our world is to glorify God by living the character of Christ. God will make perfect only those who will die to self.” –*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1109

“We cannot keep Christ apart from our lives here, and yet be fitted for His companionship in heaven.” –

Christ’s Object Lessons, p. 413. “I wish I could impress upon all the danger they are in of losing heaven. Joining the church is one thing, and connecting with Christ is quite another. Not all the names registered in the church books are registered in the Lamb’s book of life. Many, though apparently sincere believers, do not keep up a living connection with Christ. They have enlisted, they have entered their names on the register; but the inner work of grace is not wrought in the heart. As the result they are not happy, and they make hard work of serving God.” –*Testimonies for the Church*, vol. 5, p. 278

Although the church members may not see, your family members may not see, your neighbours may not see, what you say and do, but God does. And that is what is most important. God sees. Daily we make choices and God sees what we choose.

He sees what you eat. Can we be firm like Daniel when we have all the best and most delicious foods laid out before us? Or do we reason that the occasional indulgence will do no harm and is easily forgivable? “Daniel’s parents had trained him in his childhood to habits of strict temperance. They had taught him that he must conform to nature’s laws in all his habits; that his eating and drinking had a direct influence upon his physical, mental, and moral nature, and that he was accountable to God for his capabilities; for he held them all as a gift from God and must not, by any course of action, dwarf or cripple them.” –*Child Guidance*, p. 166. From the next statement, I often think that I do not want to let a crumb keep me out of heaven, “After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal.” –*Counsels on Diet and Foods*, p. 179. A small crumb can be that serious. Is this bondage? No, it is good health; freedom from disease. It is God’s will for you to be healthy and He has told you how. Choose your food wisely.

He hears what you say. “Every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned.” Matthew 12:37. Every word is carefully written down in the book of records. Be careful not to say anything that you do not want written down; that you do not want read back to you someday; that you do not want others to read in heaven about you, should you not make it. It is God’s will that you choose to speak kindly words at all times, even amidst toils, trials and sorrows. Words spoken unthinkingly, in a fit of passion, have caused lifelong

pain and sorrow.

He sees what television shows you watch. He sees what Internet sites you are surfing. “The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness.” Matthew 6:22–23. Remember, the Lord may be watching over your shoulder, or He may leave in sadness. And think of the amount of time you spend in front of the screen. Do you choose to give equal time to God? It is His will that you give Him *more* time.

He even reads your thoughts and motives, as if an open book. “The eye of the Lord is upon all the work, all the plans, all the imaginings of every mind; He sees beneath the surface of things, discerning the thoughts and intents of the heart. There is not a deed of darkness, not a plan, not an imagination of the heart, not a thought of the mind, but that He reads it as an open book. Every act, every word, every motive, is faithfully chronicled in the records of the great Heart-searcher, who said, ‘I know thy works.’” —*Life Sketches of Ellen G. White*, p. 322. “A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil.” Luke 6:45

“Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of My Father which is in heaven. Many will say to Me in that day, Lord, Lord, have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from Me, ye that work iniquity.” Matthew 7:21–23. Many religious people will be lost because they worked for the Lord from the wrong motive. Very sad. The truths they taught did not have an impression on themselves and they were not sanctified.

He sees how you spend your money. He keeps an exact account. “The blessings are distinctly apportioned to those who are Christ-like, whose hearts are touched with human woe, and who realize that they are trading with their Lord’s money. Such will not feel at liberty to use the money in their hands for purchasing unnecessary articles to please their vanity, to gratify pride and love of display; but they will look at it as the Lord’s. There is a place for every penny that you do not actually need for comfortable food and clothing. . . . If you have money, do not spend it for extra ribbons or trimmings or articles of adornment, but let the rivulets flow into the treasury of God, to be registered to your account in the

books of heaven.” —*The Review and Herald*, August 11, 1891. The Lord says, “The gold and the silver is Mine, from the first penny, to the last, and for the abuse or misappropriation of My money I will call men to account.” —*The Kress Collection*, p. 80. This is God’s will for sustaining His work. He blesses people with finances in the hopes that they will use the excess to support His work. Choose your spending wisely.

He knows how you spend your spare time. “Every moment is freighted with eternal consequences. . . . In the great judgment day, how shall we render our account to God?” —*Christ’s Object Lessons*, p. 343. “I saw that the time for Jesus to be in the most holy place was nearly finished and that time can last but a very little longer. What leisure time we have should be spent in searching the Bible, which is to judge us in the last day.” —*Early Writings*, p. 58. It is God’s will for you to use your spare time in a manner that will benefit, not only yourselves, but the cause of God.

He sees the places you go. “Those who, knowing their danger, will yet venture into places of worldly, demoralizing amusement God does not give His angels charge to keep those who choose to walk in forbidden paths.” —*The Signs of the Times*, May 18, 1882. It is God’s will that He sends His angels to be with you and protect you wherever you go; however, if you go to places of amusement where Satan’s angels have control, the angels may not go with you and you are left alone with the forces of evil.

And we can continue on, by saying that He sees the people you meet and spend time with during the week. He sees how you dress when out of the church member’s eyes. Nothing escapes His notice in every minute detail of your life.

Often when someone does something that could be considered a “gray area” or on the border of being correct, they try to hide it from other members who appear to have a higher standard of Christian living. They will dress differently when in company with members as opposed to when in company with worldly people. They will be careful to eat their indulgences in secret. Who cares if man sees—that is not important. Man may see and forget; however, what God sees is carefully documented—all words, thoughts, motives and actions—all of it.

There is a phrase that states, “You Can Run, But You Can’t Hide.” In the Bible we see people who tried to run. Jonah tried to run away from God; however, the Lord knew exactly where he was and orchestrated circumstances in such a manner that Jonah gave in and did the Lord’s will. Elijah also tried to run away, and when he

was in the cave, the Lord appeared to him and said, "What doest thou here, Elijah?" 1 Kings 19:13. You may try to run away, but the Lord will eventually catch up with you, if not in this life, then when you meet Him in the judgement. That will be a sad day for those who did not live according to God's will. "Whither shall I go from Thy Spirit? or whither shall I flee from Thy presence? If I ascend up into heaven, Thou art there: if I make my bed in hell, behold, Thou art there." Psalm 139:7-8

"Many have a form of godliness, their names are upon the church records; but they have a spotted record in heaven. The recording angel has faithfully written their deeds. Every selfish act, every wrong word, every unfulfilled duty, and every secret sin, with every artful dissembling, is faithfully chronicled in the book of records kept by the recording angel." —*Testimonies for the Church*, vol. 2, p. 441. "It would be a terrible thing to stand before God clothed in sinful garments, with His eye reading every secret of our lives." —*The Review and Herald*, August 4, 1896

ONLY IN CHRIST

How can we be truly free if we are constantly on the watch for fear of falling into sin; constantly burdened with the thoughts—I should do this, or I should not do that? All day long we are concerned about living by the correct rules—what we should do and what we should not do. This is how the Pharisees lived their religion. This is not a happy religion and many have been led to despair seeing how they constantly fall short. It is, however, God's will for you to be happy. Even though it may seem like a daunting task to live for Christ, the blessed truth is that we are not left to struggle alone. Jesus said, "I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end." Jeremiah 29:11. We are promised freedom in Christ because He has promised to be there to help us.

The Apostle Paul said, "I die daily." 1 Corinthians 15:31. It is a daily struggle. So we overcame yesterday, well and good, but yesterday is gone and today is here with its new struggles. We may face the same temptations today, but only stronger. Just because we overcame yesterday, unless we are connected to Christ, and make a daily surrender, we may not overcome today. The key is to "pray without ceasing." 1 Thessalonians 5:17. "We should now acquaint ourselves with God by proving His promises. Angels record every prayer that is earnest and sincere. We should rather dispense with selfish gratifications than neglect communion with God." —*The Youth's Instructor*, July 12, 1904

In Christ only, there is freedom and the freedom is free-

dom from worrying. "Be careful [anxious] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Philippians 4:6. We do not worry if we will be saved. We do not worry or become anxious about keeping all of God's laws to perfection. The only thing we have to fear is fear itself and in Christ there is no fear. "Perfect love casteth out fear." 1 John 4:18. If we choose to commit ourselves to Christ daily—hourly, every moment, and keep that connection strong, Christ *will* enable us to overcome every sin. It is our separation from Christ that causes us to sin (Isaiah 59:1-2).

Christ has promised to give us the victory. Pray for the indwelling of the Holy Spirit daily and He will give you the words to speak, He will guide your steps, your thoughts and your actions. He will reveal His will to you, through His word as you study it, through nature, through friends or church leader's counsel, or simply through impressions made on your mind. "Seek ye first the kingdom of God, . . . and all these things shall be added unto you." Matthew 6:33. You need to have your ears open to hear His voice and when given a choice, choose Christ. Jesus hates sin, and as you have Christ living in you, you will also share the same sentiment. You will hate every form of sin—you will loathe your sinful, inherited and cultivated tendencies to sin. You will sorrow that you caused Jesus so much grief, and you will thank and praise Him when He tells you, "I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee." Isaiah 44:22

He has taken the burden of sin and nailed it to the cross. In Christ you have been forgiven. In Christ you can live a life of peace, happiness, joy and freedom from sin. This is the road to sanctification. In Christ, He will direct and guide us to choose wisely in every decision we make in life, with the goal in mind of our sanctification. May God help us each to keep that living connection strong; then every burden will be light, every duty a pleasure, and every difficulty a small trial that is aimed at Jesus, not at us. This is the will of God for your life.

"The echo of God's voice comes to us, ever saying. Holier, holier still. And ever our answer is to be, Yes, Lord, holier still. Holiness is within the reach of all who reach for it by faith, not because of their good works, but because of Christ's merits. Divine power is provided for every soul struggling for the victory over sin and Satan." —*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 908. Choose Christ. Amen.

Wendy Eaton

Solutions to the Antibiotic-resistance Problem

As we learned last month, bacterial infections, which killed millions of people throughout history, can now be treated by a class of medication called antibiotics, derived from the natural world, and discovered just 80 years ago. But, we also learned that many bacteria have grown resistant to all known antibiotics, and the fear is that in a few years, most bacterial infections will grow resistant to all known antibiotics, and we will revert back to the era before antibiotics, and, once again, millions will die from simple infections that are routinely treated and cured by the antibiotics currently in use.

Bacteria, like all other organisms, have a survival instinct to stay alive. This survival instinct also kicks in when an antibiotic is used to try to kill bacteria. Within four years of penicillin being discovered, bacteria were already developing a resistance to it; the stronger the bacteria withstood the attack and then reproduced, developing stronger strains of bacteria. Newer antibiotics were being developed so they took over when penicillin no longer worked. By the 1970s, penicillin-resistant strains of the most common cause of pneumonia spread around the world. By the year 2000, resistant strains of bacteria existed for every known antibiotic. No new antibiotics have been developed in the last 30 years and bacteria are becoming more resistant. The current antibiotics have been used so widely and for so long that the infectious organisms that they are designed to kill have adapted to them, making the drugs less effective. Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die each year as a direct result of these infections. So, what is the solution to this world-wide crisis?

WHAT IS CAUSING THE ANTIBIOTIC-RESISTANCE PROBLEM?

Part of the problem is the overuse of antibiotics when they are not necessary, creating treatment-resistant bacterial strains. Doctors often prescribe antibiotics to their patients because both the doctor and patient feel that “something has been done” when a patient leaves a doctor’s office with a prescription for medication in their hand. In fact, doctors admit that, in a majority of cases, they write a prescription for an antibiotic because the patient insists on having “something”, despite the fact that, in their professional opinion, the patient does not need an antibiotic to treat the ail-

ment they are coming to them for.

Children are of particular concern because they have the highest rates of antibiotic use. They also have the highest rate of infections caused by antibiotic-resistant bacteria. Pressure from parents makes a difference. A recent study showed that doctors prescribe antibiotics 65 percent of the time if they perceive parents expect them; and 12 percent of the time if they feel parents do not expect them.

Antibiotic resistance can cause significant danger and added suffering in people who have common infections that once were easily treatable with antibiotics. When antibiotics fail to work, the consequences are longer-lasting illnesses; more doctor visits or extended hospital stays; and the need for more expensive and toxic medications. Some resistant infections can cause death. Antibiotic resistance also undermines the treatment of infectious complications in high-risk patients who have other illnesses to contend with. Many of the advances in medical treatment—joint replacements, organ transplants, cancer therapy, and treatment of chronic diseases such as diabetes, asthma, rheumatoid arthritis—are dependent on the ability to fight infections with antibiotics. If that ability is lost, the ability to safely offer people many life-saving and life-improving modern medical advantages will be lost with it.

In order to combat antibiotic resistance at a patient/doctor relationship level, both the doctor and the patient have a responsibility in discussing the best treatment options, even if it means that “no medication” and a “wait and see” approach is the best treatment. Often illnesses “go away” on their own without the need for medication. The most common illnesses that antibiotics are wrongly prescribed for are the common cold and the flu. Both are viral, not bacterial illnesses, and they will not respond to antibiotics. Colds and flu, although they cause people to suffer from a number of annoying symptoms, are cured without medication within 7–10 days. Antibiotics will not help a cold go away faster, nor will it decrease the intensity of symptoms, so there is no point in taking them. In fact, taking an antibiotic for a cold can produce resistant-treatment bacteria that may cause other illnesses such as pneumonias and bronchitis at a time when one’s immune system is in a weakened state.

SOLUTION #1: ANTIBIOTIC STEWARDSHIP

Health agencies around the world are becoming more aware of the dangers of the overuse of antibiotics. Many governmental health bodies have created guidelines for safe and wise use of antibiotic—often called antibiotic stewardship—which will help to decrease the types of scenarios that cause antibiotic resistance.

Often doctors prescribe an antibiotic without testing as to which specific bacteria are causing the infection. They prescribe a “broad-spectrum” antibiotic that is capable of killing a large number of different types of bacteria; however the drawback of these “broad-spectrum” antibiotics is that they also kill many of the healthy bacteria that our bodies need; they also work to develop antibiotic-resistant strains of bacteria that are present in the body but not causing disease at the present time, but could in the future. Best medicine practices call for testing for the specific strain of bacteria, which involves taking a sample from the patient and sending it to the lab and waiting up to 48 hours for a result. This can delay treatment, so doctors would prescribe a “broad-spectrum” antibiotic initially, as many infections, if not treated immediately, can cause complications and worse consequences for the patient. With proper antibiotic stewardship, once the results are in, the doctor should switch the patient to a “narrow-spectrum” antibiotic that is a more specific treatment for the type of bacteria that is actually causing the infection. However, all this is more time consuming and involves more work, so it is not routinely done. Sometimes patients return to the doctor once they finish the course of medication, as they are still sick; the antibiotic has not been effective in curing the infection, and a stronger antibiotic is needed. By this time, the bacteria have grown stronger, which could necessitate even stronger and more toxic antibiotics. Patients should have discussions with their doctors regarding proper testing and treatment of bacterial infections.

Doctors are being educated on the appropriate use of antibiotics, which can help preserve the effectiveness of current antibiotics, extend their life span and protect the public from antibiotic-resistant infections. Also, many hospitals and medical associations have implemented new diagnostic and treatment guidelines to ensure effective treatments for bacterial infections and reduce inappropriate use of antibiotics.

Educational posters, pamphlets, and advertising alert the public to the dangers of antibiotic-resistant bacteria and what they can do on their part to combat the problem. Guidelines include:

- Use antibiotics only as prescribed by your doctor.
- Take the appropriate daily dosage, at the same time every day, and complete the entire course of treatment, even if you are feeling better.
- If you have an antibiotic prescription, ask your doctor what you should do if you forget to take a dose.

- If for some reason you have leftover antibiotics, throw them away. Never take leftover antibiotics for a later illness. They may not be the correct antibiotic and would not be a full course of treatment.
- Never take antibiotics prescribed for another person.
- Do not pressure your doctor to give you an antibiotic prescription. Ask your doctor for advice on how to treat symptoms.

Despite the fact that they save lives, antibiotics can cause adverse effects, which is another reason to only take an antibiotic when absolutely necessary. Some of these adverse effects are fever, nausea, yeast infections, mild allergic reactions such as rashes, hives, congestion, or severe allergic reactions such as anaphylaxis (swelling that can block your ability to breathe and cause a dangerous drop in blood pressure), which can cause death. Diarrhea is also a common side effect, as the antibiotic can alter the normal intestinal bacteria, and cause overgrowth of disease-causing bacteria, such as *C. difficile*, which can kill the elderly and those who are ill with other diseases. Antibiotic use can also result in the other bacteria that you carry in your body being resistant to antibiotics for a prolonged time (at least three months) and those bacteria can spread to at-risk people in the community. Some scientists hypothesize that the indiscriminate use of antibiotics can permanently alter the body’s normal bacterial flora which has been associated with chronic disease.

SOLUTION #2: PREVENT INFECTIONS FROM OCCURRING

Not only can we prevent antibiotic-resistant bacteria from becoming a problem by proper use of antibiotics, we can also take measures to **prevent** bacterial infections, which reduce the need for antibiotics. These measures include:

A) HYGIENE

The easiest and most effective way to avoid becoming infected with bacteria is to practice good hygiene. This includes washing your hands regularly with soap and water. A simple handshake can easily transfer bacteria from one person to another. Many bacteria can live on surfaces in our environment for many days, and we can easily transfer bacteria onto ourselves from touching these surfaces. These include things like doorknobs, handrails, gas pump handles, ATM buttons, and surfaces in public washrooms. In fact, any surface we touch can harbour bacteria. We do not even need to touch a surface to make contact with bacteria. We can also transfer bacteria by putting items such as cell phones, purses, books, and other personal items onto a surface contaminated with bacteria and then picking the items back up again. Money that passes back and forth from people can transfer bacteria. We put cash register receipts in our wallets that someone else has handled, and those receipts then touch the credit cards we use, the cash we use.

Always wash your hands after using the toilet. Our cell phones contain 18X more bacteria than a toilet seat. But do

we think of sanitizing our cell phones on a regular basis? When you think of all the scenarios that could contribute to picking up a bacterial infection, hand hygiene becomes a key measure for staying healthy. Before washing your hands, avoid touching your face with your hands, especially during cold and flu season.

Proper hand hygiene is also vital before eating, and before preparing food. Touching our food with dirty hands transfers bacteria from our hands to the inside of our body. The food itself can also be contaminated with bacteria. Food poisoning from bacteria such as salmonella, listeria and E.coli causes illness and death. Deadly outbreaks of listeria, contained in food products, have been in the news lately, in items such as cantaloupes, apples, and ice cream. Let us take an example from America. While the American food supply is among the safest in the world, the Federal government estimates that there are about **48 million cases of foodborne illness annually**—the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

To avoid food poisoning, wash fruits and vegetables thoroughly, and keep kitchen work surfaces clean. Store your food properly. Good hygiene when you are buying, storing, preparing, cooking and eating food will make sure that you avoid getting bacteria on your food. And any bacteria that are on the food will be killed by proper cooking. Food preservation by freezing or drying also slows down the growth or kills bacteria.

B) VACCINATIONS

Some vaccines protect against bacterial infections, such as diphtheria, tuberculosis, tetanus, cholera, typhoid, pneumonia and whooping cough. Vaccine safety has been forefront in the news for years, many talking against vaccines because of potential harm they may cause. But there have not been any studies that prove cause and effect between vaccines and adverse events, such as autism; and many studies disprove these connections. However, the statistic that cannot be disputed is the fact is that vaccines save lives. In countries where vaccines are not readily available, deaths due to bacterial infections are much higher than in countries with vaccination programmes. For example, death from tetanus number in the thousands worldwide. However, in countries that vaccinate, deaths attributed to tetanus is very rare. Compare these two statistics: In 2013, 49,000 newborns died from tetanus worldwide; whereas in America, in 2009, there were only 19 deaths attributed to tetanus. Whether or not to vaccinate is a personal choice, with many opting for strengthening the immune system and working in harmony with nature, rather than using vaccinations. We

know that Sister White did get immunized when there was a smallpox outbreak, but beyond that, she has stated that we should study the latest and best authors on the subject of health, and obey religiously what our consciences and the Holy Spirit show us to be right.

C) IMPROVE IMMUNE SYSTEM FUNCTION

The risk of a bacterial infection can also be reduced by improving the functioning of the body's immune system, the defense against all disease and illness. The immune system is very complex, comprising many different aspects. To function well, it requires a harmonious working of all its parts. There is still much that researchers don't know about the intricacies of the immune response. Attempting to boost the cells of the immune system via supplements, etc. is complicated because there are so many different types of cells in the immune system. Which cells should be boosted, and to what number? No one knows how many cells or what kinds of cells the immune system needs, to function at its optimum level. Therefore, research is taking a different approach. Instead of trying to determine which parts of the immune system are being affected by various factors, if a study into one of the factors shows significantly less disease, researchers will consider that the immune system is being strengthened in some way.

There are a variety of factors and their effects on the immune system that are being studied. These include factors such as herbal supplements; age; lifestyle components such as diet, exercise, sleep, weight maintenance, and stress management. Sister White, God's prophet, gave many counsels regarding the connection between health and lifestyle. In addition to the factors already mentioned, she also talks about the use of water, sunlight, fresh air, proper hygiene and a vegetarian diet. We do not need science to tell us what we already know.

NEXT MONTH: SOLUTION #3: NATURAL METHODS TO COMBAT BACTERIAL INFECTIONS

Despite the world's dependence on modern medicine, natural prevention and healing methods have always existed and continue to be used. Long before "modern medicine", different herbs, foods, and natural treatments were used to prevent and treat illness and disease. These natural remedies are often more beneficial to us in fighting infections as they do not contribute to the problem of antibiotic resistance. They also work on improving immune system function to combat illness. So, how do we know when to use natural methods vs antibiotics? And, what are the foods, herbs and treatments that can help us? We will learn more next month.



Families in the Bible

Part 2

JEPHTHAH'S FAMILY

Jephthah was born from a different mother than his brothers, so his brothers did not like him. Jephthah got kicked out of the house by his brothers because he was born from a different mother. "Now Jephthah the Gileadite was a mighty man of valour, and he was the son of an harlot: and Gilead begat Jephthah. And Gilead's wife bare him sons; and his wife's sons grew up, and they thrust out Jephthah, and said unto him, Thou shalt not inherit in our father's house; for thou art the son of a strange woman. Then Jephthah fled from his brethren, and dwelt in the land of Tob: and there were gathered vain men to Jephthah and went out with him." Judges 11:1–3

While he was sent out of the house he went to Tob and dwelt there. One day when Jephthah was in Tob, the elders of his brother's country came to him and said, we need you to be our captain for the war. Then Jephthah said, why do you call me to come back when you were the ones that kicked me out of my father's house? So, then he went with them and became their captain. We read of this in Judges 11:4–7: "And it came to pass in the process of time, that the children of Ammon made war against Israel. And it was so, that when the children of Ammon made war against Israel, the elders of Gilead went to fetch Jephthah out of the land of Tob: And Jephthah said unto the elders of Gilead, Did not ye hate me, and expel me out of my father's house? and why are ye come unto me now when ye are in distress?"

While Jephthah was fighting he made a vow. The vow was that the first thing that would come out to meet him when he returned home he would use as an offering. When he got home the first thing to meet him was his daughter. So he tore his clothes and told his daugh-

ter what he did; and he said, I cannot go back. "Then the Spirit of the LORD came upon Jephthah. . . . he passed over unto the children of Ammon. And Jephthah made a vow unto the LORD, and said, If thou shalt without fail deliver the children of Ammon into mine hands, Then it shall be, that whatsoever cometh forth of the doors of my house to meet me, when I return in peace from the children of Ammon, shall surely be the LORD's, and I will offer it up for a burnt offering." Judges 11:29–31

Then, what occurred? Jephthah defeated the Ammonites.

"And [he] came to Mizpeh unto his house, and, behold, his daughter came out to meet him with timbrels and with dances: and she was his only child; beside her he had neither son nor daughter. . . . And she said unto him, My father, if thou hast opened thy mouth unto the LORD, do to me according to that which hath proceeded out of thy mouth; for as much as the LORD hath taken vengeance for thee of thine enemies, even of the children of Ammon." Judges 11:35, 37

Jephthah kept his vow to God. It is my wish and prayer that we may always listen to God and keep the promises we make to Him. Amen.

Sarah Newby

ESTHER AND MORDECAI

One family in the Bible was not a traditional one consisting of parents and children. This family consisted of two persons who were cousins—Esther and Mordecai.

Esther and Mordecai were amongst the Jews living in Medo-Persia. Mordecai took Esther into his own home after her parents died. "And he brought up Hadassah, that is, Esther, his uncle's daughter: for she had neither

father nor mother, and the maid was fair and beautiful; whom Mordecai, when her father and mother were dead, took for his own daughter.” Esther 2:7. Esther was like a daughter to him. Mordecai loved her and trained her to be a faithful young woman.

As queen, Esther could have become proud; she could have forgotten about Mordecai and her God, but she didn’t. What did Esther do when she heard that Mordecai had rent his clothes and sat at the king’s gate in sackcloth and ashes?

“So Esther’s maids and her chamberlains came and told it her. Then was the queen exceedingly grieved; and she sent raiment to clothe Mordecai, and to take away his sackcloth from him: but he received it not. Then called Esther for Hatach, one of the king’s chamberlains, whom he had appointed to attend upon her, and gave him a commandment to Mordecai, to know what it was, and why it was.” Esther 4:4–5. Here we see she was grieved, worried, and possibly sad. Esther probably tried to make Mordecai feel better by giving him clothing. But this was much more; it was a matter of life and death for God’s people.

Mordecai’s words to Esther apply to us today. He said “who knoweth whether thou art come to the kingdom for such a time as this?” Esther 4:14. Sister White writes that young men should be gaining solidity of character that they may be fitted for usefulness. We all need a solid character so that we can stand firm in times of trouble.

“The crisis Esther faced demanded quick action; but both she and Mordecai realized that unless God would work to help them, their efforts would not succeed. So Esther took time to commune with God. ‘Go,’ she directed Mordecai, ‘gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!’” – *Royalty and Ruin*, p. 212. Esther was away from her home, away from her religion; but like many other youth we read about in the Bible, she did not forget her God.



There are many things we can learn from this small family. Love—they loved each other, cared for each other; Compassion—Mordecai took Esther into his home and cared for her; Courage and bravery—Esther was brave and courageous to stand for her people. But, most importantly, we must learn from their faithfulness and firmness of character.

In conclusion, we read from the Spirit of Prophecy, “To every household and every school, to every parent, teacher, and child upon whom has shone the light of the gospel, comes at this crisis the question put to Esther the queen at that momentous crisis in Israel’s history. ‘Who knoweth whether *thou* art come to the kingdom for such a time as this?’” –*Conflict and Courage*, p. 244. Amen.

Sesciah Newby

“Remember that your responsibility is measured, not by your present resources and capacities, but by the powers originally bestowed and the possibilities for improvement. The question which each one should ask himself is not whether he is now inexperienced and unfit to labor in God’s cause, but how and why he is in this condition, and how it can be remedied. God will not supernaturally endow us with the qualifications which we lack; but while we exert the ability we have, He will work with us to increase and strengthen every faculty; our dormant energies will be aroused, and powers which have long been palsied will receive new life.” – *Testimonies for the Church*, vol. 5, p. 459

Otto Welp: His Story



Otto Welp played a significant role in the development of the Reform Movement. He was one of the first leaders to give a clear testimony that we could not take part in politics, because the teachings of Christ forbid this. The believers were to be instructed along this line. As a result of his influence the leading brethren of the Reform Movement gave the same testimony in word and in writing.

More specifically, he was one of the first leaders to give a clear testimony on not taking part in direct or indirect military service; members were not to take part in the war as combatants or non-combatants.

They were not to take part in the war as non-combatants, because everything a non-combatant does is in support of the war effort and an effort to enfurment the war effort. Even as a medic their goal is to get the soldiers on their side stitched up as quickly as possible and back onto the battlefield, winning battles. And if they saw a soldier on the other side they would certainly not involve themselves in their care! So this proves that the ultimate goal is not to be humane but to win battles.

We know that Otto Welp was the first General Conference president of Seventh-day Adventist Church Reform Movement; he came into office in 1925. He had a great desire to take an active part in the Reform Movement. In the First World War he had suffered four years of persecution for his faith. When you make sacrifices for the truth then the truth means so much more to you; because you understand the price that had to be paid to live up to that truth. That is why perhaps we do not appreciate the present truth we have today as we should because we have not made many sacrifices for

it.

In 1922, Otto Welp played a significant role in the Seventh Day Adventist General Conference which was occurred in San Francisco, California. He wrote three appeals to the SDA General Conference, seeking to present their case during the

session! The first appeal was handed by Brother Welp to Elder Daniels on May 11, 1922. The second appeal was mailed to every members of the General Conference Committee, together with a copy of the first appeal. This second appeal was sent on May 18. The third was handed to Elder Daniels on May 22nd.

These three appeals were completely ignored by the General Conference of the Seventh-day Adventist church, and there was no answer given to them at all!

Spanknobel and Otto Welp showed their earnestness in obtaining a hearing by going to the SDA General Conference and waiting in the auditorium for two hours until Elder Daniells came by where they were. They stopped him and asked him if they would be given a hearing to present the pertinent questions that have separated and divided the people of the Lord.

A.G. Daniells responded, "We could never permit these questions to come up before the whole delegation of the General Conference; that would cause the greatest disturbance we ever had." May 24, 1922.

Spanknobel and Welp realized that, to avoid having the European apostasy exposed to the whole delegation, the military issue and the schism of 1914 was not put on the agenda. The two men decided on another course of action. They realized that this was probably going to be the last official attempt at reconciliation and no other attempts would be made.

The course of action they decided upon was that they must appeal to the people in their respective churches! A leaflet was printed and given to all the people and delegates before leaving the General Conference Auditorium, entitled, "Jesus Weeps Over His People."

This course of action taken by Welp and Spanknobel showed their willingness and earnest desire to re-unite and to prove that they were not just some rebels who could not wait to form their own organization.

The handing out of the pamphlet was necessary, because they understood that if they did not hand out this pamphlet the blood of the sincere Adventist would be on their hands. We must call God's people to "Come out of her My people".

After the council in Freidensau and the hearing in San Francisco, there arose many Adventists who were fully convinced that the Seventh-day Adventist Church had taken the wrong stand in regard to military service.

Therefore, the honest in heart joined with the separated and faithful people of God.

We must separate and come out from Babylon in order not to partake of her sins.

Many people say, "it's alright because I don't truly believe the doctrines of this church I attend;" however, just by being present you will be guilty of the sins occurring in that church, and if you spend long enough time there, the spiritual apathy will take its toll and have an influence upon you.

We can learn several lessons from the life of Otto Welp: Faithfulness, perseverance, making every effort to build bridges. Doing all we can to reach souls even if we know that most will reject it. Each soul is so precious that Jesus died for that soul; so, even if we go through hundreds of rejections to reach one sincere individual, it is worth it.

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**“Great peace have they which love Thy law: and nothing shall offend them.’
Psalm 119:165. Men cannot manufacture peace. Human plans for the purification and uplifting of individuals or of society will fail of producing peace, because they do not reach the heart. The only power that can create or perpetuate true peace is the grace of Christ. When this is implanted in the heart, it will cast out the evil passions that cause strife and dissension. . . .**

‘Instead of the thorn shall come up the fir tree, and instead of the brier shall come up the myrtle tree;’ and life’s desert ‘shall rejoice, and blossom as the rose.’ Isaiah 55:13; 35:1.” –*The Desire of Ages*, p. 302