

The background of the cover is a photograph of a tall, cylindrical stone tower with a crenellated top. A blue flag flies from a pole on the tower. The tower has several windows, some with blue panes. To the right of the tower, there are large trees with green and yellowing leaves. In the foreground, there is a paved area, a stone wall, and a wooden fence. A street lamp is visible on the left side of the tower.

*The Reformation*  
**Messenger**  
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**How Does God Bring People Together?**  
Page 6

**Follow Me**  
Page 10

**Famous Last Words**  
Page 12

**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.

## **IN THIS ISSUE:**

- 3 A Strong Tower**
- 4 The Fear of the Lord**
- 6 How Does God Bring People Together?**
- 8 The Loud Cry and the Angel of Rev. 18**
- 10 Follow Me**
- 12 Famous Last Words**
- 16 Should Christians Dance?**
- 19 Children's Corner: Joseph Bates**
- 22 The Lord's Garden**

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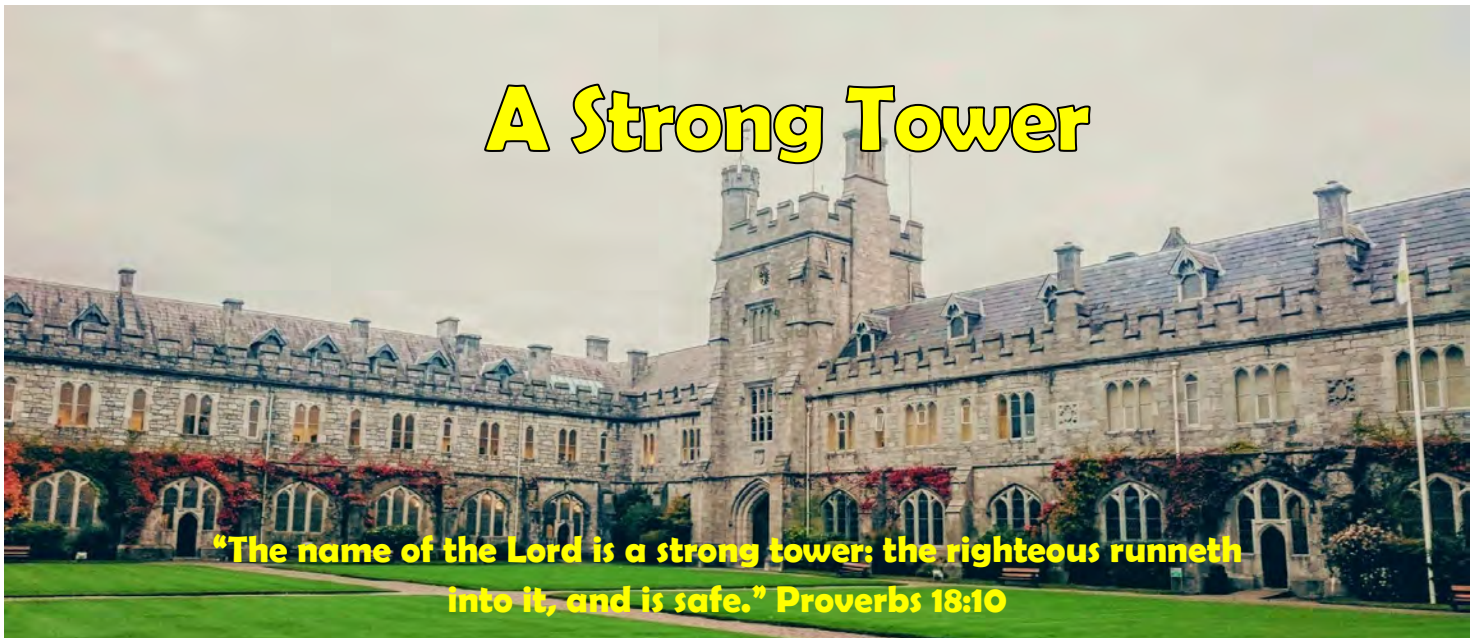
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# A Strong Tower



**“The name of the Lord is a strong tower: the righteous runneth into it, and is safe.” Proverbs 18:10**

“It was in the time of greatest weakness that Christ was assailed by the fiercest temptations. Thus Satan thought to prevail. By this policy he had gained the victory over man. When strength failed, and the will power weakened, and faith ceased to repose in God, then those who had stood long and valiantly for the right were overcome. Moses was wearied with the forty years' wandering of Israel, when for the moment his faith let go its hold upon infinite power. He failed just upon the borders of the Promised Land. So with Elijah, who had stood undaunted before King Ahab, who had faced the whole nation of Israel with the four hundred and fifty prophets of Baal at their head. After that terrible day upon Carmel, when the false prophets had been slain and the people had declared their allegiance to God, Elijah fled for his life before the threats of idolatrous Jezebel. Thus Satan had taken advantage of the weakness of humanity.

“Whenever one is encompassed with clouds, perplexed by circumstances, or afflicted by poverty or distress, Satan is at hand to tempt and annoy. He attacks our weak points of character. He seeks to shake our confidence in God, who suffers such a condition of things to exist. We are tempted to distrust God, to question His love. Often the tempter comes to us as he came to Christ, arraying before us our weakness and infirmities. He hopes to discourage the soul and to break our hold upon God. Then he is sure of his prey. If we would meet him as Jesus did, we should escape many a defeat. By parleying with the enemy we give him an advantage.

“Jesus gained the victory through submission and faith in God, and by the apostle He says to us, ‘Submit yourselves therefore to God. Resist the devil, and he will flee from you’ (James 4:7). We cannot save ourselves from the tempter's power; he has conquered humanity,

and when we try to stand in our own strength, we shall become a prey to his devices; but ‘the name of the Lord is a strong tower: the righteous runneth into it, and is safe.’ Satan trembles and flees before the weakest soul who finds refuge in that mighty name.” —*In Heavenly Places*, p. 256

“If you would walk wisely, walk in the way of God's commandments. The Word of God you have in your keeping, right at hand. This Word is so plain that none need go astray unless they allow themselves to be led by their hereditary and cultivated tendencies to wrong. Your Redeemer met Satan's treacherous advances with the words, ‘It is written,’ and with the imperative command, ‘Get thee behind me, Satan.’ I counsel you to receive with meekness the engrafted Word, which is able to save your soul. The Word of God is your haven. It is a tower of strength, into which you may run and be safe.” —*The Upward Look*, p. 125

“I will thank the Lord and praise His holy name. I will praise the Lord that in Him I can trust at all times. He is the health of my countenance and my strong tower into which I can run and be safe. He understands my necessities and He will give me the light of His countenance that I may reflect light upon others. I will not fail nor be discouraged. I look to Thee, my heavenly Father, to give strength and grace.” —*That I May Know Him*, p. 266

“Live in contact with the living Christ, and He will hold you firmly by a hand that will never let go. Know and believe the love that God has to us, and you are secure; that love is a fortress impregnable to all the delusions and assaults of Satan. ‘The name of the Lord is a strong tower: the righteous runneth into it, and is safe.’ Proverbs 18:10.” —*Thoughts from the Mount of Blessing*, p. 120

*Ellen G. White*



# The Fear of the Lord

so. Hebrews 10:26 says, "For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins."

This is where many professing Christians have lost their chance of salvation. They commit the same sin continually. Even if it is a small sin, which they know is wrong, they expect God to continually forgive. They do not want to give up this sin. Also, if they continue to believe false doctrines after they have received the knowledge of the truth it can eventually result in the unpardonable sin.

"Fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters." Revelation 14:7

"But to this man will I look, even to him that is poor and of a contrite spirit, and trembleth at My word." Isaiah 66:2

Who shall be able to stand in this hour of judgment in which we live today? The answer is, only those who fear God and give glory to Him. In these last days of the world's history, our faith will be tested to the utmost.

The question is, are we afraid of men, or are we afraid of God? Many people, even Christians, fear men; they would not commit sin in the presence of people, especially other church members, but when they are alone they can do sin because they are not afraid of God.

Many professing Christians have an understanding that God forgives always. All they have to say is, "God forgive me," and all their sins are forgiven. But that is not

God did not forgive Uzzah who touched the ark of the covenant; He did not forgive the sons of Aaron, who brought strange fire to light the lamps in the sanctuary; He did not forgive Ananias and Sapphira, who spoke a lie.

During World War I, in 1914 in Europe, many Seventh-day Adventist members believed that they could join the army and fight in the war. Therefore, God allowed a separation and 98 percent of the members left His truth and His church. Only two percent remained; those who feared God and kept His commandments.

In 1951 a large number of members were shaken out from God's church. When God is shaking His church, He will not shake out the faithful members. "For, lo, I will command, and I will sift the house of Israel among all nations, like as corn is sifted in a sieve, yet shall not the least grain fall upon the earth." Amos 9:9

To know all these things and to avoid being shaken out

To know all these things and to avoid being shaken out

we need wisdom and knowledge. God is willing to give us understanding of these things, but we must fulfil the conditions for divine wisdom. "The fear of the LORD is the beginning of wisdom: a good understanding have all they that do His commandments: His praise endureth for ever." Psalm 111:10

What else does the fear of the Lord do to us? "Be not wise in thine own eyes: fear the LORD, and depart from evil." Proverbs 3:7. "The fear of the LORD is to hate evil." Proverbs 8:13. "The fear of the LORD prolongeth days: but the years of the wicked shall be shortened." Proverbs 10:27.

"In the fear of the LORD is strong confidence: and His children shall have a place of refuge. The fear of the LORD is a fountain of life, to depart from the snares of death." Proverbs 14:26-27

All these blessings come upon us if we fear the Lord. When we come into the presence of the Lord, we need to come with respect and reverence. When we come to the place of worship, we do not come only into the company of people.

"But ye are come unto mount Sion, and unto the city of the living God, the heavenly Jerusalem, and to an innumerable company of angels, To the general assembly and church of the firstborn, which are written in heaven, and to God the Judge of all, and to the spirits of just men made perfect, And to Jesus the mediator of the new covenant, and to the blood of sprinkling, that speaketh better things than that of Abel." Hebrews 12:22-24

Millions of professing Christians have lost respect for the places of worship, to them it is a common meeting place, they do not feel the presence of God in the church.

To understand the greatness of God, we need to study astronomy. In the Milky Way, to which we belong,

there are 70 billion stars, and there are billions of galaxies, some of them 15 billion light years away from us. "Lift up your eyes on high, and behold who has created these things, that bringeth out their host by number: He calleth them all by names by the greatness of His might, for that He is strong in power, not one faileth." Isaiah 40:26

Christ takes care of all these stars, and yet He has time to care for us, to listen to our prayers, and to lead and guide us.

Yet most of the professing Christians have lost the fear of God. They do not tremble as they read His word. They do not feel the presence of God in their daily lives. They love themselves more than God. He is only a servant to them when they need help. Even one little sin that is cherished is dangerous to us.

"One act of disobedience weakens the power to see the sinfulness of the second act. One little disregard of a 'Thus saith the Lord' is sufficient to stop the promised blessing of the Holy Spirit. By disobedience the light once so precious becomes obscure. Satan takes charge of the mind and soul, and God is greatly dishonoured." *-The Review and Herald, February 7, 1957*

Satan does not tempt us to do great sins, because he knows that even little sins have terrible consequences to the Christian.

Fear God and give glory to Him, this is our message. This message must be proclaimed to the whole world. But before we can proclaim it, we must fear God and give glory to Him. At the same time we must love and adore Him. Then when the time of trouble and the Sunday Law comes, we are not afraid, because the fear of God takes away from us the fear of men. Amen.

**Timo Martin**

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# How Does God Bring People Together?



As I was wondering what to find for a sermon in the church, my attention was brought to Acts chapter 10. When I studied this chapter, so many wonderful thoughts came to my mind and I would like to share them with the readers of the Messenger.

Acts chapter 10 contains a great lesson for us, how God is calling people from all classes, from all nations, and from all races. It starts with Cornelius's background. He was a centurion (which is equal to a captain over one hundred soldiers), of the band called the Italian band. Obviously he was expected to keep law and order in a certain area. In the Roman Empire there were many Roman officials around the occupied territories. Unfortunately, many of them were corrupt, seeking their own gain and not caring for the general population. It is said that many Roman officials came to rich areas as poor men; and when they left, the area was poor, but the officials were very rich.

I cannot remember when my home country, Denmark, was occupied by the Germans because I was only two years old at the end of the Second World War, but I have heard some stories from that time. A friend of my family's was a waitress in a restaurant during the Second World War. Food was very scarce and everyone had to have food stamps in order to buy food. This waitress's husband was a blacksmith and had to work very hard; but with the limited number of food stamps per family, it was not easy for him to do heavy work. At the same time the German officers would come into the restaurant and order an extravagant meal, way more than they could eat, and half of it would end up in the garbage. Unfortunately, this kind of behaviour is very common of those who are in power—they will look after themselves and not their fellow men.

Cornelius was different. "A devout man, and one that feared God with all his house, which gave much alms to

the people, and prayed to God alway." Acts 10:2. A wonderful testimony of a centurion. As a Roman official, he most likely was in charge of collecting the taxes and sending a portion to Rome. But he also looked after the poor in his territory and it says that he prayed to God always. Where do we find a civil servant who constantly asks for the Lord's guidance in all he does? In very few, I am sure. This man was an exception to the rule. People may not have paid so much attention, but God did; even so much that He sent an angel to visit Cornelius visibly.

There are many angels around us to protect and guide us, but very seldom are they visible to our human eyes. Only a few times in the Bible do we read about angels that were seen by human beings: Isaiah, Zachariah, and the shepherds, just to mention just a few, and now Cornelius. All reacted the same way; they were afraid. We can understand that Cornelius would be afraid when suddenly a man stood right in front of him in bright clothing. Now the angel said to him, "Thy prayers and thine alms are come up for a memorial before God." Acts 10:4. How often do we receive confirmation that our prayers have been heard? Does God pay attention when we help others? Yes, for sure He does. Besides that, what did the angel tell Cornelius? "And now send men to Joppa, and call for one Simon, whose surname is Peter: He lodgeth with one Simon a tanner, whose house is by the sea side: he shall tell thee what thou oughtest to do." Acts 10:5–6. The angel could speak in a language which he could understand. The angel could have explained to him the whole plan of salvation, right from the beginning to the end, much better than any human being. But that was not the angel's job; he was there to make a connection.

Remember when Jacob left his home, because he was afraid that his brother would kill him? What did Jacob see? He saw a ladder between heaven and earth

where angels were ascending and descending. Jesus is that ladder; He is our connection to heaven. If it was not for Jesus, there would be no purpose for the heavenly angels to come to this earth. Now, how far is it from heaven to earth? Can you imagine how far these angels are travelling? The angels could easily have carried Jacob to his uncle Laban's place, approximately 1,400 km away. They could have saved him a lot of sore muscles; and I wonder if his shoes still had soles when he arrived and met Rachel. But this was not the angels' job. Neither was it the angel's job to tell Cornelius about salvation. The angel was sent to make the connection between Cornelius and Peter. The angel explained exactly where Peter was: in Joppa, in a house by the sea, the landlord's name is Simon, he is a tanner; and in his house you look for a man by the name Simon and his surname is Peter. Cornelius did not waste any time. Immediately he sent three men that he trusted completely and told them what the angel had said. Cornelius sent them to Peter to ask him to come to his house.

The next day before the visitors came to Peter's place, Peter went up on the house top to pray. It also says that he was very hungry and he fell into a trance. There he saw all kinds of unclean animals coming down from heaven and a voice which said, "kill and eat." But Peter said, "Not so Lord; for I have never eaten any thing that is common or unclean." Acts 10:13–14. And a voice spoke to Peter in Acts 10:15, second part, "What God hath cleansed, that call not thou common." Some people love Acts 10 because they believe that the Bible here teaches that we are allowed to eat anything. But Peter's conclusion was, and I believe it should also be our conclusion, according to Acts. 10:28, second part, "but God hath shewed me that I should not call any man common or unclean." Not only did God show Peter this vision, but when the men arrived at the door, the spirit said to Peter, "Behold, three men seek thee. Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them." Acts 10:19–20

Peter invited the visitors in after they had travelled 60km, most likely by foot; they were ready for a good night's sleep. If God had not impressed Peter in a special way, he might have been very hesitant to go with them to Caesarea.

"And the morrow after they entered into Caesarea. And Cornelius waited for them, and had called together his kinsmen and near friends. And as Peter was coming in, Cornelius met him, and fell down at his

feet, and worshipped him." Acts 10:25. How often do you think the Romans would bow down before the Jews? I do not think it was the norm. And Peter could have said, "It's about time you show us some respect." But Peter said, "Stand up; I myself also am a man." Acts 10:26. You see how the Gospel brings us together on the same level? There is only one God and one Saviour. The rest of us are all equal. If the Spirit of God controls the heart, we are not going to be like the world. We will all appreciate one another, but we will never worship any human being. Worship belongs to God only.

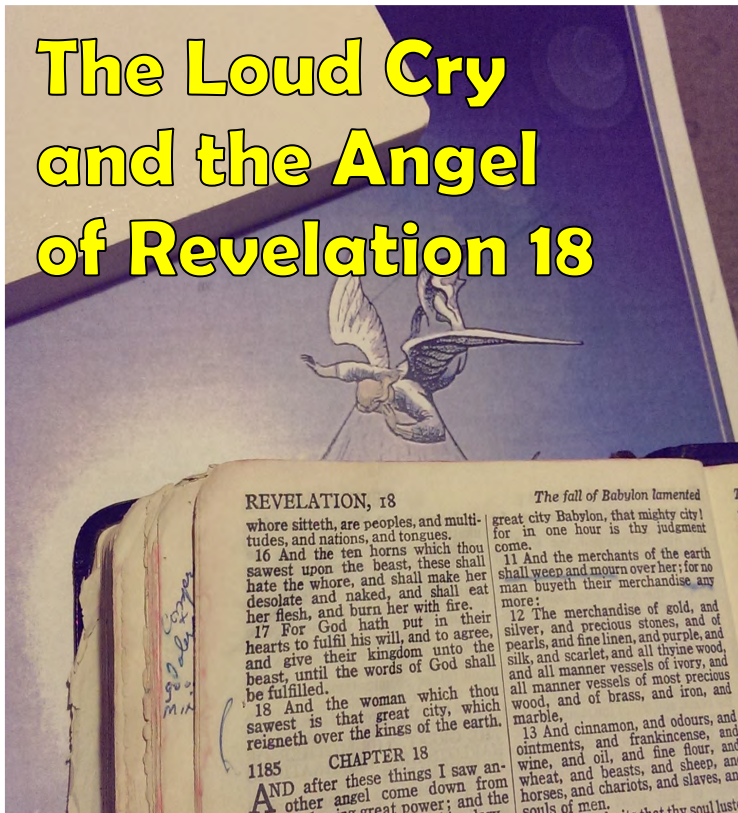
Cornelius did not even know what it was all about; most likely he had never seen Peter or heard of him before, but he was already doing missionary work. He had invited relatives and friends. Do you think that Peter and Cornelius would ever have found one another, if the angel would not have visited Cornelius, and God had not sent a vision to Peter? See how God brings us together. Try to look around in your church. Would you have met each other if it was not for the Gospel? If I would not have been a member of this congregation, I would never have seen the Hamilton church building and the believers who worship here. Why do we come together? I hope for the same reason that Peter and Cornelius came together—to study the Word of God so that we know what we should do. We never read anything else about Cornelius in the Bible. We do not know if they met later on in life and spent more time together. But this chapter ends with a wonderful baptism. In the first century, the Lord brought people together in a miraculous way—can that also happen today?

What led them together? Did you notice verse 30? "And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing." And see verse 9, "On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the house top to pray about the sixth hour." We know that they were both praying and we know that Cornelius was fasting; but it says that Peter was hungry, so he might also have been fasting.

If we pray and we fast together today I believe the Spirit of the Lord can bring us together now, just as He did in the first century; this is my wish and my prayer. Amen.

*Evald Pedersen*

# The Loud Cry and the Angel of Revelation 18



The book of Revelation describes two systems of religion. It describes two ways of worship, and it also presents us with two choices. It really does not leave us with any middle ground. In Revelation there is presented a strong appeal, made to men and women in the last days of earth's history. It is an urgent call to make a commitment. You and I are called today to give the last appeal from a loving Father to His children on this planet. To have a better understanding of this subject, I entitled this article "The Loud Cry and the Angel of Revelation 18," which is one of the fundamental principles of faith that we, as a church, believe and proclaim.

This appeal is found in Revelation 18:1-5, "And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies. And I heard another voice from heaven, saying, Come out of her, My people, that ye be not partakers of her sins, and that ye receive not of her plagues. For her sins have reached unto heaven, and God hath remembered her iniquities."

This is the last message to be given to this planet and it can be summarized in the symbolism of the two women in Revelation. The woman in white is described in Revelation 12:1. "And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and up-

on her head a crown of twelve stars." Throughout the Book of Revelation, a pure woman symbolizes the bride of Jesus or the true remnant Church of Christ. The prophet Jeremiah says; "I have likened the daughter of Zion to a comely and delicate woman" Jeremiah 6:2. The daughter of Zion is a term describing God's people. Here, God compares His people to a beautiful pure woman. In Ephesians chapter 5:23-33 Jesus is likened to a faithful husband and His church as the bride. In the 12<sup>th</sup> chapter of the Book of Revelation as mentioned above, there is a striking symbol of a woman dressed in white. She is faithful to her true lover, Jesus. She is undefiled with the corruption of false doctrines. She is described as Christ's bride or His Church on earth.

In Revelation 17 another woman arises. This woman rides upon a scarlet-coloured beast. The Bible calls her a harlot. A harlot is a woman who has left her true lover—a woman who has gone after many lovers. She (the church here represented) has left her true lover, Jesus Christ. This is an apostate system of religion. Here is a picture, not of the true church, but of the fallen church that has walked away from her true lover, Jesus. This church dominates many people as we see here described. The kings of the earth have committed fornication with her. Therefore, this harlot in Revelation 17 represents a false system of religion, in opposition with the true system. It is our duty to warn people to come out of this false system with its errors that have slipped into the church from paganism. God is calling His people to the truths of His word, and not to be a part of the daughters of that mother church, the protestant daughters. God calls them out of the mystery of Babylon the great. The Bible talks about spiritual Babylon, a church, a powerful church system that drifted away from God's word and God's truth. In the days of Ezekiel, when error slipped in among the people of God, he cried out; "Her priests have violated My law, and have profaned Mine holy things: they have put no difference between the holy and profane, neither have they shewed difference between the unclean and the clean, and have hid their eyes from My sabbaths, and I am profaned among them." Ezekiel 22:26. I believe that Ezekiel the prophet would cry out today, because many religious leaders have closed their eyes to the truths of God's word.

A great crisis awaits the people of the world and the people of God. The final message of warning is to be given to the world. This message is embodied in the Three Angel's Messages of Revelation 14. These messages are to do their work and are to be presented as a unit. However, in the final crisis, when the law of God is made void, the message is to swell to a loud cry. The crisis and the cry bring to a climax the great controversy which has been raging since the fall of Satan. What is the loud cry of the third angel? "Thus the message of the third angel will be proclaimed. As the time comes for it to be given with greatest power, the Lord will work through humble instruments, leading the minds of those who consecrate themselves to His service." —*The Great Controversy*, p. 606



During the proclamation of the three angel's messages, the prophecies in Revelation 18 will soon be fulfilled. Another angel is seen coming down from heaven, having great power and the earth is to be lightened with its glory. We believe that the loud cry of the third angel began in 1888 at the conference in Minneapolis with the message of "Christ our Righteousness;" and this was the beginning of the light of the angel of Revelation 18:1-4. "The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the earth." —*Selected Messages*, bk. 1, p. 362

The swelling is progressive and with more and more power gaining ground in all the world "The earth is to be lighted with the glory of the third angel,—not a little corner only, but the whole earth." —*The Review and Herald*, May 10, 1887

"The third angel, flying in the midst of heaven and heralding the commandments of God and the testimony of Jesus, represents our work. The message loses none of its force in the angel's onward flight, for John sees it increasing in strength and power until the whole earth is lightened with its glory. The course of God's commandment-keeping people is onward, ever onward. The message of truth that we bear must go to nations, tongues, and peoples. Soon it will go with a loud voice, and the earth will be lightened with its glory." —*Testimonies for the Church*, vol. 5, p. 383

This is a very special time and a clear and direct message must be given to the world. The message in Revelation 18 points toward a time when Babylon is falling just as the Second Angel's Message in Revelation 14 also talks about Babylon falling. This message in Revelation 18 will bring persecution by the leaders, but God's messengers will go forward with the light of the Scriptures and, being filled with the Holy Spirit, proclaim the message. "At that time the 'latter rain,' or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and prepare the saints to stand in the period when the seven last plagues shall be poured out." —*Early Writings*, p. 85

"I saw angels hurrying to and fro in heaven, descending to the earth, and again ascending to heaven, preparing for the fulfillment of some important event. Then I saw another mighty angel commissioned to descend to the earth, to unite his voice with the third angel, and give power and force to his message. Great power and glory were imparted to the angel, and as he descended, the earth was lightened with his glory. The light which attended this angel penetrated everywhere, as he cried mightily, with a strong voice, 'Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird.' The message of the fall of Babylon, as given by the second angel, is repeated, with the additional mention of the corruptions which have been en-

tering the churches since 1844. The work of this angel comes in at the right time to join in the last great work of the third angel's message as it swells to a loud cry. And the people of God are thus prepared to stand in the hour of temptation, which they are soon to meet. I saw a great light resting upon them, and they united to fearlessly proclaim the third angel's message. Angels were sent to aid the mighty angel from heaven, and I heard voices which seemed to sound everywhere, 'Come out of her, My people, that ye be not partakers of her sins, and that ye receive not of her plagues. For her sins have reached unto heaven, and God hath remembered her iniquities.' This message seemed to be an addition to the third message, joining it as the midnight cry joined the second angel's message in 1844." —*Early Writings* p. 277

It is evident that the purpose of the Loud Cry is to call out of Babylon all who had not previously made the separation. This must be done before probation closes and the wrath of God is poured out upon the finally impenitent. How many of God's true people will still be in Babylon when the loud cry calls them out? Here is the answer: "Notwithstanding the spiritual darkness and alienation from God that exist in the churches which constitute Babylon, the great body of Christ's true followers are still to be found in their communion. There are many of these who have never seen the special truths for this time. Not a few are dissatisfied with their present condition and are longing for clearer light. They look in vain for the image of Christ in the churches with which they are connected. As these bodies depart further and further from the truth, and ally themselves more closely with the world, the difference between the two classes will widen, and it will finally result in separation. The time will come when those who love God supremely can no longer remain in connection with such as are 'lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof.'" —*The Great Controversy*, p. 390

The woman in scarlet and purple, who is riding on the scarlet covered beast, has passed around her cup of wine and the world is drunk with false doctrines. Most churches have accepted her doctrines, but God is giving us a duty in Revelation 18 to make a call. Where are many of God's people today? In churches that do not understand these truths. So what does God say to His people that are still in Babylon? Come out lest you share in her sins; lest you receive of her plagues. Who is going to call these people out of these religious systems to the light and truth of Jesus? Isaiah said, "here I am Lord, send me." Paul said on the Damascus road when met Jesus, "Lord, what do You want me to do?" Do you feel called by God in this special hour in earth's history? If you believe in God's word and love Jesus and the people around you, you will call upon the Name of the Lord and He will answer you, He will tell you what to do, because believe me Jesus is coming soon. Amen!

**Nicholas Anca**

# Follow Me



My plane had just landed on the runway at the Miami airport (Florida) and I was curiously looking outside the window. There I saw one of those black and yellow cars with a checkerboard pattern, with flashing roof lights and a display saying in capital letters: FOLLOW ME. From my seat I could see how this car guided the aircraft safely through the airport jungle to the parking stand. The marshaller (the driver of the car), is constantly in contact with the ATC (air traffic control) and needs to make sure not to lose track of the situation in the hustle and bustle of the airport. This person is also the one who signals the pilot to keep turning, slow down, stop and shut down the engines.

These two words reminded me of a marshaller that lived 2000 years ago—Jesus. Back then He asked people many times to: “Follow Me”. The theme of following Jesus appears throughout the New Testament. This theme certainly suggests more than physical proximity; it signifies a relationship between Jesus and others. In Mark 3:14 we read that Jesus appointed the twelve disciples to be “with Him,” that is, to engage in daily interaction and to follow Him wherever He led. Simon, Andrew, Levi, a Galilean multitude, large crowds, some disciples, blind Bartimaeus, and certain women all followed Jesus in Mark’s Gospel.

For three years Peter had followed Jesus. However, in Mark 14:54, shortly after Jesus’ arrest, we read: “And Peter followed Him afar off, even into the palace of the high priest.” Just like following Jesus involves more than physical proximity, following Jesus “at a distance” involves more than physical detachment. In an effort to seek safety, Peter had done the most dangerous thing

imaginable. He permitted distance in his relationship with Jesus. That distance left him vulnerable—like losing sight of the marshaller at the airport who knows the way—and Peter quickly drifted off course. The very next time he appears in the text he denies Jesus three times (Mark 14:66–72). Jesus requests your fellowship and you may agree to follow where He leads. Like Peter, however, you may be following the right Person but at the wrong distance. Distance makes you vulnerable. Therefore, when you become aware of any distance between you and Jesus, make haste to join Him and eliminate the distance. Following closely after Him will enable you to navigate through this difficult world and prevent you from drifting off course. He is, after all, the One who knows the way.

There is an impressive example of a man who did not permit distance in his relationship with Jesus. About 150 years ago, there was a great revival in Wales, England. As a result of this, many missionaries came from England to northeast India to spread the Gospel. The region was known as Assam and comprised hundreds of tribes. The tribal communities were quite primitive and aggressive. The tribesmen were also called headhunters because of a social custom which required the male members of the community to collect as many heads as possible. Into this hostile and aggressive community came a group of Welsh missionaries spreading the message of love, peace, and hope in Jesus Christ. Naturally, they were not welcomed. One Welsh

missionary finally succeeded in converting a man, his wife, and two children. This man's faith proved contagious and many villagers began to accept Christianity. Angrily, the village chief summoned all the villagers. He then called the family who had first converted to renounce their faith in public or face execution. Moved by the Holy Spirit, the man sung his reply, "I have decided to follow Jesus. No turning back." Enraged at the refusal of the man, the chief ordered his archers to shoot arrows at the two children. As both boys lay dying on the floor, the chief asked, "Will you deny your faith? You have lost both your children. You will lose your wife too." But the man replied, again singing, "Though none go with me, still I will follow. No turning back." The chief was beside himself with fury and ordered his wife to be shot also. In a moment she joined her two children in death. Now he asked for the last time, "I will give you one more opportunity to deny your faith and live." In the face of death the man sang, "The cross before me, the world behind me. No turning

back. No turning back." He was shot dead like the rest of his family, but with their deaths, a miracle took place. The chief who had ordered the killings was moved by the faith of the man. He wondered, "Why should this man, his wife and two children die for a Man who lived in a far-away land on another continent some 2,000 years ago? There must be some supernatural power behind the family, and I too want that supernatural power." In a spontaneous confession of faith, he declared, "I too belong to Jesus Christ!" When the crowd heard this from the mouth of their chief, the whole village accepted Christ as their Lord and Saviour.

This is the story the popular hymn "I have decided to follow Jesus" is based on. I hope that you can also say and sing these words wholeheartedly: "I have decided to follow Jesus. . . no turning back!"

*Manuela Di Franca*

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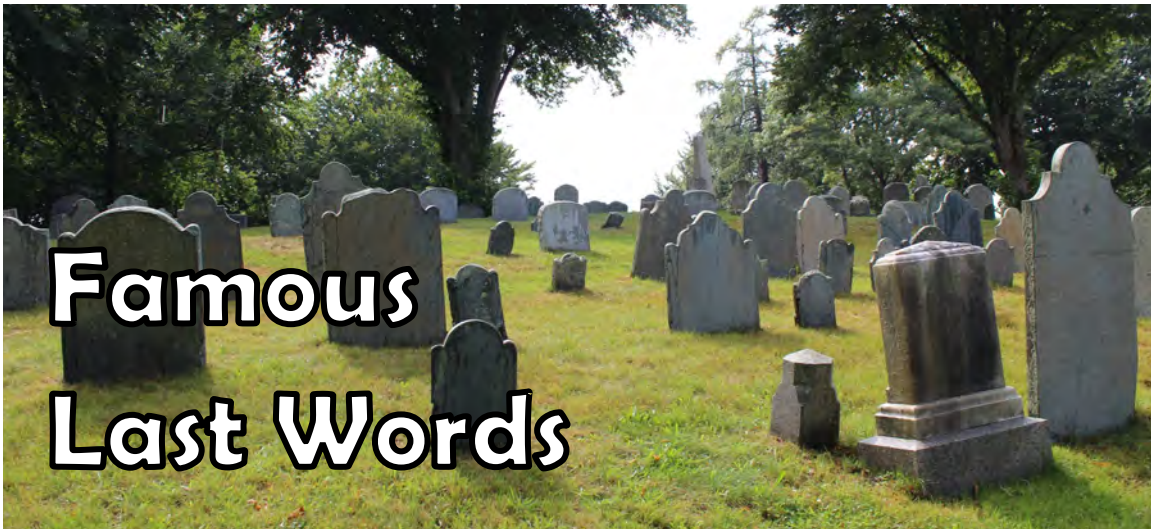
Today, companies, websites and celebrities literally ask you to follow them on twitter, Instagram or Facebook. They want to keep you updated by reading their latest posts. The two pop singers Katy Perry and Justin Bieber now have over 60 million followers each. Many other celebrities also have huge followings. Especially young people follow the lives, words, lifestyle, diets and fashion choices of these celebrities. They want to know all about them, interact with them and be like them. But what about Jesus? Are you on His list of followers? Do you follow His life, words and advice?

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**“Let no one say, I cannot remedy my defects of character. If you come to this decision, you will certainly fail of obtaining everlasting life. The impossibility lies in your own will. If you will not, then you can not overcome. The real difficulty arises from the corruption of an unsanctified heart, and an unwillingness to submit to the control of God.**

**“Moral perfection is required of all. Never should we lower the standard of righteousness in order to accommodate inherited or cultivated tendencies to wrong-doing. We need to understand that imperfection of character is sin.” – *Christ’s Object Lessons*, p. 331, 330**



# Famous Last Words

defiance of God.

Many people who have lived in sin make confessions on their death beds, hoping that they can still gain entrance to heaven. Some are sincere in their repentance, some are just fearful of where they will end up in the resurrection; they do not want to find themselves

The phrase, "Famous Last Words" is used in English today as an ironic phrase. It is a phrase used as a sort of prediction that is likely to be proved wrong by events. It is used in a conversation to show disbelief of the previous statement.

When someone makes a prediction that we think will turn out to be wrong, or if they make a statement that we think is overly optimistic, we might respond with the expression "Famous last words!"

Before "famous last words" became used in this manner it was used to refer to the actual dying words of prominent people.

This article will focus on the second meaning—the dying words of prominent people in history. On the internet you can find many "famous last words," such as:

A famous actress who died in 1977 spoke these words to her housekeeper who had begun to pray for her as she was dying, "Don't you dare ask God to help me."

Some of the presidents in the United States of America died contented. Woodrow Wilson's last words recorded are, "I am ready." John Quincy Adams, "This is the last of earth! I am content." William McKinley who was assassinated in 1901 spoke the words, "Good-bye, good-bye all. It's God's way. His will, not ours, be done."

Joseph Addison, a writer who died in June 17, 1719, "See in what peace a Christian can die." Thomas à Becket, Archbishop of Canterbury, spoke these words as his final. "I am ready to die for my Lord, that in my blood the Church may obtain liberty and peace."

My son, Richard was working in a nursing home where one of the residents was staunchly atheist. He was nearing the end of his life and the staff, knowing that Richard was a Christian, asked him to go talk to the man. Richard tried to be comforting and consoling, but the man firmly stated that if Richard was trying to convert him to Christianity in the last few moments of his life, forget it, it will not happen. Sadly the man died not long after, in total

in hell fire. Their confessions are as the confession of Cain and Esau. The punishment is greater than they can bear. We cannot judge though, as some are sincere, like the thief on the cross.

As any person comes close to the end of their lives—Christian or non-Christian—the natural thought is to think beyond the grave and to think of where they will end up. Christians make heart searching efforts to try to make sure every sin has been put away. Those who live to an old age have the privilege of having time to make sure of eternity; however, not everyone is granted that privilege. Their lives are cut short before they reach old age.

In the Bible we find recorded the last words and deeds of some faithful followers of Christ who lived longer and had ample opportunity to prepare. And there are also recorded the sad accounts of those who refused to confess.

We will begin with the **Apostle Paul** whose final written words are found in 2 Timothy. He knew the end of his life was near and he wrote this epistle during his second and last imprisonment before giving his life for the gospel message that he loved. This was his last recorded message and in it he encouraged Timothy by saying, "Thou therefore endure hardness, as a good soldier of Jesus Christ." 2 Timothy 2:3. If anyone had a life of hardness, it was the apostle Paul who was imprisoned, beaten, stoned, . . . Yet he was confident and trusted in His Saviour because he stated, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." 2 Timothy 1:7. He had full confidence in God, "I am not ashamed: for I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day." 2 Timothy 1:12. He gave much godly counsel to Timothy which all can benefit from, "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine." 2 Timothy 4:2. "Yea, and all that will live godly in Christ Jesus shall suffer persecution." 2 Timothy 3:12. Yet, Paul was not miserable. He did not think that his life was wasted. He did not reflect on all the entertainments and amuse-

ments that he missed out on as a preacher of the gospel. He mentioned Alexander the coppersmith who was instrumental in his second arrest. "At the house of a disciple in the city of Troas, Paul was again seized, and from this place he was hurried away to his final imprisonment. The arrest was effected by the efforts of Alexander the coppersmith, who had so unsuccessfully opposed the apostle's work at Ephesus, and who now seized the opportunity to be revenged on one whom he could not defeat (LP 305)." —*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 920. Of him Paul stated, "At my first answer no man stood with me, but all men forsook me: I pray God that it may not be laid to their charge." 2 Timothy 4:16. There was no malice towards his enemies. Only pity.

And finally, the most famous final words of Paul, "Though Paul was at last confined in a Roman prison—shut away from the light and air of heaven, cut off from his active labors in the gospel, and momentarily expecting to be condemned to death—yet he did not yield to doubt or despondency. From that gloomy dungeon came his dying testimony, full of a sublime faith and courage that has inspired the hearts of saints and martyrs in all succeeding ages. His words fitly describe the results of that sanctification which we have in these pages endeavored to set forth, 'For I am now ready to be offered, and the time of my departure is at hand. I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous Judge, shall give me at that day: and not to me only, but unto all them also that love His appearing.' 2 Timothy 4:6–8" —*The Sanctified Life*, p. 96

Next we have **Peter**. His last recorded words were found in 2 Peter. He was near the end of his life. He was thinking, not only of himself, but of the church. He informed the believers that his end was near, "Knowing that shortly I must put off this my tabernacle, even as our Lord Jesus Christ hath showed me." 2 Peter 1:14. So what did he have to say to the believers? He did not think of his own life and comfort. He did not lament a life of toil and suffering and the looming prospect of a martyr's death. "Yea, I think it meet, as long as I am in this tabernacle, to stir you up by putting you in remembrance." 2 Peter 1:13. Peter's thoughts were for the believers. He reminded them of truths he had learned as an eyewitness from Jesus, hoping they will not forget. "Moreover I will endeavour that ye may be able after my decease to have these things always in remembrance." 2 Peter 1:15. "This second epistle, beloved, I now write unto you; in both which I stir up your pure minds by way of remembrance." 2 Peter 3:1. He closes with these all important words, "But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To Him be glory both now and for ever. Amen" (2 Peter 2:18), which are the last recorded words of the Apostle Peter.

"One of the divine plans for growth is impartation. The Christian is to gain strength by strengthening others." —*The Signs of the Times*, June 12, 1901

**King David**, at the end of his life gave honour and glory to God. "Now these be the last words of David. David the son of Jesse said, . . .The spirit of the LORD spake by me, and His word was in my tongue. . . . He hath made with me an everlasting covenant, ordered in all things, and sure: for this is all my salvation, and all my desire." 2 Samuel 23:1–2, 5

His last charge to his son, Solomon, "I go the way of all the earth: be thou strong therefore, and show thyself a man; And keep the charge of the LORD thy God, to walk in His ways, to keep His statutes, and His commandments, and His judgments, and His testimonies, as it is written in the law of Moses, that thou mayest prosper in all that thou doest, and whithersoever thou turnest thyself." 1 Kings 2:2–3

His last public duty: "Furthermore David the king said unto all the congregation . . . I have set my affection to the house of my God, I have of mine own proper good, of gold and silver, which I have given to the house of my God, over and above all that I have prepared for the holy house, Even three thousand talents of gold, of the gold of Ophir, and seven thousand talents of refined silver, to overlay the walls of the houses withal." 1 Chronicles 29:1, 3–4. And this inspired the people. "Then the people rejoiced, for that they offered willingly, because with perfect heart they offered willingly to the LORD: and David the king also rejoiced with great joy." 1 Chronicles 29:9

And his final words to the people. "And David said to all the congregation, Now bless the LORD your God. And all the congregation blessed the LORD God of their fathers, and bowed down their heads, and worshipped the LORD, and the king." 1 Chronicles 29:20

No words of remorse or regret are recorded as the king's final words. "Great had been David's fall, but deep was his repentance, ardent was his love, and strong his faith. He had been forgiven much, and therefore he loved much." —*Patriarchs and Prophets*, p. 754

**King Solomon** was given good counsel from his father, just prior to David's death. Had Solomon heeded that counsel the end of his reign would have been as glorious as the beginning. However, in his mid-life years, he was influenced by his heathen wives to join them in their worship services and a life of pleasure. At the end of his life, upon reflection he wrote, "I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure: and, behold, this also is vanity. And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy; for my heart rejoiced in all my labour:

and this was my portion of all my labour. Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do: and, behold, all was vanity and vexation of spirit, and there was no profit under the sun." Ecclesiastes 2:1, 10–11. "Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit." Ecclesiastes 2:17

In in the end of the book of Ecclesiastes he gives the counsel, "Let us hear the conclusion of the whole matter: Fear God, and keep His commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil." Ecclesiastes 12:13–14. Thankfully he came to his senses at the end of his life and encouraged the people to fear God and keep His commandments. "The book of Ecclesiastes was written by Solomon in his old age, after he had fully proved that all the pleasures earth is able to give are empty and unsatisfying. He there shows how impossible it is for the vanities of the world to meet the longings of the soul. His conclusion is that it is wisdom to enjoy with gratitude the good gifts of God, and to do right; for all our works will be brought into judgment." –*The Seventh day Adventist Bible Commentary*, vol. 3, p. 1164



We can read of **Jesus'** last words. As they were nailing Him to the cross, He breathed a plea of forgiveness, "Father, forgive them; for they know not what they do." Luke 23:34. "The Saviour made no murmur of complaint. His face remained calm and serene, but great drops of sweat stood upon His brow. . . . His mind passed from His own suffering to the sin of His persecutors, and the terrible retribution that would be theirs. No curses were called down upon the soldiers who were handling Him so roughly. No vengeance was invoked upon the priests and rulers, who were gloating over the accomplishment of their purpose. Christ pitied them in their ignorance and guilt." –*The Desire of Ages*, p. 744

**Jesus'** final words were, "Father, into Thy hands I commend My spirit." Luke 23:46. "By faith He rested in Him whom it had ever been His joy to obey. . . . By faith, Christ was victor." –*The Desire of Ages*, p. 756

**Stephen**, one of the seven deacons appointed in the New Testament died as the first martyr. His last recorded

words, "calling upon God, and saying, Lord Jesus, receive my spirit. And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep." Acts 7:59–60. In pleading for his persecutors Stephen revealed how fully he had acquired the forgiving spirit of his Master, Jesus. When someone has wronged you and they are arrested, you have a right to press charges or not. Stephen chose not to press charges.

The last recorded words of the **thief on the cross** were: "And he said unto Jesus, Lord, remember me when Thou comest into Thy kingdom." Luke 23:42. This was truly a sincere death-bed confession and he was promised salvation.

Sadly, there are also recorded the final words of some whose last words were those of despondency. **Judas Iscariot's** last recorded words were, "I have sinned in that I have betrayed the innocent blood." Matthew 27:4. "But his confession was not of such a character as would commend him to the mercy of God. It was forced from his guilty soul by an awful sense of condemnation and a fearful looking for of judgment. The consequences that were to result to him drew forth this acknowledgment of his great sin. There was no deep, heartbreaking grief in his soul that he had delivered the Son of God to be mocked, scourged, and crucified; that he had betrayed the Holy One of Israel into the hands of wicked and unscrupulous men. His confession was only prompted by a selfish and darkened heart." –*Testimonies for the Church*, vol. 5, p. 637. And sadly, he went and committed suicide shortly afterwards.

**King Saul's** final act was to go seek counsel from the Witch of Endor, not from God. And he did it in full knowledge of what he was doing. At the very end he still refused to humble himself before God. "Saul knew that in this last act, of consulting the witch of Endor, he cut the last shred which held him to God. He knew that if he had not before wilfully separated himself from God, this act sealed that separation, and made it final. He had made an agreement with death, and a covenant with hell. The cup of his iniquity was full." –*Conflict and Courage*, p. 172. His final recorded words were on the battlefield, "Then said Saul unto his armourbearer, Draw thy sword, and thrust me through therewith; lest these uncircumcised come and thrust me through, and abuse me. But his armourbearer



would not; for he was sore afraid. Therefore Saul took a sword, and fell upon it." 1 Samuel 31:4

Then there are some in the Bible whose last words are not recorded, but the last events in their lives indicate that their last words were not words of praise to the Lord.

**King Ahaziah**, son of Ahab, followed his father's example of defiance towards God. When he fell from the second floor of his house he was sick unto death. Although Elijah was a well-known person to him, he did not seek Elijah's help. "And Ahaziah fell down through a lattice in his upper chamber that was in Samaria, and was sick: and he sent messengers, and said unto them, Go, inquire of Baalzebub the god of Ekron whether I shall recover of this disease." 2 Kings 1:2. Elijah eventually came to him and these are the words that he spoke to the king, "Forasmuch as thou hast sent messengers to inquire of Baalzebub the god of Ekron, is it not because there is no God in Israel to inquire of His word? therefore thou shalt not come down off that bed on which thou art gone up, but shalt surely die." 2 Kings 1:16

**Asa**, King of Judah led out in many reforms in the nation, but sadly, in the end, "Asa was wroth with the seer, and put him in a prison house." 2 Chronicles 16:10. He became quite ill, but still, "yet in his disease he sought not to the LORD, but to the physicians. And Asa slept with his fathers." 2 Chronicles 16:12-13

On a positive note, **Ellen G. White**, prophet of the Lord, never complained about her life of hardship. After breaking her hip from a fall on February 13, 1915 which confined her to her bed, she knew the end was near. She said, "I do not expect to live long. My work is nearly done." – *Life Sketches of Ellen G. White*, p. 448. Yet she did not lament her life or her current situation. She had no complaints, but rather her final thoughts were for the youth, "Tell our young people that I want my words to encourage them in that manner of life that will be most attractive to the heavenly intelligences." – *Ibid*, p. 448. Her last recorded words to her son were as follows: "For several days prior to her death, she had been unconscious much of the time, and toward the end she seemed to have lost the faculty of speech and that of hearing. The last words she spoke to her son were, 'I know in Whom I have believed.'" – *Ibid*, p. 449

Some people live long lives and have time to prepare for eternity. They have time to make their "calling and election sure." 2 Peter 1:10. They have time to prepare and make matters right between themselves and God. But what about those people whose lives were cut short early?

There was Uzzah (2 Samuel 6:6-8) whose life was suddenly cut short when he touched the ark of the Lord. Or the two sons of Aaron (Leviticus 10:1-2) who brought strange fire to the temple. Neither had been granted any time to repent.

There are even righteous people who died a premature death such as Abel (Genesis 4:8). He was righteous and prepared. The Lord did not save him from the hand of his brother. And we know the stories of the millions of martyrs in the Dark Ages. For this reason we must live each day as our last. We do not know when our end will be. There are many disasters in this entire world such as earthquakes, tornadoes, floods, fires, plane crashes, not to mention crime and terrorist activities. "It is of the LORD'S mercies that we are not consumed, because His compassions fail not. They are new every morning: great is Thy faithfulness." Lamentations 3:22-23

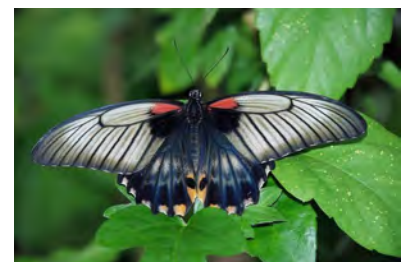
Will the Lord protect us from all dangers? We must be able to say like the three worthies, "If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up." Daniel 3:17-18. "Precious in the sight of the LORD is the death of His saints." Psalm 116:15. And He gives us the promise, "be thou faithful unto death, and I will give thee a crown of life." Revelation 2:10

"All we have to do with is this one day. Today we must be faithful to our trust. Today we must love God with all the heart and our neighbor as ourselves. Today we must resist the temptations of the enemy, and through the grace of Christ gain the victory. Thus we shall watch and wait for Christ's coming. **Each day we should live as if we knew that this would be our last day on this earth.** If we knew that Christ would come tomorrow, would we not crowd into today all the kind words, all the unselfish deeds, that we could? We should be patient and gentle, and intensely in earnest, doing all in our power to win souls to Christ." – *In Heavenly Places*, p. 355 (emphasis mine)

"We know not the precise time when our Lord shall be revealed in the clouds of heaven, but He has told us that our only safety is in a constant readiness,—a position of watching and waiting. Whether we have one year before us, or five, or ten, we are to be faithful to our trust today. **We are to perform each day's duties as faithfully as though that day were to be our last.**" – *The Review and Herald*, October 25, 1881 (emphasis mine)

If your time would come today, what would be your "Famous Last words"? May they prove to be words of calm and peaceful trust in Jesus. "Father, into Thy hands I commend My spirit." Luke 23:46. Amen.

**Wendy Eaton**





## Should Christians Dance?

"[The following expression of my views on the subject of dancing was written in answer to a letter asking counsel upon this point. As the principles stated are of general application, I here give my reply, for the benefit of other inquirers.]

"Dear Sister in Christ,—You inform me in your letter that you have been recently converted from error to truth. You now see and acknowledge the claims of God's law. You see the true Sabbath plainly brought to view in the fourth commandment, and have begun to keep it. You feel a joy that you never experienced before. In all this I rejoice with you. Then you ask if it is sinful to attend dancing parties. You say that this amusement possesses great attractions for you, but if sinful you will relinquish it.

"Before answering this question directly, I ask you to consider briefly the position and work of God's people at the present day. John the Revelator, looking down the stream of time, beheld the third angel flying in the midst of heaven, crying, 'Here are they that keep the commandments of God and the faith of Jesus.' From the prophecies we learn that this heavenly messenger represents a class of religious teachers who are instructing the people to obey the law of God and to look for His Son from Heaven. The solemn message of the third angel must be given by those who see and feel its truthfulness. The world are going on careless and Godless in the way of error. Ministers are saying from their pulpits, 'Be not troubled. Christ will not come for thousands of years. All things continue as they were from the beginning.' Others pour contempt upon the law of God, declaring that it is a yoke of bondage. But while professed Christians are asleep, Satan is manifesting intense earnestness and persevering zeal. His hellish work will soon be ended, his power be chained; there-

fore he has come down in great wrath, to 'deceive, if possible, even the very elect.' Is this a time for us to unite with the ungodly in levity and worldly pleasure? Will they be more inclined to accept the solemn truths we hold, when they see us in the theater or the ball-room?

"Infidelity runs riot. Professed Christians not only disclaim all faith in the warnings of future judgments upon the world, but they deny the record of past judgments. There are not wanting those who declare that the flood is a myth and the book of Genesis a fable. But not so did our Saviour. He refers to Noah as a real person, to the flood as a fact, to the characteristics of that generation as prefiguring the characteristics of ours. In the days before the flood, it is written that 'the wickedness of man was great in the earth, and every imagination of the thoughts of his heart was only evil continually.' 'The earth also was corrupt before God, and the earth was filled with violence.' Here is a picture drawn by one inspired of God; and such, it is declared, will be the state of the world prior to Christ's second coming. In the days of Noah, men found their highest enjoyment in the gratification of sensual desires. This world was their all. 'Eat, drink, and be merry,' was the cry echoed from lip to lip. The same insane love of pleasure, the same all-absorbing spirit of worldliness, characterize the people of this age. How little do they consider that their deeds and words are passing into judgment, and that every sin must have its retribution in the future!

"There was a God to call to account the inhabitants of the antediluvian world. There is a God to try the deeds of the men of this generation, and to give every man according to his works. The faithful sentinels for God have a work to do, to keep these things vividly before the people. Every lay member of the church has also a



duty, to show that there is a reality in the truth, that we are indeed living in the last days, and the Lord is at the door. The words of the great apostle are addressed directly to us: 'But ye, brethren, are not in darkness, that that day should overtake you as a thief. Ye are all the children of light, and the children of the day; we are not of the night, nor of darkness. Therefore let us not sleep, as do others; but let us watch and be sober.' The great question for us to settle is, What part are we to act in this fearfully important period? Shall we yield to the indulgence of worldliness and pride, or engage in mirth and revelry?

"The true Christian will not desire to enter any place of amusement or engage in any diversion upon which he cannot ask the blessing of God. He will not be found at the theater, the billiard hall, or the bowling saloon. He will not unite with the gay waltzers, or indulge in any other bewitching pleasure that will banish Christ from the mind. To those who plead for these diversions, we answer, We cannot indulge in them in the name of Jesus of Nazareth. The blessing of God would not be invoked upon the hour spent at the theater or in the dance. No Christian would wish to meet death in such a place. No one would wish to be found there when Christ shall come. When we come to the final hour, and stand face to face with the record of our lives, shall we regret that we have attended so few parties of pleasure? that we have participated in so few scenes of thoughtless mirth? Shall we not, rather, bitterly regret that so many precious hours have been wasted in self-gratification,—so many opportunities neglected, which, rightly improved, would have secured for us immortal treasures?

"It has become customary for professors of religion to excuse almost any pernicious indulgence to which the heart is wedded. By familiarity with sin, they become blinded to its enormity. Many who claim to be children of God, gloss over sins which His word condemns, by linking some purpose of church charity with their Godless carousals. Thus they borrow the livery of Heaven to serve the devil in. Souls are deceived, led astray, and lost to virtue and integrity by these fashionable dissipations.

"In many religious families, dancing and card-playing are made a parlor pastime. It is urged that these are quiet home amusements, which may be safely enjoyed under the parental eye. But a love for these exciting pleasures is thus cultivated, and that which was considered harmless at home will not long be regarded dangerous abroad. It is yet to be ascertained that there is

any good to be obtained from these amusements. They do not give vigor to the body nor rest to the mind. They do not implant in the soul one virtuous or holy sentiment. On the contrary, they destroy all relish for serious thought and for religious services. It is true that there is a wide contrast between the better class of select parties and the promiscuous and degraded assemblies of the low dance-house. Yet all are steps in the path of dissipation.

"The amusement of dancing, as conducted at the present day, is a school of depravity, a fearful curse to society. If all in our great cities who are yearly ruined by this means could be brought together, what histories of wrecked lives would be revealed. How many who now stand ready to apologize for this practice, would be filled with anguish and amazement at the result. How can professedly Christian parents consent to place their children in the way of temptation, by attending with them such scenes of festivity? How can young men and young women barter their souls for this infatuating pleasure?

"The great mass of mankind are engrossed in the things of this life, and divine truth can find no abiding-place in their hearts. And yet all the blessings which the world can give fail to satisfy the wants of the soul. There is a nameless longing for something which they have not, a peace and rest that is not born of earth. It was thus with the worshipers in the temple of old; amid the imposing ceremonies, the dazzling display, the music and rejoicing, they were still unsatisfied. Then how welcome the call that fell upon their ears, 'If any man thirst, let him come unto Me and drink.' It was the same message that had gladdened the heart of the Samaritan woman, at Jacob's well,—'Whosoever drinketh of the water that I shall give him, shall never thirst; but the water that I shall give him, shall be in him a well of water springing up into everlasting life.' Christ alone can satisfy that sense of want in the human soul. His gracious invitation reaches down even to our time. From the Fountain of life the cry still goes forth to a lost world, 'Come unto Me and drink.'

"Thousands of our race would compass sea and land to gain possessions which at best must soon perish, and yet they turn away with indifference from the proffer of eternal riches. The Saviour's loving invitations, His earnest pleadings and faithful instruction, fall upon dull ears and hard hearts. To many who have time and opportunity to gain a knowledge of the truth and of its Author, Christ will say, 'Ye would not come to Me, that ye might have life.'

"My sister, when you carefully study the life of Christ as recorded in Bible history, and when He is revealed to you as He is, by the Holy Spirit, then you will be convinced for yourself that dancing has no place in the Christian's life. When you feel a desire to engage in this amusement, go in imagination to Gethsemane, and behold the anguish which Christ endured for us. See the world's Redeemer wrestling in superhuman agony, the sins of the whole world upon His soul. Hear His prayer, borne upon the sympathizing breeze, 'O my Father, if it be possible, let this cup pass from Me; nevertheless, not My will, but Thine be done.' The hour of darkness has come. Christ has entered the shadow of His cross. Alone He must drink the bitter cup. Of all earth's children whom He has blessed and comforted, there is not one to console Him in this dreadful hour. He is betrayed into the hands of a murderous mob. Faint and weary, He is dragged from one tribunal to another. His own nation are His accusers, the Romans His executioners. And thus He who knew not the taint of sin, pours out His life as a malefactor upon Calvary.

"This history should stir every soul to its depths. It was

to save us that the Son of God became a man of sorrows and acquainted with grief. He was wounded for our transgressions, and with His stripes we are healed. God holds us each responsible for the soul estimated of such value. Let a sense of the infinite sacrifice made for our redemption be ever with you, and the ball-room will lose its attractions.

"Not only did Christ die as our sacrifice, but He lived as our example. In His human nature He stands, complete, perfect, spotless. To be a Christian is to be Christlike. Our entire being, soul, body, and spirit, must be purified, ennobled, sanctified, until we shall reflect His image and imitate His example. My sister, such is the work before us as Christians. We need not fear to engage in any pursuit or pleasure that will aid us in this work. But it is our duty to shun everything that would divert our attention or lessen our zeal. In this light, is it hard to decide on which side dancing should be placed?" —*The Review and Herald*, February 28, 1882

*Ellen G. White (submitted by George Gowie)*

**"Set thee up waymarks, make thee high heaps; set thy heart towards the highway, even the way that thou wentest." Jeremiah 31:21**

**"How perfectly natural it is for every person either travelling or sailing, to have their minds excited respecting their starting place, their place of destination, and all the intermediate places on their way; among passengers on the land, but more particularly on the ocean, the continual enquiry is our whereabouts. If God's people manifested half the anxiety concerning their spiritual welfare, they would live in a continual state of joy and thanksgiving, and a perfect state of readiness for the everlasting kingdom. But as the reverse of all this has ever been the case, with comparatively but few exceptions—hence the instruction from the Prophet of God to this people, henceforward to set them up waymarks and make high heaps, and set their hearts towards the highway, even the way they went, or had come.**

**"Every anxious traveller knows what a relief it is to his mind to find a guide board, a mile stone, or a post. But the mariner has to be more particular. Instead of finding guide boards and mile posts on the Ocean, he has to chain out the distance he runs, and so prove it by signs in the heavens—something after the following manner. He takes the bearing by compass, and then judges his distance from the land or lighthouse that is now receding from his view. And now the watch is set to keep the ship on her course, and measure the distance run every two hours, night and day, during her passage to her destined port. . . .**

**"As the Mariner is here dependent on the celestial scenery, (sun, moon and stars,) to correct every now and then his dead reckoning, so the followers of Jesus are ever seeking from the Sun of Righteousness, whose habitation is in the heavens, a more correct view of their wanderings over the ocean of time, to correct their dead reckoning, and inspire them with unshaken confidence to pursue their pilgrimage toward the heavenly Canaan." —Joseph Bates Pamphlet #2, *Second Advents Waymarks and High Heaps*. p. 45–47**

## CHILDREN'S CORNER



# Joseph Bates

Joseph Bates was born in Rochester, Massachusetts on July 8, 1792.

When he was young his family moved from Rochester, Massachusetts, to the port city of Fairhaven, Massachusetts, where he became fascinated with the sea. He set out from Fairhaven at the age of 15 as a cabin boy.

In 1811, Bates was forced into servitude for the British navy after experiencing shipwreck, capture and spending time as a prisoner during the War of 1812. After his release in 1815 he continued his career, eventually becoming captain of a ship, beginning in 1820.

Joseph Bates had a faithful and devoted wife by the name of Prudence Nye. As a childhood friend of Joseph Bates in the town of Fairhaven, Massachusetts, Prudence Nye very much looked forward to his returning from his trips at sea. One year younger than Joseph, she had lost her father when she was three years of age, and her mother had raised her and her sister, Sylvia. On his return from a sea voyage in January 1818, Joseph proposed to her. Loving him and having waited for him, she was concerned about family life and what the future would bring. She asked him, "Do you expect to spend all of your life on the sea?" He too had thought about this, and assured her that he would seek some other line of employment when he had made his fortune on the sea and would be able to keep the family from poverty the rest of their lives. But Prudence was true to her name and pursued the conversation further, asking him, "Just how much do you expect to get be-

fore you call it a fortune?" He had thought this through also, and answered her, "I would like to have around \$10,000." This satisfied her, and they were married February 15, 1818. Six weeks later, he was back at sea. (He retired from the sea ten years later, having achieved what he had purposed). After they

were married, they walked the road of life together for fifty-two years. For the first ten of these years she indeed was the typical sea captain's wife, waiting through long voyages in hope, happily in her case never disappointed, of seeing him again. Prudy's widowed mother lived with Joseph and Prudy for some time, easing the long, lonely periods when Joseph was away at sea. Prudy gave birth to their first child, Anson Augustus, November 15, 1819, who died before he was two years of age. Helen, their second child, was born in 1822, and she was 16 months old before Joseph even saw her. Joseph and Prudy had 3 other children, Eliza, Joseph, and Mary. Their only surviving son, Joseph, became a whaler and was lost at sea at the age of 35. Mary and her son Willie lived with Joseph and Prudy during the last few years of their lives.

Prudy, as her husband and friends called her, was a very patient and faithful wife, and a godly influence on her family. When Joseph left on another voyage in 1824, without his knowledge she placed a pocket New Testament on the top of the novels and romance books he had planned to read. On opening his trunk to find an interesting book, he took up this Testament and found a poem in the opening page which arrested his attention, and his novel and romance reading ceased from that hour. Bible reading and religion then became of special interest to him. Bates was converted in solitude on board his ship through fears and spiritual struggles as he read the book his wife had placed in his chest. Bates became reformed from evil habits of drinking,

smoking, and swearing and soon became a model of health reform and spiritual power for the cause that was so dear to his heart. In 1821 he gave up smoking and chewing tobacco as well as the use of profane language. He later quit using tea and coffee and in 1843 became a vegetarian. He later joined Prudy's church, Christian Connection when he came to land before his last voyage. Bates retired from the sea in 1827 with \$11,000, a small fortune for the time.

After his retirement at age 35 Bates became associated with several reforms, including temperance and anti-slavery. In 1839, he accepted the Second Advent preaching of William Miller and became an active successful Millerite preacher. He eventually invested all his money in the Advent Movement. Bates experienced the 1844 disappointment without losing faith. In 1845 he read Thomas M. Preble's tract on the Sabbath, published near Washington, New Hampshire. The next year he wrote a tract called "The Seventh-day Sabbath—a perpetual sign," published in August 1846.

This tract came to the attention of James and Ellen White around the time of their marriage in August of that year. They accepted the seventh-day Sabbath from studying the Bible evidence for it that Bates shared. Joseph Bates soon became known as the "apostle of the Sabbath" and wrote several booklets on the topic.

Prudence, with her husband, looked forward to the second coming of Christ in 1844. With the others, they were disappointed. But when Joseph accepted the Sabbath truth in March, 1845, she thought it would be against her Christianity to observe the "Jewish Sabbath." It was over five years before she saw the importance of the Sabbath; but when she became fully convinced in her own mind that it was important for God's people, she fully accepted it and joined Joseph in the third angel's message. Some time later she wrote to the *Review and Herald*:

"I feel an increasing desire to be filled with all the fullness of God. . . . I love the Holy Sabbath better and better, and pray that it may be sanctified to all the dear children who are trying to keep it. I want to be sancti-

fied by obedience to the truth, to be more holy, have a pure heart and clean hands." —*The Review and Herald*, December 23, 1851

Bates traveled to many places, preaching and winning converts to Sabbatarian Adventism. He was often the chairman at the "Sabbath conferences" of 1848–1850. He became more closely associated with the Whites at that time, the three working together in presenting "the third angel's message".

Ellen White's visions in 1863 and December 1865 on the importance of health reform is what opened the door for him to join her and James in promoting it as part of the third angel's message that would help prepare for translation

His trips took him to Battle Creek, Michigan, where he won the first convert there. After initially opposing it, he was convinced of the need for a formal organization by James and Ellen's writings on "gospel order" in 1853 and 1854. He actually chaired the meetings in the early 1860s that led to the establishing of the Seventh-day Adventist Church.

After 52 years of marriage, on August 27, 1870, two years before her husband's death, Prudy passed to her rest to await her Lifegiver.

Joseph remained active in church work into his old age,

preaching at least 100 times the last year of his life. Joseph Bates died March 19, 1872, at the age of 79, at the Health Reform Institute in Battle Creek, and is buried at Monterey, Michigan.

From the perspective of Ellen G. White, we read the testimony of her experiences with Joseph Bates.

"While on a visit to New Bedford, Massachusetts, in 1846, I became acquainted with Elder Joseph Bates. He had early embraced the advent faith, and was an active laborer in the cause. I found him to be a true Christian gentleman, courteous and kind.

"The first time he heard me speak, he manifested deep interest. After I had ceased speaking, he arose and said: 'I am a doubting Thomas. I do not believe in visions. But

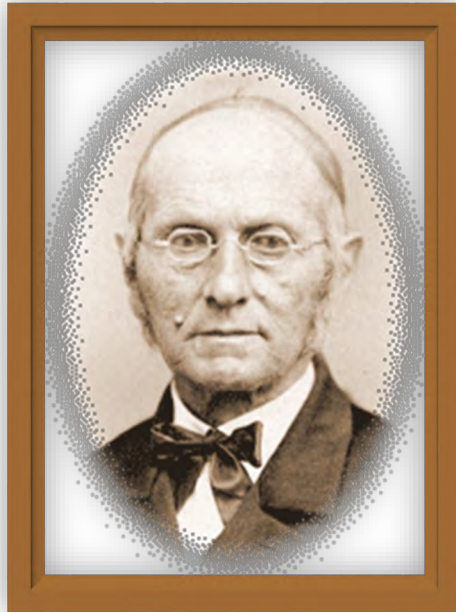


if I could believe that the testimony the sister has related tonight was indeed the voice of God to us, I should be the happiest man alive. My heart is deeply moved. I believe the speaker to be sincere, but cannot explain in regard to her being shown the wonderful things she has related to us.'

"Elder Bates was resting upon Saturday, the seventh day of the week, and he urged it upon our attention as the true Sabbath. I did not feel its importance, and thought that he erred in dwelling upon the fourth commandment more than upon the other nine.

"But the Lord gave me a view of the heavenly sanctuary. The temple of God was open in heaven, and I was shown the ark of God covered with the mercy seat. Two angels stood one at either end of the ark, with their wings spread over the mercy seat, and their faces turned toward it. This my accompanying angel informed me represented all the heavenly host looking with reverential awe toward the law of God, which had been written by the finger of God." —*Christian Experience and Teachings*, p. 85

"August 30, 1846, I was married to Elder James White. In a few months we attended a conference in Topsham, Maine. Elder Joseph Bates was present. He did not then fully believe that my visions were of God. It was a meeting of much interest; but I was suddenly taken ill and fainted. The brethren prayed for me, and I was restored to consciousness. The Spirit of God rested upon us in Brother C.'s humble dwelling, and I was wrapt in a vision of God's glory, and for the first time had a view



of other planets. After I came out of vision I related what I had seen. Elder B. then asked if I had studied astronomy. I told him I had no recollection of ever looking into an astronomy. Said he, 'This is of the Lord.' I never saw him as free and happy before. His countenance shone with the light of heaven, and he exhorted the church with power." —*Life Sketches of Ellen G. White*, p. 238

"That same year he became convinced that Ellen had the prophetic gift after observing her in vision relating information on astronomy that he thought she could not have known on her own. Early in 1847 he connected information on the heavenly sanctuary to the Sabbath, and outlined the great controversy theme drawn from Revelation 12 to 14. In April Ellen White had her great controversy vision. James White published "A Word to the Little Flock" in May, containing works by the Whites and Bates,

including his affirmation of the spiritual gift Ellen White had received. 'I can now confidently speak for myself that I believe the work is of God.'" —*A Word to the Little Flock*, p. 21

"From the first, the faithful band of commandment keepers took a firm and uncompromising position against the use of intoxicating liquor. In this reformatory movement, they had a faithful leader in Capt. Joseph Bates, with whose remarkable experience in abandoning the use of alcoholic beverages, tobacco, tea, and coffee, many of the readers of the Review are familiar." —*The Review and Herald*, April 2, 1914

**"How many professed followers of Jesus, after launching out from the shores of sin and folly, with strong determinations to pursue the voyage over life's rough sea for the heavenly Canaan of rest, have laid down their watch, and thrown by their instruments of observation, and concluded to pursue their onward course and trust alone for their destination to their dead reckoning. But, bless the Lord, there are some that are fully determined to correct their dead reckoning, by watching every opportunity for an observation of the Sun of Righteousness, and by faith cling fast to all the promises, doing as the Prophet has shown them—'Stand continually upon the watch tower in the day time, and set in their ward every night,' watching for all the terrestrial and celestial land marks and heaps in their pathway, 'Holding fast that which they have,' (that is their experience,) trusting in the Lord, which makes them as Mount Zion, that cannot be removed, but abideth forever, and as another prophet has it, 'the righteous shall also hold on his way, and he that hath clean hands shall be stronger and stronger.'" —Joseph Bates Pamphlet #2, *Second Advents Waymarks and High Heaps*. p. 46–47**



# The Lord's Garden



“For yet a little while, and He that shall come will come, and will not tarry.” Hebrews 10:37. Nearly 2000 years ago, John the Apostle wrote from the Island of Patmos, “He which testifieth these things saith, Surely I come quickly. Amen. Even so, come, Lord Jesus.” Revelation 22:20

“We are living in the time of the end. The fast-fulfilling signs of the times declare that the coming of Christ is near at hand. The days in which we live are solemn and important. The Spirit of God is gradually but surely being withdrawn from the earth. Plagues and judgments are already falling upon the despisers of the grace of God. The calamities by land and sea, the unsettled state of society, the alarms of war, are portentous. They forecast approaching events of the greatest magnitude.” —*Testimonies for The Church*, vol. 9, p. 11

It will be a terrible time before the Lord’s return when God’s people will be afflicted and persecuted. It will be a time when we need to fully trust in God. The whole world will be against God’s faithful children. When earthly support fails, the Lord has promised to be there for us. When there seems no solution to our problems, God has all the answers. With God all things are possible.

Who shall be able to stand? “He that hath clean hands, and a pure heart.” Psalm 24:4

In preparation for the time of the end, we are not only to be aware that the end is near. We must, by faith, prepare to meet the trials of the future, by faithful performance of our duties today.

“We are in the day of God’s preparation. Let nothing be regarded as of sufficient worth to draw your minds from the work of preparing for the great day of Judgment. Get ready.” —*Christian Education*, p. 248. “Time is almost finished. Do you reflect the lovely image of Je-

sus as you should?” Then I was pointed to the earth and saw that there would have to be a getting ready among those who have of late embraced the third angel’s message. Said the angel, “*Get ready, get ready, get ready.*” — *Early Writings*, p. 64 (emphasis mine). It reads, “get ready.” It does not say, “sit back and wait.”

How do we prepare? We need spiritual preparation by reading our Bibles. We need emotional preparation by developing a close relationship with Jesus, who will see us through the crisis and assist in us with character development. We need intellectual preparation by opening our eyes to see the signs of the times fast fulling around us as prophesied in the Bible. We need practical preparation by sharing our faith with others. We need physical preparation by maintaining optimum health so that we can more effectively do our work for the Lord with a clear mind.

This article will focus on the physical preparation. Is health important in this day and age? Do we need strength if we need to flee to the mountains? Remember, we cannot buy or sell so we cannot purchase gasoline for our cars. We also need a clear brain for wisdom in order to be able to answer for our faith.

Today, most of our foods can be purchased at markets or grocery stores. They are filled with plenty of food to eat. Some people like to grow a bit of their own. It is not too difficult to be able to eat a healthy diet. But, what will you do for food when we reach the point in history when “no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name?” Revelation 13:17

What will you do? “Yield not to temptation, but confine yourself to the use of wholesome foods. You can train yourself to enjoy a healthful diet. *The Lord helps those who seek to help themselves*; but when men will not

take special pains to follow out the mind and will of God, how can He work with them?” –*Counsels on Diet and Foods*, p. 35 (emphasis mine)

“The Lord has shown me repeatedly that it is contrary to the Bible to make any provision for our temporal wants in the time of trouble. I saw that if the saints had food laid up by them or in the field in the time of trouble, when sword, famine, and pestilence are in the land, it would be taken from them by violent hands and strangers would reap their fields. *Then will be the time for us to trust wholly in God, and He will sustain us—our bread and water will be sure. . . . I saw that our bread and water will be sure at that time, and that we shall not lack or SUFFER HUNGER; for God is able to spread a table for us in the wilderness. If necessary He would send ravens to feed us, as He did to feed Elijah, or rain manna from heaven, as He did for the Israelites.*” –*Early Writings*, p. 56 (emphasis mine)

Our food will not come from some stock pile that we have laid up. When we have no earthly support (as Peter when he tried to walk on water)—no means of purchasing or obtaining foods—we have to trust fully in God. This time is not too far distant in the future. Soon will come the time that you cannot buy or sell. Your children are hungry, you are starving, what will you do? The promise is given in the *Early Writings* quote that we will not “suffer hunger.” That “God is able to spread a table for us in the wilderness.” And only “if necessary send ravens to feed us.”

Why was Elijah fed by ravens? What was the condition of the countryside? How well were the farmer’s fields growing? All the plants had died from drought.

You may pray to God for food and He may tell you that He has prepared a banquet for you and will lead you to His banquet.

He may say, “here is My vegetable garden. Go help yourself and eat.”



MARCH 2016

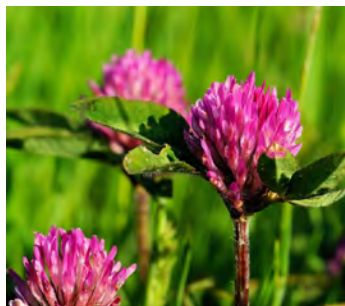
The question I ask is, can you eat everything in that field? Is every plant edible?

Tobacco, Marijuana, Coffee, and Tea come from plants; not to mention narcotics such as opium. Are they healthy? How will you know what is good and what is poison? Do you think it is wise to do a little research now?

It would be wise for us to take time to study the plants that are growing wild in our area to learn what is edible and what is not. There are many plants we consider weeds that are actually quite healthy and edible. This is free food.

These are healthy foods to eat now also if we want to; we do not have to wait until the time of the end to eat them. It would be well for each person to study the plant life in their part of the world.

For example, **Red Clover** is very prevalent world wide. It is high in protein, so eat only a little. Large amounts can be harmful. Cooking helps counteract this effect



I read in one article years ago that, “Most weeds native to Southern California are edible. A lot of people think of weeds as undesirables that have no purpose but to ruin our lawns. But many of the wild plants that we see around us are edible, tasty, and highly nutritious. Free, organic vegetables growing right at our feet.”

The bark of many trees are edible, such as maple, cedar and birch. The birch tree produces a lot of sap in the spring which is an excellent beverage. You can drink it straight from the tree.

Many herbs grow wild, and you should recognize them, such as peppermint, catnip, nettle, and horsetail. They can be made into teas, however, some of their leaves may also be eaten in a salad.

In some plants, the entire plant is edible, from leaf, to flower, to root, such as the **lily**. There are many varieties of Lilies.



**Chickweed** is one of the most widespread and common weeds that you will find. Just another example of why there is no reason for people to go hungry when oftentimes there is food, organic as can be, right at our feet with no cost beyond the time it takes to gather it up.



The most popular use is simply as an addition to green salads. Harvest the plants when they are lush, green, and full, including the tender stems, buds, and flowers, right along with the leaves, as they are all edible.

Then the **wild carrot** (also known as Queen Anne's Lace) the roots can be cooked as carrots (young plants— in their first year) or eaten raw.



A very common plant in North America is the **plantain**. It is an excellent source of Omega 3's. The leaves can be bitter in older plants, but they are a healthy addition to any salad.

**Mallow** is a weed that grows plentifully in neglected areas. Mallows have been used throughout history as a survival food during times of crop failure or war. All parts of the mallow plant are edible—the leaves, the stems, the flowers, the seeds, and the roots. One of the most popular uses of mallows is as a salad green.



**Daisy** leaves can be eaten raw when young. Finely chopped spring shoots can also be added to salads, as can the root. The unopened buds can be marinated and cooked. The flowers can be used for tea.



I have many **purslane** growing wild in my vegetable garden every year and I am careful to allow them to grow. I do not pull them up as weeds. They taste a little like raw peas. Purslane will stand out as its thick red stalks will be laying on the ground. The noticeable



stalks and the fleshy, small leaves like those of a succulent plant but Purslane is a hardy annual that produces seeds prolifically. Nutritionally, purslane is a powerhouse. The stems are high in vitamin C. The leaves contain a high concentration of Omega-3 fatty acids; five times more than spinach, ten times more than any lettuce and more than double than that of kale. In fact, it has and more Omega-3's than any other leafy green ever analyzed. It has over four times the vitamin E of turnip leaves, and again, more Vitamin E than any other leafy green ever analyzed. It has glutathione and other antioxidants and about as much iron as spinach. It also has reasonable amounts of other nutrients as well as phytochemicals, like all leafy greens.



The entire **dandelion** plant can be eaten. Leaves, roots and unopened buds can be eaten raw. Dandelion is a very rich source of beta-carotene which we convert into vitamin A. It is also rich in vitamin C, fiber, potassium, iron, calci-





um, magnesium, zinc, phosphorus, B complex vitamins, trace minerals, organic sodium, and even some vitamin D. Dandelion also contains protein, more than spinach. It has been eaten for thousands of years as a food and as a medicine to treat anemia, scurvy, skin problems, blood disorders, and depression.

A very troublesome weed in North America that is not native is the **burdock**. It was brought to North America



from Europe originally as a food plant. It is still eaten in some parts of the world. The entire plant is useful. Burdock's active ingredients are arctigen, calcium, chlorogenic acid, essential oil, flavonoids, iron, inulin, lactone, mucilage, polyacetylenes, potassium, resin, tannin, and taraxosterol. The seeds of the plant contain

beneficial fatty acids. The oil from the seeds can be used as a diaphoretic, which leads to increased perspiration, which is essential in cleansing the body of toxins or harmful elements.

Burdock root is eaten as a vegetable in many places in the world. It can be used as a gentle laxative and help eradicate uric acid. The polyacetylenes are known to be effective antibacterials and antifungals. Burdock enhances the performance of many of the organs which purify the body and eliminate toxins or waste (like the kidneys, liver, colon, etc). This enhances overall health and helps correct disorders.



However, you may not wish to eat the pesky "burrs" that often stick to your clothing. When they are dry they do not provide the same nutritional benefits.

The shoots, flower spikes and rhizomes (roots) are all



edible in the **cattail**. The tender inner parts of the young shoots taste like celery. They can be eaten raw. The green flower spikes can be eaten like corn

on the cob. They have ten times the starch of potatoes.

There are also many delicious berries, but we need to know which ones are safe and which ones will poison us.

**Raspberry**

**Blueberry**

**Huckleberry**



It would be well to study the plants in your area to determine which are edible and which are poisonous and which parts of the plant are edible. In some plants only the berries and fruits edible, others have only the flowers or bark. With some the entire plant is edible.

Ancient Israel tempted God when they were in the wilderness by asking, "Can God furnish a table in the wilderness?" Psalm 78:19

He made a miracle of bringing water from a rock, "Behold, he smote the rock, that the waters gushed out, and the streams overflowed; can He give bread also? can He provide flesh for His people?" Psalm 78:20

The clear answer is, "Yes." With God all things are possible. He took good care of them. For 40 years He provided them with food and water. He will provide for you also in your time of need. He has a store house of food available for us.

"If I were hungry, I would not tell thee: for the world is Mine, and the fulness thereof. Offer unto God thanksgiving; and pay thy vows unto the most High. And call upon Me in the day of trouble: I will deliver thee, and thou shalt glorify Me." Psalm 50:12, 14-15

"Let every human intelligence who professes the name of Christ testify: 'The end of all things is at hand; prepare to meet thy God.' Amos 4:12." -*The Colporteur Evangelist*, p. 101

May God help us to prepare to meet our God by making every effort to attain the best possible health today. God will get you through the times of trouble and prepare you for heaven. With God all things are possible. Amen.

**Wendy Eaton**

# Congo and Togo



DR Congo Union Board



(Left) Brother C. Mukendi (Auditor) and S. Moyo (President)

**Photos to the left and right are from Congo.**

**Photos below are from the wedding of Issa Diallo and Vera on Sunday, January 24, 2016. Brother Diallo is our worker in Togo.**



(L to R) Brother Timothée Weragi, Brother, Victor Shumbusho (Union Secretary), Sister Rosette (Shumbusho's wife), Sister Thomaide (visiting from Rwanda)



# Kenya



Greetings with Isaiah 60:1, "Arise Shine; for thy light is come, and the glory of the Lord is risen upon thee." This is the church; the Oloya Church in Kenya. We are worshipping under the trees. These boxes are gifts from a sister in Germany. *Henry Obonyou Ndati*

# New Member in Calgary, Canada



Brother Jessie Abragan was received into fellowship into God's remnant Church as a member on January 9th, 2016. Since my family came here to Calgary he has been visiting our Church for the Sabbath services. He prayed, fasted and studied with me about our Church and its prophetic, doctrinal and historical background in the light of the Bible.

I am working with his four daughters having regular weekly Bible studies. Two of them, Aines and Aila Mae Abragan, expressed their wish to be baptized at this

coming conference Lord willing. Their Mother, the wife of Brother Jessie, sister Eveline, came to Canada five years ago and since she did not come into contact with our Church here in Calgary she went to the Seventh-day Adventist Church. For two months she has come with all her family to attend our Church services on Sabbath. They are originally from the Philippines. Please keep these new and interested souls in your prayers.





## God's Answer

I prayed to God for patience,  
With earnestness of soul;  
I asked for strength and meekness,  
And power of self-control

He gave the answer quickly;  
He filled my days with strife,  
With sorrows, hardships, trials,  
Till I despaired of life.

I cried to God in anguish:  
"Have I not prayed to Thee  
For patience, blessed patience?  
Thou'st sent but misery."

Then God looked down in pity  
Upon my troubled situation,  
And said, "Sad hearts, 'tis patience  
That comes from tribulation!"

My faith still claims His promise,  
While to His throne I pray;  
I know He'll send the answer,  
In His own wondrous way.