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Courage in the Hour of Darkness

Have you ever been so discouraged that you became depressed? If you were in heaven today, you could meet Elijah, a man who in this world was overwhelmingly discouraged and depressed. After the great victory gained on Mount Carmel, and when he had guided Ahab’s chariot to the gate at Jezreel, his courage was strong. But a reaction frequently follows high faith and wonderful success and Elijah felt a tremendous reaction—he feared that the reformation begun on Mount Carmel would not be lasting. While in this discouragement, he received news of the plotting of Satan through Jezebel and he not only forgot God and fled for his life but finally, resting under a juniper tree he said, “It is enough; now, O Lord, take away my life; for I am not better than my fathers” (1 Kings 19:4, last part).

Commenting on this Ellen White wrote, “Into the experience of all there come times of disappointment and discouragement, days when sorrow is the portion, and it is hard to believe that God is still the kind benefactor of His earth-born children—days when troubles harass the soul till death seems preferable to life. It is at such times that many lose their hold on God, and are brought into the slavery of doubt, the bondage of unbelief. … “Hope and courage are essential to perfect service in the work of God. These are the fruit of faith. Despondency is sinful and unreasonable. God is able and willing more abundantly to bestow upon His servants the strength they need for test and trial. The plans of the enemies of His work may seem to be well laid and firmly established; but God can overthrow the strongest of these. … “For the disheartened there is one remedy—faith, prayer work. Faith and activity will impart assurance and satisfaction that will increase day by day. In the darkest days, when appearances seem most forbidding, fear not. Have faith in God. He knows your every need. He has all power. His infinite love and compassion never weary. Fear not that He will not fulfil His promise. He is eternal truth. Never will He change the covenant He has made with those who love Him. And He will bestow upon His faithful servants the measure of efficiency that their need demands.” The Review and Herald, October 16, 1913.
What Goes Around Comes Around
This principle not only can have some scary consequences but it can be one of the most exciting things in the world.
By John J. Grosboll

Deceitful Lusts
God did not create the race in such a feeble condition as is seen today. It has been brought about by wrong habits and violating the laws God made to govern man’s existence.
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What Goes Around Comes Around

By John J. Grosboll

We live in a moral universe.
The word moral means relating to, or concerned with the principles or rules of right conduct or the distinction between right and wrong; ethical. It has to do with justice and with equity.

To live in a moral universe means that there are consequences for everything and these consequences cannot be escaped. Jesus dwelt considerably on this subject and it was a major subject of the Sermon on the Mount. Jesus said, “Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you” (Matthew 7:1, 2). We know that this statement is true because the Majesty of heaven spoke it. Whatever I dish out to you, that is what is going to come back. You may not give it back to me, but whatever I measure out to you is coming back. This principle not only can have some scary consequences, but it can be one of the most exciting things in the world.
Jesus said, “But I say to you, love your enemies.” If I give out love, even to my enemies, that is what is going to come back. Do you want people to bless you or curse you? “Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you” (Matthew 5:44).

Here we will examine this subject as it relates to many different situations in which we often find ourselves.

**Payback**

Consider how you have interacted with people and how many blessings you have passed to somebody today. At some time those blessings are going to come back. The same goes for the curses. If we have passed them out today, be sure they will return. We are told what will happen. “Everyone who has been free to condemn or discourage, will in his own experience be brought over the ground where he has caused others to pass; he will feel what they have suffered because of his want of sympathy and tenderness.” *Thoughts from the Mount of Blessing*, vol. 3, 93.

This ground on which we make others pass may not feel that comfortable when we are brought over it ourselves.

The same way that I treat others is going to come back to me. But are we not justified in correcting those that make so many mistakes? Sure, but there is more than one way to correct somebody. It is the manner in which we deal with people who make mistakes that is going to be dealt back to us. An opportunity always comes, for not one of us is perfect and we all need correction.

Ellen White stated, “Frequently the truth and facts are to be plainly spoken to the erring, to make them see and feel their error that they may reform. But this should ever be done with pitying tenderness, not with harshness or severity, but considering one’s own weakness, lest he also be tempted. When the one at fault sees and acknowledges his error, then, instead of grieving him, and seeking to make him feel more deeply, comfort should be given.” *Testimonies*, vol. 3, 93.

When somebody recognizes they made a mistake, it is not right to grind it in and add to his burdens. If you have to correct somebody, first figure out how you will comfort them when they realize their mistake. When people have erred and realized their mistake, it is not correction they need but comfort. So think it through before you dish it out as it may have a sour taste when it comes back.

Ellen White once told a woman, “If you could see yourself as God sees you, it would be plain to your mind that without a thorough conversion you can never enter the kingdom of God.” *Testimonies*, vol. 4, 138. That is a sharp rebuke. She went on to point out that what she was doing to other people was going to come back. She contrasted the way this lady was dealing with other people with the way Jesus dealt with those whom He came in contact while in this world. She said, “Bear in mind that whatever measure you mete to others it shall be meted to you again.” Ibid., vol. 3, 93. She continued, “If you would do this, [three character defects mentioned] you would be more cautious in your speech.” Ibid.

Do we need to be more cautious in our speech? Moses one time spoke unadvisedly with his lips and as a result he was prohibited from entering the Promised Land. James 1:19, 20 says, “Let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.” The first thing Ellen White advised this lady was, “If you would realize that the way you measure out to others is going to come back to you, you would be more cautious in your speech.”

**Resentment and Apologies**

“Christ came into the world to bring all resistance and authority into subjection to Himself. But He did not claim obedience through the strength of argument or the voice of command; He went about doing good and teaching His followers the things which belonged to their peace. He stirred up no strife, He resented no personal injuries.” *Testimonies*, vol. 4, 139.

Have you ever wondered how Jesus, when people were spitting on Him, slapping Him, beating Him, cursing at Him, and making base remarks about Him in ridicule and sneer, never responded with one contemptuous or reviling word? That was only possible because He harbored no resentment inside. “He resisted no personal injuries, but met with meek submission the insults, the false accusations, and the cruel scourging of those who hated Him and condemned Him to death. Christ is our example. His life is a practical illustration of His divine teachings. His character is a living exhibition of the way to do good and overcome evil.” Ibid.

If we hold onto resentment, sooner or later it is going to come out and we will have to make many apologies. The Lord wants to teach us how to live so that there is no apology to make.
Forgiveness

The question remains, how to overcome evil? Jesus knew that what you put out comes back. So He just kept sowing and planting the good seed.

Many of our problems are caused because we do not know ourselves very well. Inspiration says, “We know but little of our own hearts and have but little sense of our own need of the mercy of God.”

We do not understand our dire need of the mercy of God, and “This is why we cherish so little of that sweet compassion which Jesus manifests toward us and which we should manifest toward one another.”

When we believe that there is somebody else who has some severe character defect, or has done or said something terrible that needs correcting, we need to always remember that we ourselves are weak, sinful, and erring. We need to be careful that we do not pass judgment on somebody else who may not deserve even what we deserve.

Judging Others

In Matthew 7:3, Jesus talks about judging. He says, “And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye?”

This principle is something that can send you and other people toward hell or toward heaven. The devil tempts us to find fault with others. Ellen White had a vision on this very problem, “Last night I was in a sleepless state much of the time. Many representations passed before me. One was a scene in a council meeting where several were present. One man arose and began finding fault with one of his brethren. I looked at the speaker’s garments, and saw that they were very undesirable.

“Another person arose, and began to state his grievance against a fellow laborer. His garments were of another pattern, and they, too, were undesirable. Still another, and another, arose, and uttered words of accusation and condemnation regarding the course of others. Everyone had some trouble to speak of, some fault to find with someone else. All were presenting the defects of Christians who are trying to do something in our world. They declared repeatedly that certain ones were neglecting this or that or the other thing, and so on.

“There was not real order, no polite courtesy, in the meeting. In their anxiety to make others hear, speakers crowded in while others were still talking. Voices were raised, in an effort to make all hear above the din of confusion. …

“After many had spoken, One of authority appeared, and repeated the words: ‘Judge not, that ye be not judged’ (Matthew 7:1). … Christ Himself was present. An expression of painfulness came over His countenance as one after another would come forward, with uncouth dress, to expiate upon the faults of various members of the church.

“Finally the heavenly Visitant arose. So intent were those present on criticizing their brethren, that it was with reluctance that they gave Him opportunity to speak. He declared that the spirit of criticism, of judging one another, was a source of weakness in the church today. Things are spoken that should never find utterance. Everyone who by word of mouth places an obstruction in the way of a fellow Christian has an account to settle with God.

“With earnest solemnity the Speaker declared: ‘The church is made of many minds, each of whom has an individuality. I gave My life in order that men and women, by divine grace, might blend in revealing a perfect pattern of My character, while at the same time retaining their individuality. No one has the right to destroy or submerge the individuality of any other human mind, by uttering words of criticism.
Forgiveness

The Upward Look, 216.

Like Jesus

We should ask ourselves how many people we have blessed today with our speech. Guard your conversation and remember that whatever you say today will someday come back. All of our thoughts do not need to be uttered.

Our eternal destiny is determined not by what we profess but by our character. Jesus said, “Inasmuch as you have done it to one of the least of these My brethren, you have done it to Me” (Matthew 25:40, literal translation). When I give bread, He will give to me the Bread of Life. When I give water, He will give to me the Water of Life. When I give to others clothing, He will give to me the garment of His own righteousness. When I visit those who are in prison, He promises to set me free from my bondage in the prison house of sin. This is an eternal, divine law that always works, because God has ordained that this is the way the universe is going to operate.

Are you happy to receive what you have measured out? How are you doing in regard to visiting? Never should a whole week pass without reaching out to those less fortunate. There are those who are sick or shut in that would be blessed by a visit. There are those in prison who are often forgotten who would love a letter. The poor are always around us, as are some who are orphans, or widows, or who are destitute, or who are lame, physically or spiritually. There are people all around who are emotionally crippled who will never make it to the kingdom of heaven unless they get help. You may walk up a mountain trail and find a great big boulder in the path. You may be able to go over it, but a person on crutches cannot. Somebody needs to help him. Paul talks about the emotionally and spiritually crippled in Hebrews 12:13. He says, “Make straight paths for your feet, so that what is lame may not be dislocated.”

Reach Out to Others

In addition to those who live in broken homes there are those who come from mixed marriages, where one of the spouses has chosen the narrow way while the other is on the broad road. As a result, there are people who are spiritually and emotionally crippled. One person may not be able to solve the world’s problem of those in need, but you can reach out to those whom Jesus puts in your path.

If every family in your church would make a Christian visit every week, what a difference it would make. Churches would come alive. But, if you come to church once a week and then go home and dissect the sermon, the worshipers, and the preacher, you will not have a living church. To have a living church, you have to have a working church. Even without training you can still get started.

• Pray
• Be friendly
• Express sympathy

To express sympathy means you are sympathetic to the feelings of other people. You do not have to agree with their feelings, but you can be sympathetic. If you know how to express sympathy, if you know how to be friendly, and if you know how to pray, you can make a Christian visit. If you have a Bible and can read, and share some encouraging thought, you can bless others with a Christian visit.

Go the Second Mile

What could happen in Adventist churches if every family, every week, was making at least one Christian visit? Remember, as you measure it will be measured to you again. Sometimes the gospel net is cast out and it gathers in “every kind” (Matthew 13:47). Some of the people who are brought into the church have been the most sinful in the world. That was the way it was in the time of the apostle Paul. (Read 1 Corinthians 6:9, 10.) Often those who have been gathered in are judged that they may not be able to hold out and make it. By our passing by on the other side and by our showing coldness and neglect to people who are great sinners, they get discouraged and fall away.

“Often the newly-converted soul has fierce conflicts with established habits or with some special form of temptation and being overcome by some master passion or tendency, he is guilty of indiscretion or actual wrong. … In such cases the instructions of God’s word apply; ‘Brethren, if a man be overtaken in a
fault, ye which are spiritual, restore such an one in the spirit of meekness, considering thyself, lest thou also be tempted” (Galatians 6:1). …

“Unless we cultivate the precious plant of love, we are in danger of becoming narrow, unsympathetic, bigoted and critical, esteeming ourselves to be righteous when we are far from being approved by Christ. Some are uncourteous, abrupt, harsh. These do incalculable harm by their misrepresentation of the loving Saviour.” The Pacific Union Recorder, April 10, 1902.

So what do you do if somebody comes into the church and they are battling with their old habits and trying to overcome, but they slip and fall?

- Have you felt a burden for the one you saw venturing into forbidden paths? Are you burdened for his/her soul’s salvation?
- Have you kindly admonished him?
- Have you wept for him? Do you really feel for him?
- Have you prayed with him and for him?
- Have you, by tender words and kindly acts, shown him that you love him?

Jesus says if we will forgive, then we will be forgiven. Without forgiveness we will be lost. “For all have sinned and fall short of the glory of God” (Romans 3:23). If I want to receive a pardon from my heavenly Father, I must have a forgiving spirit.

“We are not forgiven because we forgive, but as we forgive. The ground of all forgiveness is found in the unmerited love of God, but by our attitude toward others we show whether we have made that love our own. Wherefore Christ says, ‘With what judgment ye judge, ye shall be judged; and with what measure ye mete, it shall be measured to you again’ (Matthew 7:2).” Christ’s Object Lessons, 251.

In Historic Adventism today, we are in dire need of a forgiving spirit. “This talking against others must be stopped among those who profess to be the children of God.” The Review and Herald, April 26, 1892. What we do to others is going to come back to us again, and therefore, we should be careful how we treat one another.

“For judgment is without mercy to the one who has shown no mercy” (James 2:13). If I want God to be merciful to me, I must show mercy to others. It is not when somebody has done a perfect job that they need to be shown mercy but when they have blown it. That is what mercy is all about. The next time somebody in your family or somebody where you work messes everything up, that is your chance to show mercy. If you are going to develop a merciful character, you are going to do it now before you get to heaven, because in heaven no one will need mercy.

Consider how you would like to be treated in each circumstance and treat others likewise. The most desired behaviors are mercy and love. These attributes may not come back to you immediately, but they will eventually. It is safe to bless people even if they are cursing you. It is safe to love people even if they are your enemies. It is safe to do something good to people, even if they hate you. It is safe to pray for people even if they despisefully use you and persecute you. “He who loves God must love his brother also” (1 John 4:21).

“God will deal with us as we deal with one another.” Manuscript Releases, vol. 6, 93. If you have this sentence memorized, it will help you in your daily life in making decisions.

This principle, “as you measure so it will be measured unto you again,” works in every relationship of life. Especially it works in the home and most especially it works in the marriage relation. If we could learn this principle, the great majority of divorces could be avoided.

Ellen White makes an interesting statement about divorce that has to do with this principle about measuring to others and getting the same thing back. It is about a man named Victor Johnson. “I was shown that Victor Johnson has truly loved his wife. She was dearer to him than any other one upon the earth. When the divorce was in progress, his feelings were intense. He besought his wife to defer the matter. He promised amendment; he promised to not trouble her, but go away and reform. She [his wife] should have eagerly grasped at even that feeble hope that it was possible that he might amend, and even if she had to suffer some time longer, given him another chance. There was an error in still pressing matters forward. Although those who were engaged in the matter thought they were taking the best course, yet, they did not exercise the pitying love toward Victor that Jesus has shown them, and they should have considered that ‘with what measure ye mete’ to others, ‘it shall be measured to you again.’” Manuscript Releases, vol. 7, 161.

Ellen White says she should have given him another chance. “You didn’t show him that same pitying love that Jesus has shown toward you. Remember, as you measure so it will be measured to you again. With what measure you mete, it shall be measured to you again.”

When you apply this law of forgiveness to your life you are in line to receive a pardon from God. To receive blessing and love and forgiveness in your own life, you must treat others in the same manner. Pray for the Lord to help you measure out what you would want somebody else someday to measure back to you. The Lord has promised to work that miracle in your life.

(Unless appearing in quoted references or otherwise identified, Bible texts are from the New King James Version.)

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Ellen White makes an interesting
Deceitful Lusts
The Perils of a Perverted Appetite

By John R. Pearson

“Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul.”
1 Peter 2:11

During a recent worship service, the following quote was read from Testimonies to Ministers and Gospel Workers, 114:

“We have the commandments of God and the testimony of Jesus Christ, which is the spirit of prophecy. Priceless gems are to be found in the word of God. Those who search this word should keep the mind clear. Never should they indulge perverted appetite in eating or drinking.

“If they do this, the brain will be confused; they will be unable to bear the strain of digging deep to find out the meaning of those things which relate to the closing scenes of this earth’s history.”
I had difficulty falling asleep that night, an unusual occurrence for me, as I usually have no trouble sleeping. As I tossed and turned, I remembered how David wrote in the Psalms about meditating on God’s word during the night: “When I remember You on my bed, I meditate on You in the night watches” (Psalm 63:6). The thought of being unable to find the meaning of the priceless gems relating to the closing scenes of this earth’s history kept running through my mind. So I decided to get up and see what I could find in inspired writings about the effects of a perverted appetite, which the above quote indicates as the cause for the inability to comprehend God’s word as we should.

Because we are undeniably in the closing scenes of this earth’s history, it is imperative that we dig deep to find the meaning of the priceless gems contained in the word of God. However, the passage quoted above from the testimony of Jesus Christ makes it clear that such digging would be useless if the miner is indulging in a perverted appetite in eating or drinking.

Thus began my search for a deeper understanding of what constitutes a perverted appetite. I had to admit that I occasionally ate things that caused me to feel some degree of guilt, especially when I visited my unbelieving relatives. I never consumed the flesh of dead animals, but I did not always refuse a slice of pie, a piece (or two) of candy, or a scoop of ice cream—all the while knowing that consuming these things is contrary to the counsel we are given in the testimony of Jesus.

I know that there are some—and I was one—who might think that indulging in an occasional “treat” is not all that harmful. After all, the Spirit of Prophecy does indeed say, “While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day.” Testimonies, vol. 6, 357. [Emphasis supplied.] However, having “something that will be regarded as a treat” on Sabbath is vastly different from the daily consumption of “treats.”

“The apostle Peter understood the relation between the mind and the body, and raised his voice in warning to his brethren: ‘Dearly beloved, I beseech you, as strangers and pilgrims, abstain from fleshly lusts, which war against the soul’ (1 Peter 2:11). Many regard this text as a warning against licentiousness only; but it has a broader meaning. It forbids every injurious gratification of appetite or passion.” Christian Temperance and Bible Hygiene, 53, 54.

For a much fuller understanding of this subject, read the entire first chapter of the above cited book (Christian Temperance and Bible Hygiene), entitled “Christian Temperance General Principles.” It will provide amazing insight into how intemperance obviates our ability to understand higher truth.

The point is made in the opening chapter quite clearly and quite forcibly that “The violation of physical law, with its consequent suffering and premature death, has so long prevailed that these results are regarded as the appointed lot of humanity; but God did not create the race in such a feeble condition. This state of things is not the work of Providence, but of man. It has been brought about by wrong habits—by violating the laws that God has made to govern man’s existence.” Ibid., 8.

“It is impossible for a man to present his body a living sacrifice, holy, acceptable to God, while continuing to indulge habits that are depriving him of physical, mental, and moral vigor.” Ibid., 11.

So, what constitutes a perverted appetite and what are its effects? The following quotes should provide adequate guidance.

“Many separate themselves from God by their indulgence of appetite. He who notices the fall of a sparrow, who numbers the very hairs of the head, marks the sin of those who indulge perverted appetite at the expense of weakening the physical powers, benumbing the intellect, and deadening the moral perceptions.” Christian Education, 184.

“It must be kept before the people that the right balance of the mental and moral powers depends in a great degree on the right
condition of the physical system. All narcotics and unnatural stimulants that enfeeble and degrade the physical nature tend to lower the tone of the intellect and morals. Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.” The Ministry of Healing, 335.

“Some are not impressed with the necessity of eating and drinking to the glory of God. The indulgence of appetite affects them in all the relations of life. It is seen in the family, in the church, in the prayer-meeting, and in the conduct of their children. It is the curse of their lives. It prevents them from understanding the truths for these last days.” Christian Temperance and Bible Hygiene, 151.

“Jesus, seated on the Mount of Olives, gave instruction to His disciples concerning the signs which should precede His coming: ‘As the days of Noah were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came and took them all away; so shall also the coming of the Son of man be’ (Matthew 24:37–39). The same sins that brought judgments upon the world in the days of Noah exist in our day. Men and women now carry their eating and drinking so far that it ends in gluttony and drunkenness. This prevailing sin, the indulgence of perverted appetite, inflamed the passions of men in the days of Noah and led to widespread corruption. Violence and sin reached to heaven. This moral pollution was finally swept from the earth by means of the flood. The same sins of gluttony and drunkenness benumbed the moral sensibilities of the inhabitants of Sodom, so that crime seemed to be the delight of the men and women of that wicked city. Christ thus warns the world: ‘Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they built; but the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed’ (Luke 17:28–30.)

“Christ has here left us a most important lesson. He would lay before us the danger of making our eating and drinking paramount. He presents the result of unrestrained indulgence of appetite. The moral powers are enfeebled, so that sin does not appear sinful. Crime is lightly regarded, and passion controls the mind, until good principles and impulses are rooted out, and God is blasphemed. All this is the result of eating and drinking to excess. This is the very condition of things which Christ declares will exist at His second coming.

“The Saviour presents to us something higher to toil for than merely what we shall eat and drink, and wherewithal we shall be clothed. Eating, drinking, and dressing are carried to such excess that they become crimes. They are among the marked sins of the last days, and constitute a sign of Christ’s soon coming. Time, money, and strength, which belong to the Lord, but which He has intrusted to us, are wasted in superfluities of dress and luxuries for the perverted appetite, which lessen vitality, and bring suffering and decay. It is impossible to present our bodies a living sacrifice to God when we continually fill them with corruption and disease by our own sinful indulgence.” Ibid., 11, 12.

“There are many who are educated in the sciences, and are familiar with the theory of the truth, who do not understand the laws that govern their own being. God has given us faculties and talents; and it is our duty, as His sons and daughters, to make the best use of them. If we weaken these powers of mind or body by wrong habits or indulgence of perverted appetite, it will be impossible for us to honor God as we should.” Ibid., 15.

“Temptations to the indulgence of appetite possess a power which can be overcome only by the help that God can impart. But with every temptation we have the promise of God that there shall be a way of escape. Why, then, are so many overcome? It is because they do not put their trust in God. They do not avail themselves of the means provided for their safety. The excuses offered for the gratification of perverted appetite, are therefore of no weight with God.” Ibid., 22.
God marks the sin of those who indulge perverted appetite at the expense of weakening the physical powers, benumbing the intellect, and deadening the moral perceptions.

“When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people. Let us look at the means by which He would accomplish this. He subjected them to a course of discipline, which, had it been cheerfully followed, would have resulted in good, both to themselves and to their posterity. He removed flesh-food from them in a great measure. He had granted them flesh in answer to their clamors, just before reaching Sinai, but it was furnished for only one day. God might have provided flesh as easily as manna, but a restriction was placed upon the people for their good. It was His purpose to supply them with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man—the fruits of the earth, which God gave to Adam and Eve in Eden.” Ibid., 118.

“In order to reach excellency of character, we must realize the value which Christ has placed upon the human race. In the beginning, man was invested with dignity; but he fell through indulgence of appetite. Notwithstanding the great gulf thus opened between God and man, Christ loved the hopeless sinner, and came to our world to bridge the gulf, and unite divine power to human weakness, that in His strength and grace man might wrestle for himself against Satan’s temptations, overcome for himself, and stand in his God-given manhood, a victor over perverted appetite and degrading passions.” Ibid., 146.

“Every one of us may know that there is a power working with our efforts to overcome. Why will not men lay hold upon the help that has been provided, that they may become elevated and ennobled? Why do they degrade themselves by the indulgence of perverted appetite? Why do they not rise in the strength of Jesus and be victorious in His name? The very feeblest prayer that we can offer Jesus will hear. He pities the weakness of every soul. Help for everyone has been laid upon Him who is mighty to save. I point you to Jesus Christ, the sinner’s Saviour, who alone can give you power to overcome on every point.” Ibid., 148.

“Providence has been leading the people of God out from the extravagant habits of the world, away from the indulgence of appetite and passion, to take their stand upon the platform of self-denial, and temperance in all things. The people whom God is leading will be peculiar. They will not be like the world. If they follow the leadings of God, they will accomplish His purposes and will yield their will to His will. Christ will dwell in the heart. The temple of God will be holy. Your body, says the apostle, is the temple of the Holy Ghost. God does not require His children to deny themselves to the injury of physical strength. He requires them to obey natural law in order to preserve physical health. Nature’s path is the road He marks out, and it is broad enough for any Christian. With a lavish hand God has provided us with rich and varied bounties for our sustenance and enjoyment. But in order for us to enjoy the natural appetite, which will preserve health and prolong life, He restricts the appetite. He says, Beware! restrain, deny, unnatural appetite. If we create a perverted appetite, we violate the laws of our being, and assume the responsibility of abusing our bodies and of bringing disease upon ourselves.” Ibid., 150, 151.

“Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat and other things given by God as food, and would convert them into poisons, which would ruin man’s physical, mental, and moral powers, and so overcome the senses that Satan should have full control. Under the influence of liquor, men would be led to commit crimes of all
Appetite

kinds. Through perverted appetite the world would be made corrupt. By leading men to drink alcohol, Satan would cause them to descend lower and lower in the scale.

“Satan has succeeded in turning the world from God. The blessings provided in God’s love and mercy he has turned into a deadly curse. He has filled men with a craving for liquor and tobacco. This appetite, which has no foundation in nature, has destroyed its millions.” The Review and Herald, April 16, 1901.

“The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks. The necessity for the men of this generation to call to their aid the power of the will, strengthened by the grace of God, in order to withstand the temptations of Satan and resist the least indulgence of perverted appetite is twice as great as it was several generations ago. But the present generation have less power of self-control than had those who lived then. Those who have indulged the appetite for these stimulants have transmitted their depraved appetites and passions to their children, and greater moral power is required to resist intemperance in all its forms. The only perfectly safe course to pursue is to stand firmly on the side of temperance and not venture in the path of danger.” Testimonies, vol. 3, 488.

“The strength of the temptation to indulge appetite can be measured only by the inexpressible anguish of our Redeemer in that long fast in the wilderness. He knew that the indulgence of perverted appetite would so deaden man’s perceptions that sacred things could not be discerned. Adam fell by the indulgence of appetite; Christ overcame by the denial of appetite. And our only hope of regaining Eden is through firm self-control. If the power of indulged appetite was so strong upon the race, that, in order to break its hold, the divine Son of God, in man’s behalf, had to endure a fast of nearly six weeks, what a work is before the Christian! Yet, however great the struggle, he may overcome. By the help of that divine power which withstood the fiercest temptations that Satan could invent, he too may be entirely successful in his warfare with evil, and at last may wear the victor’s crown in the kingdom of God.” Ibid., 54. [Emphasis supplied.]

There is hope, friends. Success in overcoming perverted appetite—and all other sinful indulgences—lies in our complete dependence on “that divine power which withstood the fiercest temptations that Satan could invent.” All Bible quotes NKJV unless otherwise noted.

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### Cause | Effect | Reference
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Too much, even of simple food | Ability to understand truth is lost | Testimonies, vol. 2, 602, 603
Failure to eat and drink from principles of health reform | Character will not be governed by principle | The Health Reformer, August 1, 1866
Too frequently, too much | Perverted judgment | Testimonies, vol. 1, 618
Rich, unwholesome food | Source of most church trials | Ibid., 618, 619
Tea, coffee, flesh meats, tobacco, wines, liquor | Blunted keener and holier emotions | Ibid., vol. 3, 487
Too many kinds of food at one time | “… a disturbance is created”; the stomach has too much to do; mental capacity is diminished | Spaulding and Magan Collection, 259, 260
Eating between meals | Enfeebled religious aspirations; inability to solve difficult problems | Christian Temperance and Bible Hygiene, 83
Eating vegetables and fruit at same meal | Inability to put forth mental effort; confused mind | The Youth’s Instructor, May 31, 1894

Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.
The Sabbath

The message of “the everlasting gospel,” in this generation, is a message of Sabbath reform; for it is in the Sabbath of the fourth commandment that Christendom has in doctrine as well as in practice set aside the commandments of God and followed papal tradition. The call of God, in this threefold message of Revelation 14, opens with the words:

“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 water” (verse 7).

This call to reformation in the worship of God is based on the terms of the fourth commandment. It is an appeal to worship the God who “made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it” (Exodus 20:11).

It is the Creator, the God who made the Sabbath the sign of His creative power, that is to be worshiped. “Hallow My Sabbaths; and they shall be a sign between Me and you, that ye may know that I am the Lord your God” (Ezekiel 20:20).
The Sabbath is a sign, the divinely appointed mark of the living and the true God.

But the Roman Papacy has set up a mark of its own, a badge of the assumed power of the Catholic Church, to speak for God independently of His Holy word. The Papacy points to the existence of the Sunday institution in Christendom as a mark of its power and authority; and so it is.

It was on this very point that the famous Council of Trent based Rome’s answer to the Protestant Reformation, that tradition and not Scripture alone is the guide, with the voice of the Catholic Church the living voice, instead of the Bible, the living word of God. The council had long debated the ground of its answer. The history records:

“Finally, at the last opening on the eighteenth of January, 1562, their last scruple was set aside; the archbishop of Rheggio made a speech in which he openly declared that tradition stood above Scripture. The authority of the church could therefore not be bound to the authority of the Scriptures, because the church had changed Sabbath into Sunday, not by the command of Christ, but by its own authority. With this, to be sure, the last illusion was destroyed, and it was declared that tradition does not signify antiquity, but continual inspiration.” Dr. J. H. Holtzman, Canon and Tradition, page 263.

In this speech of the archbishop of Rheggio, Caspar del Fossa by name, arguing, from the generally accepted change of the Sabbath, that the world had acknowledged that the church has power to change the written word and law of God, it was stated:

“Such is the condition of the heretics to-day that they appeal to no other matter more than that they, under the pretense of the word of God, overthrow the church; as though the church, which is the body of Christ, could be opposed to this Word, or the head to the body. Yea, the authority of the church is most gloriously set forth by the Holy Scriptures; for while on the one hand she recommends the same, declares them divine, offers them to us to be read, explains them faithfully in doubtful passages, and condemns whatever is contrary to them, on the other hand, the legal precepts of the Lord contained in them have ceased by virtue of the same authority. The Sabbath, the most glorious day in the law, has been changed into the Lord’s day ... . This and other similar matters have not ceased by virtue of Christ’s teaching (for He says He came to fulfill the law, not to destroy it (Matthew 5:17)), but they have been changed by virtue of the authority of the church. Should this authority cease (which would surely please the heretics), who would then witness for truth, and confound the obstinacy of the heretics?” Mansi, Paris, 1902, pages 526–533, quoted in The History of the Sabbath, page 588, Andrews and Conradi (Review and Herald, Washington, D. C.).

Ever since, the Papacy has been boldly challenging Protestants with inconsistency in holding to the observance of Sunday while rejecting the authority of the Roman Church. One finds it in almost any Roman Catholic catechism. Thus:

Question: Have you any other way of proving that the church has power to institute festivals of precept?
Answer: Had she not such power, ... she could not have substituted the observance of Sunday, the first day of the week, for Saturday, the seventh day, a change for which there is no Scriptural authority. Kennan’s Doctrinal Catechism, page 174.

Again, a standard Roman Catholic work written for Protestants, says:

“The observance of Sunday by the Protestants is an homage they pay, in spite of themselves, to the authority of the church.” Plain Talk About Protestantism of To-day.

There can be no question as to the fact that the Bible recognizes no change of the day of the Sabbath. As Cardinal Gibbons says:

“You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify.” Faith of Our Fathers, page 141.

Protestant authorities—men who themselves observe the traditional Sunday—have freely declared that the New Testament nowhere teaches the substitution of the first day of the week for the seventh as the day of rest. Smith and Cheetham’s “Dictionary of Christian Antiquities,” a standard work edited by Church of England clergymen, says:

“The notion of a formal substitution by apostolic authority of the Lord’s day [meaning Sunday] for the Jewish Sabbath, and the transference to it, perhaps in a spiritualized form, of the Sabbatical obligation established by the promulgation of the fourth commandment, has no basis whatever, either in Holy Scripture or in Christian antiquity.” Article Sabbath.

And all the time the fourth command of God’s holy law declares the seventh day to be the Lord’s day, not a “Jew-
ish” sabbath, but “the Sabbath of the Lord thy God” (Exodus 20:10). Whoever takes Jehovah as God and Lord is asked by Him to take His Sabbath also.

Here are statements by another Church of England writer, Dr. Eyton, canon of Westminster:

“There is no word nor hint, in the New Testament, about abstaining from work on Sunday.

“No commandment of God bids us do this or not do that on Sunday; we are absolutely free as far as His law goes.

“The observance of Ash Wednesday or Lent stands on exactly the same footing as the observance of Sunday.


The late Dr. R. W. Dale, Congregationalist, famous in all the churches as one of England’s foremost writers and scholars, said:

“It is quite clear that however rigidly or devoutly we may spend Sunday, we are not keeping the Sabbath.

“The Sabbath was founded on a specific divine command. We can plead no such command for the observance of Sunday.

“There is not a single sentence in the New Testament to suggest that we incur any penalty by violating the supposed sanctity of Sunday.” The Ten Commandments, Hodder and Stoughton (London).

Christ kept the seventh-day Sabbath of the fourth commandment, as He kept all His “Father’s commandments” (John 15:10, last part). He declared Himself “Lord also of the Sabbath” (Mark 2:28). It is the only Lord’s day of Holy Scripture, the only day blessed and made holy by the Lord. In keeping it, Jesus left His followers for all time an example that they should walk “even as He walked” (1 John 2:6). He is “Jesus Christ the same yesterday, and to day, and for ever” (Hebrews 13:8). He never changed the perfect law of God, which is “holy, and just, and good” (Romans 7:12); He magnified the law in His earthly life and death, and ever lives to bring repentant sinners into the obedience of faith. The new-covenant promise declares the joyful word, “I will put My laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to Me a people” (Hebrews 8:10). That is the work of Jesus Christ and His gospel.

But the Papacy, that antichristian power brought to view in Daniel’s prophecy that was to “think to change” (Daniel 7:25) the law of God, has set aside the sign, or mark, of the living God, the Sabbath, and set up its own mark, the Sunday institution. This mystic Babylon of the prophecies has “made all nations drink of the wine” (Revelation 14:8) of its errors and perversions. Even some professedly Protestant peoples are found seeking by civil law to compel the observance of the Sunday, the mark of papal authority. Therefore the Lord sends the last message to all nations, crying the warning:

“If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God” (Revelation 14:9, 10).

The whole question of loyalty and allegiance is bound up in this matter. The Lord sets forth His sign, the holy Sabbath, and the Papacy sets forth its sign, the Sunday institution. Whom shall we follow—the living God, or the Roman Papacy that “sitteth in the temple of God, setting himself forth as God” (2 Thessalonians 2:4, last part)?

The age-long controversy between truth and error is brought to the final crisis in this last generation. The issue is clear. There it stands written in the “sure word of prophecy” (2 Peter 1:19) for all mankind to read. The Reformation is not ended yet. Every movement of reform in past days has been leading up to this last stand for God and His Holy Word, on the platform of the primitive faith of the New Testament—“the commandments of God, and the faith of Jesus” (Revelation 14:12).
The closing work of the judgment-hour in heaven and this advent movement and message on earth are God’s answer to the great apostasy.

The prophet of old, as he saw the workings of apostacy treading down the sanctuary and the truth of God, heard the cry, “How long shall be the vision” (Daniel 8:13)? How long, O Lord, how long? was the cry of hearts through the dark night of papal error. The Lord’s answer was, “Unto two thousand and three hundred days; then shall the sanctuary be cleansed” (verse 14). Interpreted, that answer was, Unto the year 1844, then will the judgment work begin in heaven that is to cut short the reign of sin and apostacy; and then will the Lord lift up on earth the standard of eternal truth against the Papacy in the final gospel message to the world.

Truths obscured by traditions and trampled under the foot of apostacy are to be proclaimed anew. The message of Revelation 14:6–14 is spreading to the world. Sanitariums in many parts are training medical missionary evangelists, ministering at the same time to the sick, and teaching the principles of Bible health and temperance. The movement necessarily emphasizes every principle and every truth of “the everlasting gospel,” while pressing upon all the solemn issue that loyalty to Christ now means to turn from papal tradition to the commandments of God and the faith of Jesus, from the Sunday of the Roman Papacy to “the Sabbath of the Lord thy God.”

In times past Christian believers have been unwittingly following the Papacy in this matter; the Lord holds no man accountable for light that he did not have. Reformation is a progressive work. Of the past we may say with Paul: “The times of this ignorance God winked at; but now commandeth all men every where to repent: Because He hath appointed a day, in the which He will judge the world in righteousness” (Acts 17:30, 31, first part). And now, with this “hour of God’s judgment” already come, the entire covering of papal tradition is to be torn aside, and true believers will be found keeping the faith and keeping the commandments of God as Jesus comes in glory.

All this was shown to John on the Isle of Patmos—the coming of the judgement-hour, the rise of the advent movement, and the heralding of the last message to the nations.

What John saw in vision nearly two thousand years ago, we see fulfilling before our eyes today. It is not enough to see it. We must have a part in it, and be a part of it.


William A. Spicer (1865–1952) was born into a Seventh-day Baptist home, became a Seventh-day Adventist, and was employed as a call boy at Battle Creek Sanitarium and later as secretary to Dr. John Harvey Kellogg, the medical superintendent there. He later served as secretary to Elder S. N. Haskell, then helped establish the Solusi Mission on 12,000 acres of land obtained from Cecil Rhodes. In 1903 he became secretary of the General Conference of Seventh-day Adventists and was President of the General Conference from 1922–1930. He was General Field Secretary of the General Conference from 1930–1940. He authored several books and many magazine articles also, as he was an editor of several Adventist periodicals, including *The Review and Herald*. 

The observance of Sunday by the Protestants is an homage they pay, in spite of themselves, to the authority of the church.
Balaam & Balak
Clues – Numbers 22–24 KJV

Across:

B2 In Balaam's first blessing he beheld God's people from these 23:9
B10 Balak thought that with Balaam's curse “______” (three words) 22:6
C6 What Balaam did to his donkey to get her to return to the path 22:23
D2 Balaam to Balak: God is not a man that he should do this 23:19
D15 Balak brought Balaam from the mountains of the ______ 23:7
D20 Balaam to Balak: ________ can count the dust of Jacob? 23:10
E5 The Moabite and Midianite elders brought these to Balaam 22:7
F1 When Balaam finally saw the angel's sword in this he fell down 22:31
G11 Balaam knew his actions did this to the angel 22:34
H2 In Balaam's second blessing he compared God's people to a ______ lion 23:24
H19 One of the animals Balak offered on each altar 23:14
I14 When Balaam saw the Almighty his eyes were this 24:4
J2 Kenites put their “nest” in this 24:21
J7 Balaam's invitation to Balak's messengers (two words) 22:8
K17 Balaam could not go against the word of God even for lots of this 22:18
L1 In Balaam's third blessing God's people would do this to enemies' bones 24:8
L7 Balaam to Balak: what God has spoken He will make ______ 23:19
M15 Angel to Balaam: you may go BUT speak ______ what I speak 22:35
N2 What Balaam did after his meetings with Balak 24:25
N11 Three times Balak offered two sacrifices on each ______ 23:2, 14, 30
N19 What God put in Balaam's mouth 23:5
P1 Balak offered these in Kirjathhuzoth 22:39, 40
P7 Balak went out to ________ Balaam on the border of Arnon 22:36
P13 The Moabites were this because of the children of Israel 22:3
R2 What the children of Israel did on the plains of Moab 22:1
R16 Balaam: God is not the son of man that He should do this 23:19
S9 Balaam to Balak: “God has not ______ iniquity in Jacob” 23:21

Down:

A3 Balaam to Balak: I saw this of the Almighty 24:3, 4
A6 She reasoned with Balaam 22:28–30
A10 The Moabites compared themselves to grass of the ________ 22:4
A13 In Balaam's third blessing he said Israel would “eat up” these 24:8
A15 Balaam compared Israel to trees of lign ________ 24:6
A18 Balaam to Balak: The ________ of Jacob are goodly 24:5
A21 God told Balaam at night to go ________ (two words) 22:20
B8 The angel stood where there was ________ to turn aside (two words) 22:26
E6 It seemed to Balaam that Israel covered this 22:5
E11 What Balaam did to his ass to accompany Balak's messengers 22:21
F2 After Balaam's third blessing Balak's ________ was kindled 24:10
F17 Balak told Balaam that he had sent for him how? 22:37
F19 Balaam's ass thrust ________ against the wall 22:25
G14 The third place Balak took Balaam was the top of ________ 23:28
H4 What Balaam finally changed his mind about 24:1
Bible Crossword

Answer Key:

"God: Thou shalt not curse the people for they are blessed."

Numbers 22:12
Says the apostle Jude, “Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints” (Jude 1:3). The apostles and their co-laborers in the early Christian church were constantly obliged to meet heresies which were brought in by false teachers in the very bosom of the church. These teachers are represented not as coming openly, but creeping in unawares, with the gliding motion of a serpent. They followed their own pernicious ways, but were not satisfied without drawing away others with them. They had no connected chain of truth, but taught a disjointed medley of ideas, supported by a passage of Scripture here and another there. These disconnected scriptures were woven together into a tissue of falsehood that would strike the fancy, and would deceive those who had not, by searching the Scriptures for themselves, become established in the truth for that time.

Satan worked through these false teachers. Under a profession of regard for the truth, they concealed base purposes, for their hearts were corrupt. Had they come disclaiming faith in Christ, they would have been rejected at once; but professing to believe in Him, they gained the confidence of some, and without shame or conscience perverted the truth to suit their own unsanctified hearts. And when once these deluded souls had departed from the old landmarks of faith, they had let go their anchor, and were tossed about like the waves of the sea. These lying prophets are described in the word of God; their deeds are recorded in the register of Heaven. Their hearts and their deceptive, wicked works were not understood by men; but the Lord saw them; He read their hearts as an open book, and knew that their very thoughts and purposes were corrupt.

False teachers are just as active in our day as they were in the days of the apostles. Satan has many agents, and they are ready to present any and every kind of theory to deceive souls—heresies prepared to suit the varied tastes and capacities of those whom he would ruin. There are cheap fallacies for those who are easily led into error, and who desire something new, odd, or fanciful, which they cannot explain intelligently, or even understand themselves. A mysterious, disconnected set of ideas is more in accord with their minds than the plain truth, which has a “Thus saith the Lord” for its foundation. He has other heresies—intellectual poisons—which he has concocted for another class of minds in this age of skepticism and proud reasoning. These sophistries have a bewitching power over minds, and thousands are deceived by them.

One class have a theory that there is no personal devil, and that Christ had no existence before He came to this earth; and they try to maintain these absurd theories by wrestling scriptures from their true meaning. The utter folly of human wisdom in matters of religious faith is thus made manifest. The heart that is not sanctified, and imbued with the spirit of Christ, is perverse in its interpretation of the inspired word, turning the truth of God into senseless falsehood; and some who have not searched the Scriptures with humble hearts allow these wild speculations to unsettle their faith; they accept them in place of the plainly revealed will of God.

Satan assails another class with arguments that present a greater show of plausibility. Science and nature are exalted. Men consider themselves wiser than the word of God, wiser even than God; and instead of planting their feet on the immovable foundation, and bringing everything to the test of God’s word, they test that word by their own ideas of science and nature, and if it seems not to agree with their scientific ideas, it is discarded as unworthy of credence. Thus the great standard by which to test doctrines and character is set aside for human standards. This is as Satan designed it should be. Some say, “It is no matter what we believe, if we are only honest.” But the law and the testimony remain valid, and we are to seek unto them.
The law of God is the great moral standard by which character is to be judged. It is the expression of His will, and must be obeyed from the heart. Its holy principles must underlie our course of action in all our business relations. Those who belittle their profession of faith by conformity to the world, show that they despise the riches of the grace of Christ. They claim that every thought and feeling is an impression of the Spirit; and when they are reasoned with out of the Scriptures, they declare that they have something more reliable. But while they think that they are led by the Spirit of God, they are in reality following an imagination wrought upon by Satan.

Their character was described and their doom denounced by the ancient prophets. It was ordained of old that those who unsettle faith in the word of God should bear the condemnation of God. Jude says, "I will therefore put you in remembrance, though ye once knew this, how that the Lord, having saved the people out of the land of Egypt, afterward destroyed them that believed not" (Jude 5). This will be the sure fate of all the characters described by Jude, who depart from God, and lead others away from the truth. Although the Lord gave Israel the greatest evidences of His favor, and upon condition of obedience, the rich promise that they should be to Him a peculiar people, a royal nation, yet because of their unbelief and disobedience He could not fulfill the promise. Because of their transgressions, He removed His restraining power over their enemies, the ungodly nations around them, and did not protect them as He had done.

Some profess Christianity year after year, and in some things appear to serve God, and yet they are far from Him. They give loose rein to appetite and passion, and follow their own unsanctified inclinations, loving pleasure and the applause of men more than God or His truth. But God reads the secrets of the heart. Base thoughts lead to base actions. Self-righteousness, pride, and licentiousness are far-reaching, deep, and almost universal. These are the sins for which God destroyed the inhabitants of the old world by a flood of water, and they are corrupting the churches in these last days. They are the hidden rocks upon which are wrecked thousands and tens of thousands who profess godliness. Only those who are closely connected with God will escape the devices of Satan and the prevailing moral corruptions of this age.

The character is revealed by the works, not by occasional good deeds and occasional misdeeds, but by the tendency of the habitual words and acts. Those who would put God out of their knowledge will show a want of principle. Every man will show which master he is serving with the strength of his intellect, his skill, and his ability. The servant of Christ will watch unto prayer; he will be devoted, humble, meek and lowly in heart, seeking to know and do the will of God. Whereas he was once the servant of sin, he has, through the grace of God, become transformed in mind and character. He will love the day of Christ’s appearing; for he will be able to say with Paul, “I have fought a good fight, I have finished my course, I have kept the faith” (2 Timothy 4:7).
The houses in that village all had thatched straw roofs. The weather had been very dry, and a strong wind was blowing. The whole town was rapidly being burned. The flames grew larger and larger as the wind drove the fire straight toward this Christian family’s house!

“Father, what shall we do?” the mother and the children asked. “Let’s run! Otherwise, we will surely die!”

“If we run out of the house, the soldiers will kill us,” the father answered. “I believe God will protect us, for He has promised never to leave us or to forsake us no matter what may come.”

Then Father and Mother and the children all knelt down and began to pray. As they prayed, the fire came closer and closer. Before long, the house next to theirs began to burn. The fire came within two feet of their roof. But they kept on praying.

Suddenly, they heard a strange sound. They stopped praying and looked out the windows to see what it was. They saw that the wind had changed and was blowing right away from their house. It was blowing so strongly that the fire could not touch them. God had heard their prayers. They were saved!

“I know there is a God in heaven and that He hears the prayers of His children,” the father said. “We are never in danger when the Lord is with us.”

Surely, even the winds obey Him (Matthew 8:27).

Storytime, Character-building Stories for Children, 80, 81.
Know Him and Shine

Have you noticed how dark it is getting on this little world of ours? The darker the night, the brighter your little light will shine, telling the world that you know the Saviour, and lighting up the pathway for another to follow.

Consider these elements that we are told knew Jesus.

• “At His birth the star had known Christ, and had guided the wise men to the manger where He lay.
• The heavenly hosts had known Him, and had sung His praise over the plains of Bethlehem.
• The sea had known His voice, and had obeyed His command.
• Disease and death had recognized His authority, and had yielded to Him their prey.
• The sun had known Him, and at the sight of His dying anguish, had hidden its face of light.
• The rocks had known Him, and had shivered into fragments at His cry.
• Inanimate nature had known Christ, and had borne witness to His divinity.
• But the priests and rulers of Israel knew not the Son of God.” *The Desire of Ages*, 770, 771.

Everything created knows Jesus except, tragically, His professed followers. It is our privilege to know Him who died for us and to be a light in this world that is shining brightly and not being hid under a bushel. Give yourself to God right now and stand strong upon His Word and become channels of light.

Join the list above. Let not your mind and heart be enveloped in the darkness of this world, crucifying the Saviour afresh. Let your light so shine that all around the light will be a reflection of the love of Jesus.

“And while Christ opens heaven to man, the life which He imparts opens the heart of man to heaven. Sin not only shuts us away from God, but destroys in the human soul both the desire and the capacity for knowing Him.” *Reflecting Christ*, 106.

Know Him and live in the light of God’s word that all may receive those heavenly rays and shine those rays onto another. AM

Heavenly Father: We need Your light to shine into our hearts right at this moment that we may reflect it to all around that all may know that we stand in heavenly places with You, abiding in Your word. Amen.
Controversy over the Atonement

By John J. Grosboll

After paying the penalty for the sins of man, Jesus interceded with His Father. The sins of the saved will finally be placed on the head of the scape goat and there will be peace forevermore.

All who have donated in the past month will automatically receive this Sermon of the Month free of charge.

Your Letters

“I love the LandMarks so very much, but it doesn’t “stretch” through the whole month for me! I end up reading it twice through, the articles are so good. May God bless each one of you for another month is my prayer.”
—JA, Colorado

“I love our publication LandMarks. I devour it the same day it arrives and re-read it and all my underlining during the month. I always learn something new to me. God bless all in your ministry.”
—VT, New Mexico

“My Letters

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“I love our publication LandMarks. I devour it the same day it arrives and re-read it and all my underlining during the month. I always learn something new to me. God bless all in your ministry.”
—VT, New Mexico

From the Desk of Pastor John J. Grosboll

April 2019

Dear Friend,

A few days ago, I met a man who used to be Roman Catholic but who has become a Protestant and eager to share his faith.

In the area where he lives there are many homeless people. The number of unfortunate people has greatly increased in recent years for a number of reasons. In America in the 1950s and 1960s, mentally incompetent people were provided for in mental hospitals but more recently many of them are now on the street—homeless.

Others find that the cost of rent has increased so much in many cities that even with full-time jobs they cannot afford to rent an apartment. There is also an increase in all kinds of vices—gambling and use of various drugs that can result in persons not being able to sustain themselves financially.

Fractured families with its resulting divorce rate can often result in financial hardship and homelessness. Some people have lost everything as a result of unjust decisions by judges and juries and others have been devastated by the cost of medical procedures.

This gentleman that I met is trying to help people in his area by providing food for homeless people. Maybe there are some people where you live that are in straitened circumstances that you could help. This may be a way that you can become part of the Lord’s army for the finishing of His work in the world.

Inspired: “Christ met with the greatest success among the poor, and with this class every human being, whether learned or unlearned, may find abundance to do. The poor need comfort and sympathy, for there are those who without a helping hand will never recover themselves. In working for these Christ’s disciples will fulfill their commission. This is the highest credential of the gospel ministry. …

“Those who take hold of the work for the love of Christ and the love of souls will work in Christ’s lines.” Welfare Ministry, 171.

Your brother in Christ,
On a visit to Bolivia some time ago, Pr. Domingo Nunez became aware of a group of truth-seekers who had recently become familiar with the three angels’ messages. Upon investigation, he determined that these dedicated Christians were serious about knowing and doing the will of God, so much so that they were willing to make significant personal sacrifices to share the gospel message throughout their home town of Santa Cruz, hoping to eventually reach the entire country.

During a visit last fall, Pr. Nunez confirmed the dedication of this group and committed to providing them assistance as they developed a program to fulfill the gospel commission. The story of the support Steps to Life has provisionally agreed to provide is detailed on the following pages. This support, of course, we could not maintain without the corresponding support we receive from you and other dedicated constituents.

In late February and early March of this year, Pastor Domingo Nunez returned to Bolivia to ordain church officers and assess the progress of the effort there, ensuring that gospel order is being faithfully followed. On this second organizational visit, he has provided further instruction on organization and operational protocols.

Please help us in our efforts to support the effort in Bolivia by marking your Thirteenth Sabbath offerings for this quarter Bolivia.
Pastor Domingo Nunez returned from a visit to Santa Cruz, Bolivia, last fall where he met with José Ugarte and Jorge Claderón, enthusiastic workers who have a burden for training volunteers there to become qualified to participate in the closing work of spreading the three angels’ messages.

These brethren and the group they shepherd only recently became Seventh-day Adventists, but when they were presented with the three angels’ messages, they were impressed by the Holy Spirit that these are indeed God’s final messages to an apostate world. They have received in-depth studies from Pastor Nunez on the foundation and pillars of our faith and are in full agreement with our Bible-based doctrines.

Steps to Life has committed to supporting a pilot program, led by these brethren, to develop leaders capable of defending the message of historic Seventh-day Adventism in Santa Cruz and the surrounding area that will, by God’s grace, eventually spread throughout the country. It is the desire of Brethren Ugarte and Claderón to instill a knowledge of church management in a team of individuals so that they can develop appropriate skills in church leadership and administration according to New Testament gospel order to be able to coordinate a work that will eventually spread throughout Bolivia.

The pilot program, to be evaluated every six months, includes the establishment of an office which will be staffed each weekday morning and serve as a base for coordinating administrative visits Monday through Thursday afternoons. The office will also provide a base for follow-up visits to students scheduled by the local leaders and will also serve as a focal point for students to contact the program leaders with questions about their studies of historic Adventist doctrines and learn how those doctrines are drawn entirely from God’s word.

To get the office up and running, Steps to Life has committed to providing rent for the office space, a computer, copier, scanner, color printer, and internet access with a fax, file cabinets, a desk, chairs and, phone service.

The space the brethren have secured is in a two-story brick structure. The lower floor is being remodeled to serve as their church, with the offices located upstairs.

To assist the leaders in their outreach work, we have also committed to supply funds for a motorcycle to enable the leaders to avoid having to rely on public transportation as they engage in evangelist work and visit students enrolled in Bible studies.

To assist us in our efforts in establishing a thriving church in Santa Cruz, Bolivia, please mark your donations Bolivia.
Infant Dedication: Pr. Nunez conducts an infant dedication at worship services last fall.

Youth Bible studies: José Peralta leads a youth Bible study in the unfinished office space of the group.

Work in progress: The church members are volunteering their labors to prepare a worship center on the lower floor of the rented office building.

Office and church: The building where the new church and office are located.

Special Music: José Luis Ugarte (at the pulpit) participates in special music prior to the main worship service.
Swan

Swans are gracefully long-necked, heavy-bodied, big-footed birds that glide majestically when swimming and fly with slow wingbeats and with necks outstretched. They migrate in diagonal formation or V-formation at great heights, and no other waterfowl moves as fast on the water or in the air.

Swans feed by dabbling (not diving) in shallows for aquatic plants. Swimming or standing, the mute and black swans often tuck one foot over the back. Male swans, called cobs, and females, called pens, look alike. Swans utter a variety of sounds from the windpipe, which in some species is looped within the breastbone (as in cranes); even the mute swan, the least vocal species, often hisses, makes soft snoring sounds, or grunts sharply.

Swans are sociable except in breeding season. They mate for life. Courtship involves mutual bill dipping or head-to-head posturing. The pen incubates, on average, a half-dozen pale unmarked eggs on a heap of vegetation while the cob keeps close guard; in some species he takes his turn at brooding. After repulsing an enemy, swans utter a triumph note, as geese do. The young, called cygnets, emerge short-necked and thickly downed; though capable of running and swimming a few hours after hatching, they are carefully tended for several months; in some species they may ride about on their mother’s back. Immature birds wear mottled gray or brown plumage for two or more years. Swans mature in the third or fourth year and live perhaps 20 years in the wild and 50 years or more in captivity. …

Once threatened with extinction—fewer than 100 birds were counted in the United States in 1935—the trumpeter swan has made a strong comeback in the national parks of the western United States and Canada, but the total population in the mid-1970s was only about 2,000. It is the largest swan—about 5.5 feet long, with a 10-foot wingspan—but it weighs less than the mute swan, which at 50 pounds is the heaviest flying bird.

The Southern Hemisphere has the black swan (Australia) and two pink-legged forms (South America): the black-necked swan (C. melanocoryphus), an especially bad-tempered but beautiful bird, with white body, black neck and head, and prominent red caruncle (fleshy outgrowth) on the bill; and the coscoroba (Coscoroba coscoroba), an all-white bird that is usually considered the smallest swan but may have affinities with the whistling duck. www.britannica.com/animal/swan

As the mother swan will guard her baby swans from predators or any animal that she believes is a threat, our Lord says, “… how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings” (Matthew 23:37).
Q:

Why did God put enmity between the serpent and humanity?

A:

The true deceptive character of Satan had to be fully revealed before evil could be eradicated. The first example of his enmity was between Cain and Abel recorded in Genesis 3:15. “The murder of Abel was the first example of the enmity that God had declared would exist between the serpent and the seed of the woman—between Satan and his subjects and Christ and His followers. Through man’s sin, Satan had gained control of the human race, but Christ would enable them to cast off his yoke. Whenever, through faith in the Lamb of God, a soul renounces the service of sin, Satan’s wrath is kindled. The holy life of Abel testified against Satan’s claim that it is impossible for man to keep God’s law. When Cain, moved by the spirit of the wicked one, saw that he could not control Abel, he was so enraged that he destroyed his life. And wherever there are any who will stand in vindication of the righteousness of the law of God, the same spirit will be manifested against them. It is the spirit that through all the ages has set up the stake and kindled the burning pile for the disciples of Christ. But the cruelties heaped upon the follower of Jesus are instigated by Satan and his hosts because they cannot force him to submit to their control. It is the rage of a vanquished foe. Every martyr of Jesus has died a conqueror. Says the prophet, “They overcame him [“that old serpent, called the devil, and Satan”] by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death’ (Revelation 12:11, 9).” Patriarchs and Prophets, 77.

“Notwithstanding that Cain had by his crimes merited the sentence of death, a merciful Creator still spared his life, and granted him opportunity for repentance. But Cain lived only to harden his heart, to encourage rebellion against the divine authority, and to become the head of a line of bold, abandoned sinners. This one apostate, led on by Satan, became a tempter to others; and his example and influence exerted their demoralizing power, until the earth became so corrupt and filled with violence as to call for its destruction.” Ibid., 78.

“In sparing the life of the first murderer, God presented before the whole universe a lesson bearing upon the great controversy. … Fifteen centuries after the sentence pronounced upon Cain, the universe witnessed the fruition of his influence and example, in the crime and pollution that flooded the earth. It was made manifest that the sentence of death pronounced upon the fallen race for the transgression of God’s law was both just and merciful. The longer men lived in sin, the more abandoned they became. The divine sentence cutting short a career of unbridled iniquity, and freeing the world from the influence of those who had become hardened in rebellion, was a blessing rather than a curse.” Ibid., 78.
Man Assists Nature

There are many times God calls upon us to assist His creatures in healing. Different people from a variety of different backgrounds have learned how to use many simple healing methods in times of emergency.

The following are excerpts from a mercy story that caught my eye:

Bear Cub Severely Burned in Fire

“A black bear cub that was severely burned when a wildfire roared through her habitat is receiving a fishy treatment that officials and veterinarians hope will heal her quickly so she can be released back into the wild.

“The yearling female cub was found alone, lying in ash and unable to walk on her burned paws. … Wildlife officials who were notified of the injured animal tranquilized the cub and transported her three-and-a-half hours to the California Department of Fish and Wildlife’s investigations lab.

“Generally, an animal that has survived a fire and is walking around on its own should be left alone, but that wasn’t the case here. … In addition to her inability to stand or walk, there were active fires burning nearby. Her injuries were severe, so she potentially can’t run as fast [from fire].

“Dr. Jamie Peyton of the University of California, Davis Veterinary Medical Teaching Hospital, arrived at the lab to assess the bear’s burns before deciding on a treatment plan in collaboration with wildlife officials. The young cub has third-degree burns on her paws and feet. …

“Earlier this year, Peyton used an experimental treatment involving sterilized tilapia skins to heal two adult black bears and a mountain lion cub that were injured in the Thomas Fire in Southern California. The fish skins were treated with sterilizing agents and used as bandages, stitched onto the healthy tissue surrounding the burns after the area was cleaned. The process removes any fish smell.
“Tilapia skin has two types of collagen that promote faster healing. It also provides direct, steady pressure to wounds, keeps bacteria out and stays on much better and longer than any type of synthetic bandage. The treatment, which is popular in Brazil, was a success. The bears became well enough to survive on their own and were returned to their natural habitat. The mountain lion cub made a similar recovery but was too young to release back into the wild, so he is now living at a wildlife rescue and care center in Sonoma County, according to the California Department of Fish and Wildlife.

“Peyton is now treating the bear cub with the same method—the third bear to ever receive the experimental treatment. . . . these wild animals wouldn’t survive without our help . . . The experimental treatment also includes the application of antibiotics and pain salve, laser treatments, etc. Before applying the fish skins, Peyton said she noticed how much the little bear was licking her wounded paws and she was worried the cub would try to remove the biological bandages. But once the tilapia skins were sutured on, the bear left her wounds alone, which Peyton said is evident of pain relief.

"Animals lick and bother things that hurt them," she told ABC News. ‘That’s what’s really profound, that you can put this biological bandage and they leave it alone.’

“Dr. Deana Clifford of the California Department of Fish and Wildlife, who is the lead veterinarian in charge of the cub’s care, said they are optimistic that the treatment will be successful. She’s very healthy other than her burned paws, but she’s also very active,’ Clifford said. ‘We’ll need to monitor her closely and adjust treatment as necessary, but we’re optimistic that she’ll make a full recovery in due time.”


We can be just as prepared for little emergencies around us by using charcoal poultices and other ways as the need requires. I hope that you will be prepared when the Lord calls upon you for help.

I praise God for organizations like the above that reach out to preserve the lives of animals.

We have been told that, “As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. All those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth.” Counsels on Health, 506.

It would be wise if we became aware of simple methods in our own sphere so that we may reach out and help others in times of need.

God works in such amazing ways. 

< HOME >
Have you given much thought whether you would stick to the truth, obey and follow the truth, even if it resulted in a decrease in your income or cost you in some other way? When that is the consequence of following truth, then the whole observing universe can find out whether or not you really love the truth.
During the three years the apostle Paul ministered in Ephesus, a large church was developed. From that city the gospel spread to seven other cities in Asia. The apostle at that time thought it was time to make another missionary journey to visit the churches in Macedonia and Achaia, the area we call Greece today. His hope also was to preach the gospel in Rome. The church at Ephesus still demanded his presence; so he decided to remain there for a time. However, an event soon happened that hastened his departure. It was customary in Ephesus to devote the entire month of May to the worship of the great heathen goddess Diana. Universal honor had been given to this deity. The magnificence of her temple and her worship attracted an immense number of people from all over.

Festivities were conducted with great pomp and splendor and the heathen gods were represented by persons chosen for this purpose. These people were then regarded as objects for worship and were honored byprocessions and various religious rituals. There were musical contests and feats of athletes. Fierce combats were held of men and beasts for entertainment. Paul says, “If, in the manner of men, I have fought with beasts at Ephesus, what advantage is it to me? If the dead do not rise, ‘Let us eat and drink, for tomorrow we die’” (1 Corinthians 15:32)! Admiring crowds came to take part in the festivities which were held in the vast theaters. Certain men were chosen to conduct the grand celebrations. These were very wealthy men of the highest distinction in Asia and they were expected to defray the entire expense of the occasion. It was time when the whole city of Ephesus became a place of brilliant display and wild revelry. Imposing processions swept to the grand temple and the people gave themselves up to feasting and drunkenness and the vile practices that have always accompanied the worship of pagan idols.

This was a time of great trial to the people who had newly become Christians; they did not engage in the heathen festivities. They took seriously the first commandment that says, “You shall have no other gods before Me” (Exodus 20:3) and the second commandment that forbids the use of idols or images in worship (verses 4–6). So, the company of believers were an inharmonious note in all of the festivities that were going on and became the target of ridicule, reproach, and the victims of insult. Fully in accord with Scriptural instruction, Paul had taught against the use of any kinds of idols.

In 1 John, the 5th chapter, the apostle John says, “Little children, keep yourselves from idols” (verse 21). In other words, don’t have anything to do with idols. This message caused a perceptible falling off in attendance at the national festival and a decrease in the enthusiasm of the worshipers. The influence of Paul’s teachings had extended far beyond the actual number of people who had become Christians. There were many who had not openly accepted Christian doctrines but who were so far enlightened as to lose all confidence in the heathen gods.

Paul’s presence in the city called special attention to this fact, resulting in loud and bitter curses being uttered against him. There was yet another cause of dissatisfaction. It had been long customary among heathen nations to manufacture small images, or shrines, to represent their favorite objects of worship. Portable statues had been modeled after the image of Diana and they were widely circulated in the countries along the shores of the Mediterranean. There were also models of the temple enshrining an idol inside. These were all regarded as objects of worship and carried at the head of the processions, on journeys, and on military
expeditions. Those people who were involved in this kind of industry found their profits diminishing and united in attributing the unwelcome change to Paul’s labors.

Acts 19:23–28 says, “About that time there arose a great commotion about the Way [that is, about the way of Christianity]. For a certain man named Demetrius, a silversmith, who made silver shrines of Diana, brought no small profit to the craftsmen. He called them together with the workers of similar occupation, and said: ‘Men, you know that we have our prosperity by this trade. Moreover you see and hear that not only at Ephesus, but throughout almost all Asia, this Paul has persuaded and turned away many people, saying that they are not gods which are made with hands. So not only is this trade of ours in danger of falling into disrepute, but also the temple of the great goddess Diana may be despised and her magnificence destroyed, whom all Asia and the world worship.’ Now when they heard this, they were full of wrath and cried out, saying, ‘Great is Diana of the Ephesians!’”

The report of this speech was rapidly circulated and the uproar was terrible and the whole city seemed to be in commotion. An immense crowd gathered and a rush was made to the workshop of Aquilla to find Paul. The mob was so insanely angry that they were ready to tear him to pieces. Paul’s life would not have been spared unless the Lord had worked a direct miracle to deliver him from their hands. By the time the mob arrived, some of the Christians had already hurried Paul out of that place. The Bible says that, “The angel of the Lord encamps all around those who fear Him” (Psalm 34:7), and angels guarded the faithful apostle away from the trouble. It was not yet his time to die a martyr’s death, as the Lord had more work for Paul.

When they failed to find Paul, the angry crowd seized two of his acquaintances. “The whole city was filled with confusion, and rushed into the theater with one accord, having seized Gaius and Aristarchus, Macedonians, Paul’s travel companions” (Acts 19:29). Paul’s place of concealment was not a long way away. He soon learned of his brothers’ peril and forgetful of his own safety, he wanted to go at once to the theater and give an answer. However, the other Christians realized that Paul was the focal point of their rage and if he should appear, it would arouse the worst passions of the mob. Then there would not be the least human possibility of saving his life. Verse 30 says, “When Paul wanted to go in to the people, the disciples would not allow him.”

Paul’s desire was to defend the truth, but several of the most honorable and influential among the magistrates of the city sent him an earnest warning not to come into a situation that was so dangerous. This was proof of the regard in which Paul was held by the leading men of Asia, and it was no small tribute to his sterling integrity. Notice verse 31: “Then some of the officials of Asia, who were his friends, sent to him pleading that he would not venture into the theater.”

The tumult in this theater was continually increasing. It says, “Some therefore cried one thing and some another, for the assembly was confused, and most of them did not know why they had come together” (verse 32).

Because Paul and his companions were of Hebrew extraction, the Jews did not want the situation blamed on them; so they tried to make it known that they didn’t have any part of the Christians. The Bible says, “They drew Alexander out of the multitude, the Jews putting him forward. And Alexander motioned with his hand, and wanted to make his defense to the people. But when they found out that he was a Jew, all with one voice cried out for about two hours, ‘Great is Diana of the Ephesians!’” (verses 33, 34)! There wasn’t anything that could be done; they weren’t in any mood to make nice distinctions. They saw that he was a

“Waste no more time in worldly pursuit, but say to the Lord, "Lord, I'm willing to forsake everything and follow You and obey the truth."
Jew, they thrust him aside, and they yelled for two hours.

At last, as a result of sheer exhaustion, there came a momentary silence and the recorder of the city, by virtue of his office, used this opportunity to arrest their attention and to obtain a hearing. This man, by his prudence and good judgment, soon succeeded in quieting the excitement. It says, ‘And when the city clerk had quieted the crowd, he said: ‘Men of Ephesus, what man is there that does not know that the city of the Ephesians is temple guardian of the great goddess Diana, and of the image which fell down from Zeus? Therefore, since these things cannot be denied, you ought to be quiet and do nothing rashly. For you have brought these men here who are neither robbers of temples nor blasphemers of your goddess. Therefore, if Demetrius and his fellow craftsmen have a case against anyone, the courts are open and there are proconsuls. Let them bring charges against one another. But if you have any other inquiry to make, it shall be determined in the lawful assembly. For we are in danger of being called in question for today’s uproar, there being no reason which we may give to account for this disorderly gathering.’ And when he had said these things, he dismissed the assembly” (verses 35–41).

The clerk showed that there was no cause for what the mob was doing and appealed to their reason to decide whether the strangers who had come among them could change the opinions of the world regarding their ruling goddess. He skillfully turned the subject from blasphemy against their goddess to suggesting that the courts were the place for any other differences to be settled. He closed with a warning that such an uproar without an apparent cause might subject the city of Ephesians to the censure of the Romans, thus causing a restriction of the liberty which they then enjoyed. He intimated that there must not be a repetition of a scene like this. So, having by this speech tranquilized the disturbed elements, he dismissed the assembly.

Now when we read the story, the words of Demetrius reveal the real cause of the tumult at Ephesus and the cause of much of the persecution that existed in the apostle’s day, and which still exists today.

The reason had to do with the fact that the apostles were telling the truth. Demetrius said, “Not only is this trade of ours in danger of falling into dispute, but also the temple of the great goddess Diana may be despised and her magnificence destroyed, whom all Asia and the world worship” (verse 27). So, what was the problem? The problem was they were in a very profitable business of image making, and this business was endangered by the large number of people who were accepting the gospel. The income, not only of the artisans, but of pagan priests, was at stake. For this reason they instituted the most bitter opposition to the apostle and refused to receive or investigate the new religion which would have made them wise unto salvation.

Because of this uproar, Paul decided to leave (Acts 20:1). In the apostle’s day there were many people who had heard about the gospel but refused to receive it because it would have caused a decrease in their income. They would not have been able to have the large income from the practice of sin that they presently enjoyed; it would decrease. Income was more important to these people than...
following the truth so, they rejected the truth. That has continually happened right down through the ages.

In 2 Peter, the 2nd chapter, the apostle talks about this problem occurring not just in the past, but how it would occur in the future. He says, “These, like natural brute beasts made to be caught and destroyed, speak evil of the things they do not understand, and will utterly perish in their own corruption, and will receive the wages of unrighteousness, as those who count it pleasure to carouse in the daytime. They are spots and blemishes, carousing in their own deceptions while they feast with you, having eyes full of adultery and that cannot cease from sin, enticing [beguiling] unstable souls. They have a heart trained in covetous practices, and are accursed children. They have forsaken the right way and gone astray, following the way of Balaam the son of Beor, who loved the wages of unrighteousness; but he was rebuked for his iniquity: a dumb donkey speaking with a man’s voice restrained the madness of the prophet” (verses 12–16).

“These are wells without water, clouds carried by a tempest, for whom is reserved the blackness of darkness forever” (verse 17). Whom is he talking about? O, he’s talking about people who love the wages of unrighteousness. They believe that the devil pays very well. They are living in sin and participating with others in sin and getting paid very well for it. There are still practices of sin today by which people earn high pay; they love the wages of unrighteousness. O, friend, how much money does it take to dissuade you from following the truth? For some people it’s not very much. They love and receive the wages of unrighteousness, but they will also receive the end result of unrighteousness. Jesus said, “What shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul” (Mark 8:36, 37 KJV)? O, friend, do you love the truth? You cannot be saved if you do not love the truth.

The antichrist will deceive the world. The Bible says, “The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved. And for this reason God will send them strong delusion, that they should believe the lie, that they all may be condemned who did not believe the truth but had pleasure in unrighteousness” (2 Thessalonians 2:9–12).

How is it with you, today, friend? Do you love the truth enough to stick to it, obey it, and follow its principles, even if it results in a decrease in your income? There are people today whose incomes will be severely cut if they choose to follow the truth, because they are obtaining their income from the pleasures and ways of sin. Balaam sought riches from a dishonorable source as did Judas. Their love of worldly riches cost them their souls.

Choose the course of righteousness regardless of the cost. Waste no more time in worldly pursuits, but say to the Lord, “Lord, I’m willing to forsake everything and follow You and obey the truth.”

Jesus said that the truth, obeyed, would sanctify His followers (see John 17); the apostle Peter (1 Peter 1:22). What is your experience today, friend? Do you love the truth? Are you willing to follow the truth even if it results in financial cost?

(Unless appearing in quoted references or otherwise identified, Bible texts are from the New King James Version.)

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Too Little to Come In

Dark fell the night and stormy,
Sharp was the sleet and cold,
And the timid sheep came flocking
Into the sheltering fold.

Outside the wolves were howling,
Outside the storm beat sore;
But all was warmth and comfort
Within the sheepfold’s door.

The door was shut and bolted
Against the raging night,
But the smile of the Master Shepherd
Made all the sheepfold bright.

“Where are My lambs?” He questioned—
“The lambs who need Me so?”
Then the hireling slowly answered,
“They are out in the sleet and snow,
Where the ravening wolves are howling
In the midnight, wild and cold;
For the lambs are all too little
To enter the sheltering fold.”

Then out in the cold and the tempest
Straightway the Master went,
And through the sleet and darkness
His loving call He sent.

And when, all drenched and bleeding,
He reached again that door,
Safe in His tender bosom
The weakest lamb He bore.

Long He stood at the portal,
Watching the wee ones come,
Till every lamb was sheltered
Safe in the sheepfold home.

“Go, feed My lambs,” said the Master;
“Forbid them not to come.”
And the hireling undershepherd
Was stricken, shamed, and dumb.
A Time of Spiritual Crisis

Key Text
“Wherefore, my dearly beloved, flee from idolatry” (1 Corinthians 10:14).


Introduction
“There was ever a remnant who were true to Jehovah; and from time to time the Lord raised up faithful and valiant men to put down idolatry and to deliver the Israelites from their enemies.” Patriarchs and Prophets, 545.

Sunday

GUilty BEFORE GOD


Note: “The Lord had faithfully fulfilled, on His part, the promises made to Israel; Joshua had broken the power of the Canaanites, and had distributed the land to the tribes. It only remained for them, trusting in the assurance of divine aid, to complete the work of dispossessing the inhabitants of the land. But this they failed to do. By entering into league with the Canaanites they directly transgressed the command of God, and thus failed to fulfill the condition on which He had promised to place them in possession of Canaan.” Patriarchs and Prophets, 543.

b. What shows that this was a very serious matter? Exodus 23:24, 25.

Note: “The Lord had faithfully fulfilled, on His part, the promises made to Israel; Joshua had broken the power of the Canaanites, and had distributed the land to the tribes. It only remained for them, trusting in the assurance of divine aid, to complete the work of dispossessing the inhabitants of the land. But this they failed to do. By entering into league with the Canaanites they directly transgressed the command of God, and thus failed to fulfill the condition on which He had promised to place them in possession of Canaan.” Patriarchs and Prophets, 543.

Monday

THE HIGH COST OF NEGLIGENCE

a. By failing to do their duty before God, what happened to Israel, and how was this a fulfilment of prophecy? Psalm 106:35–40; Numbers 33:55.

Note: “Until the generation that had received instruction from Joshua became extinct, idolatry made little headway; but the parents had prepared the way for the apostasy of their children. The disregard of the Lord’s restrictions on the part of those who came in possession of Canaan sowed seed of evil that continued to bring forth bitter fruit for many generations. The simple habits of the Hebrews had secured them physical health; but association with the heathen led to the indulgence of appetite and passion, which gradually lessened physical strength and enfeebled the mental and moral powers. By their sins the Israelites were separated from God; His strength was removed from them, and they could no longer prevail against their enemies. Thus they were brought into subjection to the very nations that through God they might have subdued.” Patriarchs and Prophets, 544, 545.

b. What step was the Lord finally compelled to take, and why should we take this matter seriously in our day? Judges 2:12; Psalm 78:58, 60, 61.

Note: “The most grievous sin of idolatry exists in the church. Anything that interposes between the Christian and the whole hearted service to God, takes the form of an idol, and the most grievous sin of idolatry is idolatry itself.” The Paulson Collection, 343.
“Like ancient Israel the church has dishonored her God by departing from the light, neglecting her duties, and abusing her high and exalted privilege of being peculiar and holy in character. Her members have violated their covenant to live for God and Him only. They have joined with the selfish and world-loving.” Testimonies, vol. 2, 441, 442.

“God classes as idolaters those who trust in their own wisdom, their own devising, depending for success on their riches and power, striving to strengthen themselves by alliance with men whom the world calls great, but who fail to discern the binding claims of His law.” The Review and Herald, March 15, 1906.

Tuesday

FLEEING IDOLATRY

a. What appeals are made in the Christian era regarding idolatry? 1 Corinthians 10:14; Galatians 5:19–21. Describe the startling vision shown to Lord’s messenger about the perils of this evil.

Note: “A large company of heathen idolaters bore a black banner, upon which were figures of the sun, moon, and stars. This company seemed to be very fierce and angry. I was then shown another company bearing a pure white banner, upon which was written, ‘Purity and holiness unto the Lord.’ Their countenances were marked with firmness and heavenly resignation. I saw the heathen idolaters approach them, and there was a great slaughter. The Christians melted away before them; and yet the Christian company pressed the more closely together, and held the banner more firmly. As many fell, others rallied around the banner and filled their places.

“I saw the company of idolaters consulting together. Failing to make the Christians yield, they agreed to another plan. I saw them lower their banner and then approach that firm Christian company and make propositions to them. At first their propositions were utterly refused. Then I saw the Christian company consulting together. Some said that they would lower the banner, accept the propositions, and save their lives, and at last they could gain strength to raise their banner among the heathen. A few, however, would not yield to this plan, but firmly chose to die holding their banner rather than to lower it. Then I saw many lower the banner and unite with the heathen; but the firm and steadfast would again seize it and bear it on high. I saw that persons were continually leaving the company of those who bore the pure banner, and were uniting with the idolaters under the black banner, to persecute those bearing the white banner. Many were slain, yet the white banner was held high, and believers were raised up to rally around it.” Early Writings, 211, 212.

b. Name another common form of idolatry to be shunned. Colossians 3:5, 6.

Note: “All covetousness is condemned as idolatry. All selfish indulgence is an offense in God’s sight.” Christ’s Object Lessons, 261.

Wednesday

A DELIVERER NEEDED

**Note:** “The wild, fierce inhabitants of the desert, ‘as locusts for multitude’ (Judges 6:5, R.V.), came swarming into the land, with their flocks and herds. Like a devouring plague they spread over the country, from the river Jordan to the Philistine plain. They came as soon as the harvests began to ripen, and remained until the last fruits of the earth had been gathered. They stripped the fields of their increase and robbed and maltreated the inhabitants and then returned to the deserts. Thus the Israelites dwelling in the open country were forced to abandon their homes, and to congregate in walled towns, to seek refuge in fortresses, or even to find shelter in caves and rocky fastnesses among the mountains.” *Patriarchs and Prophets*, 546.


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**Note:** “As the people in their distress gave heed to the Lord’s reproof, and confessed their sins, God again raised up a helper for them.” *Patriarchs and Prophets*, 546.


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**Note:** “As Gideon labored in secrecy and silence, he sadly pondered upon the condition of Israel and considered how the oppressor’s yoke might be broken from off his people.” *Patriarchs and Prophets*, 546.

“He whose mind is opened to the word of God will prayerfully consider every way of his feet, so that he may honor God and keep the way of the Lord.” *That I May Know Him*, 251.

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**Friday**

**PERSONAL REVIEW QUESTIONS**

1. Why is it important to separate from known sources of temptation?
2. What specific sins caused the oppression from the Midianites?
3. Which is more dangerous—persecution from evil or compromise with evil?
4. At the crisis hour, what reveals the amazing mercy of our God?
5. What steps do I need to take in order to make a real reformation in my life?
Reviving a Remnant

Key Text
“Thou therefore endure hardness, as a good soldier of Jesus Christ. No man that warreth entangleth himself with the affairs of this life: that he may please him who hath chosen him to be a soldier” (2 Timothy 2:3, 4).

Study Help: Patriarchs and Prophets, 547–549.

Introduction
“Follow step after step in the path of duty. Steep places may have to be climbed, but go forward in the path of humility, of faith and self-denial, leaving the clouds of doubt behind you.”
Selected Messages, Book 2, 272.

Sunday
THE SPIRIT OF GOD AT WORK

a. After Gideon had disposed of his father’s altar to Baal by night, how did the men of the city react the next morning? Judges 6:28–30.


Note: “Gideon had told his father, Joash, of the Angel’s visit, and the promise that Israel should be delivered. He also related to him the divine command to destroy the altar of Baal. The Spirit of God moved upon the heart of Joash. He saw that the gods whom he had worshiped had no power even to save themselves from utter destruction and hence they could not protect their worshipers. When the idolatrous multitude clamored for the death of Gideon, Joash fearlessly stood in his defense, and endeavored to show the people how powerless and unworthy of trust or adoration were their gods. [Judges 6:31 quoted.]

Monday
GOD’S AMAZING PROVIDENCE


Note: “Gideon deeply felt his own insufficiency for the great work before him. He dared not place himself at the head of the army without positive evidence that God had called him to this work, and that He would be with him. …

“Unbelief suggested that wool naturally absorbs moisture when there is any in the air, and that the test was not decisive. Hence, he [Gideon] asked a renewal of the sign, humbly pleading that unbelief might not move the Lord to anger. His request was granted. …

“Before honor is humility. The Lord can use most effectually those who are most sensible of their own unworthiness and inefficiency. He will teach them to exercise the courage of faith. He will make them strong by uniting their weakness to His might, wise by connecting their ignorance with His wisdom.

“God will accept the services of all who will work in obedience to His will, who will not for any consideration bring a
stain upon the conscience, who will not permit any influence to lead them from the path of duty. …

“The teachable and trusting ones, having a right purpose and a pure heart, need not wait for great occasions or for extraordinary abilities before they employ their powers. They should not stand irresolute, questioning, and fearing what the world will say or think of them. We are not to weary ourselves with anxious care, but to go on, quietly performing with faithfulness the work which God assigns us, and leaving the result wholly with Him.” The Signs of the Times, June 23, 1881.

Tuesday

GOD KNOWS THE HEART

a. What law had been established in ancient Israel, revealing God’s compassion for families during times of war? Deuteronomy 20:5–8.

Note: “It had been made a law in Israel that before they went to battle, the following proclamation should be sounded throughout the army: [Deuteronomy 20:5–8 quoted]. What a striking illustration is this of the tender, pitying love of Christ! He who instituted the relations of life and the ties of kindred, made special provision that these be not too widely broken. He would have none go forth to battle unwillingly. This proclamation also sets forth in a forcible manner the influence which may be exerted by one man who is deficient in faith and courage, and further shows the effect of our thoughts and feelings upon our own course of action.” The Signs of the Times, June 30, 1881.

b. Now that Gideon had been assured of God’s direction in his venture, how did the Lord again amaze him? Why? Judges 7:1, 2. What effect does pride have upon us today?

Note: “Because his numbers were so few compared with those of the enemy, Gideon had refrained from making the usual proclamation [of Deuteronomy 20:5–8]. He was filled with astonishment at the declaration that his army was too large. But the Lord saw the pride and unbelief existing in the hearts of His people. Aroused by the stirring appeals of Gideon, they had readily enlisted; but many were filled with fear when they saw the multitudes of the Midianites. Yet, had Israel triumphed, those very ones would have taken the glory to themselves instead of ascribing the victory to God.

“Gideon obeyed the Lord’s direction, and with a heavy heart he saw twenty-two thousand, or more than two thirds of his entire force, depart for their homes.” Patriarchs and Prophets, 549.

“Pride of heart is a fearful trait of character. ‘Pride goeth before destruction’ (Proverbs 16:18, first part). This is true in the family, the church, and the nation.” The Faith I Live By, 68.

Wednesday

A TEST OF CHARACTER

a. After Gideon’s army was reduced to a mere 10,000, what did God tell him to do before going to battle? Why? Judges 7:4, 5.

Note: “The people were led down to the waterside, expecting to make an immediate advance upon the enemy. A few hastily took a little water in the hand and sucked it up as they went on; but nearly all bowed upon their knees, and leisurely drank from the surface of the stream. Those who took of the water in their hands were but three hundred out of ten thousand; yet these were selected; all the rest were permitted to return to their homes.

“By the simplest means character is often tested. Those who in time of peril were intent upon supplying their own wants were not the men to be trusted in an emergency. The Lord has no place in His work for the indolent and self-indulgent. The men of His choice were the few who would not permit their own wants to delay them in the discharge of duty.” Patriarchs and Prophets, 549.

b. How does the actual principle God was teaching likewise apply to us in His church today? Philippians 2:4; 3:13, 14.
Note: “Success does not depend upon strength or numbers. God can deliver by few as well as by many. A large church is not necessarily a strong church. Some of its members may be cherishing selfishness, pride, or unbelief; some may be dishonest, others corrupt in heart and life. All these are a source of weakness to the church. They bring the frown of God upon His people, and the great adversary will work through them to advance his own cause.

“Anciently, those whose worldly interests would draw their hearts from the work of God, were bidden to return to their homes. It were better for the cause of truth today, if those whose attention is absorbed with their own private interests, would separate from the work of God, and give themselves to the things in which their hearts delight. Then they would not, by their wrong example, exert so dangerous an influence upon others.

“God is honored, not so much by the great number, as by the character of those who serve Him.” The Signs of the Times, June 30, 1881.

Thursday

SOLDIERS OF THE PRINCE OF PEACE

a. What is God’s plan for all enlisted in His spiritual army? 2 Timothy 2:3–5.

Friday

PERSONAL REVIEW QUESTIONS

1 How can I appeal to someone in apostasy as Gideon did to Joash?
2 Why was Gideon the one assigned to the task of delivering God’s people?
3 Why did God want the 32,000 to be reduced to 10,000?
4 Explain how the test about how the men drank water can be applied today.
5 What does it mean to be a spiritual soldier for a kingdom not of this world?
Active Trust

Key Text
“And Gideon said unto them [the men of Israel], I will not rule over you, neither shall my son rule over you: the LORD shall rule over you” (Judges 8:23).


Introduction
“When sorely tried, do not place your trust in the arm of flesh, but in the living God. Have faith in the One who is by your side ready to tell you what steps to take in times of perplexity and trial. He has everything marked out.” Sermons and Talks, vol. 2, 178.

Monday
CHOOSING THE NARROW PATH

a. What danger comes to Christian organizations from their contact with the world? Matthew 7:13,14; Exodus 23:12; Romans 12:2; James 4:4.

Note: “Some will urge that if religious teaching is to be made prominent our schools will become unpopular; that those who are not of our faith will not patronize them. Very well; then let them go to other schools, where they will find a system of education that suits their taste. It is Satan’s purpose by these considerations to prevent the attainment of the object for which our schools were established. Hindered by his devices, the managers reason after the manner of the world and copy its plans and imitate its customs. Many have so far shown their lack of wisdom from above as to join with the enemies of God and the truth in providing worldly entertainments for the students. In doing this they bring upon themselves the frown of God, for they mislead the youth and do a work for Satan. This work, with all its results, they must meet at the bar of God.

“Those who pursue such a course show that they cannot be trusted. … When the Lord requires us to be distinct and peculiar, how can we crave popularity or seek to imitate the customs and practices of the world? …

“To lower the standard in order to secure popularity and an increase of numbers, and then to make this increase a cause of rejoicing, shows great blindness. If numbers were an evidence of success, Satan might claim the preeminence; for in this world his followers are largely in the majority. It is the degree of moral power pervading a school that is a test of its prosperity. It is the virtue, intelligence, and piety of the people composing our schools, not their numbers, that should be a source of joy and thankfulness.” Testimonies, vol. 6, 142, 143.

“Many who occupy responsible positions in the church of God, are sacrificing their integrity to secure the favor of the ungodly. A strong current is sweeping downward, and they decide that it is easier to float with the tide than to row against it. Like the children of Israel, they sacrifice the blessings of God by their indolence and spiritual sloth. Many set up idols in their hearts—

“Act promptly. God would have you minute men, as were the men who composed Gideon’s army.” The Review and Herald, July 1, 1884.

Sunday
SERIOUS MINUTEMEN

a. Out of 10,000 who drank water before battle, how many took their mission seriously, and what result did God promise them? Judges 7:6–9.
idols of selfishness, idols of pride, and love of display. Eternal things lose their value. Withdraw the influences which God has provided to preserve and strengthen our spirituality, and it decays and dies. We must be continually seeking to draw near to God, and to learn His will.” The Signs of the Times, June 30, 1881.

**Tuesday**

**VICTORY AND TACT**

a. In God’s work today, what should we learn from the unusual strategy given to Gideon’s army? Judges 7:12–22.

**Note:** “It is a dangerous thing for men to resist the Spirit of truth and grace and righteousness, because its manifestations are not according to their ideas, and have not come in the line of their methodical plans. The Lord works in His own way, and according to His own devising. Let men pray that they may be divested of self, and may be in harmony with heaven. … In the instruction that the Lord gave Gideon when he was about to fight with the Midianites—that he should go out against his foes with an army of three hundred blowing trumpets, and carrying empty pitchers in their hands, and shouting, ‘The sword of the Lord, and of Gideon’ (Judges 7:18, 20, last part)—these precise, methodical, formal men would see nothing but inconsistency and confusion. They would start back with determined protest and resistance. They would have held long controversies to show the inconsistency and the dangers that would accompany the carrying on of the warfare in such an extreme way, and in their finite judgment they would pronounce all such movements as utterly ridiculous and unreasonable.” “Ellen G. White Comments,” The Seventh-day Adventist Bible Commentary, vol. 2, 1004.


**Note:** “They [the men of Ephraim] were jealous and angry, as though Gideon had been led by his own will and judgment. They did not discern God’s hand in the triumph of Israel, they did not appreciate His power and mercy in their deliverance; and this very fact showed them unworthy to be chosen as His special instruments. … “The spirit of jealousy might easily have been fanned into a quarrel that would have caused strife and bloodshed; but Gideon’s modest answer soothed the anger of the men of Ephraim, and they returned in peace to their homes. Firm and uncompromising where principle was concerned, and in war a ‘mighty man of valor’ (Judges 6:12, last part), Gideon displayed also a spirit of courtesy that is rarely witnessed.” Patriarchs and Prophets, 554, 555.
Wednesday

STANDING, THEN FALLING

a. How was Gideon's attitude exemplary in refusing to violate the principles of God's theocracy? Judges 8:22, 23.

b. Despite his unassuming modesty, what mistake did Gideon then make, and what warning should we heed from this? Judges 8:24–27.

Note: “The season of inactivity that succeeds a great struggle is often fraught with greater danger than is the period of conflict. To this danger Gideon was now exposed. A spirit of unrest was upon him. Hitherto he had been content to fulfill the directions given him from God; but now, instead of waiting for divine guidance, he began to plan for himself. When the armies of the Lord have gained a signal victory, Satan will redouble his efforts to overthrow the work of God. Thus thoughts and plans were suggested to the mind of Gideon, by which the people of Israel were led astray.

“Because he had been commanded to offer sacrifice upon the rock where the Angel appeared to him, Gideon concluded that he had been appointed to officiate as a priest. Without waiting for the divine sanction, he determined to provide a suitable place, and to institute a system of worship similar to that carried on at the tabernacle. With the strong popular feeling in his favor he found no difficulty in carrying out his plan. At his request all the earrings of gold taken from the Midianites were given him as his share of the spoil. The people also collected many other costly materials, together with the richly adorned garments of the princes of Midian. From the material thus furnished, Gideon constructed an ephod and a breastplate, in imitation of those worn by the high priest. His course proved a snare to himself and his family, and to the people. The people were led away from God by the very man who had once overthrown their idolatry.

“There are few who realize how far-reaching is the influence of their words and acts. How often the errors of parents produce the most disastrous effects upon their children and children's children, long after the actors themselves have been laid in the grave.” Patriarchs and Prophets, 555, 556.

Thursday

TRUST NOT IN THE ARM OF FLESH


Note: “He [Gideon] thought himself the least in his father's house. Human wisdom would not have selected him; but God saw in Gideon a man of integrity and moral courage. He was distrustful of self, and willing to listen to the teachings of God, and carry out His purposes. The Lord is not dependent upon men of high position, of great intellect, or extensive knowledge. Such men are frequently proud and self-sufficient. They feel themselves competent to devise and execute plans without counsel from God. They separate themselves from the true Vine, and hence become dry and fruitless, as withered branches.

“The Lord would put to shame the vaunting of men. He will give success to the feeblest efforts, the most unpromising methods, when divinely appointed, and entered upon with humility and trust. God will not test our faith beyond endurance. He will give us sufficient evidence, that we may, in our weakness, lean upon the arm of His strength, and trust wholly in His power. Talents, education, and influence, may, under the sanctifying power of the Holy Spirit, be employed in the service of God; but Satan is more often served by them, than is Jesus Christ.” The Signs of the Times, June 30, 1881.

“Those who stand in the highest positions may lead astray. The wisest err; the strongest may falter and stumble. There is need that light from above should be constantly shed upon our pathway. Our only safety lies in trusting our way implicitly to Him who has said, ‘Follow Me.’” Patriarchs and Prophets, 556.

Friday

PERSONAL REVIEW QUESTIONS

1 Describe our duties as “minutemen” for God today.
2 What mistake is often made in denominational institutions for the public?
3 Why did God choose such a simple strategy to defeat the Midianites?
4 Even for those who seem humble, what mistake of Gideon can be a snare?
5 Why are we warned against trusting in the arm of flesh?
Planning Victorious Families

Key Text
“How shall we order the child, and how shall we do unto him?” (Judges 13:12).


Introduction
“In cultivating that which is best in themselves, parents are exerting an influence to mold society and to uplift future generations. …
“Even before the birth of the child, the preparation should begin that will enable it to fight successfully the battle against evil.” The Ministry of Healing, 371.

Sunday
GUIDANCE FOR BOTH PARENTS

a. What was the instruction given by the angel of the Lord to Manoah’s wife, and how did she and her husband both reveal their zeal to honor the Lord? Judges 13:2–12.

Note: “Let every mother go often to her Saviour with the prayer, ‘Teach us, how shall we order the child, and what shall we do unto him?’ Let her heed the instruction which God has given in His word, and wisdom will be given her as she shall have need.” Patriarchs and Prophets, 573.

Upon fathers as well as mothers rests a responsibility for the child’s earlier as well as its later training, and for both parents the demand for careful and thorough preparation is most urgent. Before taking upon themselves the possibilities of fatherhood and motherhood, men and women should become acquainted with the laws of physical development—with physiology and hygiene, with the bearing of prenatal influences, with the laws of heredity, sanitation, dress, exercise, and the treatment of disease; they should also understand the laws of mental development and moral training.” Education, 276.

Monday
A SOLEMN RESPONSIBILITY


Note: “The well-being of the child will be affected by the habits of the mother. Her appetites and passions are to be controlled by principle. There is something for her to shun, something for her to work against, if she fulfills God’s purpose for her in giving her a child. If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child. Thus many children have received as a birthright almost unconquerable tendencies to evil.
“But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish, she may give her child these same precious traits of character.” The Ministry of Healing, 372, 373.

“It was not enough that Samson, the child who was to deliver Israel, should have a good legacy at his birth. This was to be followed by careful training. From infancy he was to be trained to habits of strict temperance.” Ibid., 379.

b. Why is the privilege of parenthood a very solemn matter? Psalm 127:3.

Note: “The father should bear in mind that the treatment of his wife before the birth of his offspring will materially affect the disposition of the mother during that period, and will have very much to do with the character developed by the child after its birth. Many fathers have been so anxious to obtain property fast that higher considerations have been sacrificed, and some men have been criminally neglectful of the mother and her offspring, and too frequently the lives of both have been sacrificed to the strong desire to accumulate wealth. Many do not immediately suffer this heavy penalty for their wrong doing,
and are asleep as to the result of their course. The condition of the wife is sometimes no better than that of a slave, and sometimes she is equally guilty with the husband, of squandering physical strength, to obtain means to live fashionably. It is a crime for such to have children, for their offspring will often be deficient in physical, mental, and moral worth, and will bear the miserable, close, selfish impress of their parents, and the world will be cursed with their meanness.” *Selected Messages*, Book 2, 428, 429.

**Tuesday**

**LABORING FOR SPIRITUAL SUCCESS**


Note: “The mother, before the birth of her children, is often permitted to labor beyond her strength. Her burdens and cares are seldom lessened, and that period, which should be to her of all others, a time of rest, is one of fatigue, sadness, and gloom. By too great exertion on her part, she deprives her offspring of that nutrition which nature has provided for it, and by heating her blood, she imparts to it, a bad quality of blood. The offspring is robbed of its vitality, robbed of physical and mental strength. The father should study how to make the mother happy. He should not allow himself to come to his home with a clouded brow.” *Selected Messages*, Book 2, 427, 428.

“It is the duty of men and women to act with reason in regard to their labor. They should not exhaust their energies unnecessarily, for by doing this, they not only bring suffering upon themselves but, by their errors, bring anxiety, weariness, and suffering upon those they love. What calls for such an amount of labor? Intemperance in eating, and in drinking, and the desire for wealth have led to this intemperance in labor.” Ibid., 429.

“Mothers, let your countenance be full of sunshine. Smile, if you can, and the infant's mind and heart will reflect the light of your countenance.” *The Adventist Home*, 436.

b. Why did Israel urgently need to produce valiant men, and how does a similar need exist today? *Judges 13:11; Jeremiah 2:12–14; 1 Corinthians 3:3.*

**Wednesday**

**THE INFLUENCE OF ASSOCIATION**


Note: “The greatest want of the world is the want of men—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall.

“But such a character is not the result of accident; it is not due to special favors or endowments of Providence. A noble character is the result of self-discipline, of the subjection of the lower to the higher nature—the surrender of self for the service of love to God and man.” *Education*, 57.

b. Why did Israel urgently need to produce valiant men, and how does a similar need exist today? *Judges 13:11; Jeremiah 2:12–14; 1 Corinthians 3:3.*

Note: “The town of Zorah being near the country of the Philistines, Samson came to mingle with them on friendly terms. Thus in his youth intimacies sprang up, the influence of which darkened his whole life.” *Patriarchs and Prophets*, 562.

“Great care should be taken by Christian youth in the formation of friendships and in the choice of companions. Take heed, lest what you now think to be pure gold turns out to be base metal. Worldly associations tend to place obstructions in the way of your service to God, and many souls are ruined by unhappy unions … with those who can never elevate or ennable.” *Messages to Young People*, 436.

“Fathers and mothers should feel that a duty devolves upon them to guide the affections of the youth, that they may be placed upon those who will be suitable companions. They should feel it a duty, by their own teaching and example, with the assisting grace of God, to so mold the character of the children from their earliest years that they will be pure and noble, and will be attracted to the good and true. Like attracts like; like appreciates like. Let the love for truth and purity and goodness be early implanted in the soul, and the youth will seek the society of those who possess these characteristics.” Ibid., 466.

“While we shall not cease to warn and entreat and try to present the truth to the parents who are unbelievers, to mix and mingle with them in association will be to the ruin of your children.” *Manuscript Releases*, vol. 9, 74.
“Fathers and mothers, do you realize the importance of the responsibility resting on you? Do you allow your children to associate with other children without being present to know what kind of education they are receiving? Do not allow them to be alone with other children.” Child Guidance, 114.

b. Who was responsible for the unhappiness in Samson’s life? Galatians 6:5, 7.

Note: “Had Samson as faithfully obeyed the divine commands as faithfully as his parents had done, his would have been a nobler and happier destiny. But association with idolaters corrupted him.” Patriarchs and Prophets, 562.

Thursday
GUIDANCE AVAILABLE

a. Why does God forbid marriage of believers to unbelievers? What have been the results of such alliances? Judges 3:5–8; Deuteronomy 7:3; Nehemiah 13:23–26.

Note: “Never marry an unbeliever.” Our High Calling, 257.
“The Lord has in His word plainly instructed His people not to unite themselves with those who have not His love and fear before them. Such companions will seldom be satisfied with the love and respect which are justly theirs. They will constantly seek to gain from the God-fearing wife or husband some favor which shall involve a disregard of the divine requirements. To a godly man, and to the church with which he is connected, a worldly wife or a worldly friend is as a spy in the camp, who will watch every opportunity to betray the servant of Christ, and expose him to the enemy’s attacks.” The Signs of the Times, October 6, 1881.


Note: “In ancient times marriage engagements were generally made by the parents, and this was the custom among those who worshiped God. None were required to marry those whom they could not love; but in the bestowal of their affections the youth were guided by the judgment of their experienced, God-fearing parents. It was regarded as a dishonor to parents, and even a crime, to pursue a course contrary to this.” Patriarchs and Prophets, 171.

Friday
PERSONAL REVIEW QUESTIONS

1. What knowledge better equips future parents to give children a strong foundation?
2. What types of circumstances make childbearing inadvisable?
3. Explain the secret of how God-fearing integrity is developed.
4. Why is it so important to be vigilant about associations formed in youth?
5. What guidelines are important in choosing a spouse?
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A school textbook and a working guide to the type of medical missionary work described in the Spirit of Prophecy. PB 432 pgs
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Beta-Glucan & Oats

While you may know that the fiber in oatmeal is responsible for lowering cholesterol, as well as offering other health rewards, you may not know that it’s a very particular type of fiber called beta-glucan that’s responsible for the benefits.

Nutritionally beta-glucans trigger a cascade of events in the human body that help regulate the immune system, making it more efficient. Beta-glucans also stimulate white blood cells that bind to tumor cells and viruses and release chemicals to destroy these cells. Studies also show that beta-glucans reduced the incidence of infection in patients with high risk surgeries, as well as shortened intensive care unit stay and improved survival rate. Bottom line – of all the polysaccharides studied that act as immunostimulants, beta-glucans were found to be the most effective against infectious disease and cancer.

Beta-glucans have also been found to improve insulin response and restore the activity of gut organisms.

Beta-glucans form a viscous solution (gel) in the gut which slows digestion and absorption, giving a feeling of fullness for much longer and is the basis for many health benefits. This thick gel grabs cholesterol as it moves through the digestive system to prevent absorption, and then eliminates it from the body. Getting 3 grams of beta-glucan a day may help lower cholesterol levels by as much as 8 percent. One and a half cups of cooked oats provides 3 grams of beta-gluten.


Incorporate oats in granola, muffins, waffles, breads, crisps, cooked alone or with other grains in cereals, and in savory dishes to ensure an ample amount of beta-glucan in your daily diet.

CREAMY STEEL-CUT OATS

Ingredients

1 14-oz. can light coconut milk
1 ½ cups water
1 cup uncooked steel-cut oats
dash sea salt

Process

Pour can of coconut milk and water into pot; bring to low boil over high heat.
Add oats; stir. Immediately reduce heat to low. Gently simmer, covered, for 1 hour, stirring several times throughout cooking. Portion into bowls. Add desired garnishes: chopped medjool dates, raisins, shredded coconut, toasted walnut pieces, fresh fruit, etc. Creamy and delicious!
The health of the mind is dependent upon the health of the body. As Christian parents we are bound to train our children in reference to the laws of life. We should instruct them, by precept and example, that we do not live to eat, but that we eat to live.

Ellen White